



Lunes
Monday

Tuesday
Martes

Wednesday
Miércoles

Thursday
Jueves

Friday
Viernes

A



06/06/2022

Arroz con tomate
Rice with tomato
Huevos y chistorra
Eggs and chorizo
Pan, agua y fruta
Bread, water and fruit

Hid. 95 Prot. 29 Lip. 51 Kcal. 960

07/06/2022

Cocido andaluz
Stew
Croquetas con lechuga y maiz
Croquette with lettuce and corn
Pan, agua y fruta
Bread, water and fruit

Hid. 95 Prot. 48 Lip. 64 Kcal. 999

01/06/2022

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. 52 Prot. 41 Lip. 14 Kcal. 496

02/06/2022

Lentejas estofadas
Stewed lentils
Bacalailas con lechuga y tomate
Blue whiting, lettuce and tomato
Pan, agua y fruta
Bread, water and fruit

Hid. 87 Prot. 47 Lip. 49 Kcal. 978

03/06/2022

Puré de Calabacín
Zucchini purée
Hamburguesa con patatas
Burger and chips
Pan, agua y fruta
Bread, water and fruit

Hid. 52 Prot. 33 Lip. 42 Kcal. 726

08/06/2022

Espaguetis a la carbonara
Carbonara spaghetti
Cazón con lechuga y tomate
Dogfish, lettuce and tomato
Pan, agua y helado
Bread, water and ice cream

Hid. 108 Prot. 62 Lip. 71 Kcal. 999

09/06/2022

Sopa de fideos
Noodle soup
Pechuga de pollo con patatas
Grilled breast with fried potatoes
Pan, agua y fruta
Bread, water and fruit

Hid. 58 Prot. 41 Lip. 15 Kcal. 535

10/06/2022

Alubias blancas estofadas
Stewed white beans
Merluza con lechuga y tomate
Hake, lettuce and tomato
Pan, agua y fruta
Bread, water and fruit

Hid. 91 Prot. 56 Lip. 34 Kcal. 900

13/06/2022

Puré de Calabacín
Zucchini purée
Carne en salsa con patatas
Beef with sauce and chips
Pan, agua y fruta
Bread, water and fruit

Hid. 56 Prot. 46 Lip. 70 Kcal. 999

14/06/2022

Estofado de ternera
Beef stew
Tortilla con york y lechuga y aceitunas
Ham omelette, lettuce and olives
Pan, agua y yogur
Bread, water and yoghurt

Hid. 77 Prot. 43 Lip. 54 Kcal. 980

15/06/2022

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. 52 Prot. 41 Lip. 14 Kcal. 496

16/06/2022

CORPUS

Hid. Prot. Lip. Kcal.

17/06/2022

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. 93 Prot. 53 Lip. 65 Kcal. 999

20/06/2022

Paella
Paella
Cazón con lechuga y tomate
Dogfish, lettuce and tomato
Pan, agua y fruta
Bread, water and fruit

Hid. 84 Prot. 58 Lip. 41 Kcal. 938

21/06/2022

Puré de Calabacín
Zucchini purée
Lomo a la plancha con ensalada
Grilled tenderloin with salad
Pan, agua y fruta
Bread, water and fruit

Hid. 41 Prot. 47 Lip. 40 Kcal. 712

22/06/2022

Lentejas estofadas
Stewed lentils
Bacalailas con lechuga y tomate
Whiting, lettuce and tomato
Pan, agua y fruta
Bread, water and fruit

Hid. 87 Prot. 47 Lip. 49 Kcal. 978

23/06/2022

Cazuela de fideos
Cooking pot
Pechuga de pollo con lechuga y maiz
Grilled breast with lettuce and corn
Pan, agua y fruta
Bread, water and fruit

Hid. 52 Prot. 41 Lip. 14 Kcal. 496

24/06/2022

Arroz con tomate
Rice with tomato
Huevos y chistorra
Eggs and chorizo
Pan, agua y fruta
Bread, water and fruit

Hid. 95 Prot. 29 Lip. 51 Kcal. 960

27/06/2022

VACACIONES

HOLIDAYS

Azúcar: 19,9g
Sal: 1,7g
AGS: 8,2g