

- 1. GLUTEN
- 2. CRUSTÁCEOS
- 3. HUEVOS
- 4. PESCADO
- 5. CACAHUETES
- 6. SOJA
- 7. LÁCTEOS
- 8. FRUTOS DE CÁSCARA
- 9. APIO
- 10. MOSTAZA
- 11. SESAMO
- 12. DÍOXIDO DE AZUFRE, SULFITOS
- 13. MOLUSCOS
- 14. ALTRAMUZES

LUNES MARTES MIÉRCOLES JUEVES VIERNES

Todos los menús irán acompañados de pan y agua
All menus will be accompanied by bread and water

	<p>08</p> <p>Crema de calabacín con queso y picatostes Al. (1-7-12) Cream of zucchini soup with cheese and croutons</p> <p>Cinta de lomo al ajillo con patatas Al. (12) Pork steak in garlic sauce with potatoes</p> <p>Fruta y leche / Fruit and milk Al. (7)</p> <p>693 Kcal. / P: 30,4g / H: 72,4g G: 29g / A.G.S.: 6,4g</p>	<p>09</p> <p>Lentejas ecológicas guisadas con ternera, cebolla y zanahoria Al. (0) Ecological lentil stew (with veal, onion and carrot)</p> <p>Pescadilla al horno con ensalada Al. (4) Baked fish with salad</p> <p>Fruta y leche / Fruit and milk Al. (7)</p> <p>622 Kcal. / P: 27g / H: 73,1g G: 20,9g / A.G.S.: 3,2g</p>	<p>10</p> <p>Verduritas salteadas Al. (0) Vegetable stew</p> <p>Ragout de ternera con patatas panadera Al. (12) Veal stew with potatoes</p> <p>Helado / Ice cream Al. (7)</p> <p>725 Kcal. / P: 33g / H: 67,7g G: 33,6g / A.G.S.: 8,9g</p>	<p>11</p> <p>Ensalada de pasta Al. (1-2-3-4) Pasta salad (with corn, tuna and egg)</p> <p>Bacalao a la riojana Al. (4) Cod fish in tomato sauce</p> <p>Fruta y leche / Fruit and milk Al. (7)</p> <p>688 Kcal. / P: 32,1g / H: 95,8g G: 17,3g / A.G.S.: 2,7g</p>
<p>14</p> <p>FESTIVO</p>	<p>15</p> <p>Ensalada campera Al. (3-4-12) Potato salad (with tuna, egg and vegetables)</p> <p>Salmón a la naranja con champiñones Al. (4) Baked salmon in orange sauce with mushrooms</p> <p>Fruta y leche / Fruit and milk Al. (7)</p> <p>608 Kcal. / P: 29,8g / H: 49,9g G: 30,7g / A.G.S.: 5g</p>	<p>16</p> <p>Crema de puerros y zanahorias Al. (12) Cream of carrot and leek soup</p> <p>Pollo al curry con cuscús Al. (1-7) Chicken curry with cous cous</p> <p>Fruta y leche / Fruit and milk Al. (7)</p> <p>653 Kcal. / P: 28,3g / H: 86,6g G: 19,3g / A.G.S.: 4g</p>	<p>17</p> <p>Sopa de cocido Al. (1-3) Meat and pasta soup</p> <p>Cocido completo Al. (12) Chicpea, meat and vegetable stew</p> <p>Pan integral, fruta y leche / Wholegrain bread, fruit and milk Al. (1-7)</p> <p>681 Kcal. / P: 38,5g / H: 85,3g G: 17,1g / A.G.S.: 5,6g</p>	<p>18</p> <p>Brócoli rehogado con beicon Al. (0) Broccoli with bacon</p> <p>Filete de ternera en salsa con patatas Al. (12) Beef steak in sauce with potatoes</p> <p>Yogur de fruta / Yogurt of fruit Al. (7)</p> <p>671 Kcal. / P: 40,7g / H: 52,7g G: 31,6g / A.G.S.: 8,8g</p>
<p>21</p> <p>Espaguetis integrales con tomate y atún Al. (1-3-4-7) Wholegrain pasta with tuna and tomato sauce</p> <p>Limanda rebozada con ensalada de colores Al. (1-3-4) Breaded fish with salad</p> <p>Fruta y leche / Fruit and milk Al. (7)</p> <p>663 Kcal. / P: 30,1g / H: 77,6g G: 24,2g / A.G.S.: 4,3g</p>	<p>22</p> <p>Sopa campesina Al. (12) Vegetable and ham soup</p> <p>Filetes rusos de cerdo con patatas y salsa de tomate Al. (1-3-7-12) Russian pork steak with potatoes and tomato sauce</p> <p>Fruta y leche / Fruit and milk Al. (7)</p> <p>695 Kcal. / P: 33,3g / H: 79,5g G: 24,9g / A.G.S.: 7g</p>	<p>23</p> <p>Paella de marisco y pollo Al. (2-12-13) Rice with chicken and seafood</p> <p>Huevos cocidos con atún y tomate y ensalada Al. (3-4) Gratinated eggs with mixed salad</p> <p>Fruta y leche / Fruit and milk Al. (7)</p> <p>612 Kcal. / P: 25g / H: 64,8g G: 26,8g / A.G.S.: 5g</p>	<p>24</p> <p>Judías blancas con chorizo Al. (0) White bean stew</p> <p>Palometa en salsa verde Al. (2-3-4-13) Fish in parsley sauce</p> <p>Helado / Ice cream Al. (7)</p> <p>674 Kcal. / P: 37,1g / H: 61,7g G: 26,9g / A.G.S.: 7,7g</p>	<p>25</p> <p>Guisantes rehogados con jamón Al. (0) Peas with ham</p> <p>Pollo asado con patatas Al. (12) Roasted chicken with potatoes</p> <p>Fruta y leche / Fruit and milk Al. (7)</p> <p>659 Kcal. / P: 29,3g / H: 71,6g G: 24,9g / A.G.S.: 11,5g</p>
<p>28</p> <p>Macarrones al gratén Al. (1-3-7) Pasta with cheese and tomato sauce</p> <p>Varitas de merluza con ensalada Al. (1-4) Breaded hake fish with salad</p> <p>Fruta y leche / Fruit and milk Al. (7)</p> <p>712 Kcal. / P: 25,7g / H: 79,8g G: 30,5g / A.G.S.: 5,4g</p>	<p>29</p> <p>Lentejas con costillas Al. (0) Lentil stew (with pork ribs)</p> <p>Tortilla de jamón con ensalada Al. (3) Ham omelette with salad</p> <p>Fruta y leche / Fruit and milk Al. (7)</p> <p>679 Kcal. / P: 31,1g / H: 61,2g G: 31,4g / A.G.S.: 7,1g</p>	<p>30</p> <p>Puré de patata y zanahoria Al. (12) Cream of potato and carrot soup</p> <p>Cinta de lomo adobada con patatas Al. (12) Marinated pork steak with potatoes</p> <p>Fruta y leche / Fruit and milk Al. (7)</p> <p>678 Kcal. / P: 34,2g / H: 74,4g G: 24,9g / A.G.S.: 5,7g</p>	<p>DIA 9 PRODUCTO ECOLÓGICO</p>	