

LUNES / MONDAY

3 630 Kcal/21,47 Gr/2,44 AGS 39,71 Prot/66,61 HC
7 Crema de calabaza / Pumpkin cream 13

Pollo al chilindrón / Chicken in tomato sauce
Patata cuadro / Fried potatoes 13

Fruta y pan / Fruit and bread 1-8T-12T

10 642 Kcal/14,79 Gr/0,68 AGS 35,78 Prot/88,50 HC
Fideua de pollo / Noodles Paella with vegetables and chicken 1-3T

Albóndigas de pescado en salsa / Fish balls with vegetables in sauce 10T

7 Zanahoria asada / Roasted carrot
Fruta y pan / Fruit and bread 1-8T-12T

17 758 Kcal/27,63 Gr/0,77 AGS 44,16 Prot/75,15 HC
Lentejas estofadas con verduras / Lentils stew with vegetables 1T-13

Salmón a las finas hierbas / Baked salmon
Lechuga c/zanahoria / Carrot salad 13

Fruta y pan / Fruit and bread 1-8T-12T

24 735 Kcal/24,13 Gr/7,21 AGS 22,65 Prot/106,76 HC
Paella de Verduras / Vegetable Paella 10T

Hamburguesa de ternera a la plancha / Grilled burger meat 8T

Brócoli rehogado / Sauteed broccoli 13

Fruta y pan / Fruit and bread 1-8T-12T

MARTES / TUESDAY

4 686 Kcal/16,78 Gr/0,72 AGS 37,50 Prot/100,13 HC
Espirales gratinados con queso / Spaguetti with tomato sauce gratin with cheese 1-2-3T

Pescadilla en salsa verde / Hake in green sauce 1-3

Guisantes rehogados / Sauteed greenpeas

Fruta y pan / Fruit and bread 1-8T-12T

11 688 Kcal/17,62 Gr/0,47 AGS 35,70 Prot/99,33 HC
Arroz con verduras / Rice with vegetables 10T

Pollo en pepitoria / Chicken in sauce 3

7 Tomate asado / Roasted tomato
Fruta y pan / Fruit and bread 1-8T-12T

18 623 Kcal/21,39 Gr/2,42 AGS 39,79 Prot/65,04 HC
7 Crema de calabacín / Zucchini cream 13

Muslos de pollo asados / Chicken with garlic

Patatas fritas / Fried potatoes 13

Fruta y pan / Fruit and bread 1-8T-12T

25 618 Kcal/14,40 Gr/0,58 AGS 31,81 Prot/90,30 HC
Espirales con tomate y queso / Pasta with tomato sauce and cheese 1-2-3T

Pescadilla menier / Hake in menier sauce 1

Champiñón salteado / Sauteed mushroom

Fruta y pan / Fruit and bread 1-8T-12T

MIÉRCOLES / WEDNESDAY

5 590 Kcal/9,21 Gr/0,42 AGS 42,49 Prot/81,73 HC
Lentejas estofadas con verduras / Lentils stew with vegetables 1T-13

Pavo a la jardinera / Stewed turkey with vegetables

Pimiento rojo asado / Roasted red pepper

Fruta y pan / Fruit and bread 1-8T-12T

12

19 643 Kcal/12,94 Gr/1,67 AGS 37,65 Prot/91,65 HC
Macarrones boloñesa / Bolognese macaroni 1-3T-13

Merluza a la gallega / Baked Hake with garlic and paprika

Menestra de verduras / Vegetable stew 13

Fruta y pan / Fruit and bread 1-8T-12T

26 723 Kcal/25,91 Gr/1,23 AGS 26,41 Prot/87,62 HC
Alubias pintas guisadas con arroz / Pinto beans stewed with rice and vegetables 13

Tortilla de patata / Spanish omelette 3-13

Lechuga con aceitunas / Olives salad 13

Fruta y pan / Fruit and bread 1-8T-12T

JUEVES / THURSDAY

6 765 Kcal/ 25,95Gr/0,06 AGS 20,45 Prot/109,74 HC
Arroz a banda / A banda rice 4T-5-6-13

Tortilla de patata con calabacín / Spanish omelette with zucchini 3

7 Lechuga con tomate / Tomato salad 13

Fruta y pan / Fruit and bread 1-8T-12T

13 541 Kcal/ 23,91Gr/0,92 AGS 28,59 Prot/69,92 HC
Crema de verduras / Vegetable cream 13

Ragout de ternera a la jardinera / Beef ragout with vegetables

Patata al horno / Baked potatoes 13

Fruta y pan / Fruit and bread 1-8T-12T

20 509 Kcal/ 12,17Gr/0,55 AGS 32,37 Prot/65,75 HC
Sopa de estrellas / Star soup 1-3T

Ragout de pavo / Turkey Ragout 10T

Pisto de verduras / Vegetable ratatouille

Fruta y pan / Fruit and bread 1-8T-12T

27 454 Kcal/ 9,82Gr/0,09 AGS 28,33 Prot/60,67 HC
Panaché de verduras / Stewed mixed vegetables 13

Abadejo en salsa de tomate / Pollock with vegetables and tomato sauce 4

Calabacín provenzal / Roasted zucchini

Fruta y pan / Fruit and bread 1-8T-12T

VIERNES / FRIDAY

7 608 Kcal/28,13 Gr/3,04 AGS 23,02Prot/ 65,32HC
Judías verdes rehog con zanahoria / Sauteed greenbeans with carrots 13

Varitas de merluza / Battered hake 1-4

Champiñón salteado / Sauteed mushroom

Yogur y pan / Yoghurt and bread 1-2-8T-12T

14 625 Kcal/25,44 Gr/3,45 AGS 32,15Prot/ 64,40HC
Alubias blancas guisadas con verduras / White beans stewed with vegetables 10T-13

Tortilla francesa con queso / French omelette with cheese 2-3

Lechuga con soja / Soya salad 8-13

Yogur y pan / Yoghurt and bread 1-2-8T-12T

21 724 Kcal/25,38 Gr/2,04 AGS 23,10Prot/ 101,71HC
Arroz con tomate / Rice with tomato

Huevos con bechamel gratinados / Gratinated egg with bechamel 1-2-3

Lechuga con remolacha / Beet salad 13

Yogur y pan / Yoghurt and bread 1-2-8T-12T

28 634 Kcal/20,12 Gr/3,81 AGS 43,88Prot/ 69,21HC
7 Crema de zanahoria / Carrot cream 13

Jamoncitos de pollo asado / Roasted chicken ham

Patata al horno / Baked potatoes 13

Yogur y pan / Yoghurt and bread 1-2-8T-12T