



Lunes
Monday

Tuesday
Martes

Wednesday
Miércoles

Thursday
Jueves

A

Friday
Viernes

02/10/2023

Sopa de estrellas
Soup stars

Carne en salsa con patatas
Beef with sauce and chips

Pan, agua y yogur
Bread, water and yoghurt

Hid. 44 Prot. 39 Lip. 52 Kcal. 812

09/10/2023

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

16/10/2023

Arroz con tomate
Rice with tomato

Huevos y chistorra
Eggs and chistorra

Pan, agua y fruta
Bread, water and fruit

Hid. 94 Prot. 34 Lip. 63 Kcal. 999

23/10/2023

Lentejas estofadas
Stewed lentils

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

Pan, agua y fruta
Bread, water and fruit

Hid. 91 Prot. 61 Lip. 44 Kcal. 999

30/10/2023

Sopa de estrellas
Soup stars

Carne en salsa con patatas
Beef with sauce and chips

Pan, agua y yogur
Bread, water and yoghurt

Hid. 44 Prot. 39 Lip. 52 Kcal. 812

03/10/2023

Crema de verduras
Cream of vegetable

Pechuga empanada con patatas
Grilled breast with chips

Pan, agua y fruta
Bread, water and fruit

Hid. 54 Prot. 40 Lip. 31 Kcal. 661

10/10/2023

Lentejas estofadas
Zucchini purée

Bacalailas con lechuga y tomate
Whiting, lettuce and tomato

Pan, agua y fruta
Bread, water and fruit

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

17/10/2023

Puré de Calabacín
Zucchini purée

Salchichas en salsa con patatas
Sausages with sauce and chips

Pan, agua y fruta
Bread, water and fruit

Hid. 47 Prot. 50 Lip. 33 Kcal. 686

24/10/2023

Puré de Calabacín
Zucchini purée

Carne en salsa con patatas
Beef with sauce and chips

Pan, agua y fruta
Bread, water and fruit

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

31/10/2023

Patatas a la riojana
Potatoes stew

Bacalailas con lechuga y tomate
Whiting, lettuce and tomato

Pan, agua y yogur
Bread, water and yoghurt

Hid. 95 Prot. 62 Lip. 49 Kcal. 999

04/10/2023

Espaguetis a la carbonara
Carbonara spaghetti

Bacalailas con lechuga y tomate
Whiting, lettuce and tomato

Pan, agua y yogur
Bread, water and yoghurt

Hid. 86 Prot. 40 Lip. 11 Kcal. 607

11/10/2023

Crema de verduras
Vegetable's cream

Pechuga de pollo con patatas
Grilled breast with fried potatoes

Pan, agua y yogur
Bread, water and yoghurt

Hid. 60 Prot. 43 Lip. 25 Kcal. 636

18/10/2023

Sopa de fideos
Noodle soup

Lomo adobao con patatas fritas
Marinated tenderloin with fries

Pan, agua y yogur
Bread, water and yoghurt

Hid. 52 Prot. 42 Lip. 24 Kcal. 595

25/10/2023

Sopa de fideos
Noodle soup

Muslos de pollo con lechuga y tomate
Roast chicken & lettuce & tomato

Pan, agua y yogur
Bread, water and yoghurt

Hid. 58 Prot. 41 Lip. 39 Kcal. 749

05/10/2023

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

12/10/2023

FESTIVO

FESTIVE

19/10/2023

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

26/10/2023

Patatas a la riojana
Potatoes stew

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

Pan, agua y yogur
Bread, water and yoghurt

Hid. 95 Prot. 62 Lip. 49 Kcal. 999

06/10/2023

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. 52 Prot. 23 Lip. 27 Kcal. 545

13/10/2023

Caracillos con tomate
Pasta with tomato

Merluza con lechuga y tomate
Hake, lettuce and tomato

Pan, agua y fruta
Bread, water and fruit

Hid. 95 Prot. 46 Lip. 25 Kcal. 789

20/10/2023

Espaguetis a la carbonara
Carbonara spaghetti

Merluza con lechuga y tomate
Hake, lettuce and tomato

Pan, agua y fruta
Bread, water and fruit

Hid. 85 Prot. 47 Lip. 42 Kcal. 912

27/10/2023

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. 83 Prot. 58 Lip. 44 Kcal. 959

