



octubre-18

MENÚ GENERAL

| MONDAY 1 | | | | | TUESDAY 2 | | | | WEDNESDAY 3 | | | | THURSDAY 4 | | | | FRYDAY 5 | | | |
|--|-------|-----|------|--|------------------------------|-------|-----|------|-----------------------------------|-------|-----|------|-----------------------------------|-------|-----|------|-------------------------------------|-------|-----|------|
| MARINE SPAGUETTI | | | | | MASHED VEGETABLES | | | | STEWED POTATOES WITH VEAL | | | | STUFFED CHICKPEAS WITH VEGETABLES | | | | PAELLA MIXTA | | | |
| 1,2,4,12,13 | | | | | 0 | | | | 12 | | | | 0 | | | | 1, 2, 3 | | | |
| OMELETTE WIHT REBOZED CALABACIN | | | | | CHICKEN RAGOUT WITH POTATOES | | | | HOLLY IN THE ROMANA WITH SALAD | | | | LOIN TAPE WITH POTATOES | | | | RIOJANA BACALAO WITH FRIED POTATOES | | | |
| 1,3 | | | | | 0 | | | | 1, 3, 4 | | | | 0 | | | | 4 | | | |
| FRUIT, MILK AND BREAD | | | | | FRUIT, MILK AND BREAD | | | | YOGHURT AND BREAD | | | | FRUIT, MILK AND BREAD | | | | FRUIT, MILK AND BREAD | | | |
| 1, 7 | | | | | 1, 7 | | | | 1, 7 | | | | 1, 7 | | | | 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. |
| 740 | 25 | 28 | 97 | | 703 | 35 | 25 | 85 | 712 | 27 | 32 | 78 | 889 | 32 | 40 | 100 | 869 | 35 | 32 | 110 |
| MONDAY 8 | | | | | TUESDAY 9 | | | | WEDNESDAY 10 | | | | THURSDAY 11 | | | | FRYDAY 12 | | | |
| RICE THREE DELIGHTS | | | | | COOKED SOUP | | | | CHARD WITH JAM | | | | LENTILS WITH SAUSAGE | | | | PARTY | | | |
| 0 | | | | | 1,3,12 | | | | 0 | | | | 0 | | | | | | | |
| ADOBEED CAZÓN WITH SALAD | | | | | MADRID STEW | | | | CHICKEN WITH POTATOES | | | | OMELETTE WITH MEAT AND SALAD | | | | | | | |
| 1, 4 | | | | | 1,3,12 | | | | 0 | | | | 3 | | | | | | | |
| FRUIT, MILK AND BREAD | | | | | FRUIT, MILK AND BREAD | | | | FRUIT, MILK AND BREAD | | | | YOGHURT AND BREAD | | | | | | | |
| 1, 7 | | | | | 1, 7 | | | | 1, 7 | | | | 1, 7 | | | | | | | |
| Kcal. | Prot. | Lip | H.C. | | Kcal. | Prot. | Lip | H.C. | Kcal. | Prot. | Lip | H.C. | Kcal. | Prot. | Lip | H.C. | | | | |
| 711 | 22 | 33 | 82 | | 809 | 30 | 35 | 95 | 764 | 32 | 34 | 82 | 708 | 33 | 24 | 89 | | | | |
| MONDAY 15 | | | | | TUESDAY 16 | | | | WEDNESDAY 17 | | | | THURSDAY 18 | | | | FRYDAY 19 | | | |
| GARLIC MACARONI | | | | | VEGETABLES STEW | | | | "DIA DE GRECIA" ARROZ A LA GRIEGA | | | | JEWISH WITH SAUSAGE | | | | PATATAS A LA NAVARRA | | | |
| 1 | | | | | 0 | | | | 0 | | | | 0 | | | | 12 | | | |
| FISH HAMBURGUER WITH TOMATO AND POTATOES | | | | | VEAL WITH VEGETABLES | | | | MOUSSAKA | | | | REBOZED SOLE | | | | CHICKEN WITH VEHETABLES | | | |
| 1, 3, 4, 12 | | | | | 0 | | | | 3, 7 | | | | 1, 3, 4 | | | | 0 | | | |
| FRUIT, MILK AND BREAD | | | | | FRUIT, MILK AND BREAD | | | | FRUIT, YOGHURT AND BREAD | | | | FRUIT, MILK AND BREAD | | | | FRUIT AND BREAD | | | |
| 1, 7 | | | | | 1, 7 | | | | 1, 7 | | | | 1, 7 | | | | 1 | | | |
| 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. |
| 678 | 56 | 28 | 56 | | 543 | 22 | 16 | 76 | 915 | 37 | 33 | 112 | 749 | 26 | 46 | 57 | 685 | 30 | 22 | 97 |
| MONDAY 22 | | | | | TUESDAY 23 | | | | WEDNESDAY 24 | | | | THURSDAY 25 | | | | FRYDAY 26 | | | |
| RICE WITH TOMATO | | | | | COOKED SOUP | | | | LENTILS WITH SAUSAGE | | | | GREEN BEENS | | | | MACARONI WITH SAUSAGE | | | |
| 0 | | | | | 1,3,12 | | | | 0 | | | | 0 | | | | 1 | | | |
| EGGS WITH HAM AND GREEN PEAS | | | | | MADRID STEW | | | | REBOZED WHITING WITH POTATOES | | | | LOIN TAPE WITH RICE | | | | REBOZED COW WITH CHIPS POTATOES | | | |
| 3 | | | | | 1,3,12 | | | | 1, 3, 4 | | | | 0 | | | | 1, 3, 4 | | | |
| FRUIT, MILK AND BREAD | | | | | YOGHURT AND BREAD | | | | FRUIT, MILK AND BREAD | | | | FRUIT, MILK AND BREAD | | | | FRUIT, MILK AND BREAD | | | |
| 1, 7 | | | | | 1, 7 | | | | 1, 7 | | | | 1, 7 | | | | 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. |
| 736 | 25 | 30 | 92 | | 830 | 33 | 36 | 93 | 830 | 33 | 36 | 93 | 745 | 25 | 30 | 101 | 736 | 25 | 30 | 92 |
| MONDAY29 | | | | | TUESDAY 30 | | | | WEDNESDAY 31 | | | | | | | | | | | |
| MASHED VEGETABLES | | | | | WHITE BEANS WHITH VEGETABLES | | | | CHICKER RICE | | | | | | | | | | | |
| 0 | | | | | 0 | | | | 0 | | | | | | | | | | | |
| VEAL WITH SALAD | | | | | FRESH SAUSAGE WITH POTATOES | | | | MACKEREL WITH TOMATO AND PEPPERS | | | | | | | | | | | |
| 0 | | | | | 0 | | | | 4 | | | | | | | | | | | |
| FRUIT, MILK AND BREAD | | | | | FRUIT, MILK AND BREAD | | | | YOGHURT, MILK AND BREAD | | | | | | | | | | | |
| 1, 7 | | | | | 1, 7 | | | | 1, 7 | | | | | | | | | | | |
| Kcal. | Prot. | Lip | H.C. | | Kcal. | Prot. | Lip | H.C. | Kcal. | Prot. | Lip | H.C. | | | | | | | | |
| 710 | 20 | 32 | 90 | | 798 | 30 | 33 | 93 | 684 | 24 | 36 | 110 | | | | | | | | |

*LA VERSIÓN EN INGLÉS DE ESTE MENÚ PUEDE CONSULTARSE A TRAVÉS DE LA PÁGINA WEB DE COESPA, WWW.COESPA.ES

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 |
| | | | | | | | | | | | | | | |

