



lunes monday martes tuesday miércoles wednesday jueves thursday viernes friday

03 **04** **05** **06** **07**

10 Kcal.830 Hc.126 Lip.29 Prot.22

- Macarrones con atún
- Delicias de pescado con mahonesa
- Fruta

- Macaroni with tuna
- Fish nuggets with mayonnaise
- Fruit

17 Kcal.681 Hc.78 Lip.26 Prot.32

- Menestra de verduras
- Jamón asado en salsa con patatas
- Yogur

- Mixed vegetables
- Ham roast in sauce with potatoes
- Yoghurt

24 Kcal.731 Hc.108 Lip.21 Prot.31

- Arroz con salchichas
- Bacalao al horno con piperrada
- Fruta

- Rice with sausages
- Baked cod with piperrada
- Fruit

11 Kcal.745 Hc.92 Lip.31 Prot.28

- Crema de zanahoria
- Albóndigas a la jardinera con patatas
- Fruta

- Creamed carrots
- Meatballs with vegetables and potatoes
- Fruit

18 Kcal.865 Hc.111 Lip.29 Prot.42

- Caracolillos napolitana
- Salmon a la naranja con verduras
- Fruta

- Macaroni napolitana
- Salmon orange with jews and potatoes
- Fruit

25 Kcal.620 Hc.74 Lip.20 Prot.38

- Sopa de fideos
- Ternera asturiana igp con verduras y patatas
- Actimel

- Chickpea broth
- Asturiana igp beef with vegetables and potatoes
- Actimel

12 Kcal.658 Hc.87 Lip.19 Prot.37

- Lentejas ecológicas a la castellana
- Merluza en salsa verde con verduras
- Yogur

- Ecological lentils with sausage
- Hake in green sauce with vegetables
- Yoghurt

19 Kcal.733 Hc.100 Lip.27 Prot.25

- Garbanzos ecológicos con espinacas
- Tortilla de patatas con ensalada
- Fruta

- Ecological chickpeas with spinach
- Spanish omelette with salad
- Fruit

26 Kcal.700 Hc.95 Lip.21 Prot.37

- Fabas pintas con arroz
- Suprema de merluza en salsa marinera con verduras
- Fruta

- Pinto bean stew with rice
- Hake in marinara sauce with vegetables
- Fruit

13 Kcal.678 Hc.76 Lip.30 Prot.28

- Sopa maravilla
- Pollo asado con verduras
- Fruta

- Noodle soup
- Roast chicken with vegetables
- Fruit

20 Kcal.639 Hc.81 Lip.25 Prot.26

- Patatas a la riojana
- Merluza a la gallega con zanahoria
- Fruta

- Potatoes with spicy
- Hake in paprika sauce with carrot
- Fruit

14 Kcal.674 Hc.104 Lip.19 Prot.27

- Fabas estofadas
- Tortilla de calabacín con ensalada
- Fruta

- Bean stew
- Zucchini omelette with salad
- Fruit

21 Kcal.732 Hc.96 Lip.22 Prot.41

- Lentejas a la hortelana
- Pavo estofado con verduras
- Fruta

- Lentils with vegetables
- Turkey stew with vegetables
- Fruit

28 Kcal.719 Hc.91 Lip.22 Prot.42

- Pote asturiano
- Pechuga de pollo en salsa con champiñones
- Fruta

- Bean stew with vegetables
- Chicken breast with sauce and mushrooms
- Fruit

