

5

12 683 Kcal/24,70 Gr 1,19 AGS 27,24 Prot 83,23 HC

Espaguetis primavera / Spring Spaguetti 1-3T-5-13

Tortilla de patata / Spanish omelette 3-13

Lechuga con maíz / Sweet corn salad 13

Fruta y pan. / Fruit and bread 1

19 604 Kcal/29,74 Gr 6,63 AGS 19,51 Prot 63,27 HC

Judías verdes rehogadas con pimentón / Sauteed greenbeans with 13

Albóndigas de carne guisadas / Meatballs stewed with vegetables 1-8-10T

Patata cuadro / Fried potatoes 13

Fruta y pan. / Fruit and bread 1

26 781 Kcal/32,00 Gr 1,00 AGS 13,98 Prot 104,05 HC

Ensalada de arroz / Rice salad 10T-13

Croquetas de jamón artesanas / Ham croquettes 1-2-3T-4T-5T-6T-8T-10T

7 Lechuga con tomate / Tomato salad 13

Fruta y pan. / Fruit and bread 1

6

13 577 Kcal/25,59 Gr 2,13 AGS 28,28 Prot 57,22 HC

Crema de verduras / Vegetable cream 13

Escalope de pollo / Chicken escalope 1-3-12T

Patata cuadro / Fried potatoes 13

Fruta y pan. / Fruit and bread 1

20 472 Kcal/19,95 Gr 0,00 AGS 9,43 Prot 82,92 HC

Arroz con tomate / Rice with tomato

Caballa a la bilbaína / Baked flounder 4

Lechuga con soja / Soya salad 8-13

Fruta y pan. / Fruit and bread 1

27 497 Kcal/19,76 Gr 2,82 AGS 22,97 Prot 50,78 HC

7 Crema de calabaza / Pumpkin cream 13

Cinta de lomo fresca / Loin ribbon

Patatas fritas / Fried potatoes 13

Fruta y pan. / Fruit and bread 1

7

14 497 Kcal/20,93 Gr 0,82 AGS 30,14 Prot 43,80 HC

Alubias Blancas en vinagreta / White beans in vinaigrette 13

Salmón al horno / Baked salmon

Champiñón al ajillo / Sauteed mushroom with garlic

Fruta y pan. / Fruit and bread 1

21 652 Kcal/29,39 Gr 1,84 AGS 26,68 Prot 63,51 HC

Gazpacho / Cold tomato soup 1-8T-12T-13

Pollo a la madrileña / Chicken with tomato 1

Lechuga con maíz / Sweet corn salad 13

Fruta y pan. / Fruit and bread 1

28 603 Kcal/13,05 Gr 0,80 AGS 40,28 Prot 84,62 HC

Fideuá Vegetal / Vegetable's Noodles Paella 1-3T-10T

Bacalao en salsa verde / Cod in green sauce 1-3-4

Guisantes rehogados / Sauteed greenpeas

Fruta y pan. / Fruit and bread 1

1

8

15 529 Kcal/23,56 Gr 1,85 AGS 27,54 Prot 45,20 HC

Salmorejo / Cold tomato soup 1-8T-12T

Cinta de lomo adobada / Marinated loin

Lechuga con aceitunas / Olives salad 13

Fruta y pan. / Fruit and bread 1

22 578 Kcal/21,32 Gr 0,95 AGS 28,35 Prot 66,37 HC

Patatas guisadas con picadillo / Stewed potatoes with chorizo 13

Pescadilla al limón / Hake with lemon sauce

7 Tomate aliñado / Tomato in garlic

Fruta y pan. / Fruit and bread 1

29 556 Kcal/19,52 Gr 1,08 AGS 31,42 Prot 62,67 HC

Coliflor gratinada / Gratin cauliflower 1-2-3T-13

Ragout de pavo / Turkey Ragout 10T

Patata cuadro / Fried potatoes 13

Fruta y pan. / Fruit and bread 1

2

9 848 Kcal/33,71 Gr 6,18 AGS 61,42 Prot 72,93 HC

Ensalada campera / Cold potato salad 3-13

Pollo asado / Roast chicken

Berenjena rebozada / Battered eggplant 1-2T-4T-5T-6T

Yogur y pan. / Yoghurt and bread 1-2

16 728 Kcal/23,42 Gr 5,09 AGS 39,29 Prot 88,25 HC

Arroz a la Charcutera / Rice with cold meat and vegetables 2-8

Bacalao con tomate / Cod with tomato sauce 4-10T

Menestra de verduras / Vegetable stew 13

Yogur y pan. / Yoghurt and bread 1-2

23 557 Kcal/24,05 Gr 1,99 AGS 27,76 Prot 60,27 HC

Garbanzos aliñados / Chickpeas salad 13

Tortilla francesa con york / French omelette with york ham 3

Calabacín salteado / Sauteed zucchini

Yogur y pan. / Yoghurt and bread 1-2

30 693 Kcal/21,96 Gr 3,52 AGS 41,56 Prot 73,00 HC

Lentejas estofadas con chorizo / Lentils stew with chorizo 1T-10T

Albóndigas de pescado en salsa / Fish balls with vegetables in sauce 1-2T-3T-4-6-10T

Champiñón salteado / Sauteed mushroom

Yogur y pan. / Yoghurt and bread 1-2