

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