



Lunes
Monday

Tuesday
Martes

Wednesday
Miércoles

Thursday
Jueves

A

Friday
Viernes



05/11/2018

Macarrones con picadillo
Macaroni with mince
Varitas de merluza con ensalada
Sticks of hake and salad
Zumo
Fruit juice

Hid. 72 Prot. 43 Lip. 34 Kcal. 768

12/11/2018

Lentejas con verdura
Lentils with vegetables
Lomo adobado con ensalada
Prepared loin with salad
Fruta en almibar
Fruit in syrup

Hid. 73 Prot. 31 Lip. 43 Kcal. 806

19/11/2018

Arroz con tomate
Tomato rice
Albóndigas en salsa verde
Meatballs in green sauce
Zumo
Fruit juice

Hid. 112 Prot. 23 Lip. 35 Kcal. 850

26/11/2018

Lentejas estofadas
Lentils with sausage
Escalope con ensalada
Scallop with salad
Fruta en almibar
Fruit in syrup

Hid. 65 Prot. 46 Lip. 21 Kcal. 663

06/11/2018

Patatas a la marinera
Potatoes seafood
Pechuga de pollo con ensalada
Breast of chicken with salad
Fruta
Fruit

Hid. 58 Prot. 38 Lip. 15 Kcal. 525

13/11/2018

Coditos con tomate
Coditos with tomato
Filete de platija con ensalada
Plaice fillet and salad
Fruta
Fruit

Hid. 81 Prot. 25 Lip. 15 Kcal. 573

20/11/2018

Cocido completo
Full cooked
Fruta
Fruit

Hid. 99 Prot. 32 Lip. 18 Kcal. 715

27/11/2018

Patatas a la riojana
Potatoes riojana style
Librillos de jamón y queso
Booklets of ham and cheese
Fruta
Fruit

Hid. 77 Prot. 31 Lip. 30 Kcal. 719

Sal* (g): 1,6 g
AGS: 7,5 g
Azúcar: 18 g

*Solo sal natural de los alimentos

07/11/2018

Arroz con tomate
Tomato rice
Sajonia a la plancha con champiñón
Saxony with mushrooms
Lácteo
Lacteal

Hid. 77 Prot. 23 Lip. 25 Kcal. 626

14/11/2018

Paella Mixta
Mixed paella
Muslo de pollo al horno
Roast chicken leg
Lácteo
Lacteal

Hid. 61 Prot. 48 Lip. 39 Kcal. 787

21/11/2018

Espaguetis a la boloñesa
Spaghetti with bolognese sauce
Filete de lenguado con ensalada
Sole with salad
Lácteo
Lacteal

Hid. 88 Prot. 36 Lip. 25 Kcal. 731

28/11/2018

Crema de verduras
Cream of vegetable
Huevos cocidos en salsa
Eggs cooked in sauce
Lácteo
Lacteal

Hid. 65 Prot. 41 Lip. 56 Kcal. 935

01/11/2018

FESTIVO

08/11/2018

Cocido completo
Full cooked
Fruta
Fruit

Hid. 99 Prot. 32 Lip. 18 Kcal. 715

15/11/2018

Judías verdes rehogadas
Sautéed green beans
Librillos de jamón y queso
Booklets of ham and cheese
Fruta
Fruit

Hid. 74 Prot. 14 Lip. 29 Kcal. 644

22/11/2018

Judías pintas estofadas
Pinto stewed string beans
Tortilla española con ensalada
Spanish omelette with salad
Fruta
Fruit

Hid. 122 Prot. 34 Lip. 36 Kcal. 686

29/11/2018

Sopa de fideos
Noodles soup
Muslo de pollo asado con patatas
Roast chicken leg with potatoes
Fruta
Fruit

Hid. 52 Prot. 21 Lip. 36 Kcal. 611

02/11/2018

NO LECTIVO

09/11/2018

Crema de puerro y zanahoria
Cream of leek and carrot
Salchichas con ensalada
Sausages with salad
Lácteo
Lacteal

Hid. 57 Prot. 21 Lip. 47 Kcal. 738

16/11/2018

Alubias blancas estofadas
Beans with sausage
Merluza a la romana con ensalada
Roman hake with salad
Lácteo
Lacteal

Hid. 64 Prot. 38 Lip. 20 Kcal. 621

23/11/2018

Crema de puerro y zanahoria
Cream of leek and carrot
Roti de pavo al horno
Roti of turkey to the oven
Lácteo
Lacteal

Hid. 30 Prot. 35 Lip. 27 Kcal. 505

30/11/2018

Arroz a la zamorana
Rice to the zamorana
Filete de merluza con ensalada
Hake fillet and salad
Lácteo
Lacteal

Hid. 114 Prot. 25 Lip. 32 Kcal. 843

Lunes

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restauración

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Escallop con ensalada
Scallop with salad
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