



MARZO 2020



ALÉRGICOS



1. GLUTEN



2. CRUSTACEOS



3. HUEVOS



4. PESCADO



5. CACAHUETES



6. SOJA



7. LÁCTEOS



8. FRUTOS DE CÁSCARA



9. APÍO



10. MOSTAZA



11. SESAMO



12. DIOXÍDO DE AZUFRE, SULFITOS



13. MOLUSCOS



14. ALTRAMUCES

LUNES

02

NO LECTIVO

MARTES

03

Lentejas ecológicas con verduras Al. (0)

Organic lentil stew with vegetables

San Jacobo casero con ensalada Al. (1-3-7)

Homemade breaded ham and cheese with salad

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

731 Kcal. / P: 32,7g / H: 65,1g

G: 34,8g / A.G.S.: 8g

MIÉRCOLES

04

Espinacas a la crema Al. (1-7)

Spinach stew

Filete de pollo al ajillo con patatas Al. (12)

Chicken fillet in garlic sauce with potatoes

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

643 Kcal. / P: 25,5g / H: 69,8g

G: 26,2g / A.G.S.: 6,2g

JUEVES

05

Arroz tres delicias Al. (2-3)

Fried rice (with prawns, ham, egg and peas)

Palometa en salsa de tomate con verduras Al. (1-4)

Fish in tomato sauce with vegetables

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

674 Kcal. / P: 23,7g / H: 95,8g

G: 19,8g / A.G.S.: 3,2g

VIERNES

06

Macarrones al ajillo con gambas Al. (1-2-3)

Pasta in garlic sauce with prawns

Tortilla de espárragos verdes con ensalada Al. (3)

Asparagus omelette with salad

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

663 Kcal. / P: 22,6g / H: 75,9g

G: 25,7g / A.G.S.: 5,8g

09

Arroz a la campesina Al. (0)

Rice with meat and vegetables

Merluza al limón con ensalada mixta Al. (1-3-4)

Breaded hake fish with salad

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

686 Kcal. / P: 25,1g / H: 89,6g

G: 23,4g / A.G.S.: 3,9g

10

Crema de calabacín con queso y picatostes Al. (1-7-12)

Cream of zucchini soup with cheese and croutons

Ragout de ternera con patatas Al. (12)

Veal stew with potatoes

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

704 Kcal. / P: 31,4g / H: 72,1g

G: 29,7g / A.G.S.: 7,3g

11

Coditos con tomate y atún Al. (1-3-4)

Pasta with tuna and tomato sauce

Tortilla de patata y calabacín con ensalada Al. (3-12)

Zucchini and potato omelette with salad

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

728 Kcal. / P: 27,1g / H: 86,7g

G: 28g / A.G.S.: 5,5g

12

Patatas con pollo y verduras Al. (12)

Chicken and potato stew with vegetables

Calamares a la romana con ensalada Al. (1-13)

Breaded squid with salad

Yogur bebible / Liquid yoghurt Al. (7)

788 Kcal. / P: 39,6g / H: 86,3g

G: 30,1g / A.G.S.: 6,5g

13

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)

657 Kcal. / P: 37,9g / H: 81,8g

G: 16,5g / A.G.S.: 5,6g

16

Arroz con magro y verduras Al. (0)

Rice with meat and vegetables

Tortilla de queso con ensalada de lechuga, zanahoria y maíz Al. (3-7)

Cheese omelette with salad

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

727 Kcal. / P: 26,2g / H: 80,1g

G: 32g / A.G.S.: 9g

17

Puré de verduras con picatostes Al. (1-12)

Cream of vegetable soup with croutons

Pollo con piña y patatas Al. (12)

Chicken with pineapple and potatoes

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

690 Kcal. / P: 29,8g / H: 74,2g

G: 26,7g / A.G.S.: 5,6g

18

Judías pintas con verduras Al. (0)

Red bean stew with vegetables

Salmon en papillote con tomate aliñado Al. (4)

Baked salmon with tomato salad

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

664 Kcal. / P: 34,1g / H: 63g

G: 26,6g / A.G.S.: 4,2g

19

Sopa de pescado con fideos Al. (1-3-4)

Fish and pasta soup

Cerdo agrdulce con arroz Al. (1-3)

Sweet and sour pork with rice

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

692 Kcal. / P: 27,3g / H: 67,5g

G: 33,5g / A.G.S.: 10,3g

20

Espaguetis integrales gratinados Al. (1-3-7)

Wholegrain pasta with cheese and tomato sauce

Empanadillas de atún con ensalada de colores Al. (1-4)

Tuna pie with salad

Natillas / Custard Al. (7)

742 Kcal. / P: 20,3g / H: 84,2g

G: 34,1g / A.G.S.: 9,9g

23

Paella valenciana Al. (0)

Paella (rice, meat and vegetables)

Limanda rebozada con ensalada mixta Al. (1-3-4)

Breaded fish with salad

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

614 Kcal. / P: 24,9g / H: 71,5g

G: 23,8g / A.G.S.: 4g

24

Crema de puerros Al. (12)

Cream of leek soup

Filetes rusos de ternera con patatas y salsa de tomate Al. (1-3-7-12)

Russian beef steaks with tomato sauce and potatoes

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

727 Kcal. / P: 26,3g / H: 77,3g

G: 32,4g / A.G.S.: 7,6g

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)

709 Kcal. / P: 38,1g / H: 92,7g

G: 16,9g / A.G.S.: 5,6g

26

Judías verdes a la portuguesa Al. (0)

Green bean stew

Pollo al horno en salsa de naranja y patatas Al. (12)

Baked chicken in orange sauce with potatoes

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

674 Kcal. / P: 32,2g / H: 69,7g

G: 27,4g / A.G.S.: 6,2g

27

Macarrones con chorizo Al. (1-3)

Pasta with chorizo

Abadejo en salsa verde con guisantes Al. (1-3-4)

Fish in parsley sauce with peas

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

676 Kcal. / P: 33g / H: 71,8g

G: 26,9g / A.G.S.: 7g

30

Arroz a la milanese Al. (0)

Rice with meat and vegetables

Varitas de merluza con ensalada Al. (1-4)

Breaded hake fish with salad

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

689 Kcal. / P: 23g / H: 91,6g

G: 23,7g / A.G.S.: 3,8g

31

Lentejas estofadas Al. (0)

Lentil stew

Huevos a la flamenca con jamón Al. (3)

Baked eggs with ham, peas and tomato sauce

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

631 Kcal. / P: 36,4g / H: 61,7g

G: 23,3g / A.G.S.: 4,8g

Todos los menús irán acompañados de pan y agua

All menus will be accompanied by bread and water