

**LUNES**

**MARTES**

**MIÉRCOLES**

**JUEVES**

**VIERNES**

01

02

03

04

05

**08**  
 CREMA DE CALABACÍN / COURGETE SOUP  
 FILETE RUSO CON KETCHUP/BATTERED BEEF  
 STEAKS WITH KETCHUP  
 ARROZ BLANCO / BOILED RICE  
 FRUTA / FRUIT  
 PAN / BREAD  
 720,5Kcal - Prot:26,0g - Lip:22,3g - HC:94,6g AGS:3,0g -  
 Azúcares:22,5g - Sal:3,4g

**09**  
 SOPA DE AVE/ SOUP  
 MAGRO DE CERDO EN SALMOREJO/PORK IN  
 GARLIC SAUCE  
 PAPAS PANADERAS / SLICED ROAST POTATOES  
 GELATINA CASERA / HOMEMADE JELLY  
 PAN / BREAD  
 642,5Kcal - Prot:41,8g - Lip:20,0g - HC:71,5g AGS:4,4g -  
 Azúcares:6,3g - Sal:4,9g

**10**  
 POTAJE DE BERROS / CREAM OF WATERCRESS  
 SOUP  
 FLAMENQUINES DE YORK / BATTERED ROLLS OF  
 HAM & CHEESE  
 ENSALADA VERDE / GREEN SALAD  
 FRUTA / FRUIT  
 PAN / BREAD  
 572,7Kcal - Prot:18,9g - Lip:20,9g - HC:70,8g AGS:1,9g -  
 Azúcares:17,7g - Sal:1,3g

**11**  
 MACARRONES BOLOÑESA / MACARONI  
 BOLOGNESE  
 ABADEJO A LA VIZCAINA / WHITE FISH IN ONION  
 & SWEET PEPPER SAUCE  
 PAPAS AL VAPOR / STEAMED POTATOES  
 FRUTA / FRUIT  
 PAN / BREAD  
 653,7Kcal - Prot:31,4g - Lip:16,2g - HC:91,3g AGS:3,2g -  
 Azúcares:20,5g - Sal:1,9g

**12**  
 CREMA DE PUERROS / CREAM OF LEEK SOUP  
 JAMONCITOS REBOZADOS / BATTERED CHICKEN  
 LEGS  
 TOMATES ALIÑADOS / SLICED TOMATOES IN  
 GARLIC & OIL  
 YOGURT / YOGHURT  
 PAN / BREAD  
 597,0Kcal - Prot:30,9g - Lip:22,4g - HC:65,0g AGS:4,4g -  
 Azúcares:29,8g - Sal:1,5g

**15**  
 CREMA DE ZANAHORIA / CARROT SOUP  
 LOMO EN SALSAS DE MANZANA / PORK LOIN IN  
 APPLE SAUCE  
 PAPAS FRITAS / CHIPS  
 FRUTA / FRUIT  
 PAN / BREAD  
 726,8Kcal - Prot:33,8g - Lip:25,8g - HC:83,3g AGS:6,3g -  
 Azúcares:33,9g - Sal:2,1g

**16**  
 SOPA DE FIDEOS / PASTA SOUP  
 DORADO EN SALSAS VERDE / WHITE FISH IN  
 GREEN SAUCE  
 VERDURAS AL VAPOR / STEAMED VEGETABLES  
 YOGURT / YOGHURT  
 PAN / BREAD  
 583,9Kcal - Prot:35,8g - Lip:17,4g - HC:68,9g AGS:5,5g -  
 Azúcares:25,7g - Sal:2,1g

**17**  
 CREMA DE CALABACÍN / COURGETE SOUP  
 PECHUGA DE POLLO EMPANADA / CHICKEN  
 BREAST IN BREADCRUMBS  
 ENSALADA MEDITERRANEA / MEDITERRANEAN  
 SALAD  
 FRUTA / FRUIT  
 PAN / BREAD  
 652,5Kcal - Prot:27,9g - Lip:28,1g - HC:68,6g AGS:4,2g -  
 Azúcares:20,6g - Sal:2,6g

**18**  
 POTAJE DE ESPINACAS / CREAM OF SPINACH  
 SOUP  
 TORTILLA PAISANA / SPANISH OMELETTE WITH  
 VEGETABLES  
 SALSAS DE TOMATE CASERA / HOMEMADE  
 TOMATO SAUCE  
 DULCES / CAKE - PAN / BREAD  
 639,7Kcal - Prot:24,1g - Lip:29,1g - HC:64,6g AGS:6,5g -  
 Azúcares:8,2g - Sal:2,4g

**19**  
 PURÉ DE VERDURAS / CREAM OF  
 VEGETABLE SOUP  
 CANELONES DE ATÚN / TUNA CANELONI  
 YOGURT / YOGHURT  
 PAN / BREAD  
 741,2Kcal - Prot:28,3g - Lip:22,5g - HC:104,4g AGS:6,7g -  
 Azúcares:27,7g - Sal:3,0g

**22**  
 RANCHO CANARIO / CANARIAN STEW  
 SAN JACOBOS / CHEESE AND HAM IN  
 BREADCRUMBS  
 ENSALADA MIXTA / MIXED SALAD  
 FRUTA / FRUIT  
 PAN / BREAD  
 699,8Kcal - Prot:18,5g - Lip:27,3g - HC:88,5g AGS:4,3g -  
 Azúcares:21,5g - Sal:2,4g

**23**  
 CREMA DE PUERRO, COL Y ZANAHORIA / CREAM  
 OF LEEK, CABBAGE & CARROT  
 PAVO A LA JARDINERA / TURKEY WITH  
 VEGETABLES  
 YOGURT / YOGHURT  
 PAN / BREAD  
 549,2Kcal - Prot:40,2g - Lip:14,5g - HC:61,4g AGS:4,4g -  
 Azúcares:28,4g - Sal:1,9g

**24**  
 SOPA DE FIDEOS/ SOUP WITH PASTA  
 REVUELTO DE PAPAS, JAMÓN Y VERDURAS /  
 SCRAMBLED EGGS WITH POTATOES, HAM &  
 VEGETABLES  
 FRUTA / FRUIT  
 PAN / BREAD  
 528,0Kcal - Prot:23,0g - Lip:21,2g - HC:60,5g AGS:4,1g -  
 Azúcares:9,7g - Sal:8,2g

**25**  
 ARROZ A LA MARINERA / RICE WITH SEAFOOD  
 LOMO EN SALSAS AGRIDULCE / LOIN IN SWEET &  
 SOUR SAUCE  
 VERDURAS AL AJILLO / GARLIC VEGETABLES  
 FRUTA / FRUIT  
 PAN / BREAD  
 738,7Kcal - Prot:36,4g - Lip:21,3g - HC:96,5g AGS:4,7g -  
 Azúcares:26,2g - Sal:2,5g

**26**  
 CREMA DE ESPINACAS / CREAM OF SPINACH  
 CAPRICHOS DE CALAMAR / BATTERED SQUIDS  
 PAPAS AL VAPOR / MAHONESA / STEAMED  
 POTATOES WITH MAYONNAISE  
 YOGURT / YOGHURT  
 PAN / BREAD  
 638,5Kcal - Prot:22,4g - Lip:26,0g - HC:72,9g AGS:5,1g -  
 Azúcares:23,6g - Sal:3,4g

**29**  
 CREMA DE CALABACIN Y PUERRO/CREAM OF LEEK  
 & COURGETTE  
 ARROZ A LA CUBANA / CUBAN RICE  
 FRUTA / FRUIT  
 PAN / BREAD  
 589,4Kcal - Prot:17,8g - Lip:14,0g - HC:94,4g AGS:2,8g -  
 Azúcares:22,9g - Sal:1,6g

**30**  
 CODITOS CARBONARA / PASTA IN CARBONARA  
 SAUCE  
 DORADO EN SALSAS MARINERA / WHITE FISH IN  
 SEAFOOD SAUCE  
 SALTEADO DE VERDURAS / VEGETABLE SATEE  
 YOGURT / YOGHURT  
 PAN / BREAD  
 781,8Kcal - Prot:41,3g - Lip:27,5g - HC:89,5g AGS:11,0g -  
 Azúcares:28,1g - Sal:2,9g

**31**  
 SOPA DE PESCADO / FISH SOUP  
 POLLO AL CHILINDRÓN / CHICKEN IN TOMATO  
 SAUCE  
 PAPAS AL VAPOR / STEAMED POTATOES  
 FRUTA / FRUIT  
 PAN / BREAD  
 746,9Kcal - Prot:49,5g - Lip:28,7g - HC:69,2g AGS:6,3g -  
 Azúcares:13,5g - Sal:1,9g