



SAN FRANCISCO DE ASIS - ENERO 2022

Lunes
Monday

Tuesday
Martes

Wednesday
Miércoles

Thursday
Jueves

A

Friday
Viernes



FELIZ AÑO 2022

10/01/2022

Crema de puerro y zanahoria
Cream of leek and carrot
Albóndigas en salsa verde
Meatballs in green sauce
Fruta en su jugo
Fruit in its juice

Hid. 66 Prot. 25 Lip. 39 Kcal. 736

11/01/2022

Lentejas con verdura
Lentils with vegetables
Filete de platija con ensalada
Plaice fillet and salad
Fruta
Fruit

Hid. 77 Prot. 58 Lip. 44 Kcal. 934

12/01/2022

Paella mixta
Mixed paella
Tortilla española con ensalada
Spanish omelette with salad
Lácteo
Lacteal

Hid. 61 Prot. 35 Lip. 53 Kcal. 861

13/01/2022

Garbanzos estofados
Chickpeas stew
Roti de pavo al horno con verduras
Roast roti turkey with vegetables
Fruta
Fruit

Hid. 72 Prot. 70 Lip. 44 Kcal. 975

14/01/2022

Macarrones con tomate
Macaroni with tomato
Merluza a la romana con ensalada
Battered hake with salad
Lácteo
Lacteal

Hid. 70 Prot. 60 Lip. 47 Kcal. 949

17/01/2022

Coditos a la boloñesa
Coditos with bolognese sauce
Saxonia a la plancha con champiñón
Saxony with mushrooms
Fruta
Fruit

Hid. 67 Prot. 58 Lip. 47 Kcal. 934

18/01/2022

Alubias blancas estofadas
Beans with sausage
Lenguado con ensalada
Sole with salad
Fruta
Fruit

Hid. 69 Prot. 65 Lip. 25 Kcal. 762

19/01/2022

Judías verdes con patatas dado
Green beans with potatoes given
Escalope con ensalada
Scallop with salad
Lácteo
Lacteal

Hid. 48 Prot. 47 Lip. 44 Kcal. 782

20/01/2022

Patatas a la riojana
Potatoes riojana style
Pollo asado con ensalada
Roast chicken with salad
Fruta
Fruit

Hid. 69 Prot. 57 Lip. 58 Kcal. 999

21/01/2022

Lentejas estofadas
Lentils with sausage
Filete de limanda con ensalada
Limanda fillet and salad
Lácteo
Lacteal

Hid. 67 Prot. 63 Lip. 44 Kcal. 917

24/01/2022

Arroz con tomate
Tomato rice
Lomo adobado con ensalada
Prepared loin with salad
Fruta en su jugo
Fruit in its juice

Hid. 74 Prot. 36 Lip. 29 Kcal. 706

25/01/2022

Garbanzos estofados
Chickpeas stew
Merluza a la romana con ensalada
Battered hake with salad
Fruta
Fruit

Hid. 71 Prot. 65 Lip. 30 Kcal. 811

26/01/2022

Sopa de fideos
Noodles soup
Hamburguesa con ensalada
Hamburguer with salad
Lácteo
Lacteal

Hid. 35 Prot. 47 Lip. 37 Kcal. 663

27/01/2022

Crema de puerro y zanahoria
Cream of leek and carrot
Filete de platija con ensalada
Hake in sauce
Fruta
Fruit

Hid. 48 Prot. 40 Lip. 31 Kcal. 636

28/01/2022

Judías pintas estofadas
Pinto stewed string beans
Tortilla española con ensalada
Spanish omelette with salad
Lácteo
Lacteal

Hid. 86 Prot. 36 Lip. 38 Kcal. 835

31/01/2022

Macarrones con tomate
Macaroni with tomato
Salchichas con ensalada
Sausages with salad
Fruta
Fruit

Hid. 72 Prot. 33 Lip. 51 Kcal. 880

Media azúcar: 21g
Media AGS: 8,3g
Media sal: 1,7g