



lunes	martes	miércoles	jueves	viernes	I. Nutricional
				1 Crema de puerros Chuleta de aguja con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Cream of leek Rib chop with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	Kcal: 665 HC: 67 Prot: 22 Lip: 37
4 HUEVO, FS Y MARISCO	5 Pasta (sin huevo) con chorizo Albóndigas a la jardinera con menestra Fruta y pan Pasta (without egg) with chorizo sausage Meatballs with vegetables with menestra Fruit and bread	6 FESTIVO	7 FESTIVO	8 FESTIVO	Kcal: 731 HC: 73 Prot: 33 Lip: 27
11 Lentejas con verduras Cinta de lomo con tomate, cebolla y orégano Yogur y pan Vegetable lentils Pork loin with tomatoes, onions & oregano Yoghurt and bread	12 Alubias blancas estofadas Pavo a la plancha con ensalada Fruta y pan Stewed white beans Grilled turkey with salad Fruit and bread	13 Pasta (sin huevo) con tomate Lenguadina a la plancha con ensalada hortelana (lechuga, tomate y zanahoria) Fruta y pan Pasta (without egg) with tomato Grilled yellowfin sole with salad (lettuce, tomatoes & carrots) Fruit and bread	14 Sopa de cocido (sin huevo) Cocido completo Fruta y pan "Cocido" soup (without eggs) Full course "cocido" stew Fruit and bread	15 Arroz con pollo Merluza al horno con lechuga Fruta y pan Rice with chicken Baked hake with lettuce Fruit and bread	Kcal: 568 HC: 69 Prot: 32 Lip: 19
18 Patatas con magro Pavo a la plancha con ensalada Yogur y pan Pork & potato stew Grilled turkey with salad Yoghurt and bread	19 Judías verdes rehogadas con tomate Lacón a la gallega con patatas cocidas Fruta y pan Sautéed green beans with tomato Lacón pork shoulder with potatoes with boiled potatoes Fruit and bread	20 Lentejas a la jardinera Rape en salsa verde con champiñones salteados Fruta y pan Vegetables lentils Monkfish in green sauce with sautéed mushrooms Fruit and bread	21 Arroz salteado Jamoncitos en pepitoria con ensalada de lechuga, tomate y maíz Fruta y pan Sautéed rice Chicken drumsticks in pepitoria sauce with lettuce salad with tomato & sweetcorn Fruit and bread	22 COMIDA ESPECIAL NAVIDAD	Kcal: 640 HC: 71 Prot: 32 Lip: 23
25	26	27	28	29	Kcal: 0 HC: 0 Prot: 0 Lip: 0