



lunes	martes	miércoles	jueves	viernes	I. Nutricional
1	2	3	4	5	Kcal: 0 HC: 0 Prot: 0 Lip: 0
8 Crema de la huerta Fogonero en salsa verde con papas guisadas Fruta y pan Cream of vegetable Pollack in green sauce with stewed potatoes Fruit and bread	9 Crema de puerros Estofado de ternera con verduras Yogur y pan Cream of leek Beef stew with vegetables Yoghurt and bread	10 Paella mixta Muslo de pollo asado con ensalada mixta Fruta y pan Mixed paella Grilled chicken thigh with mixed salad Fruit and bread	11 Crema de espárragos Rabas de calamar con ensalada hortelana (lechuga, tomate y zanahoria) Fruta y pan Cream of asparagus Squid strips with salad (lettuce, tomatoes & carrots) Fruit and bread	12 Potaje de judías Lasaña Natillas Bean stew Lasagna Custard	Kcal: 680 HC: 88 Prot: 29 Lip: 26
15 Ropa Vieja Croquetas con ensalada Yogur y pan Ropa Vieja Croquettes with salad Yoghurt and bread	16 Potaje de berros Abadejo al ajillo con papas al vapor Fruta y pan Watercress stew Haddock with garlic with steamed potatoes Fruit and bread	17 Puré de acelgas Chuletas de cerdo al horno con ensalada primavera (lechuga, tomate y maíz) Gelatina y pan Swiss chard purée Baked pork chops with spring salad (lettuce, tomatoes & sweetcorn) Gelatin and bread	18 <b>JORNADA CUBANA</b> Arroz congrí Picadillo a la criolla Pudin y pan Black beans and rice Cuban-style ground beef Pudding and bread	19 Sopa de estrellas Hamburguesa al horno con papas fritas Fruta y pan Star pasta soup Baked hamburger with french fries Fruit and bread	Kcal: 636 HC: 74 Prot: 26 Lip: 25
22 Sopa de pescado Jamoncitos de pollo con verduras con cous cous Fruta y pan Fish soup Chicken drumsticks with vegetables with cous cous Fruit and bread	23 Crema de zanahoria Cinta de lomo con ensalada hortelana (lechuga, tomate y zanahoria) Fruta y pan Cream of carrot Pork loin with salad (lettuce, tomatoes & carrots) Fruit and bread	24 Potaje de lentejas Merluza al mojo verde con papas guisadas Hojaldre de manzana y pan Lentil stew Hake steak in green mojo sauce with stewed potatoes Puff Pastry Apple Pie and bread	25 Crema de espinacas Tortilla campesina con tomate aliñado Fruta y pan Cream of spinach Country omelette with tomato salad Fruit and bread	26 Crema de calabacín y zanahoria San Jacobo con verduras salteadas Yogur y pan Cream of zucchini & carrot Cooked ham & cheese escalope with sautéed vegetables Yoghurt and bread	Kcal: 567 HC: 68 Prot: 31 Lip: 22
29 Crema de legumbres Churros de pescado con ensalada campestre Yogur y pan Cream of legumes Fish sticks with assorted vegetable salad Yoghurt and bread	30 Arroz blanco Huevos con tomate con salchichas y patatas fritas Fruta y pan White rice Eggs with tomato with hotdogs & french fries Fruit and bread	31 Puré de acelgas Escalope de pollo con ensalada de col Natillas y pan Swiss chard purée Chicken escalope (breaded) with cabbage salad Custard and bread			Kcal: 676 HC: 77 Prot: 26 Lip: 30