



MAYO 2021



ALÉRGICOS

- 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. ALTRAMUCCES

LUNES 03	MARTES 04	MIÉRCOLES 05	JUEVES 06	VIERNES 07
FESTIVO	NO LECTIVO	Coditos con tomate y atún Al. (1-3-4) Pasta with tuna and tomato sauce Tortilla de pavo con ensalada Al. (3) Turkey ham omelette with salad Fruta y leche/ Fruit and milk Al. (7) 667 Kcal. / P: 25,8g / H: 80,4g G: 24,9g / A.G.S.: 5g	Sopa juliana Al. (1-3) Vegetable and pasta soup Pollo al limón con patatas Al. (12) Chicken in lemon sauce with potatoes Postre lácteo / Dairy dessert Al. (7) 614 Kcal. / P: 27,6g / H: 64,6g G: 26,1g / A.G.S.: 6,6g	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) 688 Kcal. / P: 32,7g / H: 83,3g G: 23,1g / A.G.S.: 4,1g
10 Macarrones ecológicos con tomate y verduras Al. (1-3) Organic pasta with vegetables and tomato sauce Salmón gratinado con mahonesa Al. (1-3-4) Baked salmon with mayonnaise sauce Fruta y leche/ Fruit and milk Al. (7) 683 Kcal. / P: 28,8g / H: 72,3g G: 29,3g / A.G.S.: 4,7g	11 Menestra de verduras Al. (0) Vegetable stew San Jacobo con patatas Al. (1-3-7-12) Breaded ham and cheese with potatoes Fruta y leche/ Fruit and milk Al. (7) 755 Kcal. / P: 30,5g / H: 78g G: 33,2g / A.G.S.: 7,8g	12 Guisantes rehogados Al. (0) Pea stew Filetes rusos de ternera en salsa de tomate con cuscús Al. (1-3-7) Beef steaks in tomato sauce with cous cous Fruta y leche/ Fruit and milk Al. (7) 669 Kcal. / P: 29,8g / H: 80g G: 23,6g / A.G.S.: 6,5g	13 Paella valenciana Al. (0) Paella (rice, meat and vegetables) Pescadilla en salsa marinera con guisantes Al. (1-2-4-13) Fish in seafood sauce with peas Fruta y leche/ Fruit and milk Al. (7) 645 Kcal. / P: 30,1g / H: 88,6g G: 16,6g / A.G.S.: 3,1g	14 Sopa de cocido Al. (1-3) Meat and pasta soup Cocido completo Al. (12) Chickpea, meat and vegetable stew Pan integral y postre lácteo / Wholegrain bread and dairy dessert Al. (1-7) 714 Kcal. / P: 42,6g / H: 84,4g G: 19,7g / A.G.S.: 7,4g
17 Lentejas estofadas con costillas Al. (0) Lentil stew (with pork ribs) Calamares y delicias de merluza con ensalada Al. (1-4-7-13) Breaded squid and hake fish with salad Fruta y leche/ Fruit and milk Al. (7) 761 Kcal. / P: 43g / H: 65,9g G: 33,2g / A.G.S.: 7g	18 Brócoli rehogado con patata y zanahoria Al. (0) Broccoli with carrots and potatoes Cinta de lomo al ajillo con guarnición de pasta Al. (1-3) Pork steak in garlic sauce with pasta Fruta y leche/ Fruit and milk Al. (7) 620 Kcal. / P: 37,1g / H: 66,4g G: 20,7g / A.G.S.: 5g	19 Fideuá con pollo y verduras Al. (1-3) Noodles with chicken and vegetables Tortilla de queso con ensalada de lechuga y remolacha Al. (3-7) Cheese omelette with salad Fruta y leche/ Fruit and milk Al. (7) 761 Kcal. / P: 25,4g / H: 87,8g G: 32g / A.G.S.: 8,5g	20 Arroz a la milanesa Al. (0) Rice with ham and vegetables Caella en adobo con ensalada Al. (1-4) Marinade fish with salad Postre lácteo / Dairy dessert Al. (7) 722 Kcal. / P: 31g / H: 74,6g G: 32g / A.G.S.: 7,6g	21 Crema de puerros, zanahoria y patata Al. (12) Cream of leek, carrot and potato soup Pollo en salsa pepitoria con patatas Al. (1-3-8-12) Chicken in vegetable sauce with potatoes Fruta y leche/ Fruit and milk Al. (7) 621 Kcal. / P: 31,6g / H: 61,2g G: 25,5g / A.G.S.: 6,8g
24 Ensalada de pasta Al. (1-3-4) Pasta salad Tortilla de patata y calabacín con rodajas de tomate Al. (3-12) Zucchini and potato omelette with tomato salad Fruta y leche/ Fruit and milk Al. (7) 630 Kcal. / P: 17,6g / H: 77,1g G: 26g / A.G.S.: 4,5g	25 Judías verdes al ajoarriero Al. (0) Green bean stew Ternera en salsa con arroz Al. (0) Veal stew with rice Fruta y leche/ Fruit and milk Al. (7) 627 Kcal. / P: 33,8g / H: 70,7g G: 20,8g / A.G.S.: 4,3g	26 Sopa de cocido Al. (1-3) Meat and pasta soup Cocido completo Al. (12) Chickpea, meat and vegetable stew Fruta y leche/ Fruit and milk Al. (7) 757 Kcal. / P: 38,3g / H: 103g G: 17,3g / A.G.S.: 5,7g	27 Arroz a la griega Al. (12) Greek rice 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) 689 Kcal. / P: 32,3g / H: 77,2g G: 26,4g / A.G.S.: 5g	28 Crema de calabaza Al. (12) Cream of pumpkin soup Ragout de pollo con patatas y champiñones Al. (0) Chicken stew with mushrooms and potatoes Postre lácteo / Dairy dessert Al. (7) 678 Kcal. / P: 30,5g / H: 64,7g G: 30,4g / A.G.S.: 6,5g
31 Macarrones con chorizo Al. (1-3-7) Pasta with chorizo Limanda rebosada con pisto Al. (1-3-4) Breaded fish with vegetable sauce Fruta y leche/ Fruit and milk Al. (7) 760 Kcal. / P: 34,2g / H: 81,5g G: 31,1g / A.G.S.: 7,7g				Todos los menús irán acompañados de pan y agua All menus will be accompanied by bread and water

En cumplimiento del Reglamento (UE) 1169/2011 la información de alérgenos está disponible en la cocina del centro