

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

**VACACIONES  
HOLIDAY**

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08

ESPIRALES NAPOLITANA  
NAPOLITAN PASTA SPIRLAS  
HUEVOS MOLL / VILLARROY EGGS  
LECHUGA Y ZANAHORIA / SALAD  
AGUA, PAN, FRUTA Y LECHE  
WATER, BREAD, FRUIT, MILK  
KCAL: 651.2 LIP: 21.10  
PROT: 27.7 HC: 83.7

09

GUIZO PATATAS CON MAGRO  
BOILED POTATOS WITH MEAT  
HAMBURGUESA TERNERA PLANCHA  
BEEF HAMBURGUER WIT SALAD  
AGUA, PAN, FRUTA Y LECHE  
WATER, BREAD, FRUIT, MILK  
KCAL: 755.6 LIP: 41.3  
PROT: 26.5 HC: 77.10

10

ARROZ A LA MILANESA  
MILANESE RICE  
SALMÓN A LA NARANJA  
BAKED SALMON IN MEUNIER SAUCE  
ENSALADA LECHUGA Y MAÍZ/ SALAD  
AGUA, PAN, FRUTA Y LECHE  
WATER, BREAD, FRUIT, MILK  
KCAL: 606.4 LIP: 21.3  
PROT: 20.5 HC: 80.7

11

PANACHE DE VERDURAS  
MIXED VEGETABLES  
POLLO ASADO EN SU JUGO/PATATAS FRITAS  
ROASATED CHICKEN WITH CHIPS  
AGUA, PAN Y YOGURT  
WATER, BREAD AND YOGURTH  
KCAL: 797.5 LIP: 36.3  
PROT: 48.10 HC: 68.40

12

LENTEJAS CON VERDURAS  
LENTILS IN STEW  
BACALAO A LA ROTEÑA  
COD WITH VEGETABLES/ SALAD  
ENSALADA LECHUGA Y ZANAHORIA  
AGUA, PAN, FRUTA Y LECHE  
WATER, BREAD, FRUIT, MILK  
KCAL: 525.2 LIP: 11.6  
PROT: 29.60 HC: 69.7

15

ARROZ TRES DELICIAS  
THREE SEASONS RICE  
ATÚN EN SALSAS DE TOMATE/ ENSALADA  
TUNA CUBES IN TOMATO SAUCE/ SALAD  
AGUA, PAN, FRUTA Y LECHE  
WATER, BREAD, FRUIT, MILK  
KCAL: 680.80 LIP: 24.30  
PROT: 30.80 HC: 82.80

16

SOPA DE COCIDO CON FIDEOS  
COCIDO SOUP  
COCIDO COMPLETO  
FULL STEW  
AGUA, PAN, FRUTA Y LECHE  
WATER, BREAD, FRUIT, MILK  
KCAL: 706.9 LIP: 23.6  
PROT: 27.3 HC: 89.2

17

MACARRONES CON FRANKFURT  
MERLUZA A LA ROMANA  
HAKE IN ROMAN STYLE/TOMATO SALAD  
ENSALADA DE TOMATE  
AGUA, PAN, FRUTA Y LECHE  
WATER, BREAD, FRUIT, MILK  
KCAL: 627.0 LIP: 19.40  
PROT: 30.20 HC: 79.70

18

CREMA DE CALABAZA/PUMPKIN CREAM  
ESTOFADO DE TERNERA JARDINERA  
BEEF STEW IN GARDENER SAUCE  
PATATAS FRITAS/ CHIPS  
AGUA, PAN, YOGUR O FRUTA  
WATER, BREAD, YOGHURTH, FRUIT  
KCAL: 869.9 LIP: 46.90  
PROT: 36.90 HC: 72.0

19

ALUBIAS ESTOFADAS  
WHITE BEANS IN STEW  
TORTILLA FRANCESA/ OMELETTE WIHT SALAD  
LECHUGA Y MAÍZ  
AGUA, PAN, FRUTA Y LECHE  
WATER, BREAD, FRUIT, MILK  
KCAL: 595.50 LIP: 20.50  
PROT: 25.90 HC: 68.0

22

CREMA DE VERDURAS/VEGETABLES CREAM  
MAGRO DE CERDO CON TOMATE  
PORK LOIN IN STEW WITH TOMATO SAUCE  
PATATAS VAPOR/ POTATOES  
AGUA, PAN, FRUTA Y LECHE  
WATER, BREAD, FRUIT, MILK  
KCAL: 620.30 LIP: 21.0  
PROT: 35.30 HC: 67.30

23

LENTEJAS CON CHORIZO  
LENTILS IN STEW WITH SAUSAGE CHORIZO  
LIMANDA AL HORNO/BAKE LIMANDA STYLE  
ENSALSADA DE LECHUGA/ SALAD  
AGUA, PAN, FRUTA Y LECHE  
WATER, BREAD, FRUIT, MILK  
KCAL: 656.30 LIP: 25.30  
PROT: 34.20 HC: 67.60

24

ESPAGUETIS CON TOMATE  
ESPAGUETTI WITH TOMATO SAUCE  
POLLO AL TOMILLO/ ROAST CHICKEN  
ENSALADA / SALAD  
AGUA, PAN, FRUTA Y LECHE  
WATER, BREAD, FRUIT, MILK  
KCAL: 674.8 LIP: 23.5  
PROT: 37.3 HC: 60.8

25

ALUBIAS PINTAS CON VERDURAS  
WHITE PINTO IN STEW  
TORTILLA DE PATATA/ POTATOS OMELETTE  
ENSALADA DE LECHUGA Y MAÍZ/ SALAD  
AGUA, PAN Y YOGUR  
WATER, BREAD, YOGHURTH, FRUIT  
KCAL: 681.8 LIP: 25.8  
PROT: 30.5 HC: 72.9

26

ARROZ A BANDA  
RICE WITH SHELFISH  
PALOMETA EN SALSAS DE TOMATE  
BUTTERFISH BAKED IN SAUCE  
ENSALADA DE TOMATE/ SALAD  
AGUA, PAN, FRUTA Y LECHE  
WATER, BREAD, FRUIT, MILK  
KCAL: 563.0 LIP: 14.10  
PROT: 24.20 HC: 82.30

29

CODITOS A LA CARBONARA  
PASTA IN CARBONARA SAUCE  
BACALAO EN SALSAS DE TOMATE/ENSALADA  
COD IN TOMATO SAUCE WITH SALAD  
AGUA, PAN, FRUTA Y LECHE  
WATER, BREAD, FRUIT, MILK  
KCAL: 618.80 LIP: 19.50  
PROT: 29.60 HC: 77.80

30

PAELLA MIXTA  
SEAFOOD AND MEAT PAELLA  
TORTILLA FRANCESA/ OMELETTE  
ENSALADA DE TOMATE / SALAD  
AGUA, PAN, FRUTA Y LECHE  
WATER, BREAD, FRUIT, MILK  
KCAL: 615.10 LIP: 21.60  
PROT: 22.50 HC: 80.50

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SOPA DE COCIDO CON FIDEOS  
COCIDO SOUP  
COCIDO COMPLETO/ FULL STEW  
AGUA, PAN, FRUTA Y LECHE  
WATER, BREAD, FRUIT, MILK  
KCAL: 706.90 LIP: 23.60  
PROT: 27.30 HC: 90