



LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

**1**

**2**

**3**

**4**

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

**5**

CREMA DE ZANAHORIAS / CREAM OF CARROT SOUP  
REVUELTO DE SETAS Y PAPAS FRITAS / SCRAMBLED EGGS WITH 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

**5**

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

**6**

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

**7**

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

**8**

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

**9**

CREMA DE PUERROS / CREAM OF LEEK SOUP  
CROQUETAS DE BACALAO / FISH CROQUETTES  
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

**12**

CREMA DE ZANAHORIA / CARROT SOUP  
LOMO EN SALSA 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

**13**

SOPA DE FIDEOS / PASTA SOUP  
DORADO EN SALSA 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

**14**

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

**15**

POTAJE DE ESPINACAS / CREAM OF SPINACH SOUP  
TORTILLA PAISANA / SPANISH OMELETTE WITH VEGETABLES  
SALSA 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

**16**

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

**19**

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

**20**

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

**21**

SOPA ESTRELLAS / 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

**22**

ARROZ A LA MARINERA / RICE WITH SEAFOOD  
LOMO EN SALSA CON CIRUELAS / ROAST PORK LOIN IN PLUM 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

**23**

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

**26**

SEMANA SANTA

**27**

SEMANA SANTA

**28**

SEMANA SANTA

**29**

SEMANA SANTA

**30**

SEMANA SANTA