



lunes	martes	miércoles	jueves	viernes	I. Nutricional
		1 Fideos a la cazuela marinera Tortilla de queso con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Seafaring noodles Cheese omelette with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread	2 Alubias blancas estofadas Lacón a la gallega Fruta y pan Stewed white beans Lacón pork shoulder with potatoes Fruit and bread	3 Arroz napolitana Merluza al horno con zanahorias salteadas Yogur y pan Neapolitan rice Baked hake with sautéed carrots Yoghurt and bread	Kcal: 629 HC: 81 Prot: 30 Lip: 24
6 Lentejas a la jardinera Huevos revueltos con jamón con ensalada verde (lechuga, pimiento verde y aceituna verde) Fruta y pan Vegetables lentils Scrambled eggs with ham with green salad (lettuce, green peppers & green olives) Fruit and bread	7 Arroz milanese Fogonero al horno con ensalada de lechuga, maíz y aceitunas negras Fruta y pan Milanese rice Baked pollack with lettuce salad with sweetcorn & black olives Fruit and bread	8 Sopa de cocido Cocido completo Fruta y pan "Cocido" soup Full course "cocido" stew Fruit and bread	9 Crema de tomate con queso Jamoncitos de pollo al limón con patatas fritas Fruta y pan Cream of tomato soup with cheese Lemon chicken drumsticks with french fries Fruit and bread	10 Coditos gratinados Bacalao al horno con ensalada hortelana (lechuga, tomate y zanahoria) Yogur y pan Grilled pasta Baked cod with garden salad (lettuce, tomatoes & carrots) Yoghurt and bread	Kcal: 692 HC: 79 Prot: 36 Lip: 29
13 Coliflor gratinada Estofado de ternera con patatas dado Fruta y pan Cauliflower au gratin Beef stew with diced potatoes Fruit and bread	14 Judías pintas estofadas Tortilla de patatas con lechuga y olivas negras Fruta y pan Stewed pinto beans Spanish potato omelette with lettuce & olives Fruit and bread	15 Espaguetis carbonara Ventresca a la andaluza con lechuga, zanahoria y maíz Fruta y pan Spaghetti in carbonara sauce Andalusian style hake with lettuce, carrot & sweetcorn Fruit and bread	16 JORNADA EGIPCIA Chana masala Karahi de pollo con arroz salteado Lassi de plátano y pan Chana Masala Chicken Karahi with sautéed rice Banana Lassi and bread	17 FESTIVO	Kcal: 740 HC: 89 Prot: 35 Lip: 30
20 Garbanzos a la riojana Flamenquines con patatas Fruta y pan Rioja style chickpea stew Flamenquines (ham-stuffed steak roll) with potatoes Fruit and bread	21 Paella mixta Croquetas de jamón con ensalada hortelana (lechuga, tomate y zanahoria) Yogur y pan Mixed paella Ham croquettes with garden salad (lettuce, tomatoes & carrots) Yoghurt and bread	22 Crema de zanahoria y calabaza Abadejo a la romana con ensalada César Fruta y pan Cream of carrot & butterkin squash soup Battered & fried haddock with Caesar salad Fruit and bread	23 Sopa de picadillo Escalope a la milanese con patatas fritas Fruta y pan Broth with ham & egg bits Milanese style breaded steak with french fries Fruit and bread	24 Lentejas estofadas Tortilla de atún con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Lentil stew Tuna omelette with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread	Kcal: 783 HC: 87 Prot: 33 Lip: 34
27 Judías verdes rehogadas Albóndigas a la jardinera con champiñones Yogur y pan Sautéed green beans Meatballs with vegetables with mushrooms Yoghurt and bread	28 Macarrones con chorizo Palometa con tomate con pisto Fruta y pan Macaroni with chorizo sausage Pomfret with tomato sauce with ratatouille Fruit and bread	29 Sopa de cocido Cocido completo Fruta y pan "Cocido" soup Full course "cocido" stew Fruit and bread	30 Arroz negro Huevos gratinados con tomate Fruta y pan Black rice Eggs au gratin with tomato Fruit and bread	31 Crema de verduras Merluza a la romana con lechuga, zanahoria y maíz Fruta y pan Cream of vegetable soup Battered & fried hake with lettuce, carrot & sweetcorn Fruit and bread	Kcal: 711 HC: 82 Prot: 34 Lip: 24