

Lunes	Martes	Miércoles	Jueves	Viernes	I. Nutricional
				1 NO LECTIVO	Kcl: 0 HC: 0 Prot: 0 Lip: 0
4 NO LECTIVO	5 Pasta (sin gluten) con tomate con queso Pechuga de pollo a la plancha con ensalada tricolor (lechuga, zanahoria y maíz) Yogur y pan (sin gluten) Pasta (gluten free) with tomato sauce with cheese Chicken breast with tricolor salad (lettuce, carrots & sweetcorn) Yoghurt and bread (gluten free)	6 Crema de calabacín Tortilla francesa de atún con ensalada de lechuga, maíz y aceitunas negras Fruta y pan (sin gluten) Zucchini cream Tuna omelette with lettuce salad with sweetcorn & black olives Fruit and bread (gluten free)	7 Sopa de cocido (sin gluten) Cocido completo Fruta y pan (sin gluten) "Cocido" Soup (gluten free) Full course "cocido" stew Fruit and bread (gluten free)	8 Arroz con boloñesa de carne Filete de merluza a la andaluza con ensalada de lechuga, tomate y maíz Yogur y pan (sin gluten) Rice with meat bolognese Andalusian style hake with lettuce salad with tomato and sweetcorn Yoghurt and bread (gluten free)	Kcl: 692 HC: 73 Prot: 30 Lip: 32
11 Crema de zanahoria Hamburguesa a la plancha con patatas fritas Yogur y pan (sin gluten) Carrot cream Grilled hamburger with french fries Yoghurt and bread (gluten free)	12 Alubias estofadas con arroz Tortilla de calabacín con ensalada de lechuga, maíz y aceitunas negras Fruta y pan (sin gluten) Beans with rice Zucchini omelette with lettuce salad with sweetcorn & black olives Fruit and bread (gluten free)	13 Pasta (sin gluten) napolitana Ventresca de merluza a la andaluza con ensalada de lechuga y tomate Fruta y pan (sin gluten) Napolitan pasta (gluten free) Andalusian style hake with lettuce & tomatoes Fruit and bread (gluten free)	14 JORNADA MADAGASCAR Arroz con calabaza y manzana Guiso malgache Macedonia de frutas y pan (sin gluten) Rice with pumpkin and apple Pork with vegetables Fruit salad and bread (gluten free)	15 Lentejas estofadas con verduras Filete de merluza a la plancha con salsa de tomate Postre lácteo y pan (sin gluten) Stewed lentils Grilled hake with tomato sauce Dairy dessert and bread (gluten free)	Kcl: 706 HC: 89 Prot: 28 Lip: 27
18 Crema de verduras Revuelto de picadillo con ensalada de lechuga y maíz Fruta y pan (sin gluten) Vegetables cream Mixed meat with egg with lettuce & sweetcorn Fruit and bread (gluten free)	19 Pasta (sin gluten) con tomate con queso Chuleta a la plancha con ensalada de lechuga, maíz y quinoa Yogur y pan (sin gluten) Pasta (gluten free) with tomato sauce with cheese Grilled pork chop with lettuce salad with sweetcorn & quinoa Yoghurt and bread (gluten free)	20 Sopa de cocido (sin gluten) Cocido completo Fruta y pan (sin gluten) "Cocido" Soup (gluten free) Full course "cocido" stew Fruit and bread (gluten free)	21 Patatas estofadas con magro Filete de merluza al horno con ensalada hortelana (lechuga, tomate y zanahoria) Fruta y pan (sin gluten) Pork & potato stew Baked hake with salad (lettuce, tomatoes & carrots) Fruit and bread (gluten free)	22 Judías verdes con tomate Lacón a la gallega con patatas al vapor Yogur y pan (sin gluten) Green beans with tomatoes Lacón pork shoulder with potatoes with steamed potatoes Yoghurt and bread (gluten free)	Kcl: 670 HC: 72 Prot: 25 Lip: 32
25 Arroz tres delicias Filete de merluza al horno con ensalada hortelana (lechuga, tomate y zanahoria) Yogur y pan (sin gluten) Chinese fried rice Baked hake with salad (lettuce, tomatoes & carrots) Yoghurt and bread (gluten free)	26 Sopa juliana Pollo asado con patatas fritas Fruta y pan (sin gluten) Julienne soup Grilled chicken with french fries Fruit and bread (gluten free)	27 Alubias pintas estofadas Tortilla francesa de queso con ensalada primavera (lechuga, tomate y maíz) Fruta y pan (sin gluten) Stewed pinto beans Cheese omelette with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread (gluten free)	28 Pasta carbonara (sin gluten) Ventresca de merluza a la plancha con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan (sin gluten) Pasta in carbonara sauce (gluten free) Grilled hake with green salad (lettuce, green peppers & olives) Fruit and bread (gluten free)	29 Lentejas a la jardinera Estofado de cerdo con tomate con champiñones Postre lácteo y pan (sin gluten) Vegetables lentils Stewed pork in tomato sauce with mushrooms Dairy dessert and bread (gluten free)	Kcl: 691 HC: 81 Prot: 32 Lip: 27