

**LUNES**

**MARTES**

**MIÉRCOLES**

**JUEVES**

**VIERNES**

FESTIVO

**01**

FABADA / BEAN STEW  
 INF: CREMA DE JUDÍAS / CREAM OF BEAN SOUP  
 FOGONERO EN SALSAS DE SETAS / WHITE FISH IN MUSHROOM SAUCE  
 PAPAS AL VAPOR / STEAMED POTATOES  
 FRUTA / FRUIT  
 PAN / BREAD  
 571,8Kcal - Prot:29,3g - Lip:11,5g - HC:77,6g AGS:1,5g - Azúcares:16,2g - Sal:1,9g

**02**

PURÉ DE APIO Y ZANAHORIA / CREAM OF CELERY & CARROT SOUP  
 PIZZA REINA / PIZZA WITH HAM & MUSHROOMS  
 YOGURT / YOGHURT  
 PAN / BREAD  
 740,5Kcal - Prot:27,7g - Lip:22,0g - HC:104,8g AGS:6,7g - Azúcares:29,2g - Sal:3,3g

**03**

**06**

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

**07**

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

**08**

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

**09**

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

**10**

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

**13**

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

**14**

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

**15**

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

**16**

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

**17**

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

**20**

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

**21**

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

**22**

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

**23**

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

**24**

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

**27**

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

**28**

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

**29**

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

**30**

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