

**LUNES**

**MARTES**

**MIÉRCOLES**

**JUEVES**

**VIERNES**

**02**

MACARRONES CON CHORIZO  
MACARONI WITH SAUSAGE CHORIZO  
CINTA DE LOMO ADOBADA PLANCHA  
ENSALADA LECHUGA Y TOMATE/ SALAD  
PAN, FRUTA Y LECHE, BREAD, FRUIT, MILK  
KCAL: 677.88 LIP: 24.47  
PROT: 43.37 HC: 74.34

**03**

GARBANZOS ESTOFADOS/CHIKPEAS IN STEW  
LIMANDA A LA ANDALUZA  
LIMANDA IN ANDALUSIAN STYLE  
ENSALADA LECHUGA Y ATÚN/ SALAD  
PAN, FRUTA Y LECHE, BREAD, FRUIT, MILK  
KCAL: 439.89 LIP: 15.09  
PROT: 32.14 HC: 43.86

**04**

COLIFLOR CON BECHAMEL  
COLIFLOWER WITH BECHAMEL  
ALBÓNDIGAS DE TERNERA JARDINERA  
MEATBALLS BEEF WITH CHIPOS  
PATATAS FRITAS  
PAN, FRUTA Y LECHE, BREAD, FRUIT, MILK  
KCAL: 821.6 LIP: 33.71  
PROT: 43.36 HC: 88.4

**05**

ARROZ CON TOMATE  
RICE IN TOMATO SAUCE  
PALOMETA EN SALSA  
BUTTERFISH BAKED IN SAUCE  
ENSALADA/ SALAD  
PAN Y YOGURT, BREAD, YOGURTH  
KCAL: 762.75 LIP: 40.35  
PROT: 16.22 HC: 83.70

**06**

ALUBIAS PINTAS CON VERDURAS  
PINTO BEANS IN STEW WITH VEGETABLES  
TORTILLA DE QUESO/ CHEESE OMELETTE  
ENSALADA DE LECHUGA Y MAÍZ/ SALAD  
PAN, FRUTA Y LECHE, BREAD, FRUIT, MILK  
KCAL: 613.70 LIP: 45.34  
PROT: 28.29 HC: 73.22

**09**

CREMA DE VERDURAS/VEGETABLES CREAM  
ESCALOPE DE POLLO EMPANADO  
BREADED CHICKEN WITH SALAD  
ENSALADA LECHUGA Y ZANAHORIA  
PAN, FRUTA Y LECHE, BREAD, FRUIT, MILK  
KCAL: 821.6 LIP: 33.71  
PROT: 46.36 HC: 88.40

**10**

LENTEJAS CON CHORIZO  
LENTILS IN STEW WITH CHORIZO SAUSAGE  
BACALAO CON TOMATE  
COD IN TOMATO SAUCE  
ENSALADA LECHUGA Y ATÚN/ SALAD  
PAN, FRUTA Y LECHE, BREAD, FRUIT, MILK  
KCAL: 631.20 LIP: 30.66  
PROT: 33.05 HC: 55.97

**11**

ARROZ CON VERDURAS Y POLLO  
RICE WITH CHICKEN AND VEGETABLES  
HUEVOS MOLL/ MOLL EGGS  
LECHUGA, TOMATE Y ATÚN/ SALAD  
PAN, FRUTA Y LECHE, BREAD, FRUIT, MILK  
KCAL: 727.48 LIP: 49.42  
PROT: 27.52 HC: 42.91

**12**

**FESTIVO  
HOLIDAY**

**13**

FIDEUA  
MERLUZA A LA GALLEGA  
HAKE IN GALICIAN STYLE  
CON PATATAS VAPOR/ BOILED POTATOS  
PAN, FRUTA Y LECHE, BREAD, FRUIT, MILK  
KCAL: 606.98 LIP: 36.93  
PROT: 26.77 HC: 42.00

**16**

ESPIRALES NAPOLITANA/ NAPOLITAN PASTA  
SALMÓN A LA NARANJA  
BAKED SALMON IN MEUNIER SAUCE  
LECHUGA Y ZANAHORIA/ SALAD  
PAN, FRUTA Y LECHE, BREAD, FRUIT, MILK  
KCAL: 698.46 LIP: 23.43  
PROT: 31.54 HC: 94.75

**17**

GUISO PATATAS CON MAGRO  
BOILED POTATOS WITH MEAT  
HAMBURGUESA DE TERNERA  
BEEF HAMBURGER IN SAUCE WITH SALAD  
LECHUGA Y TOMATE  
PAN, FRUTA Y LECHE, BREAD, FRUIT, MILK  
KCAL: 821.60 LIP: 33.71  
PROT: 46.36 HC: 88.4

**18**

ARROZ MILANESA/ MILANESE RICE  
TORTILLA FRANCESA/ OMELETTE  
ENSALADA LECHUGA Y MAÍZ/ SALAD  
PAN, FRUTA Y LECHE, BREAD, FRUIT, MILK  
KCAL: 673.03 LIP: 21.98  
PROT: 47.87 HC: 74.85

**19**

PANACHE DE VERDURAS/ MIXED VEGETABLES  
POLLO ASADO/ ROASTED CHICKEN FILLET  
PATATAS FRITAS/ POTATOS  
PAN Y YOGURT, BREAD, YOGURTH  
KCAL: 573.95 LIP: 16.55  
PROT: 34.18 HC: 73.72

**20**

LENTEJAS ESTOFADAS/ LENTILS IN STEW  
BACALAO A LA ROTEÑA/ COD WITH  
VEGETABLES  
ENSALADA LECHUGA Y ZANAHORIA/ SALAD  
PAN, FRUTA Y LECHE, BREAD, FRUIT, MILK  
KCAL: 745.50 LIP: 23.91  
PROT: 30.58 HC: 104.3

**23**

ARROZ TRES DELICIAS/ THREE SEASONS RICE  
ATÚN CON TOMATE/ TUNA CUBES IN  
TOMATO SAUCE  
ENSALADA DE LECHUGA/ SALAD  
PAN, FRUTA Y LECHE, BREAD, FRUIT, MILK  
KCAL: 770.56 LIP: 34.57  
PROT: 24.73 HC: 94.84

**24**

SOPA DE COCIDO/ COCIDO SOUP  
COCIDO COMPLETO/ FULL STEW  
(CARNE, POLLO, CHORIZO)  
(CHIKPEAS, VEGETABLES, CHORIZO)  
PAN, FRUTA Y LECHE, BREAD, FRUIT, MILK  
KCAL: 821.60 LIP: 33.71  
PROT: 46.36 HC: 88.40

**25**

MACARRONES CON SALCHICHAS  
MACARONNI WITH SAUSAGES  
MERLUZA A LA ROMANA  
HAKE IN ROMAN STYLE  
ENSALADA DE TOMATE/ SALAD  
PAN, FRUTA Y LECHE, BREAD, FRUIT, MILK  
KCAL: 711.87 LIP: 24.44  
PROT: 35.14 HC: 89.12

**26**

CREMA DE CALABAZA/ PUMPKIN CREAM  
ESTOFADO DE TERNERA JARDINERA  
BEEF STEW IN GARDENER SAUCE  
PATATAS FRITAS/ CHIPOS  
PAN Y YOGURT, BREAD, YOGURTH  
KCAL: 821.6 LIP: 33.71  
PROT: 46.36 HC: 88.40

**27**

ALUBIAS BLANCAS  
WHITE BEANS IN STEW  
TORTILLA FRANCESA/ OMELETTE  
LECHUGA Y MAÍZ/ SALAD  
PAN, FRUTA Y LECHE, BREAD, FRUIT, MILK  
KCAL: 573.95 LIP: 16.55  
PROT: 34.18 HC: 73.72

**30**

CREMA DE VERDURAS  
VEGETABLES CREAM  
MAGRO DE CERDO CON TOMATE  
PORK LOIN IN STEW WITH TOMATO SAUCE  
PATATAS VAPOR/ POTATOS  
PAN, FRUTA Y LECHE, BREAD, FRUIT, MILK  
KCAL: 770.56 LIP: 34.57  
PROT: 24.73 HC: 94.84

**31**

**DIA DE HALLOWEEN**  
LENTEJAS CON CHORIZO  
LENTILS WITH CHORIZO SAUSAGE  
LIMANDA AL HORNO/ BAKED LIMANDA  
POSTRE ESPECIAL  
KCAL: 821.6 LIP: 33.71  
PROT: 46.36 HC: 88.40