




































































































































Alergia e intolerancia al **PROT. DE LA LECHE Y LACTOSA**

Fruta fresca del mes: Manzana, Pera, Plátano, Mandarina y Naranja

Lunes Monday	Martes Tuesday	Miércoles Wednesday	Jueves Thursday	Viernes Friday
	01 618,9 Kcal 34,5 Prot 96,9 Lip 196,2 Hc	02 749 Kcal 37,8 Prot 38,3 Lip 56,7 Hc	03 619 Kcal 28,2 Prot 21,3 Lip 74,2 Hc	04 692 Kcal 37,9 Prot 27,6 Lip 67,9 Hc
	Patatas a la riojana +S  Potatoes stew with sausage Salmón al horno con limón y guisantes  Baked cod with tomato sauce and peas Fruta fresca y pan       Fresh fruit and bread	Lentejas estofadas con verduras+S Lentil stew Tortilla de calabacín con ensalada  Zucchini omelet with salad Fruta fresca y pan       Fresh fruit and bread	Salteado de verduritas tiernas  Sautéed tender vegetables Pollo asado con patatas fritas Roasted Chicken with chips Fruta fresca y pan       Fresh fruit and bread	Judías pintas con arroz integral y chorizo +S  Beans stewed with sausage and rice Merluza al horno con ensalada  Baked hake with salad Fruta fresca y pan       Fresh fruit and bread
07	08	09 778 Kcal 38,6 Prot 38,4 Lip 68,2 Hc	10 669 Kcal 33,9 Prot 26,3 Lip 69,2 Hc	11 726 Kcal 37,2 Prot 36,4 Lip 56,9 Hc
NO LECTIVO NO LECTIVE	FESTIVO FESTIVE	Macarrones al gratén    Macaroni with tomato sauce Sardinillas con rodaja de tomate y lechuga juliana+S  Fish with salad Fruta fresca y pan       Fresh fruit and bread	Alubias blancas estofadas con verduras +S Beans stewed with vegetables Huevos cocidos con jamón    Eggs au gratin with ham Fruta fresca y pan       Fresh fruit and bread	Acelgas al ajoarriero+S Sautéed chard Ternera a la jardinera con patatas Beef ragout with chips Fruta fresca y pan       Fresh fruit and bread
14 681 Kcal 34,9 Prot 31,6 Lip 64 Hc	15 706 Kcal 32 Prot 19,1 Lip 93,5 Hc	16 624 Kcal 36 Prot 32,8 Lip 43,8 Hc	17 676 Kcal 35,8 Prot 27,2 Lip 69,9 Hc	18 692 Kcal 37,9 Prot 27,6 Lip 67,9 Hc
Crema de calabaza +S  Pumpkin cream Salchichas de ave con tomate  Poultry sausages with tomato Fruta fresca y pan       Fresh fruit and bread	Lentejas estofadas con chorizo+S  Lentil stew Tortilla de bonito con ensalada   Zucchini omelet with salad Fruta fresca y pan       Fresh fruit and bread	Judías verdes salteadas con bacon +S  Green beans sautéed with bacon Muslitos de Pollo en salsa con patatas Roasted Chicken with chips Fruta fresca y pan       Fresh fruit and bread	Paella de pollo Paella Fogonero al horno con pisto  Cod in sauce with ratatouille Fruta fresca y pan       Fresh fruit and bread	Sopa de marmita       Soup with pasta Cocido completo +S   chickpea-based stew Fruta fresca y pan       Fresh fruit and bread
21 748 Kcal 44,8 Prot 22,7 Lip 83,6 Hc	22 699 Kcal 26,6 Prot 36,3 Lip 62,6 Hc			
Pasta al gusto del centro       Chicken broth with chicken and bread pieces Pescado al horno con ensalada  Fish and salad Fruta fresca y pan       Fresh fruit and bread	Consomé navideño de pollo y verduras +S       Christmas constrict Pizza maestro con patatas chips       Pizza with chips Fruta fresca y pan       Fresh fruit and bread			