



Lunes
Monday

Tuesday
Martes

Wednesday
Miércoles

Thursday
Jueves

Friday
Viernes

A

01/05/2023

FESTIVO

FESTIVE

02/05/2023

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. 85 Prot. 22,4 Lip. 33 Kcal. 740

03/05/2023

FESTIVO

FESTIVE

04/05/2023

Lentejas estofadas
Stewed lentils

Bacalailas con lechuga y tomate
Whiting, lettuce and tomato

Pan, agua y fruta
Bread, water and fruit

Hid. 76,2 Prot. 32,7 Lip. 14,8 Kcal. 591

05/05/2023

Arroz con tomate
Rice with tomato

Huevos y chistorra
Eggs and chistorra

Pan, agua y fruta
Bread, water and fruit

Hid. 84,9 Prot. 22,8 Lip. 40,3 Kcal. 804

08/05/2023

Puré de Calabacín
Zucchini purée

Carne en salsa con patatas
Beef with sauce and chips

Pan, agua y fruta
Bread, water and fruit

Hid. 69,1 Prot. 33,1 Lip. 19,5 Kcal. 600

09/05/2023

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. 90,8 Prot. 20,1 Lip. 18,2 Kcal. 649

10/05/2023

Macarrones gratinados
Macaroni gratin

Bacalailas con lechuga y tomate
Whiting, lettuce and tomato

Pan, agua y yogur
Bread, water and yoghurt

Hid. 88 Prot. 35,8 Lip. 22 Kcal. 701

11/05/2023

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. 69 Prot. 25 Lip. 27,1 Kcal. 633

12/05/2023

Lentejas estofadas
Stewed lentils

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

Pan, agua y fruta
Bread, water and fruit

Hid. 77,9 Prot. 22,1 Lip. 21,7 Kcal. 619

15/05/2023

Arroz con tomate
Rice with tomato

Huevos y chistorra
Eggs and chistorra

Pan, agua y fruta
Bread, water and fruit

Hid. 84 Prot. 22,2 Lip. 37,2 Kcal. 769

16/05/2023

Cazuela de fideos
Cooking pot

Hamburguesa y patatas
Burger with fried potatoes

Pan, agua y fruta
Bread, water and fruit

Hid. 76 Prot. 23,6 Lip. 26 Kcal. 720

17/05/2023

Sopa
Soup

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

Pan, agua y yogur
Bread, water and yoghurt

Hid. 67,5 Prot. 46,4 Lip. 18,4 Kcal. 629

18/05/2023

Macarrones a la boloñesa
Bolognese macaroni

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

Pan, agua y fruta
Bread, water and fruit

Hid. 79 Prot. 29,3 Lip. 18,3 Kcal. 612

19/05/2023

Puré de calabaza
Pumpkin purée

Carne en salsa con patatas
Meat in sauce with potatoes

Pan, agua y fruta
Bread, water and fruit

Hid. 70,8 Prot. 35,2 Lip. 19,9 Kcal. 624

22/05/2023

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. 73 Prot. 38,7 Lip. 28,5 Kcal. 719

23/05/2023

Cocido andaluz
Stew

Croquetas con lechuga y maíz
Croquette with lettuce and corn

Pan, agua y fruta
Bread, water and fruit

Hid. 93,4 Prot. 23,5 Lip. 23,3 Kcal. 707

24/05/2023

Sopa de estrellas
Star soup

Tortilla francesa con lechuga y aceitunas
Omelette with lettuce and olives

Pan, agua y yogur
Bread, water and yoghurt

Hid. 67 Prot. 32,7 Lip. 27,4 Kcal. 654

25/05/2023

Puré de Calabacín
Zucchini purée

Carne en salsa con patatas
Beef with sauce and chips

Pan, agua y fruta
Bread, water and fruit

Hid. 70,8 Prot. 33,1 Lip. 21,8 Kcal. 630

26/05/2023

Paella
Paella

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

Pan, agua y fruta
Bread, water and fruit

Hid. 92,1 Prot. 14,1 Lip. 21,4 Kcal. 628

29/05/2023

Estofado de patatas
Potatoes stew

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

Pan, agua y fruta
Bread, water and fruit

Hid. 70,9 Prot. 24,3 Lip. 12,3 Kcal. 512

30/05/2023

Espaguetis a la carbonara
Carbonara spaghetti

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

Pan, agua y fruta
Bread, water and fruit

Hid. 83,3 Prot. 33 Lip. 27,1 Kcal. 722

31/05/2023

Cocido andaluz
Stew

Croquetas con lechuga y maíz
Croquette with lettuce and corn

Pan, agua y yogur
Bread, water and yoghurt

Hid. 97,8 Prot. 30 Lip. 27,5 Kcal. 784

