

LUNES
MARTES
MIÉRCOLES
JUEVES
VIERNES

02		03	Kcal 790 Lip. 35	P. 29 H.C. 87	04	Kcal 557 Lip. 18	P. 33 H.C. 63	05	Kcal 659 Lip. 17	P. 32 H.C. 97	06	Kcal 758 Lip. 25	P. 29 H.C. 95	
			- Sopa de estrellas con pollo y huevo			- Puré de verdura			- Lentejas con verdura			- Fabada asturiana		
			- Albóndigas de vacuno y cerdo a la jardinera con patatas cuadro			- Pechugas de pollo al horno con patatas			- Salmón al horno con limón			- Tortilla de patata con ensalada		
			- Yogur			- Fruta			- Fruta			- Fruta		
			- Pan			- Pan			- Pan			- Pan		
09	Kcal 862 Lip. 23	P. 47 H.C. 121		10	Kcal 660 Lip. 18	P. 33 H.C. 87		11	Kcal 496 Lip. 14	P. 27 H.C. 66		12	Kcal 784 Lip. 26	P. 33 H.C. 105
	- Arroz con pollo				- Cocido de garbanzos				- Sopa de ave con fideos				- Espaguetis napolitana	
	- Lomo fresco con pimientos				- Fritos de pixin con ensalada				- Filete sajonia con patatas				- Filete de merluza en salsa	
	- Fruta				- Natillas				- Fruta				- Fruta	
	- Pan				- Pan				- Pan				- Pan	
16	Kcal 764 Lip. 18	P. 27 H.C. 124		17	Kcal 745 Lip. 23	P. 36 H.C. 96		18	Kcal 580 Lip. 19	P. 26 H.C. 75		19	Kcal 733 Lip. 27	P. 34 H.C. 84
	- Lentejas con chorizo				- Macarrones boloñesa				- Puré de verdura				- Fabs blancas con arroz	
	- Croquetas y empanadillas con lechuga				- Bacalao al horno con ensalada				- Hamburguesa de vacuno al horno con tomate, pimientos y patatas				- Filete de merluza romana con mahonesa	
	- Fruta				- Yogur				- Fruta				- Fruta	
	- Pan				- Pan				- Pan				- Pan	
23	Kcal 819 Lip. 28	P. 46 H.C. 95		24	Kcal 678 Lip. 24	P. 34 H.C. 78		25	Kcal 806 Lip. 50	P. 25 H.C. 63		26	Kcal 677 Lip. 17	P. 22 H.C. 113
	- Espirales salteados con champiñón y bacon				- Garbanzos estofados con fideos				- Crema de calabacín				- Arroz con tomate	
	- Carne guisada de ternera con verduras				- Bacalao con pisto				- Picadillo con patatas				- Fritos de pixin con ensalada	
	- Fruta				- Yogur				- Fruta				- Fruta	
	- Pan				- Pan				- Pan				- Pan	
30	Kcal 669 Lip. 18	P. 25 H.C. 101												
	- Lentejas con verdura													
	- Huevos villarroy con ensalada													
	- Fruta													
	- Pan													



MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY

02		03	Kcal 790 Lip. 35	P. 29 H.C. 87	04	Kcal 557 Lip. 18	P. 33 H.C. 63	05	Kcal 659 Lip. 17	P. 32 H.C. 97	06	Kcal 758 Lip. 25	P. 29 H.C. 95					
			- Stars soup with chicken and egg - Veal and pork meatballs with mixed vegetables and diced potatoes - Yogurt Bread			- Vegetable cream - Grilled chicken breasts with potatoes - Fruit Bread			- Lentils with vegetables - Baked salmon with lemon - Fruit Bread			- Asturian bean stew - Spanish omelette with salad - Fruit Bread						
09	Kcal 862 Lip. 23	P. 47 H.C. 121		10	Kcal 660 Lip. 18	P. 33 H.C. 87		11	Kcal 496 Lip. 14	P. 27 H.C. 66		12	Kcal 784 Lip. 26	P. 33 H.C. 105				
	- Rice with chicken - Fresh pork loin with peppers - Fruit Bread				- Chickpeas with vegetables - Monkfish croquettes with salad - Custard Bread				- Fowl soup with noodles - Pork chop with potatoes - Fruit Bread				- Neapolitan spaghetti - Hake fillet in sauce - Fruit Bread	13	Kcal 565 Lip. 14	P. 43 H.C. 70		
														- Pumpkin cream with fried bread - Grilled chicken thigh with lemon and salad - Fruit Bread				
16	Kcal 764 Lip. 18	P. 27 H.C. 124		17	Kcal 745 Lip. 23	P. 36 H.C. 96		18	Kcal 580 Lip. 19	P. 26 H.C. 75		19	Kcal 733 Lip. 27	P. 34 H.C. 84	20	Kcal 795 Lip. 23	P. 49 H.C. 97	
	- Lentils with chorizo - Croquettes and small patties with lettuce - Fruit Bread				- Bolognese macaroni - Baked cod with salad - Yogurt Bread				- Vegetable cream - Baked veal hamburger with tomato, peppers and potatoes - Fruit Bread						- White beans with rice - Battered hake fillet with mayonnaise - Fruit Bread		- Fideuá - Chicken drumsticks with tomato salad - Fruit Bread	
23	Kcal 819 Lip. 28	P. 46 H.C. 95		24	Kcal 678 Lip. 24	P. 34 H.C. 78		25	Kcal 806 Lip. 50	P. 25 H.C. 63		26	Kcal 677 Lip. 17	P. 22 H.C. 113	27	Kcal 615 Lip. 17	P. 38 H.C. 74	
	- Spirals sautéed with mushrooms and bacon - Stewed veal with vegetables - Fruit Bread				- Chickpeas with noodles - Cod with ratatouille - Yogurt Bread				- Courgette cream - Chorizo with potatoes - Fruit Bread						- Rice with tomato sauce - Monkfish croquettes with salad - Fruit Bread		- Rioja potatoes - Flamenquines with lettuce - Fruit Bread	
30	Kcal 669 Lip. 18	P. 25 H.C. 101																
	- Lentils with vegetables - Villarroy eggs with salad - Fruit Bread																	

