

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

04

05

06

01
ARROZ CON VERDURAS/
RICE WITH VEGETABLES
FILETE DE PAVO AL AJILLO/ TURKEY WITH
GARLIC
ENSALADA MIXTA/SALAD
FRUTA/FRUIT
554,08 kCal- Prot:22,32g-Lip:12,54g-HC:85,06g

02
CREMA DE CALABAZA, BONIATO Y PUERRO PUMPKIN,
BONIATO AND LEEK CREAM/
ALBONDIGAS EN SALSA DE TOMATE/ MEATBALLS IN
TOMATO SAUCE
PAPAS FRITAS/
POTATOES
HELADO/ICE CREAM
440,96Kcal-Prot:11,94g-Lip:7,43g-Hc:79,20

05
RANCHO CANARIO/ CANARIO RANCH
FILETE RUSO CON TOMATE NATURAL/
BREADED MEAT WITH TOMATOES
PAPAS AL VAPOR/POTATOES
FRUTA/FRUIT
498,13Kcal-Prot:15,14g-Lip:17,59g-Hc:67,02g

06
SOPA DE AVE/ AVE SOUP
ESTOFADO DE CERDO/PORK STEW
YOGURT
539,38Kcal-Prot:29,85-Lip:15,41g-Hc:67,05g

07
CREMA DE COL Y ZANAHORIA / CABBAGE
AND CARROT CREAM
ATÚN EN ESCABECHE/ MARINATED TUNA
PAPAS ARRUGADAS/POTATOES
FRUTA/FRUIT
471,00Kcal-Prot:15,73g-Lip:10,44g-Hc:74,50g

08
DUO DE ALUBIAS CON SOFRITO VEGETAL/
BEANS WITH VEGETABLES
POLLO ASADO/ GRILLED CHICKEN
COLIFLOR AL AJOARRIEGO/ CAULIFLOWER
WITH AJOARRIERO
FRUTA/FRUIT
695,76Kcal-Prot:41,86g-Lip:24,25g-Hc:74,53g

09
CREMA DE VERDURAS/ VEGETABLES CREAM
HUEVOS REVUELTOS CON CHAMPIÑONES
Y HABICHUELAS/ SCRAMBLED EGGS WITH
MUSHROOMS AND BEANS
HELADO/ICE CREAM
633,10Kcal-Prot:19,59g-Lip:27,63g-Hc:70,48g

12
FESTIVO

13
SOPA DE TERNERA/ BEEF SOUP
ARROZ A LA CUBANA/ RICE WITH EGG,
SAUSAGES
YOGURT
524,59Kcal-Prot:20,12g-Lip:14,05-Hc:75,08 g

14
CODITOS AL PESTO/PASTA TO PESTO
JAMONCITO DE POLLO ADOBADO/
MARINATED CHICKEN HAM
ENSALADA VERDE/SALAD
FRUTA/FRUIT
538,36Kcal-Prot:19,36g-Lip:11,98g-Hc:86,66g

15
GARBANZOS COMPUESTOS/
CHICKPEAS WITH VEGETABLES
FOGONERO EN SALSA DE
PIMIENTOS/ FISH IN PEPPER SAUCE
PAPAS COCIDAS/ POTATOES
FRUTA/ FRUIT
486,95Kcal-Prot:13,49g-Lip:18,59g-Hc:59,60g

16
CREMA DE COL Y CALABAZA/
CABBAGE AND PUMPKIN CREAM
PIZZA REINA/PIZZA
HELADO/ICE CREAM
519,64Kcal-Prot:44,25g-Lip:17,95g-Hc:43,31g

19
POTAJE DE ESPINACAS/ SPINACH STEW
FILETE DE MERLUZA EMPANADA/ BREADED FISH
ENSALADA WALDORF /SALAD
FRUTA/FRUIT
569,87Kcal-Prot:23,13g-Lip:25,05g-Hc:58,26g

20
PURÉ DE VERDURAS /VEGETABLES STEW
POLLO EN SALSA AGRIDULCE / CHICKEN IN
SWEET SAUCE
ARROZ BLANCO/ RICE
YOGURT
607,62Kcal-Prot:38,87g-Lip:12,93g-Hc:78,24g

21
CREMA DE PUERRO Y CALABAZA/ LEEK AND
PUMPKIN CREAM
PALOMETA A LA VIZCAINA /fish vizcaina
HABICHUELAS AL AJILLO / BEANS WITH
GARLIC
FRUTA / FRUIT
407,86Kcal-Prot:12,00g-Lip:14,98g-Hc:52,70g

22
SOPA DE COCIDO/ COOKED SOUP
TERNERA EN SALSA DE CHAMPIÑONES/
BEEF IN MUSHROOM SAUCE
PAPAS DADO/POTATOES
FRUTA/FRUIT
571,10Kcal-Prot:44,92g-Lip:13,62g-Hc:65,36g

23
CREMA DE ZANAHORIAS, COL Y APIO / CARROTS,
CABBAGE AND CELERY CREAM
TORTILLA ESPAÑOLA / OMELETTE
SALSA DE TOMATE /TOMATOES SAUCE
HELADO /ICE CREAM
458,77Kcal-Prot:12,36g-Lip:8,57g-Hc:80,43g

26
LENTEJAS CON CHORIZO/ LENTILS
HAMBURGUESA MIXTA/ BURGER
PAPAS FRITAS /POTATOES FRITE
FRUTA /FRUIT
646,43Kcal-Prot:30,91-Lip:25,73g-Hc:70,31g

27
CREMA DE CALABAZA/ PUMPKIN CREAM
FILETE DE PAVO AL AJILLO/ TURKEY FILLET
WITH GARLIC
ENSALADA CAPRESSE/SALAD
YOGURT
686,42Kcal-Prot:37,52g-Lip:29,41g-Hc:64,02g

28
SOPA DE FIDEOS/ NOODLE SOUP
FONONERO EN SALSA MARINERA / FISH IN SEA
SAUCE
PAPAS AL VAPOR / STEAMED POTATOES
FRUTA/ FRUIT
480,93Kcal-Prot:14,57g-Lip:11,85g-Hc:75,41g

29
POTAJE DE BERROS/ WATERCRESS SOUP
ESTOFADO DE CERDO CON VERDURAS/
PORK STEW WITH VEGETABLES
FRUTA/FRUIT
682,25Kcal-Prot:40,40g-Lip:25,99g-Hc:67,91g

30
CREMA DE HORTALIZAS/ VEGETABLE CREAM
TOSTA MARINERA GRATINADA/
GRATINED MARINE TOAST
HELADO /ICE CREAM
564,15Kcal-Prot:29,01g-Lip:13,21g-Hc:80,14g