

Menú Basal Octubre (October)

Alergia e intolerancia al CERDO

Fruta fresca del mes: Manzana, Pera, Plátano, Melón y Sandía

Lunes Monday	Martes Tuesday	Miércoles Wednesday	Jueves Thursday	Viernes Friday
				1 2833Kj/680kcal; Gr:44g; HC:27g; Az:12g; Fib:4g; Pr:42g;
				Garbanzos estofados con espinacas y bacalao+S Chickpeas stewed with with spinach and cod
				Filetes rusos con salsa de tomate y loncha de queso steaks with tomato sauce and cheese slice
				Fruta fresca y pan Fresh fruit and bread
4 3704Kj/891kcal; Gr:65g; HC:27g; Az:9g; Fib:3g; Pr:48g;	5 2985Kj/710kcal; Gr:26g; GrSat:6g; HC:84g; Az:81g; Pr:35g;	6 1749Kj/417kcal; Gr:17g; GrSat:3g; HC:41g; Az:8g; Fib:4g; Pr:23g;	7 1784Kj/426kcal; Gr:20g; GrSat:1g; HC:25g; Az:10g; Fib:3g; Pr:35g;	8 2144Kj/507kcal; Gr:7g; HC:81g; Az:40g; Fib:4g; Pr:28g;
Lentejas estofadas con verduras +S Stewed lentils with vegetables	Arroz con verduras paella	Crema de verduras frescas +S Cream of fresh vegetables	Alubias blancas estofadas con verduras +S White beans stewed with vegetables	Coliflor al horno con béchamel +S Baked cauliflower with béchamel sauce
Salmón en salsa con guisantes +S Baked fish with salad	Huevos gratinados con tomate y pavo Eggs gratin with tomato, Turkey	San jacob de pavo casero con ensalada Homemade Turkey tenderloin with salad	Rabas de calamar empanadas con ensalada squid breaded with salad	Muslitos de pollo en salsa con patatas Chicken drumsticks in sauce with rice
Fruta fresca y pan Fresh fruit and bread	Yogurt de frutas y pan Fruit yogurt and bread	Fruta fresca y pan integral Fresh fruit and bread	Fruta fresca y pan Fresh fruit and bread	Fruta fresca y pan Fresh fruit and bread
11	12	13 9762Kj/234kcal; Gr:164g; HC:154g; Az:11g; Fib:7g; Pr:60g;	14 3793Kj/900kcal; Gr:24g; HC:129g; Az:105g; Fib:4g; Pr:40g;	15 2495Kj/597kcal; Gr:21g; GrSat:6g; HC:84g; Az:14g; Fib:8g; Pr:41g;
NO LECTIVO NO LECTIVE	FESTIVO FESTIVE	Espirales integrales y ecológicos con salsa de tomate +S Pasta with tomato sauce	Alubias pintas estofadas con verduras +S Stewed beans with vegetables	Crema de calabaza Pumpkin cream
		Merluza empanada con champiñón Breaded hake with salad	Tortilla española con ensalada Potatoes omelette with salad	Pollo al chilindrón sin cerdo con arroz integral chilindrón chicken with brown rice
		Fruta fresca y pan Fresh fruit and bread	Fruta fresca y pan Fresh fruit and bread	Yogurt de frutas y pan Fruit yogurt and bread
18 4613Kj/1112kcal; Gr:90g; GrSat:10g; HC:21g; Az:7g; Fib:1g; Pr:54g;	19 1827Kj/437kcal; Gr:23g; GrSat:3g; HC:20g; Az:1g; Fib:3g; Pr:36g;	20 1811Kj/435kcal; Gr:29g; GrSat:9g; HC:24g; Az:9g; Fib:3g; Pr:18g;	21 2144Kj/507kcal; Gr:7g; HC:81g; Az:40g; Fib:4g; Pr:28g;	22 2966Kj/705kcal; Gr:21g; GrSat:6g; HC:84g; Az:14g; Fib:8g; Pr:41g;
Lentejas estofadas con verduras +S stewed lentils with vegetables	Crema de brócoli Cream of broccoli	Sopa de picadillo con pasta integral y ecológica Mince soup with whole wheat pasta	Judías verdes salteadas Green beans sauteed	Pasta a la boloñesa Pasta Bolognese
Tortilla francesa con loncha de queso Omelette with salad	Palometa en adobo con ensalada +S Palometa in marinade with salad	Ternera a la hortelana con patatas dado Beef ragout with chips	Albóndigas a la hortelana con arroz +S Chicken drumsticks in sauce with brown rice	Halibut a la vasca +S Halibut breaded with salad
Gelatina de frutas y pan Gelly Fruits and bread	Fruta fresca y pan Fresh fruit and bread	Fruta fresca y pan Fresh fruit and bread	Fruta fresca y pan Fresh fruit and bread	Fruta fresca y pan integral +S Fresh fruit and bread
25 3969Kj/960kcal; Gr:88g; GrSat:3g; HC:17g; Az:8g; Fib:2g; Pr:24g;	26 2582Kj/614kcal; Gr:22g; GrSat:2g; HC:79g; Az:50g; Pr:25g;	27 2327Kj/551kcal; Gr:5g; HC:78g; Az:35g; Fib:17g; Pr:40g;	28 1709Kj/410kcal; Gr:26g; GrSat:2g; HC:18g; Az:1g; Fib:2g; Pr:25g;	29 2441Kj/583kcal; Gr:29g; GrSat:1g; HC:37g; Az:6g; Fib:1g; Pr:43g;
Guisantes salteados +S Peas sauteed with ham	Arroz con salsa de tomate casera +S Rice with tomato sauce	Salteado de verduras Sauteed vegetables	Crema de calabacín +S Cream of zucchini	Sopa de la marmita con fideos Chicken broth with chicken and bread pieces
Pavo en salsa con patata panadera Turkey in sauce with bakery potato	Bacalao a la andaluza con ensalada	Escalope de pollo empanado con ensalada Chicken escalope breaded with salad	Huevos rellenos de bonito con cama de lechuga y maíz +S Baked eggs with tuna and salad	Segundo vuelco del cocido (garbanzos, hortalizas y carne)+S Cocido madrileño (chickpea-based stew)
Fruta fresca y pan Fresh fruit and bread	Fruta fresca y pan Fresh fruit and bread	Fruta fresca y pan integral Fresh fruit and bread	Natillas caseras y pan Homemade custard and bread	Fruta fresca y pan Fresh fruit and bread