

**01 martes****07 Lunes**

KCal. 624 H.C. 83 Lip. 19 P. 36

- LENTEJAS CON ARROZ ECOLOGICO INTEGRAL
- BACALAO AL AJOARRIERO
- FRUTA FRESCA
- PAN

**14 Lunes**

KCal. 648 H.C. 70 Lip. 35 P. 15

- CREMA DE CALABACIN
- SAN MARINO
- GUARNICION LECHUGA
- PIÑA EN SU JUGO
- PAN

**21 Lunes**

KCal. 621 H.C. 61 Lip. 31 P. 31

- CREMA DE PUERROS
- HAMBURGUESA 100% TERNERA DE NAVARRA
- GUARNICION LECHUGA Y MAIZ
- YOGUR
- PAN

**28 Lunes**

KCal. 545 H.C. 55 Lip. 27 P. 25

- JUDIA VERDE CASERA
- LOMO ADOBADO CON PISTO
- LECHUGA CENTRO DE MESA
- FRUTA FRESCA
- PAN

**08 martes**

KCal. 678 H.C. 97 Lip. 20 P. 33

- CODITOS CON ATUN
- FILETE BRASEADO
- FRUTA FRESCA
- PAN

**15 martes**

KCal. 675 H.C. 105 Lip. 18 P. 28

- ARROZ CON TOMATE
- POLLO A LA HORTELANA
- FRUTA FRESCA
- PAN

**22 martes**

KCal. 619 H.C. 79 Lip. 17 P. 36

- LENTEJAS PARDINAS
- ALBONDIGAS DE ATUN CON TOMATE
- LECHUGA CENTRO DE MESA
- FRUTA FRESCA
- PAN

**29 martes****COMIDA CAMPESTRE****02 miércoles**

KCal. 562 H.C. 50 Lip. 31 P. 23

- SOPA DE POLLO CON FIDEOS
- ALBONDIGAS EN SALSA
- LECHUGA Y MAIZ CENTRO DE MESA
- FRUTA FRESCA
- PAN

**09 miércoles**

KCal. 640 H.C. 63 Lip. 35 P. 21

- CREMA DE VERDURAS
- TORTILLA DE PATATA Y CALABACIN AUSOLAN
- GUARNICION LECHUGA
- YOGUR / • PAN

**16 miércoles**

KCal. 552 H.C. 53 Lip. 27 P. 28

- SOPA DE COCIDO
- ESCALOPE DE CERDO
- GUARNICION LECHUGA Y ACEITUNAS
- FRUTA FRESCA
- PAN

**23 miércoles**

KCal. 604 H.C. 92 Lip. 20 P. 20

- ENSALADA VARIADA
- PAELLA DE POLLO
- FRUTA FRESCA
- PAN

**30 miércoles**

KCal. 600 H.C. 75 Lip. 22 P. 30

- GARBANZOS VIUDOS
- FILETE DE MERLUZA AL HORNO CON VERDURITAS
- LECHUGA CENTRO DE MESA
- FRUTA FRESCA
- PAN

**03 jueves**

KCal. 631 H.C. 73 Lip. 31 P. 41

- ALUBIA BLANCA CON PIMIENTO Y ZANAHORIA
- FILETE DE LIMANDA REBOZADA
- GUARNICION LECHUGA
- FRUTA FRESCA
- PAN

**10 jueves**

KCal. 611 H.C. 73 Lip. 23 P. 32

- ALUBIA PINTA CON VERDURAS
- FILETE DE MERLUZA REBOZADA
- GUARNICION LECHUGA
- FRUTA FRESCA
- PAN

**17 jueves**

KCal. 660 H.C. 54 Lip. 37 P. 29

- BORRAJA CON REFRITO
- FILETE RUSO CON CHAMPIÑONES
- YOGUR
- PAN

**24 jueves**

KCal. 599 H.C. 50 Lip. 32 P. 29

- SOPA DE PESCADO
- LOMO FRESCO EN SALSA DE VERDURAS
- LECHUGA CENTRO DE MESA
- FRUTA FRESCA
- PAN

**31 jueves**

KCal. 636 H.C. 96 Lip. 13 P. 39

- MACARRONES CON TOMATE
- FILETE DE POLLO A LA MANZANA
- FRUTA FRESCA
- PAN

**04 viernes****DÍA DE EXALTACIÓN DE LAS VERDURAS****11 viernes**

KCal. 651 H.C. 56 Lip. 33 P. 35

- JUDIA VERDE CON PATATAS
- FILETE DE POLLO EN SALSA
- LECHUGA CENTRO DE MESA
- FRUTA FRESCA
- PAN

**18 viernes**

KCal. 655 H.C. 73 Lip. 29 P. 29

- GARBANZOS CON ZANAHORIA Y REFRITO DE AJO
- FILETE DE MERLUZA EN SALSA DE PIQUILLOS
- LECHUGA CENTRO DE MESA
- FRUTA FRESCA
- PAN

**25 viernes**

KCal. 605 H.C. 74 Lip. 27 P. 41

- ALUBIA BLANCA POCHA
- FILETE DE LIMANDA REBOZADA
- GUARNICION LIMON
- FRUTA FRESCA
- PAN

**01 tuesday****07 monday**

KCal. 624 H.C. 83 Lip. 19 P. 36

- LENTILS WITH WHOLE ORGANIC RICE
- AJOARRIERO COD
- FRESH FRUIT
- BREAD

**14 monday**

KCal. 648 H.C. 70 Lip. 35 P. 15

- ZUCCHINI CREAM SOUP
- HAKE WITH HAM AND CHEESE
- LETTUCE
- PINEAPPLE IN ITS OWN JUICE
- BREAD

**21 monday**

KCal. 621 H.C. 61 Lip. 31 P. 31

- LEEK CREAM SOUP
- HAMBURGUER 100% BEEF OF NAVARRA
- LETTUCE AND CORN
- YOGHURT / • BREAD

**28 monday**

KCal. 545 H.C. 55 Lip. 27 P. 25

- HOMEMADE GREEN BEANS
- MARINATED PORK LOIN WITH RATATOUILLE
- LETTUCE CENTERPIECE
- FRESH FRUIT / • BREAD

**08 tuesday**

KCal. 678 H.C. 97 Lip. 20 P. 33

- ELBOW PASTA WITH TUNA
- BRAISED STEAK
- FRESH FRUIT
- BREAD

**15 tuesday**

KCal. 675 H.C. 105 Lip. 18 P. 28

- RICE WITH TOMATO SOUCE
- GARDEN STYLE CHICKEN
- FRESH FRUIT
- BREAD

**22 tuesday**

KCal. 619 H.C. 79 Lip. 17 P. 36

- PARDINA LENTIL SOUP
- TUNA MEATBALLS WITH TOMATE SAUCE
- LETTUCE CENTERPIECE
- FRESH FRUIT / • BREAD

**29 tuesday****COUNTRY MEAL****02 wednesday**

KCal. 562 H.C. 50 Lip. 31 P. 23

- CHICKEN SOUP WITH NOODLES
- MEATBALLS IN SAUCE
- LETTUCE AND CORN CENTERPIECE
- FRESH FRUIT / • BREAD

**09 wednesday**

KCal. 640 H.C. 63 Lip. 35 P. 21

- VEGETABLE CREAM SOUP
- AUSOLAN POTATO AND ZUCCHINI OMELETTE
- LETTUCE
- YOGHURT / • BREAD

**16 wednesday**

KCal. 552 H.C. 53 Lip. 27 P. 28

- STEW SOUP
- PORK ESCALOPE
- LETTUCE AND OLIVES
- FRESH FRUIT
- BREAD

**23 wednesday**

KCal. 604 H.C. 92 Lip. 20 P. 20

- MIXED SALAD
- CHICKEN PAELLA
- FRESH FRUIT
- BREAD

**30 wednesday**

KCal. 600 H.C. 75 Lip. 22 P. 30

- CHICKPEAS BY THEMSELVES
- OVEN-BAKED HAKE FILLET WITH VEGETABLES
- LETTUCE CENTERPIECE
- FRESH FRUIT / • BREAD

**03 THURSDAY**

KCal. 631 H.C. 73 Lip. 31 P. 41

- WHITE BEANS WITH PEPPER AND CARROT
- BATTER-COATED DAB FILLET
- LETTUCE
- FRESH FRUIT / • BREAD

**10 THURSDAY**

KCal. 611 H.C. 73 Lip. 23 P. 32

- PINTA BEANS WITH VEGETABLES
- BATTER-COATED HAKE FILLET
- LETTUCE
- FRESH FRUIT
- BREAD

**17 THURSDAY**

KCal. 660 H.C. 54 Lip. 37 P. 29

- BORAGE WITH SAUTÉE
- RUSSIAN STEAK WITH MUSHROOMS
- YOGHURT
- BREAD

**24 THURSDAY**

KCal. 599 H.C. 50 Lip. 32 P. 29

- FISH SOUP
- FRESH PORK LOIN IN VEGETABLE SAUCE
- LETTUCE CENTERPIECE
- FRESH FRUIT / • BREAD

**31 THURSDAY**

KCal. 636 H.C. 96 Lip. 13 P. 39

- MACARONI WITH TOMATO
- CHICKEN FILLET IN APPLE SAUCE
- FRESH FRUIT / • BREAD

**04 FRIDAY****DAY OF THE EXALTATION OF THE VEGETABLES****11 FRIDAY**

KCal. 651 H.C. 56 Lip. 33 P. 35

- GREEN BEANS WITH POTATOES
- CHICKEN FILLET IN SAUCE
- LETTUCE CENTERPIECE
- FRESH FRUIT
- BREAD

**18 FRIDAY**

KCal. 655 H.C. 73 Lip. 29 P. 29

- CHICKPEAS WITH CARROT AND SAUTÉED GARLIC
- HAKE FILLET IN PIQUILLO PEPPER SAUCE
- LETTUCE CENTERPIECE
- FRESH FRUIT / • BREAD

**25 FRIDAY**

KCal. 605 H.C. 74 Lip. 27 P. 41

- POCHA WHITE BEANS
- BATTER-COATED DAB FILLET
- LEMON
- FRESH FRUIT
- BREAD