



Lunes Monday	Martes Tuesday	Miércoles Wednesday	Jueves Thursday	Viernes Friday
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| 1 KCal.713 / HC.66 / Lip.36 / Prt.31 | 2 KCal.686 / HC.112 / Lip.16 / Prt.24 | 3 KCal.707 / HC.86 / Lip.29 / Prt.26 | 4 KCal.776 / HC.112 / Lip.23 / Prt.30 |
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No lectivo

Lentejas estofadas
Arroz blanco
Ensalada mixta
Fruta / Pan

Lentil stew with rice
Salad (lettuce, tomato, onion, carrot and egg)
Seasonal fruit / Bread

Crema de espinacas
Lomo de cerdo al horno
Patatas panadera
Fruta / Pan

Cream of spinach soup
Pork chop with roast potatoes
Seasonal fruit / Bread

Sopa de cocido
Garbanzos con compango y repollo
Fruta / Pan

Chicken noodle soup
Chickpea stew with "compango"
Seasonal fruit / Bread

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| 7 KCal.630 / HC.83 / Lip.23 / Prt.24 | 8 KCal.608 / HC.76 / Lip.17 / Prt.39 | 9 KCal.630 / HC.77 / Lip.24 / Prt.28 | 10 KCal.709 / HC.79 / Lip.28 / Prt.34 | 11 KCal.661 / HC.81 / Lip.29 / Prt.19 |
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Crema de calabaza
Tortilla de patata
Salsa de tomate natural
Fruta / Pan

Cream of pumpkin soup
Spanish omelette
Tomato sauce
Seasonal fruit / Bread

Guisantes salteados con jamón
Bacalao al horno con tomate asado
Fruta / Pan

Green peas with ham
Baked cod with baked tomato
Seasonal fruit / Bread



Puré de verduras
Pollo asado
Patata panadera
Fruta / Pan

Creamed vegetables
Roast chicken
Roasted potatoes
Seasonal fruit / Bread

Macarrones con pisto
Mero a la plancha
Ensalada de lechuga y tomate
Yogur natural / Pan

Macaroni with ratatouille
Baked grouper
Tomato and lettuce salad
Yogurt / Bread

Pote asturiano
Ensalada mixta (lechuga, tomate, cebolla, zanahoria y huevo duro)
Fruta / Pan

"Pote asturiano" thick stew
Salad (lettuce, tomato, onion, carrot and egg)
Seasonal fruit / Bread

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| 14 KCal.707 / HC.92 / Lip.26 / Prt.26 | 15 KCal.739 / HC.84 / Lip.28 / Prt.36 | 16 KCal.744 / HC.79 / Lip.28 / Prt.35 | 17 KCal.631 / HC.85 / Lip.18 / Prt.33 | 18 KCal.693 / HC.85 / Lip.23 / Prt.37 |
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Arroz blanco
Huevos con pisto
Ensalada de lechuga iceberg y tomate
Fruta / Pan

White rice
Eggs with ratatouille
Tomato and lettuce salad
Seasonal fruit / Bread

Garbanzos con espinacas
Ternera guisada con verduras
Fruta / Pan

Chickpeas with spinach
Stewed beef with vegetable
Seasonal fruit / Bread

Repollo con patatas
Salmón a la plancha
Arroz blanco
Yogur natural / Pan

Cabbage stew
Baked salmon
White rice
Yogurt / Bread

Sopa juliana
Carrilera de cerdo con verduras y patata en dados
Fruta / Pan

Noodle soup
Braised pork cheek with potatoes
Seasonal fruit / Bread



Lentejas estofadas
Lenguado al horno con brócoli salteado
Fruta / Pan

Lentil stew
Fillet of sole
Broccoli with garlic sauce
Seasonal fruit / Bread

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| 21 KCal.647 / HC.82 / Lip.25 / Prt.23 | 22 KCal.679 / HC.95 / Lip.19 / Prt.32 | 23 KCal.701 / HC.83 / Lip.26 / Prt.33 | 24 KCal.734 / HC.93 / Lip.25 / Prt.34 | 25 KCal.696 / HC.81 / Lip.30 / Prt.26 |
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Crema de zanahoria
Tortilla de brócoli con patata
Fruta / Pan

Cream of carrot soup
Spanish omelette with broccoli
Seasonal fruit / Bread

Fideua de verduras
Merluza en salsa verde
Fruta / Pan

Fideuá
Hake fillet in green sauce
Seasonal fruit / Bread

Potaje de judías verdes con tomate
Pavo guisado con verduras
Arroz blanco
Yogur natural / Pan

Flat green beans with tomato
Turkey stew with vegetables and rice
Yogurt / Bread

Alubias pintas estofadas
Albóndigas de bacalao
Fruta / Pan

Pinto bean stew
Fish balls in green sauce
Seasonal fruit / Bread

Crema de espinacas
Lomo de cerdo al horno
Patatas panaderas
Fruta / Pan

Cream of spinach soup
Pork chop with roast potatoes
Seasonal fruit / Bread

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| 28 KCal.755 / HC.83 / Lip.32 / Prt.34 | 29 KCal.713 / HC.66 / Lip.36 / Prt.31 | 30 KCal.686 / HC.112 / Lip.16 / Prt.24 | 31 KCal.707 / HC.86 / Lip.29 / Prt.26 |
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Potaje de judías verdes y zanahoria
Huevos con pisto y patatas
Ensalada
Fruta / Pan

Green beans with carrot stew
Eggs with potatoes and salad
Seasonal fruit / Bread



Puré de calabacín
Filete de trucha al horno
Patatas fritas
Yogur natural / Pan

Cream of zucchini soup
Baked fresh trout
French fries
Yogurt / Bread

Lentejas estofadas
Arroz blanco
Ensalada mixta
Fruta / Pan

Lentil stew with rice
Salad (lettuce, tomato, onion, carrot and egg)
Seasonal fruit / Bread

Crema de espinacas
Lomo de cerdo al horno
Patatas panadera
Fruta / Pan

Cream of spinach soup
Pork chop with roast potatoes
Seasonal fruit / Bread

