



Lunes Monday	Martes Tuesday	Miércoles Wednesday	Jueves Thursday	Viernes Friday
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**1** KCal.686 / HC.112 / Lip.16 / Prt.24  
**Lentejas estofadas con arroz blanco**  
**Ensalada mixta**  
**Fruta fresca de temporada**  
 Lentil stew with rice  
 Salad (lettuce, tomato, onion, carrot)  
 Seasonal fruit

**2** KCal.707 / HC.86 / Lip.29 / Prt.26  
**Crema de espinacas**  
**Lomo de cerdo al horno Patatas panadera**  
**Fruta fresca de temporada**  
 Cream of spinach soup  
 Pork chop with roast potatoes  
 Seasonal fruit

**3** KCal.776 / HC.112 / Lip.23 / Prt.30  
**Sopa de cocido**  
**Garbanzos con compango y repollo**  
**Fruta fresca de temporada**  
 Chicken noodle soup  
 Chickpea stew with "compango"  
 Seasonal fruit

**6** KCal.630 / HC.83 / Lip.23 / Prt.24  
**Crema de calabaza**  
**Tortilla de patata Salsa de tomate natural**  
**Fruta fresca de temporada**  
 Cream of pumpkin soup  
 Spanish omelette  
 Tomato sauce  
 Seasonal fruit

**7** KCal.608 / HC.76 / Lip.17 / Prt.39  
**Guisantes salteados con jamón**  
**Bacalao al horno con tomate asado**  
**Fruta fresca de temporada**  
 Green peas with ham  
 Baked cod with baked tomato  
 Seasonal fruit

**8** KCal.630 / HC.77 / Lip.24 / Prt.28  
**Puré de verduras**  
**Pollo asado Patata panadera**  
**Fruta fresca de temporada**  
 Creamed vegetables  
 Roast chicken  
 Roasted potatoes  
 Seasonal fruit

**9** KCal.709 / HC.79 / Lip.28 / Prt.34  
**Macarrones con pisto Mero a la plancha Ensalada de lechuga y tomate**  
**Yogur natural**  
 Macaroni with ratatouille  
 Baked grouper  
 Tomato and lettuce salad  
 Yoghurt

**10** KCal.661 / HC.81 / Lip.29 / Prt.19  
**Pote asturiano**  
**Ensalada mixta (lechuga, tomate, cebolla, zanahoria y huevo duro)**  
**Fruta fresca de temporada**  
 "Pote asturiano" thick stew  
 Salad (lettuce, tomato, onion, carrot and egg)  
 Seasonal fruit

**13** KCal.707 / HC.92 / Lip.26 / Prt.26  
**Arroz blanco**  
**Huevos con pisto Ensalada de lechuga iceberg y tomate**  
**Fruta fresca de temporada**  
 White rice  
 Eggs with ratatouille  
 Tomato and lettuce salad  
 Seasonal fruit

**14** KCal.739 / HC.84 / Lip.28 / Prt.36  
**Garbanzos con espinacas**  
**Ternera guisada con verduras**  
**Fruta fresca de temporada**  
 Chickpeas with spinach  
 Stewed beef with vegetable  
 Seasonal fruit

**15** KCal.709 / HC.79 / Lip.28 / Prt.35  
**Repollo con patatas**  
**Salmon a la plancha Arroz blanco**  
**Yogur natural**  
 Cabbage stew  
 Baked salmon  
 White rice  
 Yoghurt

**16** KCal.631 / HC.85 / Lip.18 / Prt.33  
**Sopa juliana**  
**Carrillera de cerdo con verduritas y patata en dados**  
**Fruta fresca de temporada**  
 Noodle soup  
 Braised pork cheek with potatoes  
 Seasonal fruit

**17** KCal.631 / HC.85 / Lip.18 / Prt.33  
**Sopa juliana**  
**Carrillera de cerdo con verduritas y patata en dados**  
**Fruta fresca de temporada**  
 Noodle soup  
 Braised pork cheek with potatoes  
 Seasonal fruit

**20** KCal.755 / HC.83 / Lip.32 / Prt.34  
**Potaje de judías verdes y zanahoria**  
**Huevos con pisto y patatas Ensalada**  
**Fruta fresca de temporada**  
 Flat green beans with potatoes  
 Eggs with potatoes  
 Salad  
 Seasonal fruit

**21** KCal.713 / HC.66 / Lip.36 / Prt.31  
**Puré de calabacín**  
**Filete de trucha al horno Patatas fritas**  
**Yogur natural**  
 Cream of zucchini soup  
 Baked fresh trout  
 French fries  
 Yoghurt

**22** KCal.775 / HC.100 / Lip.25 / Prt.38  
**Potaje de judías verdes con tomate**  
**Pavo guisado con verduritas y arroz blanco**  
**Yogur natural**  
 Flat green beans with tomato  
 Turkey stew with vegetables and rice  
 Yoghurt

**23** KCal.734 / HC.93 / Lip.25 / Prt.34  
**Alubias pintas estofadas**  
**Albóndigas de bacalao**  
**Fruta fresca de temporada**  
 Pinto bean stew  
 Fish balls in green sauce  
 Seasonal fruit

**24** KCal.696 / HC.81 / Lip.30 / Prt.26  
**Crema de espinacas**  
**Lomo de cerdo al horno Patatas panaderas**  
**Fruta fresca de temporada**  
 Cream of spinach soup  
 Pork chop with roast potatoes  
 Seasonal fruit

**27** KCal.755 / HC.83 / Lip.32 / Prt.34  
**Potaje de judías verdes y zanahoria**  
**Huevos con pisto y patatas Ensalada**  
**Fruta fresca de temporada**  
 Flat green beans with potatoes  
 Eggs with potatoes  
 Salad  
 Seasonal fruit

**28** KCal.713 / HC.66 / Lip.36 / Prt.31  
**Puré de calabacín**  
**Filete de trucha al horno Patatas fritas**  
**Yogur natural**  
 Cream of zucchini soup  
 Baked fresh trout  
 French fries  
 Yoghurt

