



Lunes
Monday

Tuesday
Martes

Wednesday
Miércoles

Thursday
Jueves

Friday
Viernes



BIENVENIDOS AL CURSO
2022/2023
WELCOME TO THE COURSE
2022/2023

Azúcar: 20,5g
Sal: 1,7g
AGS: 8,2g

12/09/2022

Patatas a la riojana
Potatoes stew
Cazón con lechuga y tomate
Dogfish, lettuce and tomato
Pan, agua y yogur
Bread, water and yoghurt

Hid. 85 Prot. 61 Lip. 49 Kcal. 999

19/09/2022

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

Hid. 98 Prot. 47 Lip. 64 Kcal. 999

26/09/2022

Lentejas estofadas
Stewed lentils
Aguja a la plancha,lechuga y tomate
Grilled needle fish, lettuce and tomato
Pan, agua y fruta
Bread, water and fruit

Hid. 86 Prot. 58 Lip. 38 Kcal. 929

13/09/2022

Puré de Calabacín
Zucchini purée
Pechuga de pollo con patatas
Grilled breast with fried potatoes
Pan, agua y fruta
Bread, water and fruit

Hid. 69 Prot. 54 Lip. 50 Kcal. 938

20/09/2022

Crema de verduras
Cream of vegetable
Salchichas en salsa con patatas
Sausages with sauce and chips
Pan, agua y fruta
Bread, water and fruit

Hid. 76 Prot. 31 Lip. 58 Kcal. 958

27/09/2022

Caracillos con tomate
Pasta with tomato
Merluza con lechuga y tomate
Hake, lettuce and tomato
Pan, agua y fruta
Bread, water and fruit

Hid. 90 Prot. 44 Lip. 25 Kcal. 761

14/09/2022

Sopa de fideos
Noodle soup
Carne en salsa con patatas
Beef with sauce and chips
Pan, agua y fruta
Bread, water and fruit

Hid. 80 Prot. 53 Lip. 28 Kcal. 798

21/09/2022

Arroz con tomate
Rice with tomato
Huevos y chistorra
Eggs and chistorra
Pan, agua y yogur
Bread, water and yoghurt

Hid. 87 Prot. 38 Lip. 63 Kcal. 999

28/09/2022

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

Hid. 98 Prot. 47 Lip. 64 Kcal. 999

15/09/2022

Caracillos con tomate
Pasta with tomato
San Jacobo, lechuga, tomate.
San Jacobo, lettuce and tomato
Pan, agua y fruta
Bread, water and fruit

Hid. 96 Prot. 32 Lip. 46 Kcal. 923

22/09/2022

Espaguetis a la carbonara
Carbonara spaghetti
Bacalailas, lechuga, tomate y aceitunas
fish, lettuce and tomato
Pan, agua y fruta
Bread, water and fruit

Hid. 92 Prot. 43 Lip. 63 Kcal. 999

29/09/2022

Crema de verduras
Cream of vegetable
Lomo a la plancha con patatas
Grilled tenderloin with chips
Pan, agua y fruta
Bread, water and fruit

Hid. 73 Prot. 40 Lip. 32 Kcal. 743

16/09/2022

Paella
Paella
Merluza con lechuga y tomate
Hake, lettuce and tomato
Pan, agua y fruta
Bread, water and fruit

Hid. 90 Prot. 50 Lip. 37 Kcal. 891

23/09/2022

Sopa de fideos
Noodle soup
Tortilla de patatas,lechuga,tomate
Spanish omelette and lettuce and tomato
Pan, agua y fruta
Bread, water and fruit

Hid. 83 Prot. 19 Lip. 26 Kcal. 640

30/09/2022

Estofado de ternera
Beef stew
Tortilla con york y ensalada
Ham omelette and salad
Pan, agua y yogur
Bread, water and yoghurt

Hid. 77 Prot. 51 Lip. 57 Kcal. 999