

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

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
<p>Todos los menús irán acompañados de pan y agua</p> <p>All menus will be accompanied by bread and water</p>			<p><b>01</b></p> <p><b>Arroz con calamares</b> Al. (2-13) Squid rice</p> <p><b>Pescadilla horneada con pisto</b> Al. (4) Baked fish with vegetables</p> <p><b>Fruta y leche</b> / Fruit and milk Al. (7)</p> <p>661 Kcal. / P: 28,6g / H: 92,9g G: 17,5g / A.G.S.: 2,7g</p>	<p><b>02</b></p> <p><b>Menestra de verduras</b> Al. (0) Vegetable stew stew</p> <p><b>Ternera stroganoff</b> Al. (7-10-12) Beef casserole</p> <p><b>Yogur de fruta</b> / Yogurt of fruit Al. (7)</p> <p>616 Kcal. / P: 33,6g / H: 57,9g G: 25,8g / A.G.S.: 7,5g</p>
<p><b>05</b></p> <p><b>Pasta al ajillo</b> Al. (1-3) Pasta with garlic sauce</p> <p><b>Huevos revueltos con beicon y patata panadera</b> Al. (3-12) Scrambled eggs with bacon and potatoes</p> <p><b>Fruta y leche</b> / Fruit and milk Al. (7)</p> <p>699 Kcal. / P: 23,4g / H: 83,5g G: 28,3g / A.G.S.: 5g</p>	<p><b>06</b></p> <p><b>Sopa de cocido</b> Al. (1-3) Meat and pasta soup</p> <p><b>Cocido completo</b> Al. (12) Chicpea, meat and vegetable stew</p> <p><b>Fruta y leche</b> / Fruit and milk Al. (7)</p> <p>655 Kcal. / P: 35,4g / H: 82,9g G: 16,3g / A.G.S.: 5,5g</p>	<p><b>07</b></p> <p><b>Crema de calabaza con picatostes</b> Al. (1-12) Cream of pumpkin soup with croutons</p> <p><b>Brochetas de pollo con patatas</b> Al. (12) Chicken skewers with potatoes</p> <p><b>Fruta y leche</b> / Fruit and milk Al. (7)</p> <p>640 Kcal. / P: 26,8g / H: 80,1g G: 21,2g / A.G.S.: 3,9g</p>	<p><b>08</b></p> <p><b>Arroz integral con tomate</b> Al. (0) Wholegrain rice with tomato sauce</p> <p><b>Calamares a la romana con ensalada</b> Al. (1-13) Breaded squid and hake fish with salad</p> <p><b>Natillas</b> / Custard Al. (7)</p> <p>728 Kcal. / P: 31,9g / H: 94g G: 24g / A.G.S.: 5,9g</p>	<p><b>09</b></p> <p><b>Acelgas rehogadas</b> Al. (0) Vegetable stew</p> <p><b>Lasaña de carne</b> Al. (1-3-7) Meat lasagna</p> <p><b>Fruta y leche</b> / Fruit and milk Al. (7)</p> <p>630 Kcal. / P: 23,7g / H: 75,8g G: 23,6g / A.G.S.: 6,7g</p>
<p><b>12</b></p> <p><b>FESTIVO</b></p>	<p><b>13</b></p> <p><b>Paella valenciana</b> Al. (0) Vegetable rice</p> <p><b>Fogonero en salsa marinera</b> Al. (1-2-4-13) Fish in seafood sauce</p> <p><b>Fruta y leche</b> / Fruit and milk Al. (7)</p> <p>649 Kcal. / P: 33,6g / H: 80,2g G: 19,5g / A.G.S.: 3,2g</p>	<p><b>14</b></p> <p><b>Judías verdes a la portuguesa</b> Al. (0) Green beans</p> <p><b>Estofado de pavo con patatas fritas</b> Al. (12) Turkey stew with French Fries</p> <p><b>Fruta y leche</b> / Fruit and milk Al. (7)</p> <p>647 Kcal. / P: 34,4g / H: 61,7g G: 26,4g / A.G.S.: 4,7g</p>	<p><b>15</b></p> <p><b>Alubias pintas con verduras</b> Al. (0) Red bean with vegetables</p> <p><b>Pescadilla a las finas hierbas</b> Al. (4) Fish with fine herbs</p> <p><b>Fruta y leche</b> / Fruit and milk Al. (7)</p> <p>616 Kcal. / P: 33,1g / H: 74g G: 15,7g / A.G.S.: 2,4g</p>	<p><b>16</b></p> <p><b>Sopa de picadillo</b> Al. (1-3) Chicken and pasta soup</p> <p><b>Cerdo agri dulce con guarnición de arroz</b> Al. (1-3) Sweet and sour pork with rice</p> <p><b>Yogur de fruta</b> / Yogurt of fruit Al. (7)</p> <p>767 Kcal. / P: 42,4g / H: 88,4g G: 26g / A.G.S.: 7,4g</p>
<p><b>19</b></p> <p><b>Macarrones ecológicos al gratén</b> Al. (1-3-7) Organic pasta with cheese and tomato sauce</p> <p><b>Huevos rellenos con atún, tomate y mayonesa</b> Al. (3-4) Stuffed eggs with tuna, tomato and mayonnaise</p> <p><b>Fruta y leche</b> / Fruit and milk Al. (7)</p> <p>665 Kcal. / P: 25,3g / H: 85,1g G: 22,8g / A.G.S.: 5,3g</p>	<p><b>20</b></p> <p><b>Sopa de marisco</b> Al. (1-2-3-13) Seafood soup</p> <p><b>Pollo asado con patatas</b> Al. (12) Roasted chicken with potatoes</p> <p><b>Fruta y leche</b> / Fruit and milk Al. (7)</p> <p>650 Kcal. / P: 32,6g / H: 63,1g G: 26,3g / A.G.S.: 4,9g</p>	<p><b>21</b></p> <p><b>Lentejas con pollo y verduras</b> Al. (0) Lentil stew with chicken and vegetables</p> <p><b>San Jacobo con ensalada</b> Al. (1-3-7) Homemade breaded ham and cheese with salad</p> <p><b>Fruta y leche</b> / Fruit and milk Al. (7)</p> <p>778 Kcal. / P: 34,8g / H: 72,1g G: 35,6g / A.G.S.: 8,2g</p>	<p><b>22</b></p> <p><b>Arroz murciano</b> Al. (0) Vegetable rice</p> <p><b>Bacalao en salsa con zanahorias baby</b> Al. (4) Cod fish in sauce with carrots baby</p> <p><b>Flan de vainilla</b> / Vanilla flan Al. (7)</p> <p>752 Kcal. / P: 34g / H: 105g G: 20,6g / A.G.S.: 5,1g</p>	<p><b>23</b></p> <p><b>Crema de puerros</b> Al. (12) Cream of leek soup</p> <p><b>Albóndigas caseras de ternera con patatas y champiñones</b> Al. (1-3-7-12) Beef meatballs with potatoes and mushrooms</p> <p><b>Fruta y leche</b> / Fruit and milk Al. (7)</p> <p>733 Kcal. / P: 29,1g / H: 86,2g G: 27,7g / A.G.S.: 7g</p>
<p><b>26</b></p> <p><b>Espaguetis a la navarra</b> Al. (1-3-7) Pasta with chorizo and tomato sauce</p> <p><b>Limanda rebozada con ensalada</b> Al. (1-3-4) Breaded fish with salad</p> <p><b>Fruta y leche</b> / Fruit and milk Al. (7)</p> <p>716 Kcal. / P: 33,3g / H: 80,9g G: 32g / A.G.S.: 7,8g</p>	<p><b>27</b></p> <p><b>Crema de calabacín con queso</b> Al. (7-12) Cream of zucchini soup with cheese</p> <p><b>Magro estofado con tomate y patatas</b> Al. (12) Meat stew with tomato sauce and potatoes</p> <p><b>Fruta y leche</b> / Fruit and milk Al. (7)</p> <p>723 Kcal. / P: 32,9g / H: 81,9g G: 26,5g / A.G.S.: 6,1g</p>	<p><b>28</b></p> <p><b>Sopa de cocido</b> Al. (1-3) Meat and pasta soup</p> <p><b>Cocido completo</b> Al. (12) Chicpea, meat and vegetable stew</p> <p><b>Pan integral, fruta y leche</b> / Wholegrain bread, fruit and milk Al. (1-7)</p> <p>619 Kcal. / P: 35,8g / H: 73,8g G: 16,4g / A.G.S.: 5,5g</p>	<p><b>29</b></p> <p><b>Arroz tres delicias</b> Al. (2-3) Fried rice (with prawns, egg and ham)</p> <p><b>Merluza en salsa verde con guisantes</b> Al. (1-3-4) Hake fish in parsley sauce with peas</p> <p><b>Fruta y leche</b> / Fruit and milk Al. (7)</p> <p>660 Kcal. / P: 23,8g / H: 89,7g G: 21,1g / A.G.S.: 3,7g</p>	<p><b>30</b></p> <p><b>Brócoli rehogado con jamón</b> Al. (0) Broccoli with ham</p> <p><b>Pollo en salsa de naranja con batata</b> Al. (0) Chicken in orange sauce with sweet potatoes</p> <p><b>Yogur bebible</b> / Liquid yoghurt Al. (7)</p> <p>668 Kcal. / P: 28g / H: 68,3g G: 29,5g / A.G.S.: 6,2g</p>