



LUNES

Energía en kcal. Proteínas, lípidos e hidratos de carbono en gramos.

Los datos que se muestran de la valoración nutricional son aproximados.

MARTES

1

CARNAVALES



MIÉRCOLES

2

Arroz con tomate/
Rice with tomato
Limanda rebozada/
Battered dab
Ensalada/ Salad
Fruta en almíbar/ syrup fruit
Kcal 790 Lip. 32 Hid. 91 Prot. 31

JUEVES

3

Crema de verduras/
Vegetables cream
Pollo asado/
Roasted chicken
Ensalada/ Salad
Hojuelas
Kcal 527 Lip. 26 Hid. 36 Prot. 33

VIERNES

4

Garbanzos estofados/
Chickpea stew
Tortilla de patatas/
Spanish omelette
Ensalada/ Salad
Fruta variada/ varied fruit
Kcal 748 Lip. 32 Hid. 78 Prot. 30

7

Patatas guisadas con carne/
Stewed potatoes with meat
Filete de pollo a la plancha/
Grilled chicken fillet
Champiñones/ Mushrooms
Fruta variada/ varied fruit
Kcal 698 Lip. 29 Hid. 57 Prot. 50

8

Lentejas con chorizo/
Lentils with chorizo
Merluza en salsa verde/
Hake in green sauce
Fruta variada/ varied fruit
Kcal 633 Lip. 20 Hid. 63 Prot. 47

9

Pasta a la carbonara/
Pasta Carbonara
Tortilla francesa/
Omelette
Ensalada/ Salad
Fruta variada/ varied fruit
Kcal 728 Lip. 39 Hid. 68 Prot. 24

10

Judías verdes con jamón/
Green beans with ham
Escalope de ternera/
Breaded beef fillet
Ensalada/ Salad
Yogurt y fruta/ yogurt & fruit
Kcal 654 Lip. 26 Hid. 59 Prot. 40

11

Alubias pintas con verduras/
Pinto beans with vegetables
Filetes de sajonia a la plancha/
Grilled saxony steaks
Pimientos asados/ Roasted peppers
Fruta variada/ varied fruit
Kcal 762 Lip. 25 Hid. 78 Prot. 46

14

Sopa de ave y fideos/
Poultry and noodle soup
Albóndigas con tomate/
Meatballs with tomato
Patatas fritas/ French fries
Fruta variada/ varied fruit
Kcal 610 Lip. 28 Hid. 57 Prot. 32

15

Brócoli al ajillo/
Garlic broccoli
Huevos con bechamel rebozados/
Breaded eggs with bechamel sauce
Ensalada/ Salad
Yogurt y fruta/ yogurt & fruit
Kcal 564 Lip. 33 Hid. 28 Prot. 35

16

Arroz tres delicias/
Rice three delights
Salmón a la plancha/
Grilled salmon
Champiñones/ Mushrooms
Fruta en almíbar/ syrup fruit
Kcal 835 Lip. 35 Hid. 86 Prot. 40

17

Garbanzos estofados/
Chickpea stew
Filetes de lomo a la plancha/
Grilled tenderloin steaks
Pimientos al ajillo/ Garlic peppers
Fruta variada/ varied fruit
Kcal 707 Lip. 32 Hid. 60 Prot. 39

18

Patatas a la riojana/
Potatoes Rioja's style
Milanesa de pollo/
Breaded chicken fillet
Ensalada/ Salad
Fruta variada/ varied fruit
Kcal 736 Lip. 30 Hid. 71 Prot. 41

21

Crema de calabacín/
Cream of zucchini
Salchichas a la plancha/
Grilled sausages
Ensalada/ Salad
Fruta variada/ varied fruit
Kcal 656 Lip. 49 Hid. 30 Prot. 21

22

Alubias con chorizo/
Beans with chorizo
Tortilla de patatas/
Spanish omelette
Ensalada/ Salad
Fruta variada/ varied fruit
Kcal 749 Lip. 30 Hid. 78 Prot. 33

23

Pasta a la boloñesa/
Bolognese pasta
Limanda rebozada/
Battered dab
Ensalada/ Salad
Fruta variada/ varied fruit
Kcal 719 Lip. 26 Hid. 79 Prot. 41

24

Menestra de verduras/
Vegetable stew
Pollo asado/
Roasted chicken
Patatas al horno/ Baked potatoes
Yogurt y fruta/ yogurt & fruit
Kcal 671 Lip. 34 Hid. 46 Prot. 41

25

Ensaladilla rusa/
Russian salad
Filete de ternera a la plancha/
Grilled beef steak
Ensalada/ Salad
Fruta variada/ varied fruit
Kcal 749 Lip. 48 Hid. 37 Prot. 38

28

Lentejas guisadas/
Stewed lentils
Escalope de cerdo/
Breaded pork fillet
Ensalada/ Salad
Fruta variada/ varied fruit
Kcal 927 Lip. 36 Hid. 91 Prot. 54

29

Arroz con pollo/
Chicken rice
Tortilla francesa/
Omelette
Ensalada/ Salad
Yogurt y fruta/ yogurt & fruit
Kcal 646 Lip. 25 Hid. 82 Prot. 23

30

Judías verdes con patatas/
Green beans with potatoes
Merluza con tomate/
Hake with tomato sauce
Fruta en almíbar/ syrup fruit
Kcal 441 Lip. 18 Hid. 39 Prot. 26

31

Crema de verduras/
Vegetables cream
Carne guisada con patatas/
Stewed meat with potatoes
Actimel y fruta/ Actimel & fruit
Kcal 703 Lip. 34 Hid. 60 Prot. 35

