

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

01

04

05

06

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SOPA DE FIDEO CON HIERBAHUERTO/PASTA SOUP
PALOMETA EN ADOBO / MARINATED BEEF
PAPAS ARRUGADAS / CANARIAN POTATOES
FRUTA / FRUIT
PAN / BREAD
540,3Kcal - Prot:28,2g - Lip:17,2g - HC:66,0g AGS:3,3g -
Azúcares:10,1g - Sal:11,2g

ARROZ CON VERDURAS / RICE WITH VEGETABLES
HAMBURGUESAS / BURGERS
TOMATES ALIÑADOS / SLICED TOMATOES IN
GARLIC & OIL
NATILLAS / CUSTARD
PAN / BREAD
700,0Kcal - Prot:28,4g - Lip:18,7g - HC:100,6g AGS:5,0g -
Azúcares:32,4g - Sal:1,6g

LENTEJAS CASTELLANAS / LENTIL STEW
INF: PURÉ DE LENTEJAS / CREAM OF LENTIL
SOUP
ESTOFADO DE POLLO / CHICKEN STEW
FRUTA / FRUIT
PAN / BREAD
721,8Kcal - Prot:45,1g - Lip:21,7g - HC:80,9g AGS:5,1g -
Azúcares:19,6g - Sal:1,8g

SOPA MARINERA / FISH SOUP
CORDON BLUE / CORDON BLUE
ENSALADA DE ZANAHORIA Y APIO / CARROT &
CELERY SOUP
FRUTA / FRUIT
PAN / BREAD
853,4Kcal - Prot:42,1g - Lip:33,8g - HC:91,3g AGS:2,0g -
Azúcares:21,3g - Sal:1,8g

CREMA DE ZANAHORIAS / CREAM OF CARROT
SOUP
REVUELTO DE SETAS, JAMÓN Y PAPAS FRITAS /
SCRAMBLED EGGS WITH HAM & CHIPS
YOGURT / YOGHURT
PAN / BREAD
711,2Kcal - Prot:29,0g - Lip:30,8g - HC:75,7g AGS:8,9g -
Azúcares:29,5g - Sal:2,7g

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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

SOPA MARAVILLA / 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

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

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

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

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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

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

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

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

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