

**LUNES**



**MARTES**

**MIÉRCOLES**

**JUEVES**

**VIERNES**

**01**

DÍA FESTIVO

**02**

CREMA DE PUERROS / CREAM OF LEEK SOUP  
FLAMENQUINES DE YORK / BATTERED ROLLS OF  
HAM & CHEESE  
ENSALADA VERDE / GREEN SALAD  
HELADO( ICE CREAM  
PAN / BREAD  
572,7Kcal - Prot:18,9g - Lip:20,9g - HC:70,8g AGS:1,9g -  
Azúcares:17,7g - Sal:1,3g

**03**

DÍA FESTIVO

**04**

DÍA NO LECTIVO

**07**

CREMA DE ZANAHORIA / CARROT SOUP  
HAMBURGUESAS CON KETCHUP / BURGERS  
WITH KETCHUP  
PAPAS FRITAS / CHIPS  
FRUTA / FRUIT  
PAN / BREAD  
700,0Kcal - Prot:28,4g - Lip:18,7g - HC:100,6g AGS:5,0g -  
Azúcares:32,4g - Sal:1,6g

**08**

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

**09**

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

**10**

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

**11**

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

**14**

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

**15**

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

**16**

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

**17**

ARROZ A LA MARINERA / RICE WITH SEAFOOD  
LOMO EN SALSA 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

**18**

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

**21**

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

**22**

CODITOS CARBONARA / PASTA IN CARBONARA  
SAUCE  
DORADO EN SALSA 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

**23**

SOPA DE PESCADO / FISH SOUP  
POLLO AL CHILINDRÓN / CHICKEN IN TOMATOE  
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

**24**

JUDÍAS PINTAS CON VERDURAS / BEANS WITH  
VEGETABLES  
INF: PURÉ DE JUDÍAS / CREAM OF BEAN SOUP  
ESTOFADO DE CERDO / ROAST PORK  
FRUTA / FRUIT  
PAN / BREAD  
740,4Kcal - Prot:42,7g - Lip:23,5g - HC:79,7g AGS:6,3g -  
Azúcares:7,9g - Sal:1,7g

**25**

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

**28**

CREMA DE APIO Y ZANAHORIAS / CREAM OF  
CARROT AND CELERY  
MERLUZA REBOZADA / BATTERED HAKE  
PAPAS AL VAPOR Y MAHONESA / STEAMED  
POTATOES WITH MAYONNAISE  
FRUTA / FRUIT  
PAN / BREAD  
588,8Kcal - Prot:21,2g - Lip:20,4g - HC:76,1g AGS:2,8g -  
Azúcares:17,2g - Sal:1,4g

**29**

PURÉ DE VERDURAS / CREAM OF VEGETABLE  
SOUP  
CALDERETA DE TERNERA / BEEF STEW  
NATILLAS / CUSTARD  
PAN / BREAD  
730,8Kcal - Prot:29,5g - Lip:34,8g - HC:71,7g AGS:12,4g -  
Azúcares:34,7g - Sal:1,8g

**30**



DÍA DE CANARIAS

**31**

POTAJE DE BERROS/WATERCRESS SOUP  
ATÚN EN ESCABECHE / TUNA IN MARINADE  
PAPAS ARRUGADAS / CANARIAN POTATOES  
MOUSSE DE GOFIO  
PAN / BREAD  
769,0Kcal - Prot:31,7g - Lip:31,5g - HC:85,2g AGS:5,0g -  
Azúcares:20,8g - Sal:11,5g