



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. DIOXIDO DE AZUFRE, SULFITOS



13. MOLUSCOS



14. ALTRAMUCES

LUNES MARTES MIÉRCOLES JUEVES VIERNES

Todos los menús irán acompañados de pan y agua

All menus will be accompanied by bread and water

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
<p>11</p> <p>Lentejas con arroz Al. (0) Lentil stew with rice</p> <p>Varitas de merluza con ensalada de lechuga y tomate Al. (1-4) Breaded hake fish with salad</p> <p>Fruta y leche/ Fruit and milk Al. (7)</p> <p>673 Kcal. / P: 27,6g / H: 75,4g G: 26,1g / A.G.S.: 3,9g</p>	<p>12</p> <p>Judías verdes a la portuguesa Al. (0) Green bean stew</p> <p>Cinta de lomo adobada con patatas Al. (12) Pork steak with potatoes</p> <p>Fruta y leche/ Fruit and milk Al. (7)</p> <p>665 Kcal. / P: 39,2g / H: 60,2g G: 27,5g / A.G.S.: 6,2g</p>	<p>13</p> <p>Espaguetis carbonara Al. (1-3-7) Spagueti carbonara</p> <p>Tortilla de calabacín y patata con ensalada mixta Al. (3-4-12) Zucchini and potato omelette with salad</p> <p>Fruta y leche/ Fruit and milk Al. (7)</p> <p>691 Kcal. / P: 19,8g / H: 84,4g G: 28,4g / A.G.S.: 6,4g</p>	<p>14</p> <p>Arroz tres delicias Al. (2-3) Fried rice (with prawns, ham, peas and egg)</p> <p>Pescadilla a la alicantina (con pimiento, puerro y espárragos) Al. (4) Fish in sauce with vegetables</p> <p>Fruta y leche / Fruit and milk Al. (7)</p> <p>646 Kcal. / P: 32,7g / H: 86,9g G: 17,1g / A.G.S.: 3,1g</p>	<p>15</p> <p>Sopa de pescado con fideos Al. (1-3-4) Fish and pasta soup</p> <p>Albóndigas a la jardinera con patatas dado Al. (1-3-7-12) Meatballs in vegetable sauce with potatoes</p> <p>Yogur de fruta / Yoghurt of fruit Al. (7)</p> <p>765 Kcal. / P: 37g / H: 80,3g G: 30,9g / A.G.S.: 8,8g</p>
<p>18</p> <p>Coditos con tomate y york Al. (1-3) Pasta with ham and tomato sauce</p> <p>Limanda rebozada con ensalada Al. (1-3-4) Breaded fish with salad</p> <p>Fruta y leche/ Fruit and milk Al. (7)</p> <p>691 Kcal. / P: 28g / H: 84,7g G: 24,7g / A.G.S.: 3,8g</p>	<p>19</p> <p>Crema de puerros Al. (12) Cream of leek soup</p> <p>Escalope de pollo con patatas panadera Al. (1-3-12) Breaded chicken steak with potatoes</p> <p>Fruta y leche/ Fruit and milk Al. (7)</p> <p>709 Kcal. / P: 33g / H: 78g G: 27,1g / A.G.S.: 5,2g</p>	<p>20</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>709 Kcal. / P: 38,1g / H: 92,7g G: 16,9g / A.G.S.: 5,6g</p>	<p>21</p> <p>Brócoli con ajada Al. (0) Broccoli with garlic</p> <p>Filete de Sajonia al horno con ensalada de lechuga y zanahoria Al. (0) Baked pork fillet with salad</p> <p>Yogur bebible / Liquid yoghurt Al. (7)</p> <p>618 Kcal. / P: 35,6g / H: 55,1g G: 26,8g / A.G.S.: 4,8g</p>	<p>22</p> <p>Arroz con pollo y alcachofas Al. (0) Rice with chicken and artichokes</p> <p>Huevos con tomate y atún Al. (3-4) Hard-boiled eggs with tuna and tomato sauce</p> <p>Fruta y leche/ Fruit and milk Al. (7)</p> <p>650 Kcal. / P: 25,8g / H: 82,3g G: 22,7g / A.G.S.: 4,6g</p>
<p>25</p> <p>Macarrones a la marinera Al. (1-2-3-13) Seafood pasta</p> <p>Caballa con salsa de tomate Al. (4) Fish in tomato sauce</p> <p>Fruta y leche/ Fruit and milk Al. (7)</p> <p>653 Kcal. / P: 27,2g / H: 91,9g G: 17,1g / A.G.S.: 2,5g</p>	<p>26</p> <p>Judías blancas ecológicas estofadas Al. (0) Organic white bean stew</p> <p>Tortilla de patata con ensalada Al. (3-12) Potato omelette with salad</p> <p>Fruta y leche/ Fruit and milk Al. (7)</p> <p>699 Kcal. / P: 25,3g / H: 79,8g G: 26,6g / A.G.S.: 4,9g</p>	<p>27</p> <p>Guisantes con jamón Al. (0) Peas with ham</p> <p>Pollo al ajillo con guarnición de pasta Al. (1-3) Chicken in garlic sauce with pasta</p> <p>Fruta y leche/ Fruit and milk Al. (7)</p> <p>615 Kcal. / P: 29,5 / H: 69,8g G: 22,5g / A.G.S.: 4,5g</p>	<p>28</p> <p>Arroz campesino Al. (0) Vegetable rice</p> <p>Rodaja de merluza con ensalada Al. (4) Baked hake fish with salad</p> <p>Fruta y leche/ Fruit and milk Al. (7)</p> <p>651 Kcal. / P: 21,7g / H: 94,4g G: 18,8g / A.G.S.: 3g</p>	<p>29</p> <p>Crema de calabacín con queso Al. (7-12) Cream of zucchini soup with cheese</p> <p>Filetes rusos de ternera en salsa con patatas Al. (1-3-7-12) Veal in sauce with potatoes</p> <p>Natillas / Custard Al. (7)</p> <p>823 Kcal. / P: 32,3g / H: 83,6g G: 38g / A.G.S.: 11g</p>