



# junio-18

## GENERAL MENU

													FRIDAY 1						
													SAUTÉED GREEN BEANS WITH BACON		0				
													ROASTED HAKE WITH FRIES		4, 12				
													FRUIT, MILK AND BREAD		1, 7				
													Kcal.	Prot.	Lip	H.C.			
													675	27	32	70			
MONDAY 4				TUESDAY 5				WEDNESDAY 6				THURSDAY 7				FRIDAY 8			
COURGETTE CREAM		12		SAUTÉED PEAS		0		WHOLE WHEAT CARBONARA NOODLES		1, 3, 7		BROCCOLI WITH MAYONNAISE		3		RICE WITH CHOPS		0	
COD IN RIOJAN STYLE WITH FRIES		4, 12		PORK TENDERLOIN WITH LETTUCE AND TOMATO SALAD		0		BATTERED DAB WITH MUSHROOM GARNISH		1, 3, 4		HOMEMADE BREADED HAM AND CHESSE WITH BAKED POTATO		1, 3, 7, 12		BAKED EGGS WITH HAM AND PEAS		3	
FRUIT, MILK AND BREAD		1, 7		FRUIT, MILK AND BREAD		1, 7		LIQUID YOGHURT AND BREAD		1, 7		FRUIT, MILK AND BREAD		1, 7		FRUIT, MILK AND BREAD		1, 7	
Kcal.	Prot.	Lip	H.C.	Kcal.	Prot.	Lip	H.C.	Kcal.	Prot.	Lip	H.C.	Kcal.	Prot.	Lip	H.C.	Kcal.	Prot.	Lip	H.C.
748	26	26	103	799	31	41	76	703	31	24	92	777	27	46	63	609	22	22	81
MONDAY 11				TUESDAY 12				WEDNESDAY 13				THURSDAY 14				FRIDAY 15			
LOCAL HOLIDAY				WHITE BEANS SALAD		0		SHELLFISH AND CHICKEN PAELLA		1, 2, 3, 4, 6, 7, 9, 12, 13		FRESH VEGETABLES PURÉE		9, 12		MACARONI BOLOGNESE		1, 3	
				VEAL RAGOUT WITH VEGETABLES		0		DOGFISH FILLET WITH TOMATO SLICES		4		MEATBALLS JARDINIÈRE WITH FRIES		1, 3, 12		HAKE IN MARNIÈRE SAUCE		3, 4, 13	
				FRUIT, MILK AND WHOLE WHEAT BREAD		1, 7		FRUIT, MILK AND BREAD		1, 7		YOGHURT AND BREAD		1, 7		FRUIT, MILK AND BREAD		1, 7	
				Kcal.	Prot.	Lip	H.C.	Kcal.	Prot.	Lip	H.C.	Kcal.	Prot.	Lip	H.C.	Kcal.	Prot.	Lip	H.C.
757	32	30	88	719	31	30	82	777	28	36	84	793	36	28	100				
MONDAY 18				TUESDAY 19				WEDNESDAY 20				THURSDAY 21				FRIDAY 22			
STEWED WHITE BEANS		0		COUNTRY SALAD		3, 4, 12		CARROTS AND POTATO PURÉE		12		SPECIAL END OF SCHOOL YEAR MEAL				RICE IN TOMATO SAUCE		0	
BATTERED DAG WITH FRIES		1, 3, 4, 12		PORK TENDERLOIN WITH GARLIC AND BABY CARROT		1, 3		CHICKEN FILLET WITH FRIES		12						SCRAMBLED EGGS WITH BACON AND BAKED POTATOES		3, 12	
FRUIT, MILK AND BREAD		1, 7		CRÈME CARAMEL AND BREAD		1, 7		FRUIT, MILK AND BREAD		1, 7						FRUIT, MILK AND BREAD		1, 7	
Kcal.	Prot.	Lip	H.C.	Kcal.	Prot.	Lip	H.C.	Kcal.	Prot.	Lip	H.C.	Kcal.	Prot.	Lip	H.C.	Kcal.	Prot.	Lip	H.C.
836	33	30	108	858	26	47	83	640	27	18	93	772	23	31	101				

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

