



# NOVIEMBRE 2020



ALÉRGICOS



1. GLUTEN



2. CRUSTÁCEOS



3. HUEVOS



4. PESCADO



5. CACAHUETES



6. SOJA



7. LÁCTEOS



8. FRUTOS DE CÁSCARA



9. AJO



10. MOSTAZA



11. SESAMO



12. DÍOXIDO DE AZUFRE, SULFITOS



13. MOLUSCOS



14. ALTRAMUCES

LUNES

02

FESTIVO

MARTES

03

**Coditos con tomate y atún** Al. (1-3-4)  
Pasta with tuna and tomato sauce

**Tortilla de jamón de pavo con ensalada** Al. (3)

Turkey ham omelette with salad  
**Fruta y leche/** Fruit and milk Al. (7)

649 Kcal. / P: 27,5g / H: 74,5g  
G: 25g / A.G.S.: 5g

MIÉRCOLES

04

**Judías blancas con chorizo** Al. (0)  
White bean stew (with chorizo)

**Pescadilla en salsa marinera** Al. (1-2-4-13)

Fish in seafood sauce  
**Fruta y leche/** Fruit and milk Al. (7)

602 Kcal. / P: 37,8g / H: 68,3g  
G: 16g / A.G.S.: 3,5g

JUEVES

05

**Crema de calabacín** Al. (12)  
Cream of zucchini soup

**Pollo al ajillo con patatas** Al. (12)

Chicken in garlic with potatoes

**Natillas /** Custard Al. (7)

696 Kcal. / P: 28,1g / H: 80,4g  
G: 27,2g / A.G.S.: 7,2g

VIERNES

06

**Arroz con pollo y alcachofas** Al. (0)  
Rice with chicken and artichokes

**Bacalao huertano con ensalada** Al. (1-4)

Cod fish in vegetable sauce with salad

**Fruta y leche/** Fruit and milk Al. (7)

673 Kcal. / P: 31,4g / H: 74,4g  
G: 25,9g / A.G.S.: 4,2g

09

**Macarrones ecológicos con tomate** Al. (1-3)

Organic pasta with tomato sauce

**Salmón gratinado con mahonesa** Al. (1-3-4)

Baked salmon with mayonnaise sauce  
**Fruta y leche/** Fruit and milk Al. (7)

658 Kcal. / P: 28,2g / H: 71,5g  
G: 27,2g / A.G.S.: 4,3g

10

**Paella valenciana** Al. (0)  
Paella (rice, meat and vegetables)

**Tortilla de espárragos verdes con ensalada** Al. (3)

Asparagus omelette with salad  
**Fruta y leche/** Fruit and milk Al. (7)

665 Kcal. / P: 22,1g / H: 82g  
G: 26,1g / A.G.S.: 5g

11

**Crema de zanahorias con queso** Al. (7-12)

Cream of carrot soup with cheese

**Albóndigas de ternera a jardinera con cuscús** Al. (1-3-7)

Meatballs with cous cous and vegetables  
**Fruta y leche/** Fruit and milk Al. (7)

715 Kcal. / P: 28g / H: 94g  
G: 22,7g / A.G.S.: 6,4g

12

**Sopa de cocido** Al. (1-3)  
Meat and pasta soup

**Cocido completo** Al. (12)

Chicpea, meat and vegetable stew  
**Pan integral, fruta y leche /** Wholegrain bread, fruit and milk Al. (1-7)

605 Kcal. / P: 34,8g / H: 71,9g  
G: 16,4g / A.G.S.: 5,6g

13

**Menestra de verduras** Al. (0)  
Vegetable stew

**San Jacobo con patatas** Al. (1-3-7-12)

Breaded ham and cheese with potatoes

**Yogur de fruta /** Yoghurt of fruit Al. (7)

615 Kcal. / P: 22,7g / H: 83,5g  
G: 18,3g / A.G.S.: 4,2g

16

**Lentejas estofadas con pollo** Al. (0)  
Lentil stew (with chicken)

**Calamares y croquetas con ensalada** Al. (1-7-13)

Breaded squid and croquettes with salad  
**Fruta y leche/** Fruit and milk Al. (7)

777 Kcal. / P: 38,1g / H: 72,4g  
G: 34,2g / A.G.S.: 7,7g

17

**Brócoli rehogado con patata y zanahoria** Al. (0)

Broccoli with carrots and potatoes

**Cinta de lomo con salsa de tomate y guarnición de pasta** Al. (1-3)

Pork steak with tomato sauce and pasta  
**Fruta y leche/** Fruit and milk Al. (7)

641 Kcal. / P: 38,7g / H: 69,8g  
G: 20,5g / A.G.S.: 5,1g

18

**Patatas guisadas con pescado y marisco** Al. (2-4-12-13)

Potato stew with fish and seafood

**Tortilla de queso con ensalada de lechuga y remolacha** Al. (3-7)

Cheese omelette with salad  
**Fruta y leche/** Fruit and milk Al. (7)

632 Kcal. / P: 20,1g / H: 67,6g  
G: 29,4g / A.G.S.: 8,1g

19

**Arroz a la campesina** Al. (0)  
Rice with ham and vegetables

**Caella en adobo con ensalada** Al. (1-4)

Marinated fish with salad

**Natillas /** Custard Al. (7)

727 Kcal. / P: 28,4g / H: 82,6g  
G: 30,3g / A.G.S.: 8,2g

20

**Crema de puerros, cebolla y patata** Al. (12)

Cream of leek, onion and potato soup

**Ternera en salsa con arroz** Al. (0)

Veal in sauce with rice

**Fruta y leche/** Fruit and milk Al. (7)

609 Kcal. / P: 13,6g / H: 111g  
G: 19,7g / A.G.S.: 4,7g

23

**Espaguetis a la carbonara** Al. (1-3-7)

Carbonara pasta

**Huevos al plato con ensalada** Al. (3)

Baked eggs with salad  
**Fruta y leche/** Fruit and milk Al. (7)

689 Kcal. / P: 25,3g / H: 70,1g  
G: 32,4g / A.G.S.: 7,3g

24

**Judías verdes al ajoarriero** Al. (0)  
Green bean stew

**Lacón a la gallega con patatas** Al. (12)

Pork steak with potatoes

**Fruta y leche/** Fruit and milk Al. (7)

620 Kcal. / P: 27,2g / H: 74,6g  
G: 21,2g / A.G.S.: 4,7g

25

**Sopa de cocido** Al. (1-3)  
Meat and pasta soup

**Cocido completo** Al. (12)

Chicpea, meat and vegetable stew

**Fruta y leche/** Fruit and milk Al. (7)

737 Kcal. / P: 38,8g / H: 99,4g  
G: 16,7g / A.G.S.: 5,7g

26

**Arroz con tomate y verduras** Al. (0)  
Vegetable rice with tomato sauce

**Rodaja de merluza a la romana con ensalada** Al. (1-3-4)

Breaded hake fish with salad

**Fruta y leche/** Fruit and milk Al. (7)

631 Kcal. / P: 34,8g / H: 75,3g  
G: 30,7g / A.G.S.: 6,5g

27

**Crema de calabaza** Al. (12)  
Cream of pumpkin soup

**Ragout de pollo con patatas y champiñones** Al. (0)

Chicken stew with mushrooms and potatoes

**Yogur bebible /** Liquid yoghurt Al. (7)

735 Kcal. / P: 34,8g / H: 75,3g  
G: 30,7g / A.G.S.: 6,5g

30

**Macarrones al gratén** Al. (1-3-7)

Pasta with cheese and tomato sauce

**Limanda rebosada con pisto** Al. (1-3-4)

Breaded fish with vegetable sauce  
**Fruta y leche/** Fruit and milk Al. (7)

659 Kcal. / P: 27,9g / H: 76,4g  
G: 25,2g / A.G.S.: 5,1g

Todos los menús irán acompañados de pan y agua

All menus will be accompanied by bread and water