



## LUNES

1

DÍA DE TODOS LOS SANTOS

## MARTES

2

Crema de calabaza  
 Pumpkin cream  
 Perro caliente  
 Hot dog  
 Nueces de chocolate  
 Chocolate mustard



Kcal 586 Lip. 31 Hid. 52 Prot. 21

## MIÉRCOLES

3

Pasta a la boloñesa/  
 Bolognese pasta  
 Merluza a la vizcaína/  
 Hake in biscay sauce

Fruta en almibar/ syrup fruit

Kcal 675 Lip. 23 Hid. 78 Prot. 36

## JUEVES

4

Menestra de verduras/  
 Vegetable stew  
 Pollo asado/  
 Roasted chicken  
 Ensalada/ Salad

Fruta variada/ varied fruit

Kcal 550 Lip. 29 Hid. 30 Prot. 39

## VIERNES

5

Garbanzos estofados/  
 Chickpea stew  
 Tortilla francesa/  
 Omelette  
 Ensalada/ Salad

Fruta variada/ varied fruit

Kcal 587 Lip. 27 Hid. 53 Prot. 27

8

Crema de verduras/  
 Vegetables cream  
 Escalope de ternera/  
 Breaded beef fillet  
 Patatas fritas/ French fries  
 Fruta variada/ varied fruit

Kcal 705 Lip. 27 Hid. 77 Prot. 33

9

Arroz con tomate/  
 Rice with tomato  
 Merluza al horno/  
 Baked hake  
 Ensalada/ Salad

Fruta variada/ varied fruit

Kcal 664 Lip. 24 Hid. 82 Prot. 28

10

Judías verdes con patatas/  
 Green beans with potatoes  
 Filetes de lomo a la plancha/  
 Grilled tenderloin steaks  
 Champiñones/ Mushrooms  
 Fruta variada/ varied fruit

Kcal 533 Lip. 25 Hid. 48 Prot. 24

11

Lentejas con chorizo/  
 Lentils with chorizo  
 Filete de pollo a la plancha/  
 Grilled chicken fillet  
 Pimientos asados/ Roasted peppers  
 Yogurt y fruta/ yogurt & fruit

Kcal 623 Lip. 22 Hid. 57 Prot. 45

12

Sopa de ave y fideos/  
 Chicken soup and noodles  
 Tortilla de patatas/  
 Spanish omelette  
 Ensalada/ Salad

Fruta variada/ varied fruit

Kcal 575 Lip. 28 Hid. 59 Prot. 20

15

Patatas a la riojana/  
 Potatoes Rioja's style  
 Filete de ternera a la plancha/  
 Grilled beef steak  
 Ensalada/ Salad  
 Fruta variada/ varied fruit

Kcal 633 Lip. 25 Hid. 64 Prot. 33

16

Macarrones con queso/  
 Macaroni & cheese  
 Filetes de sajonia a la plancha/  
 Grilled saxony steaks  
 Pimientos al ajillo/ garlic peppers  
 Yogurt y fruta/ yogurt & fruit

Kcal 621 Lip. 22 Hid. 72 Prot. 31

17

Brócoli al ajoarriero/  
 Broccoli with garlic and paprika  
 Limanda rebozada/  
 Battered dab  
 Ensalada/ Salad  
 Fruta en almibar/ syrup fruit

Kcal 565 Lip. 27 Hid. 41 Prot. 36

18

Alubias con verduritas/  
 Beans with vegetables  
 Huevos cocidos con tomate/  
 Boiled eggs with tomato  
 Champiñones/ Mushrooms  
 Fruta variada/ varied fruit

Kcal 782 Lip. 33 Hid. 70 Prot. 43

19

Crema de calabacín/  
 Cream of zucchini  
 Albóndigas con tomate/  
 Meatballs with tomato

Fruta variada/ varied fruit

Kcal 418 Lip. 22 Hid. 30 Prot. 24

22

Lentejas con chorizo/  
 Lentils with chorizo  
 Filetes de lomo a la plancha/  
 Grilled tenderloin steaks  
 Pimientos asados/ Roasted peppers  
 Fruta variada/ varied fruit

Kcal 680 Lip. 30 Hid. 57 Prot. 40

23

Arroz con tomate/  
 Rice with tomato  
 Merluza en salsa verde/  
 Hake in green sauce

Fruta variada/ varied fruit

Kcal 676 Lip. 22 Hid. 90 Prot. 29

24

Judías verdes con jamón/  
 Green beans with ham  
 Pollo asado/  
 Roasted chicken  
 Verduritas/ Vegetables

Fruta variada/ varied fruit

Kcal 570 Lip. 29 Hid. 34 Prot. 40

25

Cocido castellano/  
 Castilian stew

Yogurt y fruta/ yogurt &amp; fruit

Kcal 635 Lip. 23 Hid. 67 Prot. 36

26

Crema de verduras/  
 Vegetables cream  
 Tortilla de patatas/  
 Spanish omelette  
 Ensalada/ Salad

Fruta variada/ varied fruit

Kcal 579 Lip. 29 Hid. 56 Prot. 18

29

Menestra de verduras/  
 Vegetable stew  
 Salchichas a la plancha/  
 Grilled sausages

Patatas panaderas/ Baked potatoes

Fruta variada/ varied fruit

Kcal 789 Lip. 54 Hid. 46 Prot. 26

30

Pasta con chorizo/  
 Pasta with chorizo  
 Bacalao con tomate/  
 Cod with tomato

Yogurt y fruta/ yogurt &amp; fruit

Kcal 668 Lip. 25 Hid. 71 Prot. 38



Dietista-Nutricionista  
 Sandra Soria Garcia  
 Nº Colegiada:  
 EUS00293



Energía en kcal. Proteínas, lípidos e hidratos de carbono en gramos.

Los datos que se muestran de la valoración nutricional son aproximados.