



Lunes
Monday

Tuesday
Martes

Wednesday
Miércoles

Thursday
Jueves

Friday
Viernes

02/05/2022

FESTIVO

FESTIVE

03/05/2022

Cocido andaluz
Stew

Croquetas con lechuga y maíz
Croquette with lettuce and corn

Pan, agua y fruta
Bread, water and fruit

Hid. 77 Prot. 45 Lip. 64 Kcal. 999

04/05/2022

Espaguetis a la carbonara
Carbonara spaghetti

Calamares, lechuga, tomate y aceitunas
Fried squid, lettuce, tomato and olives

Pan, agua y fruta
Bread, water and fruit

Hid. 76 Prot. 51 Lip. 65 Kcal. 999

05/05/2022

Lentejas estofadas
Stewed lentils

Bacalaillas con lechuga y tomate
Whiting, lettuce and tomato

Pan, agua y yogur
Bread, water and yoghurt

Hid. 59 Prot. 48 Lip. 34 Kcal. 738

06/05/2022

Arroz con tomate
Rice with tomato

Huevos y chistorra
Eggs and chistorra

Pan, agua y fruta
Bread, water and fruit

Hid. 76 Prot. 31 Lip. 63 Kcal. 997

09/05/2022

Puré de Calabacín
Zucchini purée

Carne en salsa con patatas
Beef with sauce and chips

Pan, agua y fruta
Bread, water and fruit

Hid. 35 Prot. 37 Lip. 56 Kcal. 799

10/05/2022

Alubias blancas estofadas
Stewed white beans

Croquetas con lechuga y maíz
Croquette with lettuce and corn

Pan, agua y fruta
Bread, water and fruit

Hid. 89 Prot. 35 Lip. 44 Kcal. 895

11/05/2022

Caracollillos con tomate
Pasta with tomato

Cazón con lechuga y tomate
Dogfish, lettuce and tomato

Pan, agua y fruta
Bread, water and fruit

Hid. 77 Prot. 43 Lip. 25 Kcal. 704

12/05/2022

Estofado de patatas
Potatoes stew

Lomo con lechuga y tomate
Tenderloin, lettuce and tomato

Pan, agua y yogur
Bread, water and yoghurt

Hid. 60 Prot. 57 Lip. 49 Kcal. 914

13/05/2022

Lentejas estofadas
Stewed lentils

Bacalaillas con lechuga y tomate
Whiting, lettuce and tomato

Pan, agua y fruta
Bread, water and fruit

Hid. 65 Prot. 44 Lip. 34 Kcal. 743

16/05/2022

Arroz con tomate
Rice with tomato

Huevos y chistorra
Eggs and chistorra

Pan, agua y fruta
Bread, water and fruit

Hid. 76 Prot. 31 Lip. 63 Kcal. 997

17/05/2022

Cazuela de fideos
Cooking pot

Hamburguesa y patatas
Burger with fried potatoes

Pan, agua y yogur
Bread, water and yoghurt

Hid. 68 Prot. 30 Lip. 38 Kcal. 744

18/05/2022

Sopa
Soup

Pechuga plancha, lechuga, zanahoria
Grilled breast, lettuce and carrots

Pan, agua y fruta
Bread, water and fruit

Hid. 35 Prot. 39 Lip. 13 Kcal. 415

19/05/2022

Macarrones a la boloñesa
Bolognese macaroni

Merluza horno, lechuga y aceitunas
Baked hake, lettuce and olives

Pan, agua y yogur
Bread, water and yoghurt

Hid. 74 Prot. 66 Lip. 51 Kcal. 999

20/05/2022

Puré de calabaza
Pumpkin purée

Carne en salsa con patatas
Meat in sauce with potatoes

Pan, agua y fruta
Bread, water and fruit

Hid. 48 Prot. 36 Lip. 49 Kcal. 793

23/05/2022

Cazuela de fideos
Cooking pot

Muslos de pollo asados con patatas
Roasted chicken thighs and chips

Pan, agua y fruta
Bread, water and fruit

Hid. 41 Prot. 41 Lip. 33 Kcal. 623

24/05/2022

Cocido andaluz
Stew

Croquetas con lechuga y maíz
Croquette with lettuce and corn

Pan, agua y fruta
Bread, water and fruit

Hid. 77 Prot. 45 Lip. 64 Kcal. 999

25/05/2022

Sopa de estrellas
Star soup

Tortilla francesa con lechuga y aceitunas
Omelette with lettuce and olives

Pan, agua y fruta
Bread, water and fruit

Hid. 35 Prot. 20 Lip. 27 Kcal. 463

26/05/2022

Puré de Calabacín
Zucchini purée

Carne en salsa con patatas
Beef with sauce and chips

Pan, agua y yogur
Bread, water and yoghurt

Hid. 29 Prot. 41 Lip. 56 Kcal. 793

27/05/2022

Paella
Paella

Calamares, lechuga, tomate y aceitunas
Fried squid, lettuce, tomato and olives

Pan, agua y fruta
Bread, water and fruit

Hid. 67 Prot. 51 Lip. 46 Kcal. 894

30/05/2022

Estofado de patatas
Potatoes stew

Merluza horno, lechuga y aceitunas
Baked hake, lettuce and olives

Pan, agua y fruta
Bread, water and fruit

Hid. 69 Prot. 48 Lip. 32 Kcal. 760

31/05/2022

Espaguetis a la carbonara
Carbonara spaghetti

Bacalaillas, lechuga, tomate y aceitunas
fish, lettuce and tomato

Pan, agua y fruta
Bread, water and fruit

Hid. 67 Prot. 41 Lip. 49 Kcal. 876

Azúcar: 21,3g
Sal: 1,8g
AGS: 8,3g

