



Lunes
Monday

Tuesday
Martes

Wednesday
Miércoles

Thursday
Jueves

A

Friday
Viernes



Azúcar (g): 19 g
Sal* (g): 1,3 g
AGS (g): 9,4 g

*Corresponde al sodio que forma parte de los alimentos de forma natural

08/01/2018

Paella
Paella

Bacalailas con lechuga y tomate
Whiting, lettuce and tomato

Pan, agua y fruta
Bread, water and fruit

Hid. 79 Prot. 41 Lip. 22 Kcal. 676

09/01/2018

Alubias blancas estofadas
Stewed white beans

Muslos de pollo asados, lechuga y tomate
Baked chicken thigh, lettuce and tomato

Pan, agua y fruta
Bread, water and fruit

Hid. 84 Prot. 58 Lip. 41 Kcal. 936

10/01/2018

Estofado de patatas
Potatoes stew

Tortilla de jamón york, lechuga y tomate
Ham omelette, lettuce and tomato

Pan, agua y yogur
Bread, water and yoghurt

Hid. 74 Prot. 44 Lip. 39 Kcal. 823

11/01/2018

Sopa de fideos
Noodle soup

Carne en salsa con patatas
Meat in sauce with potatoes

Pan, agua y fruta
Bread, water and fruit

Hid. 88 Prot. 41 Lip. 31 Kcal. 793

12/01/2018

Espaguetis a la carbonara
Carbonara spaghetti

Calamares fritos con lechuga y maiz
Fried squids with lettuce and corn

Pan, agua y fruta
Bread, water and fruit

Hid. 91 Prot. 49 Lip. 51 Kcal. 999

15/01/2018

Arroz con tomate
Rice with tomato

Huevos y chistorra
Eggs and chistorra

Pan, agua y fruta
Bread, water and fruit

Hid. 97 Prot. 33 Lip. 63 Kcal. 999

16/01/2018

Sopa de fideos
Noodle soup

Pechuga de pollo con lechuga y maiz
Grilled breast, lettuce and corn

Pan, agua y fruta
Bread, water and fruit

Hid. 58 Prot. 41 Lip. 16 Kcal. 543

17/01/2018

Cazuela de fideos
Noodle casserole

Atún a la plancha con lechuga y tomate
Grilled tuna, lettuce and tomato

Pan, agua y yogur
Bread, water and yoghurt

Hid. 47 Prot. 47 Lip. 20 Kcal. 556

18/01/2018

Cocido andaluz
Stew

Croquetas con lechuga y maiz
Croquette with lettuce and corn

Pan, agua y fruta
Bread, water and fruit

Hid. 81 Prot. 30 Lip. 23 Kcal. 649

19/01/2018

Crema de verduras
Vegetable's cream

Salchichas en salsa con patatas
Sausages with sauce and chips

Pan, agua y fruta
Bread, water and fruit

Hid. 77 Prot. 30 Lip. 48 Kcal. 858

22/01/2018

Lentejas estofadas
Stewed lentils

Aguja a la plancha con lechuga y tomate
Grilled needle fish, lettuce and tomato

Pan, agua y fruta
Bread, water and fruit

Hid. 49 Prot. 44 Lip. 14 Kcal. 499

23/01/2018

Sopa de fideos
Noodle soup

Lomo a la plancha con ensalada
Grilled tenderloin with salad

Pan, agua y fruta
Bread, water and fruit

Hid. 53 Prot. 39 Lip. 16 Kcal. 506

24/01/2018

Paella
Paella

Hamburguesa con lechuga y maiz
Burger, Lettuce and tomato

Pan, agua y yogur
Bread, water and yoghurt

Hid. 80 Prot. 38 Lip. 46 Kcal. 885

25/01/2018

Estofado de ternera
Beef stew

Tortilla con york y lechuga y aceitunas
Ham omelette, lettuce and olives

Pan, agua y fruta
Bread, water and fruit

Hid. 36 Prot. 48 Lip. 63 Kcal. 911

26/01/2018

Macarrones gratinados
Macaroni gratin

Merluza al horno con lechuga y tomate
Hake, lettuce and tomato

Pan, agua y fruta
Bread, water and fruit

Hid. 96 Prot. 46 Lip. 22 Kcal. 766

29/01/2018

Puré de calabacín
Zucchini cream

Albóndigas con tomate y patatas
Meatballs with tomato sauce and chips

Pan, agua y fruta
Bread, water and fruit

Hid. 89 Prot. 34 Lip. 52 Kcal. 959

30/01/2018

Espaguetis a la carbonara
Carbonara spaghetti

Bacalao al horno con lechuga y tomate
Baked cod with lettuce and tomato

Pan, agua y fruta
Bread, water and fruit

Hid. 86 Prot. 52 Lip. 39 Kcal. 904

31/01/2018

Sopa de fideos
Noodle soup

Carne en salsa con patatas
Meat in sauce with potatoes

Pan, agua y yogur
Bread, water and yoghurt

Hid. 69 Prot. 45 Lip. 24 Kcal. 678