

- 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. ALTRAMUCES

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

06

Espaguetis ecológicos integrales a la boloñesa Al. (1-3-7)
Organic and wholegrain pasta bolognese
Tortilla de queso con ensalada verde Al. (3-7-12)
Cheese omelette with salad
Manzana ecológica y leche / Apple and milk Al. (7)
746 Kcal. / P: 26,6g / H: 80,2g
G: 33,5g / A.G.S.: 9,5g

13

Macarrones a la carbonara Al. (1-3-7)
Carbonara pasta
Pescadilla a las finas hierbas con champiñones Al. (4)
Baked fish with fine herbs and mushrooms
Banana ecológica y leche / Banana and milk Al. (7)
646 Kcal. / P: 26,3g / H: 81g
G: 22,3g / A.G.S.: 4,9g

20

Lentejas con costillas Al. (0)
Lentil with pork ribs
Tortilla de patata con ensalada de tomate Al. (3-12)
Potato omelette with tomato salad
Manzana ecológica y leche / Organic apple and milk Al. (7)
790 Kcal. / P: 32,4g / H: 78,5g
G: 34,9g / A.G.S.: 7,6g

07

Lentejas con verduras Al. (0)
Lentil stew with vegetables
Lomos de limanda al limón con ensalada mixta Al. (3-4-12)
Fish in lemon sauce with salad
Pera y leche / Pear and milk Al. (7)
692 Kcal. / P: 29,5g / H: 79,9g
G: 24,5g / A.G.S.: 3,8g

14

Puré de verduras de temporada Al. (12)
Cream of vegetable soup
Filetes rusos de cerdo con patatas Al. (1-3-7-12)
Breaded pork steak with potatoes
Sandía y leche / Watermelon and milk Al. (7)
679 Kcal. / P: 26,2g / H: 67,9g
G: 31,8g / A.G.S.: 9,6g

21

Patatas guisadas con pollo Al. (12)
Chicken and potato stew
Merluza al horno con pisto de verduras Al. (4)
Baked fish with vegetables
Manzana y leche / Apple and milk Al. (7)
674 Kcal. / P: 27,5g / H: 82,2g
G: 23,2g / A.G.S.: 3,9g

01

Sopa de letras y verduras Al. (1-3)
Vegetable and pasta soup
Cerdo agri dulce con guarnición de arroz integral Al. (1-3)
Sweet and sour pork with integral rice
Manzana y leche / Apple and milk Al. (7)
681 Kcal. / P: 31,1g / H: 101g
G: 15g / A.G.S.: 4g

08

Crema de puerros y zanahorias Al. (12)
Cream of leek and carrot soup
Albóndigas de pollo en salsa jardinera con patatas Al. (1-3-7-12)
Chicken meatballs in vegetable sauce with potatoes
Melón y leche / Cantaloupe and milk Al. (7)
684 Kcal. / P: 24g / H: 92,8g
G: 21,6g / A.G.S.: 3,8g

15

Paella de marisco y pollo Al. (2-12-13)
Rice with seafood and chicken
Huevos cocidos con atún, tomate y ensalada Al. (3-4-12)
Hard boiled eggs with tuna, tomato and salad
Pera y leche / Pear and milk Al. (7)
653 Kcal. / P: 23,5g / H: 78,3g
G: 25,3g / A.G.S.: 4,6g

22

Sopa de cocido Al. (1-3)
Meat and pasta soup
Cocido completo Al. (12)
Chicpea, meat and vegetable stew
Melón y leche / Cantaloupe and milk Al. (7)
692 Kcal. / P: 38,5g / H: 89,8g
G: 16,6g / A.G.S.: 5,6g

02

Ensalada de arroz (con maíz, huevo, atún y gambas) Al. (2-3-4)
Rice salad (with corn, egg tuna and prawns)
Merluza a la vasca (con gambas, almejas y calamares) Al. (2-4-13)
Cod fish in vegetable sauce (with prawns, clams and squid)
Fruta variada y leche / Fruit and milk Al. (7)
629 Kcal. / P: 28,3g / H: 79,3g
G: 20,3g / A.G.S.: 3,1g

09

Sopa de cocido (fideos integrales) Al. (1-3)
Meat and wholegrain pasta soup
Cocido completo Al. (12)
Chicpea, meat and vegetable stew
Yogur / Yoghurt Al. (7)
714 Kcal. / P: 42,6g / H: 84,4g
G: 19,7g / A.G.S.: 7,4g

16

Ensalada campera (tomate, atún, pepino y pimiento) Al. (4-12)
Potato salad (with tomato, tuna, cucumber and pepper)
Pollo asado al limón Al. (0)
Roasted chicken in lemon sauce
Fruta variada y leche / Fruit and milk Al. (7)
646 Kcal. / P: 37,1g / H: 42,1g
G: 32,9g / A.G.S.: 6,6g

23

COMIDA ESPECIAL FINAL DE CURSO

03

Menestra de verduras a la navarra Al. (0)
Vegetable stew
Ragout de ternera en salsa con patatas Al. (12)
Veal stew in sauce with potatoes
Yogur / Yoghurt Al. (7)
725 Kcal. / P: 37,1g / H: 98,3g
G: 31,3g / A.G.S.: 8,2g

10

Brócoli rehogado con beicon Al. (0)
Broccoli with bacon
Jurel en salsa de tomate con patata cocida Al. (12)
Fish in tomato sauce with potatoes
Fruta variada y leche / Fruit and milk Al. (7)
643 Kcal. / P: 27,4g / H: 70,5g
G: 25,5g / A.G.S.: 5,3g

17

Judías blancas estofadas con tomate, cebolla y zanahoria Al. (0)
White bean stew with tomato, onion and carrot
Fogonero en salsa de tomate con pimientos Al. (4)
Fish in tomato sauce with peppers
Yogur / Yoghurt Al. (7)
611 Kcal. / P: 40,7g / H: 61,8g
G: 18,7g / A.G.S.: 4,5g

24

Arroz con tomate Al. (0)
Rice with tomato sauce
Cinta de lomo a la plancha con ensalada de lechuga, zanahoria rallada y maíz Al. (12)
Grilled pork steak with salad
Fruta variada y leche / Fruit and milk Al. (7)
692 Kcal. / P: 38,5g / H: 89,8g
G: 16,6g / A.G.S.: 5,6g

Todos los menús irán acompañados de pan y agua

All menus will be accompanied by bread and water

