

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 MAYONAISE
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

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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 MAYONAISE
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



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