

LUNES
MARTES
MIÉRCOLES
JUEVES
VIERNES

05 Kcal 704 P. 50
Lip. 16 H.C. 89

- Lentejas con chorizo
- Pechugas de pollo con salsa rubia
- Fruta
- Pan

06 Kcal 690 P. 29
Lip. 32 H.C. 63

- Crema de puerros-vichyssoise
- Bacalao romana con ensalada
- Yogur
- Pan

07 Kcal 893 P. 24
Lip. 33 H.C. 123

- Coditos gratinados
- Tortilla de patata con ensalada
- Fruta
- Pan

01 Kcal 984 P. 29
Lip. 38 H.C. 131

- Espirales boloñesa
- Croquetas con jamón york y lechuga
- Fruta
- Pan

02 Kcal 591 P. 25
Lip. 21 H.C. 75

- Patatas a la riojana
- Filete de merluza romana con ensalada
- Fruta
- Pan

08 Kcal 799 P. 36
Lip. 21 H.C. 121

- Arroz con pollo
- Filete de merluza romana con pimientos rojos
- Fruta
- Pan

09 Kcal 694 P. 40
Lip. 31 H.C. 63

- Frejoles
- Carne guisada de ternera con patatas
- Fruta
- Pan

12

13 Kcal 829 P. 53
Lip. 24 H.C. 104

- Arroz con salchichas y chorizo
- Muslo de pollo asado con lechuga
- Yogur
- Pan

14 Kcal 576 P. 29
Lip. 14 H.C. 79

- Cocido de garbanzos
- Fritos de pixín con ensalada
- Fruta
- Pan

15 Kcal 686 P. 33
Lip. 27 H.C. 77

- Puré de verdura con picatostes
- Lomo adobado con patatas
- Fruta
- Pan

16 Kcal 709 P. 37
Lip. 18 H.C. 100

- Fideuá
- Lomo sajonia con ensalada
- Fruta
- Pan

19 Kcal 655 P. 33
Lip. 26 H.C. 72

- Sopa de estrellas con pollo y huevo
- Escalope de cerdo con patatas y ensalada
- Fruta
- Pan

20 Kcal 840 P. 28
Lip. 25 H.C. 117

- Fabada asturiana
- Empanadillas de atún con ensalada
- Yogur
- Pan

21 Kcal 633 P. 14
Lip. 27 H.C. 82

- Crema de calabaza y zanahoria
- Tortilla de patata con lechuga
- Fruta
- Pan

22 Kcal 724 P. 29
Lip. 25 H.C. 96

- Coditos salteados con champiñón y bacon
- Merluza en salsa meniere
- Fruta
- Pan

23 Kcal 702 P. 47
Lip. 18 H.C. 89

- Lentejas con verdura
- Jamoncitos de pollo en salsa con patatas
- Fruta
- Pan

26 Kcal 716 P. 46
Lip. 27 H.C. 73

- Marmitako
- Carne guisada de ternera con verduras
- Fruta
- Pan

27 Kcal 528 P. 25
Lip. 20 H.C. 61

- Puré de verdura
- Bacalao al horno con ensalada
- Yogur
- Pan

28 Kcal 777 P. 53
Lip. 18 H.C. 101

- Espirales con atún y tomate
- Muslo de pollo asado con pimientos, champiñón y patata
- Fruta
- Pan

29 Kcal 672 P. 30
Lip. 20 H.C. 90

- Cocido de garbanzos
- Salmón al horno con ensalada
- Fruta
- Pan

30 Kcal 931 P. 23
Lip. 24 H.C. 159

- Arroz con tomate
- San jacob con ensalada
- Fruta
- Pan



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

05 Kcal 704 P. 50
Lip. 16 H.C. 89

- Lentils with chorizo
- Chicken breasts roux
- Fruit
- Bread

06 Kcal 690 P. 29
Lip. 32 H.C. 63

- Leeks cream
- Battered cod with salad
- Yogurt
- Bread

07 Kcal 893 P. 24
Lip. 33 H.C. 123

- Macaroni au gratin
- Spanish omelette with salad
- Fruit
- Bread

08 Kcal 799 P. 36
Lip. 21 H.C. 121

- Rice with chicken
- Battered hake fillet with red peppers
- Fruit
- Bread

09 Kcal 694 P. 40
Lip. 31 H.C. 63

- Sautéed green beans
- Stewed veal with potatoes
- Fruit
- Bread

12

13 Kcal 829 P. 53
Lip. 24 H.C. 104

- Rice with sausages and chorizo
- Grilled chicken thigh with lettuce
- Yogurt
- Bread

14 Kcal 576 P. 29
Lip. 14 H.C. 79

- Chickpeas with vegetables
- Monkfish croquettes with salad
- Fruit
- Bread

15 Kcal 686 P. 33
Lip. 27 H.C. 77

- Vegetable cream with fried bread
- Marinated pork loin with potatoes
- Fruit
- Bread

16 Kcal 709 P. 37
Lip. 18 H.C. 100

- Fideuá
- Pork loin with salad
- Fruit
- Bread

19 Kcal 655 P. 33
Lip. 26 H.C. 72

- Stars soup with chicken and egg
- Pork escalope with salad and potatoes
- Fruit
- Bread

20 Kcal 840 P. 28
Lip. 25 H.C. 117

- Asturian bean stew
- Small tuna patties with salad
- Yogurt
- Bread

21 Kcal 633 P. 14
Lip. 27 H.C. 82

- Pumpkin and carrot cream
- Spanish omelette with lettuce
- Fruit
- Bread

22 Kcal 724 P. 29
Lip. 25 H.C. 96

- Macaroni sautéed with mushroom and bacon
- Hake in meunière sauce
- Fruit
- Bread

23 Kcal 702 P. 47
Lip. 18 H.C. 89

- Lentils with vegetables
- Chicken drumsticks in sauce with potatoes
- Fruit
- Bread

26 Kcal 716 P. 46
Lip. 27 H.C. 73

- Tuna stew
- Stewed veal with vegetables
- Fruit
- Bread

27 Kcal 528 P. 25
Lip. 20 H.C. 61

- Vegetable cream
- Baked cod with salad
- Yogurt
- Bread

28 Kcal 777 P. 53
Lip. 18 H.C. 101

- Spirals with tuna and tomato sauce
- Grilled chicken thigh with peppers, mushrooms and potato
- Fruit
- Bread

29 Kcal 672 P. 30
Lip. 20 H.C. 90

- Chickpeas with vegetables
- Baked salmon with salad
- Fruit
- Bread

30 Kcal 931 P. 23
Lip. 24 H.C. 159

- Rice with tomato sauce
- San Jacobo with salad
- Fruit
- Bread



FOOD EATEN AT LUNCHTIME	DINNER SUGGESTIONS
Rice, pasta, potatoes or pulses	Raw or cooked vegetables
Vegetables	Rice, pasta or potatoes
Meat	Fish or egg
Fish	Meat or egg
Egg	Fish or meat
Fruit	Dairy or fruit
Dairy	Fruit

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