

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 campero 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, jamón y chorizo Eggs gratin with tomato, ham and sausage	San jacob casero con ensalada Homemade ternderlaid with salad	Merluza a la plancha con ensalada Baked hake 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/2346kcal; 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	Pasta con salsa de tomate +S Pasta with tomato sauce	Alubias pintas estofadas con verduras +S Stewed beans with chorizo	Crema de calabaza Pumpkin cream
		Merluza a la plancha con champiñón Hake with salad	Tortilla española con ensalada Potatoes omelette with salad	Pollo al chilindrón 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 de la abuela +S stewed lentils with chorizo	Crema de brócoli Cream of broccoli	Sopa de picadillo con pasta integral y ecológica Mince soup with whole wheat pasta	Judías verdes salteadas con bacon Green beans sauteed with bacon	Pasta a la boloñesa Pasta Bolognese
Tortilla de jamón con loncha de queso Ham 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 con jamón +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
Cinta de lomo adobada en salsa con patata panadera Ribbon of loin marinated in sauce with bakery potato	Bacalao a la andaluza con ensalada Fried hake with salad	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