



# December-18

EGG FREE MENU

MONDAY 3					TUESDAY 4					WEDNESDAY 5					THURSDAY 6					FRIDAY 7				
LENTILS WITH SAUSAGE 0					GLUTEN FREE SPAGHETTI BOLOGNESE 1					SAUTEED CHARDS WITH BACON 0					HOLIDAY					BANK HOLIDAY				
GRILLED CHICKEN 0					GRILLED HAKE 4					GARLIC CHICKEN 0														
TOMATO SALAD 0					FRIES 12					BAKED POTATOES 12														
FRUIT 0					FRUIT 0					YOGHURT 7														
MILK 7					MILK 7					BREAD 1														
Kcal. Prot. Lip H.C. 647 35 27 65					Kcal. Prot. Lip H.C. 729 33 25 93					Kcal. Prot. Lip H.C. 614 28 29 61														
MONDAY 10					TUESDAY 11					WEDNESDAY 12					THURSDAY 13					FRIDAY 14				
BROCCOLI WITH GARLIC 0					RICE WITH CHICKEN 0					EGG FREE STEW SOUP 1,12					EGG FREE MEAT LASAGNA 1, 7					STEWED BEANS WITH VEGETABLES 0				
PORK TENDERLOIN WITH SALAD 0					WITHING WITH RATATOUILLE 4					CHICKPEA AND MEAT STEW 12					GRILLED HAKE 4, 13					ROAST CHICKEN 0				
FRUIT AND BREAD 0					FRUIT AND BREAD 0					FRUIT AND BREAD 0					YOGHURT 0					BAKED POTATOES 12				
MILK 7					MILK 7					MILK 7					BREAD 1					FRUIT 0				
Kcal. Prot. Lip H.C. 674 25 48 53					Kcal. Prot. Lip H.C. 694 33 22 91					Kcal. Prot. Lip H.C. 670 25 19 99					Kcal. Prot. Lip H.C. 659 33 22 82					Kcal. Prot. Lip H.C. 635 32 18 85				
MONDAY 17					TUESDAY 18					WEDNESDAY 19					THURSDAY 20					FRIDAY 21				
STEWED POTATOES WITH LOIN 12					GREEK RICE 12					FRESH VEGETABLES PURÉE 9, 12					SPECIAL CHRISTMAS MEAL					WHOLEMEAL EGG FREE MACARONI WITH SAUSAGE 1				
LEMON HAKE 4					GRILLED VEAL FILLET 0					TURKEY RAGOUT 0										MARINATE DOGFISH 1, 4				
COURGETTE GARNISH 0					SALAD 0					VEGETABLES 0										BAKED POTATOES 12				
FRUIT AND BREAD 1					FRUIT AND BREAD 1					YOGHURT 7										FRUIT 0				
MILK 7					MILK 7					BREAD 1					MILK 7									
Kcal. Prot. Lip H.C. 615 25 20 83					Kcal. Prot. Lip H.C. 882 34 42 92					Kcal. Prot. Lip H.C. 645 34 29 60														
MONDAY 24					TUESDAY 25					WEDNESDAY 26					THURSDAY 27					FRIDAY 28				
CHRISTMAS HOLIDAY					CHRISTMAS HOLIDAY					CHRISTMAS HOLIDAY					CHRISTMAS HOLIDAY					CHRISTMAS HOLIDAY				

MENUS ELABORADOS Y CALIBRADOS POR EL DEPARTAMENTO DE NUTRICION DE SISTEMAS INTEGRALES DE CALIDAD, S.L.U. CIF: B82196874. Servicio de Valoracion Nutricional Certificado por ISO 9001:2008.

LEYENDA

1	2	3	4	5	6	7	8	9	10	11	12	13	14
GLUTEN	CRUSTACEO	HUEVO	PESCADO	CACAHUETE	SOJA	LACTEO	FRUTOS DE CASCARA	APIO	MOSTAZA	SESAMO	SULFITOS	MOLUSCOS	ALTRAMUCES