



## LUNES

2

FESTIVO

## MARTES

3

Lentejas guisadas/  
Stewed lentils  
Tortilla francesa/  
Omelette  
Ensalada/ Salad

Fruta variada/ Varied fruit

Kcal 608 Lip. 23 Hid. 65 Prot. 29

## MIÉRCOLES

4

Pasta con tomate y atún/  
Pasta with tomato and tuna  
Lenguadina rebozada/  
Breaded dab  
Ensalada/ Salad

Fruta en almíbar/ Fruit in syrup

Kcal 758 Lip. 29 Hid. 76 Prot. 44

## JUEVES

5

Judías verdes con patatas/  
Green beans with potatoes  
Pollo asado/  
Roasted chicken

Yogurt y fruta/ Yogurt &amp; fruit

Kcal 472 Lip. 21 Hid. 35 Prot. 32

## VIERNES

6

Garbanzos con chorizo/  
Cheakpeas with chorizo  
Filetes de lomo a la plancha/  
Grilled tenderloin steaks  
Champiñones/ Mushrooms  
Fruta variada/ Varied fruit

Kcal 697 Lip. 31 Hid. 58 Prot. 40

9

Crema de calabacín/  
Cream of zucchini  
Filete de ternera a la plancha/  
Grilled beef steak  
Pimientos asados/ Roasted peppers  
Fruta variada/ Varied fruit

Kcal 512 Lip. 28 Hid. 34 Prot. 31

10

Alubias con verduras/  
Beans with vegetables  
Filete de pollo empanado/  
Breaded chicken fillet  
Ensalada/ Salad

Fruta variada/ Varied fruit

Kcal 792 Lip. 26 Hid. 82 Prot. 48

11

Arroz tres delicias/  
Rice three delights  
Merluza en salsa/  
Hake in sauce  
Verduras/ Vegetables

Fruta variada/ Varied fruit

Kcal 770 Lip. 25 Hid. 96 Prot. 38

12

Menestra de verduras/  
Vegetable stew  
Tortilla de patatas/  
Spanish omelette

Natillas y fruta/ Custard &amp; fruit

Kcal 541 Lip. 26 Hid. 49 Prot. 23

13

FESTIVO

16

Lentejas guisadas/  
Stewed lentils  
Filetes de sajonia a la plancha/  
Grilled saxon steak  
Pimientos asados/ Roasted peppers  
Fruta variada/ Varied fruit

Kcal 710 Lip. 25 Hid. 69 Prot. 47

17

Patatas en salsa verde/  
Potatoes in green sauce  
Tortilla de jamón/  
Ham omelette  
Ensalada/ Salad

Fruta variada/ Varied fruit

Kcal 628 Lip. 29 Hid. 62 Prot. 26

18

Crema de verduras/  
Vegetables cream  
Pollo asado/  
Roasted chicken  
Patatas asadas/ Roasted potatoes  
Fruta en almíbar/ Fruit in syrup

Kcal 640 Lip. 31 Hid. 52 Prot. 35

19

Pasta a la carbonara/  
Pasta carbonara  
Salmón a la plancha/  
Grilled salmon  
Ensalada/ Salad

Yogurt y fruta/ Yogurt &amp; fruit

Kcal 856 Lip. 47 Hid. 68 Prot. 39

20

Sopa de ave y fideos/  
Poultry and noodle soup  
Escalope de ternera/  
Breaded veal steak  
Ensalada/ Salad

Fruta variada/ Varied fruit

Kcal 601 Lip. 21 Hid. 65 Prot. 35

23

Ensaladilla rusa/  
Russian salad  
Filete de pollo a la plancha/  
Grilled chicken fillet

Fruta variada/ Varied fruit

Kcal 635 Lip. 37 Hid. 35 Prot. 39

24

Arroz con tomate/  
Rice with tomato  
Merluza rebozada/  
Breaded hake  
Ensalada/ Salad

Fruta variada/ Varied fruit

Kcal 821 Lip. 34 Hid. 95 Prot. 32

25

Garbanzos estofados/  
Stewed chickpeas  
Filetes de lomo a la plancha/  
Grilled tenderloin steaks  
Pimientos asados/ Roasted peppers  
Fruta variada/ Varied fruit

Kcal 707 Lip. 32 Hid. 60 Prot. 39

26

Crema de calabaza/  
Pumpkin cream  
Huevos con bechamel rebozados/  
Eggs with béchamel batter  
Ensalada/ Salad

Actimel y fruta/ Actimel &amp; fruit

Kcal 570 Lip. 32 Hid. 38 Prot. 29

27

Menestra de verduras/  
Vegetable stew  
Salchichas blancas a la plancha/  
Grilled white sausage  
Patatas/ Potatoes

Fruta variada/ Varied fruit

Kcal 806 Lip. 54 Hid. 46 Prot. 30

30

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

Fruta variada/ Varied fruit

Kcal 647 Lip. 27 Hid. 59 Prot. 39

31

Ensalada de judías verdes/  
Green bean salad  
Albóndigas con tomate/  
Meatballs with tomato  
Patatas fritas/ Fries

Fruta variada/ Varied fruit

Kcal 624 Lip. 30 Hid. 55 Prot. 30



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

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