



February-19

GENERAL MENU

MONDAY 4				TUESDAY 5				WEDNESDAY 6				THURSDAY 7				FRIDAY 8			
MARMITAKO (STEWED POTATOES WITH TUNA) 4, 12, 13				SAUTÉ CHARDS WITH BACON 0				STEW SOUP 1, 3, 12				GARLIC ELBOWS WITH SHRIMPS 1, 2, 3				BEANS WITH CLAMS 13			
SAUSAGE OMELETTE WITH CARROT SALAD 3				LEMON CHICKEN WITH FRIES 12				CHICKPEA AND MEAT STEW 1, 3, 12				ROASTED TUNA WITH RATATOUILLE 4				BATTERED HAKE WITH SALAD 1, 3, 4			
FRUIT, MILK AND BREAD 1, 7				FRUIT, MILK AND BREAD 1, 7				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.
770	29	35	86	732	31	32	80	593	25	19	80	638	32	14	97	723	32	25	92
MONDAY 11				TUESDAY 12				WEDNESDAY 13				THURSDAY 14				FRIDAY 15			
LENTILS WITH SAUSAGE 0				CASTILIAN SOUP 1, 3				STEWED BEANS 0				RICE WITH CHICKEN 0				FRESH VEGETABLES PURÉE 12			
GRATIN EGGS WITH BÉCHAMEL SAUCE AND TOMATO SLICE 3, 7				BATTERED DAB FISH WITH FRIES 1, 3, 4, 12				VEAL HAMBURGER WITH LETTUCE SALAD 1, 3, 7				"RIOJAN STYLE" HAKE WITH FRIES 4, 12				NEAPOLITAN PORK CHOPS 0			
FRUIT, MILK AND BREAD 1, 7				YOGHURT AND BREAD 1, 7				FRUIT, MILK 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.
762	31	34	84	675	30	34	63	775	33	31	92	842	29	32	110	631	23	24	80
MONDAY 18				TUESDAY 19				WEDNESDAY 20				THURSDAY 21				FRIDAY 22			
SPAGUETTI BOLOGNESE 1, 3, 7				STEWED BEANS WITH SAUSAGE 0				RICE WITH LEAN 0				STEW SOUP 1, 3, 12				"NAVARRA STYLE" STEWED POTATOES 12			
ROASTED WITHING IN MARINARA SAUCE 3, 4, 13				ROASTED LEMON CHICKEN FILLET WITH SALAD 0				VEAL FILLET IN SAUCE WITH PEAS AND CARROTS 0				CHICKPEA AND MEAT STEW 1, 3, 12				TUNA OMELETTE WITH COURGETTE GARNISH 3, 4			
FRUIT, MILK AND BREAD 1, 7				FRUIT, MILK AND BREAD 1, 7				FRUIT, MILK AND BREAD 1, 7				LIQUID YOGHURT WITH 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.
793	36	28	100	690	35	23	86	714	26	31	82	612	24	17	92	700	22	32	81
MONDAY 25				TUESDAY 26				WEDNESDAY 27				THURSDAY 28							
VEGETABLES SOUP WITH PASTA 1, 3				VALENCIAN PAELLA 0				MIXED VEGETABLES WITH HAM 0				STEWED LENTILS WITH VEGETABLES 0							
GALICIAN LACON WITH BOILED POTATOES 12				MACKEREL IN TOMATO SAUCE 4				HOMEMADE CORDON BLEU WITH FRIES 1, 3, 7, 12				MARINATED DOGFISH WITH SALAD 1, 4							
FRUIT, MILK AND 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.				
671	26	23	90	653	32	21	85	880	29	49	80	748	36	26	92				

MENUS ELABORADOS Y CALIBRADOS POR EL DEPARTAMENTO DE NUTRICION DE SISTEMAS INTEGRALES DE CALIDAD, S.L.U. CIF: B82196874. Servicio de Valoración 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

