

**LUNES**

**MARTES**

**MIÉRCOLES**

**JUEVES**

**VIERNES**

**02**

MACARRONES CON CHORIZO  
MACARONI WITH SAUSAGE CHORIZO  
CINTA DE LOMO ADOBADA PLANCHA  
ENSALADA LECHUGA Y TOMATE/ SALAD  
PAN,FRUTA Y LECHE,BREAD,FRUIT,MILK  
KCAL:677.88 LIP:24.47  
PROT:43.37 HC:74.34

**03**

GARBANZOS ESTOFADOS/CHIKPEAS IN STEW  
LIMANDA A LA ANDALUZA  
LIMANDA IN ANDALUSIAN STYLE  
ENSALADA LECHUGA Y ATÚN/SALAD  
PAN,FRUTA Y LECHE,BREAD,FRUIT,MILK  
KCAL: 439.89 LIP:15.09  
PROT:32.14 HC:43.86

**04**

COLIFLOR CON BECHAMEL  
COLIFLOWER WITH BECHAMEL  
ALBÓNDIGAS DE TERNERA JARDINERA  
MEATBALLS BEEF WITH CHIPOS  
PATATAS FRITAS  
PAN ,FRUTA Y LECHE,BREAD,FRUIT,MILK  
KCAL:821.6 LIP:33.71  
PROT:43.36 HC:88.4

**05**

ARROZ CON TOMATE  
RICE IN TOMATO SAUCE  
PALOMETA EN SALSA  
BUTTERFISH BAKED IN SAUCE  
ENSALADA/SALAD  
PAN Y YOGURT,BREAD,YOGURTH  
KCAL: 762.75 LIP: 40.35  
PROT:16.22 HC:83.70

**06**

ALUBIAS PINTAS CON VERDURAS  
PINTO BEANS IN STEW WITH VEGETABLES  
TORTILLA DE QUESO/ CHEESE OMELETTE  
ENSALADA DE LECHUGA Y MAÍZ/ SALAD  
PAN,FRUTA Y LECHE,BREAD,FRUIT,MILK  
KCAL: 613.70 LIP:45.34  
PROT:28.29 HC:73.22

**09**

CREMA DE VERDURAS/VEGETABLES CREAM  
ESCALOPE DE POLLO EMPANADO  
BREADED CHICKEN WITH SALAD  
ENSALADA LECHUGA Y ZANAHORIA  
PAN,FRUTA Y LECHE,BREAD,FRUIT,MILK  
KCAL.821.6 LIP.33.71  
PROT:46.36 HC:88.40

**10**

LENTEJAS CON CHORIZO  
LENTILS IN STEW WITH CHORIZO SAUSAGE  
BACALAO CON TOMATE  
COD IN TOMATO SAUCE  
ENSALADA LECHUGA Y ATÚN/ SALAD  
PAN,FRUTA Y LECHE,BREAD,FRUIT,MILK  
KCAL:631.20 LIP:30.66  
PROT: 33.05 HC: 55.97

**11**

ARROZ CON VERDURAS Y POLLO  
RICE WITH CHICKEN AND VEGETABLES  
HUEVOS MOLL/MOLL EGGS  
LECHUGA, TOMATE Y ATÚN/ SALAD  
PAN,FRUTA Y LECHE,BREAD,FRUIT,MILK  
KCAL: 727.48 LIP: 49.42  
PROT:27.52 HC: 42.91

**12**

**FESTIVO  
HOLIDAY**

**13**

FIDEUA  
MERLUZA A LA GALLEGA  
HAKE IN GALICIAN STYLE  
CON PATATAS VAPOR/ BOILED POTATOS  
PAN,FRUTA Y LECHE,BREAD,FRUIT,MILK  
KCAL: 606.98 LIP:36.93  
PROT: 26.77 HC:42.00

**16**

ESPIRALES NAPOLITANA/NAPOLITAN PASTA  
SALMÓN A LA NARANJA  
BAKED SALMON IN MEUNIER SAUCE  
LECHUGA Y ZANAHORIA/ SALAD  
PAN,FRUTA Y LECHE,BREAD,FRUIT,MILK  
KCAL. 698.46 LIP:23.43  
PROT:31.54 HC:94.75

**17**

GUISO PATATAS CON MAGRO  
BOILED POTATOS WITH MEAT  
HAMBURGUESA DE TERNERA  
BEEF HAMBURGUER IN SAUCE WITH SALAD  
LECHUGA Y TOMATE  
PAN,FRUTA Y LECHE,BREAD,FRUIT,MILK  
KCAL:821.60 LIP : 33.71  
PROT: 46.36 HC:88.4

**18**

ARROZ MILANESA/MILANESE RICE  
TORTILLA FRANCESA/OMELETTE  
ENSALADA LECHUGA Y MAÍZ/ SALAD  
PAN,FRUTA Y LECHE,BREAD,FRUIT,MILK  
KCAL.673.03 LIP:21.98  
PROT: 47.87 HC:74.85

**19**

PANACHE DE VERDURAS/MIXED VEGETABLES  
POLLO ASADO/ ROASTED CHICKEN FILLET  
PATATAS FRITAS/ POTATOS  
PAN Y YOGURT,BREAD,YOGURTH  
KCAL.573.95 LIP:16.55  
PROT: 34.18 HC:73.72

**20**

LENTEJAS ESTOFADAS/LENTILS IN STEW  
BACALAO A LA ROTEÑA/COD WITH  
VEGETABLES  
ENSALADA LECHUGA Y ZANAHORIA/SALAD  
PAN,FRUTA Y LECHE,BREAD,FRUIT,MILK  
KCAL: 745.50 LIP 23.91  
PROT. 30.58 HC 104.3

**23**

ARROZ TRES DELICIAS/THREE SEASONS RICE  
ATÚN CON TOMATE/TUNA CUBES IN  
TOMATO SAUCE  
ENSALADA DE LECHUGA/SALAD  
PAN,FRUTA Y LECHE,BREAD,FRUIT,MILK  
KCAL:770.56 LIP:34.57  
PROT.24.73 HC:94.84

**24**

SOPA DE COCIDO/COCIDO SOUP  
COCIDO COMPLETO/ FULL STEW  
(CARNE, POLLO, CHORIZO)  
(CHIKPEAS,VEGETABLES,CHORIZO)  
PAN,FRUTA Y LECHE,BREAD,FRUIT,MILK  
KCAL.821.60 LIP:33.71  
PROT: 46.36 HC:88.40

**25**

MACARRONES CON SALCHICHAS  
MACARONNI WITH SAUSAGES  
MERLUZA A LA ROMANA  
HAKE IN ROMAN STYLE  
ENSALADA DE TOMATE/ SALAD  
PAN,FRUTA Y LECHE,BREAD,FRUIT,MILK  
KCAL.711.87 LIP:24.44  
PROT.35.14 HC:89.12

**26**

CREMA DE CALABAZA/PUMPKIN CREAM  
ESTOFADO DE TERNERA JARDINERA  
BEEF STEW IN GARDENER SAUCE  
PATATAS FRITAS/ CHIPOS  
PAN Y YOGURT,BREAD,YOGURTH  
KCAL: 821.6 LIP 33.71  
PROT: 46.36 HC:88.40

**27**

ALUBIAS BLANCAS  
WHITE BEANS IN STEW  
TORTILLA FRANCESA/ OMELETTE  
LECHUGA Y MAÍZ/ SALAD  
PAN,FRUTA Y LECHE,BREAD,FRUIT,MILK  
KCAL.573.95 LIP 16.55  
PROT:34.18 HC: 73.72

**30**

CREMA DE VERDURAS  
VEGETABLES CREAM  
MAGRO DE CERDO CON TOMATE  
PORK LOIN IN STEW WITH TOMATO SAUCE  
PATATAS VAPOR/ POTATOS  
PAN,FRUTA Y LECHE,BREAD,FRUIT,MILK  
KCAL:770.56 LIP:34.57  
PROT.24.73 HC: 94.84

**31**

**DIA DE HALLOWEEN**  
LENTEJAS CON CHORIZO  
LENTILS WITH CHORIZO SAUSAGE  
LIMANDA AL HORNO/BAKED LIMANDA  
POSTRE ESPECIAL  
KCAL:821.6 LIP:33.71  
PROT:46.36 HC: 88.40