



LUNES/MONDAY	MARTES/TUESDAY	MIÉRCOLES/WEDNESDAY	JUEVES/THURSDAY	VIERNES/FRIDAY																									
<p>TODOS LOS PLATOS DE PASTA DEL MENÚ, SON ELABORADOS CON PASTA ECOLÓGICA</p> <p>VALOR MEDIO POR CADA 100 GRAMOS DE PLATO ELABORADO</p> <table border="1"> <tr> <td>Hid.</td> <td>Prot.</td> <td>Lip.</td> <td>Kcal.</td> </tr> </table>	Hid.	Prot.	Lip.	Kcal.	<p>FESTIVO HOLIDAY</p> <table border="1"> <tr> <td>Hid.</td> <td>Prot.</td> <td>Lip.</td> <td>Kcal.</td> </tr> </table>	Hid.	Prot.	Lip.	Kcal.	<p>FESTIVO HOLIDAY</p> <table border="1"> <tr> <td>Hid.</td> <td>Prot.</td> <td>Lip.</td> <td>Kcal.</td> </tr> </table>	Hid.	Prot.	Lip.	Kcal.	<p>Crema de verdura/Vegetables crem Guisantes con jamón/Peas with ham</p> <p>Salchichas con Patatas fritas Fresh sausages and fries</p> <p>Yogur Y Fruta /Yogurt&Fruit</p> <table border="1"> <tr> <td>Hid.</td> <td>67 Prot.</td> <td>30 Lip.</td> <td>12 Kcal.</td> <td>516</td> </tr> </table>	Hid.	67 Prot.	30 Lip.	12 Kcal.	516	<p>Fideos Ecologicos Cocido completo Stew Castilian</p> <p>Fruta ecologica/Organic fruit</p> <table border="1"> <tr> <td>Hid.</td> <td>53 Prot.</td> <td>28 Lip.</td> <td>36 Kcal.</td> <td>674</td> </tr> </table>	Hid.	53 Prot.	28 Lip.	36 Kcal.	674			
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<p>6</p> <p>Crema de verdura/Vegetables crem Brócoli salteado/Sautéed Broccoli</p> <p>Pollo Guisado/Chicken in a stew</p> <p>Fruta ecologica/Organic fruit</p> <table border="1"> <tr> <td>Hid.</td> <td>30 Prot.</td> <td>15 Lip.</td> <td>26 Kcal.</td> <td>445</td> </tr> </table>	Hid.	30 Prot.	15 Lip.	26 Kcal.	445	<p>7</p> <p>Pasta Ecológica Espaguetis Boloñesa/Bolognese paste Lasaña de carne/Meat lasagna Lomo en salsa de Naranja Loin in orange sauce Yogur Y Fruta /Yogurt&Fruit</p> <table border="1"> <tr> <td>Hid.</td> <td>38 Prot.</td> <td>24 Lip.</td> <td>39 Kcal.</td> <td>658</td> </tr> </table>	Hid.	38 Prot.	24 Lip.	39 Kcal.	658	<p>8</p> <p>Alubias blancas con verduras Beans whit vegetables Buffet ensalada/Salad's Buffet Carne guisada con champiñones/ Stewed beef with mushrooms Fruta ecologica/Organic fruit</p> <table border="1"> <tr> <td>Hid.</td> <td>46 Prot.</td> <td>42 Lip.</td> <td>34 Kcal.</td> <td>675</td> </tr> </table>	Hid.	46 Prot.	42 Lip.	34 Kcal.	675	<p>9</p> <p>Patatas a la riojana/ Potatoes with chorizo Ensalada campera/Salad with potatoe</p> <p>Pescado en salsa americana Fish in american sauce</p> <table border="1"> <tr> <td>Hid.</td> <td>32 Prot.</td> <td>22 Lip.</td> <td>40 Kcal.</td> <td>525</td> </tr> </table>	Hid.	32 Prot.	22 Lip.	40 Kcal.	525	<p>10</p> <p>Arroz con tomate/Rice whit tomato Arroz tres delicias/Fried rice</p> <p>Tortilla española con ensalada Spanish omelette with salad Fruta ecologica/Organic fruit</p> <table border="1"> <tr> <td>Hid.</td> <td>67 Prot.</td> <td>29 Lip.</td> <td>34 Kcal.</td> <td>727</td> </tr> </table>	Hid.	67 Prot.	29 Lip.	34 Kcal.	727
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<p>13</p> <p>Garbanzos guisados/Stewed chickpeas Garbanzos vinagreta/</p> <p>Pescado romana con ensalada tomate Romana's fish whit tomato's salad Fruta ecologica/Organic fruit</p> <table border="1"> <tr> <td>Hid.</td> <td>62 Prot.</td> <td>37 Lip.</td> <td>26 Kcal.</td> <td>644</td> </tr> </table>	Hid.	62 Prot.	37 Lip.	26 Kcal.	644	<p>14</p> <p>Puré de verduras/Vegetables cream Coliflor gratinada/Cauliflower grilled</p> <p>Filete de ternera con patatas steak veal with potatoes Fruta en almibar/Syrup fruit</p> <table border="1"> <tr> <td>Hid.</td> <td>53 Prot.</td> <td>28 Lip.</td> <td>36 Kcal.</td> <td>674</td> </tr> </table>	Hid.	53 Prot.	28 Lip.	36 Kcal.	674	<p>15</p> <p>Arroz con tomate/White rice in tomato sauce Paella mixta/Paella Tortilla de chorizo "Chorizo" Omelette Fruta ecologica/Organic fruit</p> <table border="1"> <tr> <td>Hid.</td> <td>53 Prot.</td> <td>28 Lip.</td> <td>36 Kcal.</td> <td>674</td> </tr> </table>	Hid.	53 Prot.	28 Lip.	36 Kcal.	674	<p>16</p> <p>Judias verdes con patata Green beans with potatoe Crema de verdura/vegetables cream Filete de lomo con pimientos Loin with peppers Yogur Y Fruta /Yogurt&Fruit</p> <table border="1"> <tr> <td>Hid.</td> <td>35 Prot.</td> <td>23 Lip.</td> <td>23 Kcal.</td> <td>498</td> </tr> </table>	Hid.	35 Prot.	23 Lip.	23 Kcal.	498	<p>17</p> <p>Lentejas estofadas/stewed Lentils Ensalada Alemana/German salad</p> <p>Pollo asado al limón Roasted chicken with lemon Fruta ecologica/Organic fruit</p> <table border="1"> <tr> <td>Hid.</td> <td>65 Prot.</td> <td>24 Lip.</td> <td>30 Kcal.</td> <td>662</td> </tr> </table>	Hid.	65 Prot.	24 Lip.	30 Kcal.	662
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<p>20</p> <p>Alubias con verdura bear with vegetables Ensalada de alubias/Beans Salad Tortilla española/Spanish omelette</p> <p>Fruta ecologica/Organic fruit</p> <table border="1"> <tr> <td>Hid.</td> <td>98 Prot.</td> <td>35 Lip.</td> <td>30 Kcal.</td> <td>860</td> </tr> </table>	Hid.	98 Prot.	35 Lip.	30 Kcal.	860	<p>21</p> <p>JORNADA EL ESPACIO</p> <table border="1"> <tr> <td>Hid.</td> <td>62 Prot.</td> <td>37 Lip.</td> <td>26 Kcal.</td> <td>644</td> </tr> </table>	Hid.	62 Prot.	37 Lip.	26 Kcal.	644	<p>22</p> <p>Crema de verdura/Vegetables crem Menestra de verdura/Vegetable stew</p> <p>Carne guisada con champiñones/ Stewed beef with mushrooms Fruta ecologica/Organic fruit</p> <table border="1"> <tr> <td>Hid.</td> <td>65 Prot.</td> <td>24 Lip.</td> <td>30 Kcal.</td> <td>662</td> </tr> </table>	Hid.	65 Prot.	24 Lip.	30 Kcal.	662	<p>23</p> <p>Fideos Ecologicos Cocido completo Stew Castilian</p> <p>Fruta ecologica y Actimel/ Fruit Y Actimel</p> <table border="1"> <tr> <td>Hid.</td> <td>53 Prot.</td> <td>28 Lip.</td> <td>36 Kcal.</td> <td>674</td> </tr> </table>	Hid.	53 Prot.	28 Lip.	36 Kcal.	674	<p>24</p> <p>Macarrones con atun y tomate Pasta with tuna&tomato Macarrones con champiñones y nata Macaroni with mushrooms and cream Pescado a la romana/Fish in butter Fruta en almibar/Syrup fruit</p> <table border="1"> <tr> <td>Hid.</td> <td>44 Prot.</td> <td>22 Lip.</td> <td>48 Kcal.</td> <td>743</td> </tr> </table>	Hid.	44 Prot.	22 Lip.	48 Kcal.	743
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<p>27</p> <p>Fideos Ecologicos Sopa de Fideos/Soup Guisantes con jamon/Peas with ham Pechuga de pollo con lechuga Chicken breast with lettuce Fruta ecologica/Organic fruit</p> <table border="1"> <tr> <td>Hid.</td> <td>65 Prot.</td> <td>24 Lip.</td> <td>30 Kcal.</td> <td>662</td> </tr> </table>	Hid.	65 Prot.	24 Lip.	30 Kcal.	662	<p>28</p> <p>Garbanzos con espinacas Chickpeas spinach Ensalada de Garbanzos Albóndigas con tomate Meatballs en tomato sauce Fruta en almibar/Syrup fruit</p> <table border="1"> <tr> <td>Hid.</td> <td>Prot.</td> <td>Lip.</td> <td>Kcal.</td> </tr> </table>	Hid.	Prot.	Lip.	Kcal.	<p>29</p> <p>Patatas a la riojana/ Potatoes with chorizo Ensalada campera/Salad with potatoe Tortilla con jamón Omelette with ham Fruta y Yogur Ecologico/OrganicYogurt&Fruit</p> <table border="1"> <tr> <td>Hid.</td> <td>32 Prot.</td> <td>22 Lip.</td> <td>40 Kcal.</td> <td>525</td> </tr> </table>	Hid.	32 Prot.	22 Lip.	40 Kcal.	525	<p>30</p> <p>Pasta Ecológica Macarrones con Atún/Paste Whit tuna Ensalada pasta/pasta salad Pescado en salsa verde/ Hake in green sauce Fruta ecologica/Organic fruit</p> <table border="1"> <tr> <td>Hid.</td> <td>Prot.</td> <td>Lip.</td> <td>Kcal.</td> </tr> </table>	Hid.	Prot.	Lip.	Kcal.	<p>VALOR MEDIO POR CADA 100 GRAMOS DE PLATO ELABORADO</p> <table border="1"> <tr> <td>Hid.</td> <td>Prot.</td> <td>Lip.</td> <td>Kcal.</td> </tr> </table>	Hid.	Prot.	Lip.	Kcal.			
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LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
	1 FESTIVO	2 SOPA/SOUP PESCADO/FISH LACTEO/LACTEAL	3 VERDURA/VEGETABLES HUEVO/EGG FRUTA/FRUIT	4 PATATA/POTATOE POLLO/CHICKEN LACTEO/LACTEAL
7 SOPA/SOUP PESCADO/FISH LACTEO/LACTEAL	8 ENSALADA/SALAD PAVO/TURKEY FRUTA/FRUIT	9 VERDURA/VEGETABLES HUEVO/EGG LACTEO/LACTEAL	10 CREMA/CREAM PESCADO/FISH FRUTA/FRUIT	11 ENSALADA/SALAD TERNERA/BEEF LACTEO/LACTEAL
14 ENSALADA/SALAD PESCADO/FISH LACTEO/LACTEAL	15 PATATA/POTATOE HUEVO/EGG FRUTA/FRUIT	16 SOPA/SOUP PESCADO/FISH LACTEO/LACTEAL	17 ENSALADA/SALAD PAVO/TURKEY FRUTA/FRUIT	18 VERDURA/VEGETABLES POLLO/CHICKEN LACTEO/LACTEAL
21 PATATA/POTATOE HUEVO/EGG LACTEO/LACTEAL	22 ENSALADA/SALAD PESCADO/FISH FRUTA/FRUIT	23 VERDURA/VEGETABLES POLLO/CHICKEN LACTEO/LACTEAL	24 SOPA/SOUP TERNERA/BEEF FRUTA/FRUIT	25 ENSALADA/SALAD PAVO/TURKEY LACTEO/LACTEAL
28 SOPA/SOUP HUEVO/EGG LACTEO/LACTEAL	29 ENSALADA/SALAD PESCADO/FISH FRUTA/FRUIT	30 VERDURA/VEGETABLES POLLO/CHICKEN LACTEO/LACTEAL		

PASTA ECOLOGICA

Las pastas constituyen uno de los alimentos más completos y recomendables en el conjunto de una alimentación sana y equilibrada para los más pequeños. Por esta razón, en SERESCA, ya hemos introducido en nuestros menús PASTA ECOLOGICA (macarrones, Espaguetis, Espirales, Fideo fino...), con una calidad superior procedente de la agricultura ecológica. Nuestras pastas, carecen de cualquier químico o transgénico, haciendo que sus beneficios nutricionales aumenten.

**INFORMACIÓN
NUTRICIONAL**

PASTA ECOLOGICAL

Pasta is one of the most complete and recommended in all a healthy and balanced diet for smaller foods. For this reason, in SERESCA, we have introduced in our menus PASTA ECOLOGICAL (macaroni, spaghetti, spirals, thin noodle ...), with superior quality from organic agriculture. Our pastas, lacking any chemical or transgenic, making their nutritional benefits increase.