



Lunes  
Monday

Tuesday  
Martes

Wednesday  
Miércoles

Thursday  
Jueves

Friday  
Viernes



01/11/2022

FESTIVO

02/11/2022

Espaguetis a la carbonara  
Carbonara spaghetti  
Bacalailas con lechuga y tomate  
Whiting, lettuce and tomato  
Pan, agua y yogur  
Bread, water and yoghurt

Hid. 79 Prot. 42 Lip. 59 Kcal. 999

03/11/2022

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

Hid. 92 Prot. 43 Lip. 56 Kcal. 999

04/11/2022

Cazuela de fideos  
Noodle casserole  
Tortilla francesa con lechuga y aceitunas  
Omelette with lettuce and olives  
Pan, agua y fruta  
Bread, water and fruit

Hid. 56 Prot. 22 Lip. 27 Kcal. 557

07/11/2022

Paella  
Paella  
Hamburguesa con lechuga, tomate  
Burger with lettuce, tomato  
Pan, agua y fruta  
Bread, water and fruit

Hid. 86 Prot. 40 Lip. 42 Kcal. 881

08/11/2022

Lentejas estofadas  
Zucchini purée  
Cazón con lechuga y tomate  
Dogfish, lettuce and tomato  
Pan, agua y fruta  
Bread, water and fruit

Hid. 86 Prot. 72 Lip. 35 Kcal. 948

09/11/2022

Patatas a la riojana  
Potatoes stew  
Calamares con lechuga y maiz  
Fried squid with lettuce and corn  
Pan, agua y yogur  
Bread, water and yoghurt

Hid. 70 Prot. 51 Lip. 47 Kcal. 914

10/11/2022

Crema de verduras  
Vegetable's cream  
Pechuga de pollo con patatas  
Grilled breast with fried potatoes  
Pan, agua y fruta  
Bread, water and fruit

Hid. 63 Prot. 42 Lip. 25 Kcal. 648

11/11/2022

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

Hid. 99 Prot. 45 Lip. 25 Kcal. 801

14/11/2022

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

Hid. 96 Prot. 38 Lip. 68 Kcal. 999

15/11/2022

Puré de Calabacín  
Zucchini purée  
Muslos de pollo con lechuga y tomate  
Roast chicken & lettuce & tomato  
Pan, agua y fruta  
Bread, water and fruit

Hid. 51 Prot. 32 Lip. 56 Kcal. 839

16/11/2022

Sopa de fideos  
Noodle soup  
Lomo adobado con patatas fritas  
Marinated tenderloin with fries  
Pan, agua y yogur  
Bread, water and yoghurt

Hid. 52 Prot. 43 Lip. 24 Kcal. 595

17/11/2022

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

Hid. 92 Prot. 43 Lip. 56 Kcal. 999

18/11/2022

Espaguetis a la carbonara  
Carbonara spaghetti  
Merluza con lechuga y tomate  
Hake, lettuce and tomato  
Pan, agua y fruta  
Bread, water and fruit

Hid. 96 Prot. 57 Lip. 59 Kcal. 999

21/11/2022

Patatas a la riojana  
Potatoes stew  
Calamares con lechuga y maiz  
Fried squid with lettuce and corn  
Pan, agua y fruta  
Bread, water and fruit

Hid. 70 Prot. 55 Lip. 41 Kcal. 877

22/11/2022

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

Hid. 75 Prot. 32 Lip. 41 Kcal. 806

23/11/2022

Lentejas estofadas  
Stewed lentils  
Cazón con lechuga y tomate  
Dogfish, lettuce and tomato  
Pan, agua y yogur  
Bread, water and yoghurt

Hid. 86 Prot. 72 Lip. 35 Kcal. 948

24/11/2022

Crema de verduras  
Vegetable's cream  
Pechuga empanada con patatas  
Grilled breast with potatoes  
Pan, agua y fruta  
Bread, water and fruit

Hid. 63 Prot. 42 Lip. 25 Kcal. 648

25/11/2022

Alubias blancas estofadas  
Stewed white beans  
Tortilla jamón york con lechuga y tomate  
Ham omelette, lettuce and tomato  
Pan, agua y fruta  
Bread, water and fruit

Hid. 87 Prot. 44 Lip. 42 Kcal. 909

28/11/2022

Cazuela de fideos  
Noodle casserole  
Tortilla francesa con lechuga y aceitunas  
Omelette with lettuce and olives  
Pan, agua y fruta  
Bread, water and fruit

Hid. 70 Prot. 47 Lip. 56 Kcal. 991

29/11/2022

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

Hid. 92 Prot. 43 Lip. 56 Kcal. 999

30/11/2022

Sopa de fideos  
Noodle soup  
Calamares con lechuga y maiz  
Fried squid with lettuce and corn  
Pan, agua y yogur  
Bread, water and yoghurt

Hid. 69 Prot. 46 Lip. 42 Kcal. 836