

02 **Lunes** **03** **martes** **04** **miércoles** **05** **jueves** **06** **viernes**

09 **Lunes** **10** **martes** **11** **miércoles** **12** **jueves** **13** **viernes**

KCal. 640 H.C. 61 Lip. 35 P. 23
• CREMA CALABACIN Y PUERRO
• ALBONDIGAS CON TOMATE
• PIÑA EN SU JUGO
• PAN

KCal. 619 H.C. 75 Lip. 21 P. 35
• LENTEJAS PARDINAS
• FILETE MERLUZA AL HORNO ESTILO ORIO CON PATATA PANADERA
• LECHUGA CENTRO DE MESA
• YOGUR / • PAN

KCal. 740 H.C. 113 Lip. 18 P. 39
• ARROZ A LA CUBANA
• FILETE POLLO EN SALSA CIRUELAS
• FRUTA FRESCA
• PAN

KCal. 660 H.C. 62 Lip. 35 P. 29
• JUDIA VERDE ECOLOGICA CON PATATA
• FILETE DE TERNERA EN SALSA CAZADORA
• LECHUGA Y ZANAHORIA CENTRO DE MESA
• FRUTA FRESCA / • PAN

KCal. 646 H.C. 70 Lip. 33 P. 41
• ALUBIA BLANCA POCHA
• FILETE DE LIMANDA REBOZADA
• GUARNICION LECHUGA
• FRUTA FRESCA
• PAN

16 **Lunes** **17** **martes** **18** **miércoles** **19** **jueves** **20** **viernes**

KCal. 604 H.C. 74 Lip. 27 P. 19
• CREMA DE BORRAJA
• TORTILLA DE PATATA AUSOLAN
• GUARNICION LECHUGA Y MAIZ
• NATILLA
• PAN

KCal. 623 H.C. 67 Lip. 23 P. 40
• SOPA DE QUINOA
• GUISADO RIBEREÑA CON PATATAS
• LECHUGA CENTRO DE MESA
• FRUTA FRESCA
• PAN

KCal. 671 H.C. 90 Lip. 20 P. 38
• ALUBIAS ROJAS CON ARROZ
• BACALAO AL AJOARRIERO
• FRUTA FRESCA
• PAN

KCal. 690 H.C. 58 Lip. 36 P. 37
• ACELGA CON PATATAS
• POLLO EN SALSA DE MOSTAZA SUAVE
• FRUTA FRESCA
• PAN

KCal. 739 H.C. 96 Lip. 29 P. 29
• MACARRONES INTEGRALES CON TOMATE
• FILETE DE MERLUZA REBOZADA
• GUARNICION LECHUGA
• FRUTA FRESCA
• PAN

23 **Lunes** **24** **martes** **25** **miércoles** **26** **jueves** **27** **viernes**

KCal. 680 H.C. 84 Lip. 28 P. 27
• LENTEJAS CASERAS
• SAN MARINO
• GUARNICION LECHUGA
• FRUTA FRESCA / • PAN

KCal. 709 H.C. 88 Lip. 27 P. 33
• PATATAS A LA MARINERA
• ESCALOPIN DE CERDO A LA NARANJA
• FRUTA FRESCA
• PAN

KCal. 644 H.C. 105 Lip. 18 P. 21
• PURE DE VERDURAS
• PAELLA DE POLLO
• FRUTA FRESCA
• PAN

KCal. 607 H.C. 71 Lip. 23 P. 33
• GARBANZOS CON BERZA
• FILETE DE MERLUZA AL HORNO CON VERDURITAS
• LECHUGA CENTRO DE MESA
• YOGUR
• PAN

KCal. 670 H.C. 51 Lip. 41 P. 26
• BORRAJA CON REFRITO
• FILETE RUSO CON CHAMPINONES
• LECHUGA CENTRO DE MESA
• FRUTA FRESCA
• PAN

30 **Lunes**

KCal. 655 H.C. 98 Lip. 20 P. 26
• TALLARINES CON TOMATE
• FILETE MERLUZA EN SALSA VERDE
• LECHUGA CENTRO DE MESA
• FRUTA FRESCA
• PAN

02 **monday** **03** **tuesday** **04** **wednesday** **05** **thursday** **06** **friday**

09 **monday** **10** **tuesday** **11** **wednesday** **12** **thursday** **13** **friday**

KCal. 640 H.C. 61 Lip. 35 P. 23
• ZUCCHINI AND LEEK CREAM SOUP
• MEATBALLS WITH TOMATO SAUCE
• PINEAPPLE IN ITS OWN JUICE
• BREAD

KCal. 619 H.C. 75 Lip. 21 P. 35
• PARDINA LENTIL SOUP
• HAKE FILLET ORIO STYLE WITH BAKER POTATOES
• LETTUCE CENTERPIECE
• YOGHURT / • BREAD

KCal. 740 H.C. 113 Lip. 18 P. 39
• CUBAN RICE
• CHICKEN FILLET IN PLUM SAUCE
• FRESH FRUIT
• BREAD

KCal. 660 H.C. 62 Lip. 35 P. 29
• ORGANIC GREEN BEANS WITH POTATOES
• VEAL STEAK IN HUNTER SAUCE
• LETTUCE AND CARRON CENTERPIECE
• FRESH FRUIT / • BREAD

KCal. 646 H.C. 70 Lip. 33 P. 41
• POCHA WHITE BEANS
• BATTER-COATED DAB FILLET
• LETTUCE
• FRESH FRUIT
• BREAD

16 **monday** **17** **tuesday** **18** **wednesday** **19** **thursday** **20** **friday**

KCal. 604 H.C. 74 Lip. 27 P. 19
• BORAGE CREAM SOUP
• AUSOLAN SPANISH POTATO OMELETTE
• LETTUCE AND CORN
• CUSTARD / • BREAD

KCal. 623 H.C. 67 Lip. 23 P. 40
• QUINOA SOUP
• RIVERSIDE STEW WITH POTATOES
• LETTUCE CENTERPIECE
• FRESH FRUIT / • BREAD

KCal. 671 H.C. 90 Lip. 20 P. 38
• RED BEANS WITH RICE
• AJOARRIERO COD
• FRESH FRUIT
• BREAD

KCal. 690 H.C. 58 Lip. 36 P. 37
• SWISS CHARD WITH POTATOES
• CHICKEN IN A MILD MUSTARD SAUCE
• FRESH FRUIT
• BREAD

KCal. 739 H.C. 96 Lip. 29 P. 29
• WHOLE GRAIN MACARONI WITH TOMATO SAUCE
• BATTER-COATED HAKE FILLET
• LETTUCE
• FRESH FRUIT / • BREAD

23 **monday** **24** **tuesday** **25** **wednesday** **26** **thursday** **27** **friday**

KCal. 680 H.C. 84 Lip. 28 P. 27
• HOMEMADE LENTIL SOUP
• HAKE WITH HAM AND CHEESE
• LETTUCE
• FRESH FRUIT / • BREAD

KCal. 709 H.C. 88 Lip. 27 P. 33
• POTATOES SAILOR STYLE
• PORK STEAK IN ORANGE SAUCE
• FRESH FRUIT
• BREAD

KCal. 644 H.C. 105 Lip. 18 P. 21
• VEGETABLE PURÉE
• CHICKEN PAELLA
• FRESH FRUIT
• BREAD

KCal. 607 H.C. 71 Lip. 23 P. 33
• CHICKPEAS WITH CABBAGE
• OVEN-BAKED HAKE FILLET WITH VEGETABLES
• LETTUCE CENTERPIECE
• YOGHURT / • BREAD

KCal. 670 H.C. 51 Lip. 41 P. 26
• BORAGE WITH SAUTÉE
• RUSSIAN STEAK WITH MUSHROOMS
• LETTUCE CENTERPIECE
• FRESH FRUIT / • BREAD

30 **monday**

KCal. 655 H.C. 98 Lip. 20 P. 26
• NOODLES WITH TOMATO
• HAKE FILLET IN GREEN SAUCE
• LETTUCE CENTERPIECE
• FRESH FRUIT / • BREAD

