

**LUNES**

**MARTES**

**MIÉRCOLES**

**JUEVES**

**VIERNES**

**01**

POTAJE DE VERDURAS/ VEGETABLE SOUP  
REVUELTO DE SETAS, JAMÓN Y PAPAS FRITAS /  
SCRAMBLED EGGS WITH HAM & CHIPS  
YOGURT / YOGHURT  
572,3KCAL - PROT:16,7G - LIP:14,0G –  
HC:90,5G AGS:2,9G - AZÚCARES:28,1G –  
SAL:1,5G

**04**

CREMA DE CALABACÍN / COURGETE SOUP  
FILETE RUSO CON KETCHUP/BATTERED BEEF  
STEAKS WITH KETCHUP  
ENSALADA AMERICANA / AMERICAN SALAD  
FRUTA / FRUIT  
628,8KCAL - PROT:25,0G - LIP:24,1G –  
HC:68,5G AGS:3,3G - AZÚCARES:24,1G  
- SAL:3,3G

**05**

SOPA DE FIDEOS CON HIERBAHUERTO / PASTA  
SOUP  
LOMO DE CERDO EN SALSAS DE MANZANA/PORK  
IN APPLE SAUCE  
PAPAS PANADERAS / SLICED ROAST POTATOES  
YOGURT / YOGHURT  
575,8KCAL - PROT:42,8G - LIP:21,6G - HC:50,8G  
AGS:4,9G - AZÚCARES:4,8G - SAL:1,5G

**06**

POTAJE DE BERROS /  
CREAM OF WATERCRESS SOUP  
POLLO AL CHILDRÓN /  
CHICKEN IN TOMATO SAUCE  
ARROZ BLANCO / BOILED RICE  
FRUTA / FRUIT  
480,5KCAL - PROT:34,0G - LIP:12,7G –  
HC:52,8G AGS:2,2G - AZÚCARES:13,1G –  
SAL:1,6G

**07**

MACARRONES BOLOÑESA / MACARONI  
BOLOGNESE  
ABADEJO A LA VIZCAINA / WHITE FISH IN  
ONION & SWEET PEPPER SAUCE  
VERDURAS AL AJILLO / GARLIC VEGETABLES  
FRUTA / FRUIT  
560,7KCAL - PROT:28,9G - LIP:16,4G - HC:70,6G  
AGS:3,0G - AZÚCARES:21,2G - SAL:1,9G

**08**

CREMA DE PUERROS / CREAM OF LEEK SOUP  
NUGGETS DE POLLO/ NUGGETS  
TOMATES ALIÑADOS /  
SLICED TOMATOES IN GARLIC & OIL  
NATILLAS/ CUSTARD  
631,6KCAL - PROT:28,5G - LIP:28,4G - HC:62,4G  
AGS:6,3G - AZÚCARES:30,0G - SAL:2,1G

**11**

CREMA DE ZANAHORIA / CARROT SOUP  
DORADO EN SALSAS VERDES /  
WHITE FISH IN GREEN SAUCE  
PAPAS AL VAPOR / STEAMED POTATOES  
FRUTA / FRUIT  
653,9KCAL - PROT:21,5G - LIP:12,9G –  
HC:105,0G AGS:2,5G - AZÚCARES:23,9G –  
SAL:1,5G

**12**

RANCHO CANARIO / CANARIAN STEW  
TORTILLA PAISANA / SPANISH OMELETTE  
WITH VEGETABLES  
SALSAS DE TOMATE CASERA / HOMEMADE  
TOMATO SAUCE  
YOGURT / YOGHURT  
634,6KCAL - PROT:41,5G - LIP:23,3G - HC:61,6G  
AGS:7,4G - AZÚCARES:31,0G - SAL:1,7G

**13**

SOPA DE FIDEOS / PASTA SOUP  
ALBONDIGAS CON SALSAS DE  
TOMATE/MEATBALLS WITH TOMATO SAUCE  
PAPAS FRITAS/ POTATOES CHIPS  
FRUTA / FRUIT  
499,7KCAL - PROT:18,3G - LIP:22,9G - HC:51,5G  
AGS:4,4G - AZÚCARES:22,5G - SAL:1,7G

**14**

POTAJE DE ESPINACAS / CREAM OF SPINACH  
SOUP  
PECHUGA DE POLLO EMPANADA / CHICKEN  
BREAST IN BREADCRUMBS  
ENSALADA VERDE / GREEN SALAD  
FRUTA / FRUIT  
680,7KCAL - PROT:30,6G - LIP:33,8G - HC:58,3G  
AGS:6,3G - AZÚCARES:5,4G - SAL:2,5G

**15**

PURE DE VERDURAS / CREAM OF VEGETABLE  
SOUP  
PIZZA MARGARITA / MARGARITA PIZZA  
YOGURT / YOGHURT  
611,6KCAL - PROT:28,5G LIP:20,3G - HC:92,8G  
AGS:6,6G - AZÚCARES:27,3G - SAL:2,8G

**18**

PURÉ DE CALABACÍN / COURGETE SOUP  
SAN JACOBOS / CHEESE AND HAM IN  
BREADCRUMBS  
ENSALADA MIXTA / MIXED SALAD  
FRUTA / FRUIT  
643,6KCAL - PROT:16,8G - LIP:27,1G –  
HC:76,9G AGS:4,2G - AZÚCARES:21,1G  
- SAL:2,1G

**19**

CREMA DE PUERRO, COL Y ZANAHORIA /  
CREAM OF LEEK, CABBAGE & CARROT  
PAVO A LA JARDINERA /  
TURKEY WITH VEGETABLES  
YOGURT / YOGHURT  
493,8KCAL - PROT:38,6G - LIP:14,3G - HC:49,8G  
AGS:4,4G - AZÚCARES:28,0G - SAL:1,6G

**20**

ARROZ A LA MARINERA / RICE WITH SEAFOOD  
CAPRICHOS DE CALAMAR / BATTERED SQUIDS  
PAPAS AL VAPOR Y MAHONESA / STEAMED  
POTATOES WITH MAYONNAISE  
FRUTA / FRUIT  
583,5KCAL - PROT:25,5G - LIP:21,3G –  
HC:71,3G AGS:4,1G - AZÚCARES:9,5G - SAL:1,8G

**21**

SOPA ESTRELLAS / SOUP WITH PASTA  
LOMO EN SALSAS CON CIRUELAS / ROAST PORK  
LOIN IN PLUM SAUCE  
VERDURAS AL AJILLO / GARLIC VEGETABLES  
FRUTA / FRUIT  
531,5KCAL - PROT:37,3G - LIP:15,3G - HC:58,7G  
AGS:5,8G - AZÚCARES:24,4G - SAL:1,4G

**22**

CREMA DE ESPINACAS / CREAM OF SPINACH  
REVUELTO DE PAPAS, JAMÓN Y VERDURAS /  
SCRAMBLED EGGS WITH POTATOES, HAM &  
VEGETABLES  
YOGURT / YOGHURT  
479,2KCAL - PROT:15,8G - LIP:9,1G - HC:79,3G  
AGS:1,6G - AZÚCARES:13,7G - SAL:1,2G

**25**

CREMA DE CALABACIN Y PUERRO/  
CREAM OF LEEK & COURGETTE  
ARROZ A LA CUBANA / CUBAN RICE  
FRUTA / FRUIT  
559,0KCAL - PROT:26,1G - LIP:22,5G –  
HC:59,1G AGS:4,7G - AZÚCARES:16,5G –  
SAL:2,8G

**26**

MACARRONES CARBONARA / PASTA IN  
CARBONARA SAUCE  
DORADO EN SALSAS MARINERA (CON  
MEJILLONES GAMBAS Y ALMEJAS)/ WHITE FISH  
IN SEAFOOD SAUCE  
SALTEADO DE VERDURAS / VEGETABLE SATEE  
YOGURT / YOGHURT  
609,4KCAL - PROT:41,7G - LIP:16,7G - HC:71,0G AGS:4,7G  
- AZÚCARES:23,3G - SAL:1,8G

**27**

FABADA / BEANS WITH VEGETABLES  
INF: PURÉ DE JUDÍAS / CREAM OF BEAN SOUP  
FLAMENQUINES DE YORK /  
BATTERED ROLLS OF HAM & CHEESE  
ENSALADA VERDE / GREEN SALAD  
FRUTA / FRUIT  
663,7KCAL - PROT:26,3G - LIP:13,1G –  
HC:102,7G AGS:2,1G - AZÚCARES:24,9G –  
SAL:1,4G

**28**

SOPA DE PESCADO / FISH SOUP  
ESTOFADO DE CERDO CON PAPAS/  
ROAST PORK WITH POTATOES  
DULCES / CAKE  
559,8KCAL - PROT:17,3G - LIP:22,2G –  
HC:69,1G AGS:5,1G - AZÚCARES:35,1G –  
SAL:3,0G