

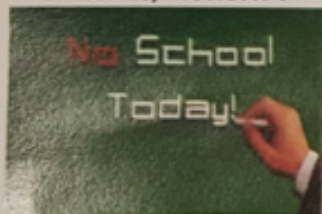
**4ª MARTES/TUESDAY 1**  
 Ensalada mixta/ Mixed salad  
 Guiso de pollo con verduras/ Chicken stew with vegetables.  
 San Jacobo /  
 Pan integral/ whole wheat bread  
 Lácteo/ dairy product  
 Kcal 532 Prot: 21 % Lip 38 % Hc: 40 %

**MIÉRCOLES /WEDNESDAY 2**  
 Ensalada/ salad  
 Garbanzos Riojana/ Chickpeas Riojana style  
 Coca de york y queso/ Ham and cheese cake  
**Pan integral/ Whole wheat bread**  
 Fruta/ fruit  
 Kcal. 842 Prot: 16 % Lip: 31 % Hc: 54 %

**JUEVES/THURSDAY 3**  
 Ensalada completa/ salad  
 Sopa con fideos / noodle with soup  
 Pechuga empanada/ Chicken breast with breadcrumbs  
 Pan/ bread  
 Fruta/fruit  
 Kcal. 511 Prot: 27 % Lip: 30 % Hc: 43 %

**VIERNES /FRIDAY 4**  
 Ensalada/salad  
 Estofado de ternera/ beef stew  
 Merluza rebozada/ battered hake  
 Pan/ bread  
 Lácteo/ yoghurt  
 Kcal 694 Prot: 20 % Lip: 33 % Hc: 46 %

**5ª LUNES/MONDAY 7**



**MARTES/TUESDAY 8**

**FESTIVO INMACULADA CONCEPCION**

**MIÉRCOLES/WEDNESDAY 9**

Ensalada / salad  
 Espaguetis carbonara/Carbonara spaghetti  
 Filete de merluza al horno/baked haddock fillet  
 Pan integral/wholemeal bread  
 Fruta/ fruit  
 Kcal. 685 Prot: 15% Lip: 34% Hc: 51 %

**JUEVES/THURSDAY 10**

Crema de calabaza  
 Carrillera en salsa/ Beef with sauce  
 Pan Integral/ whole wheat bread  
 Lácteo/ dairy product  
 Kl. 551 Prt;15% Lip;35% Hc; 48%

**VIERNES/FRIDAY 11**

Ensalada mixta (lechuga, tomate, atún ) Mixed salad ( lettuce, tomato and tuna)  
 Fabada asturiana/ Fabada  
 Lomo adobado/ Pork loin  
 Pan/ bread  
 Fruta/ fruit  
 Kcal. 717 Prot: 20 % Lip: 37 % Hc: 42 %

**6ª LUNES/ MONDAY 14**

**JORNADA JAPONESA**

Ensalada con soja / Salad with soy  
 Tallarines con verduras/Noodles with vegetables  
 Filete en salsa / hake in sauce  
 Pan/ bread  
 Sushi de fruit  
 Kcal 769 Prot:17% Lip: 34% Hc:49%

**MARTES / TUESDAY 15**

Ensalada mixta /Mixed salad  
 Paella de magra con verduras/ paella ( pork and vegetables)  
 Croquetas caseras /home-made croquet  
 Pan Integral /whole wheat bread  
 Lácteo/ dairy product  
 Kcal. 656 Prot 23 % Lip 22 % Hc 61 %

**MIÉRCOLES /WEDNESDAY 16**

Ensalada verde  
 Sopa de pescado/fish soup  
 Filete de lomo cerdo con patatas/  
 Pork with potatoes  
 Pan / bread  
 Fruta/ fruit  
 Kcal. 595 Prot: 14 % Lip: 39 % Hc: 47 %

**JUEVES/THURSDAY 17**

Ensalada/ salad  
 Lentejas con chorizo/ lentils with sausage  
 Tortilla Española /Spanish tortilla  
 Pan Integral/ Whole wheat bread  
 Fruta/ fruit  
 Kl. 598 Prt;20% Lip;245% Hc; 55%

**VIERNES / FRIDAY 18**

**Puré de calabacín/ Courgette cream**  
 Pechuga de pollo en salsa con patata/ Chicken breast with sauce and potatoes  
 Pan/ bread  
 Lácteo/ dairy product  
 Kl. 556 Prt;20% Lip;31% Hc; 48%

**1ª LUNES / MONDAY 21**

Ensalada/Salad  
 Cocido Completo con pelotas / cooked with meatballs  
 Pan integral/ Whole wheat bread  
 Corneto /frozen  
 Kcal. 724 Prot: 19 % Lip: 24 % Hc: 57 %

**MARTES/ TUESDAY 22**

No hay comedor.  
 Felices Vacaciones.



MENÚ VALORADO POR  
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