



lunes	martes	miércoles	jueves	viernes	I. Nutricional
SIN PESCADO			1 Crema de calabacín Tortilla francesa con ensalada Fruta y pan Cream of zucchini soup Plain omelette with salad Fruit and bread	2 Espirales gratinados Magro al horno con ensalada verde (lechuga, pimiento verde y aceituna) Yogur y pan Spirals au gratin Pork roast with green salad (lettuce, green peppers & olives) Yoghurt and bread	Kcal: 629 HC: 68 Prot: 28 Lip: 29
5 Puré de legumbres Cinta de lomo con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Legume purée Pork loin with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	6 Espaguetis boloñesa Pavo a la plancha con ensalada hortelana (lechuga, tomate y zanahoria) Fruta y pan integral Bolognese spaghetti Grilled turkey with garden salad (lettuce, tomatoes & carrots) Fruit and whole meal bread	7 Crema de verduras Filete de pollo con patatas dado Fruta y pan Cream of vegetable soup Chicken steak with diced potatoes Fruit and bread	8 Sopa de fideos Escalope con ensalada Helado y pan Noodle soup Breaded pork with salad Ice cream and bread	9 Arroz con tomate Filete de ternera con patatas fritas Fruta y pan Rice with tomato sauce Beef steak with french fries Fruit and bread	Kcal: 696 HC: 82 Prot: 33 Lip: 27
12 Puré de verduras (patata, calabacín, zanahoria, cebolla) Pavo en salsa con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Vegetable puree (potato, zucchini, carrot, onion) Turkey with gravy with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread	13 Crema de legumbres Tortilla de patatas con ensalada hortelana (lechuga, tomate y zanahoria) Bebedino y pan Cream of legumes Spanish potato omelette with garden salad (lettuce, tomatoes & carrots) Bebedino and bread	14 Arroz con salchichas Pechuga de pollo empanada con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan integral Frank with rice Breaded chicken breast with green salad (lettuce, green peppers & olives) Fruit and whole meal bread	15 Sopa de picadillo Albóndigas frescas a la jardinera con patatas fritas Fruta y pan Broth with ham & egg bits Fresh meatballs with veggies with french fries Fruit and bread	16 Espaguetis al queso Estofado de cerdo con ensalada primavera (lechuga, tomate y maíz) Yogur y pan Spaguetti with cheese Pork stew with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread	Kcal: 710 HC: 75 Prot: 30 Lip: 32
19 Arroz con tomate Cinta de lomo con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan Rice with tomato sauce Pork loin with green salad (lettuce, green peppers & olives) Fruit and bread	20 Crema de zanahoria Filete de pollo con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan integral Cream of carrot soup Chicken steak with tricolor salad (lettuce, carrots & sweetcorn) Fruit and whole meal bread	21 Macarrones con verduras Hamburguesa con patatas fritas Fruta y pan Macaroni with vegetables Hamburger with french fries Fruit and bread	22 COMIDA FIN DE CURSO APTA	23	Kcal: 692 HC: 81 Prot: 25 Lip: 27
26	27	28	29	30	Kcal: 0 HC: 0 Prot: 0 Lip: 0



lunes	martes	miércoles	jueves	viernes	I. Nutricional
SIN GLUTEN			1 Crema de calabacín Tortilla francesa con ensalada Fruta y pan (sin gluten) Cream of zucchini soup Plain omelette with salad Fruit and bread (gluten free)	2 Macarrones (sin gluten) con tomate Limanda a la plancha con ensalada verde (lechuga, pimiento verde y aceituna) Yogur y pan (sin gluten) Macaroni (gluten free) with tomato Grilled yellowfin sole with green salad (lettuce, green peppers & olives) Yoghurt and bread (gluten free)	Kcal: 518 HC: 58 Prot: 21 Lip: 23
5 Puré de legumbres Cinta de lomo con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan (sin gluten) Legume purée Pork loin with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread (gluten free)	6 Pasta (sin gluten) boloñesa Ventresca de merluza al horno con ensalada hortelana (lechuga, tomate y zanahoria) Fruta y pan (sin gluten) Bolognese pasta (gluten free) Baked hake with garden salad (lettuce, tomatoes & carrots) Fruit and bread (gluten free)	7 Crema de verduras Filete de pollo con patatas dado Fruta y pan (sin gluten) Cream of vegetable soup Chicken steak with diced potatoes Fruit and bread (gluten free)	8 Sopa de pasta (sin gluten) Lomo de Sajonia con ensalada Helado y pan (sin gluten) Pasta soup (gluten free) Kassler with salad Ice cream and bread (gluten free)	9 Arroz con tomate Merluza al horno con patatas fritas Fruta y pan (sin gluten) Rice with tomato sauce Baked hake with french fries Fruit and bread (gluten free)	Kcal: 736 HC: 80 Prot: 30 Lip: 33
12 Puré de verduras (patata, calabacín, zanahoria, cebolla) Pescado a la plancha con ensalada primavera (lechuga, tomate y maíz) Fruta y pan (sin gluten) Vegetable puree (potato, zucchini, carrot, onion) Grilled fish with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread (gluten free)	13 Crema de legumbres Tortilla de patatas con ensalada hortelana (lechuga, tomate y zanahoria) Bebedino y pan (sin gluten) Cream of legumes Spanish potato omelette with garden salad (lettuce, tomatoes & carrots) Bebedino and bread (gluten free)	14 Arroz con salchichas Pechuga de pollo al ajillo con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan (sin gluten) Frank with rice Chicken breast in garlic sauce with green salad (lettuce, green peppers & olives) Fruit and bread (gluten free)	15 Sopa de pasta (sin gluten) Albóndigas frescas a la jardinera con patatas fritas Fruta y pan (sin gluten) Pasta soup (gluten free) Fresh meatballs with veggies with french fries Fruit and bread (gluten free)	16 Pasta (sin gluten) con tomate Limanda a la plancha con ensalada primavera (lechuga, tomate y maíz) Yogur y pan (sin gluten) Pasta (gluten free) with tomato Grilled yellowfin sole with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread (gluten free)	Kcal: 674 HC: 75 Prot: 28 Lip: 27
19 Arroz con tomate Cinta de lomo con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan (sin gluten) Rice with tomato sauce Pork loin with green salad (lettuce, green peppers & olives) Fruit and bread (gluten free)	20 Crema de zanahoria Merluza con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan (sin gluten) Cream of carrot soup Hake with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread (gluten free)	21 Macarrones (sin gluten) con verduras Hamburguesa con patatas fritas Fruta y pan (sin gluten) Macaroni (gluten free) with vegetables Hamburger with french fries Fruit and bread (gluten free)	22 COMIDA FIN DE CURSO APTA	23	Kcal: 751 HC: 85 Prot: 24 Lip: 32
26	27	28	29	30	Kcal: 0 HC: 0 Prot: 0 Lip: 0



lunes	martes	miércoles	jueves	viernes	I. Nutricional
SIN FRUTOS SECOS			1 Crema de calabacín Tortilla francesa con ensalada Fruta y pan Cream of zucchini soup Plain omelette with salad Fruit and bread	2 Espirales gratinados Limanda a la andaluza con ensalada verde (lechuga, pimiento verde y aceituna) Yogur y pan Spirals au gratin Andalusian style yellowfin sole with green salad (lettuce, green peppers & olives) Yoghurt and bread	Kcal: 597 HC: 69 Prot: 28 Lip: 25
5 Puré de legumbres Cinta de lomo con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Legume purée Pork loin with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	6 Espaguetis boloñesa Ventresca de merluza a la romana con ensalada hortelana (lechuga, tomate y zanahoria) Fruta y pan integral Bolognese spaghetti Battered and fried hake with garden salad (lettuce, tomatoes & carrots) Fruit and whole meal bread	7 Crema de verduras Filete de pollo con patatas dado Fruta y pan Cream of vegetable soup Chicken steak with diced potatoes Fruit and bread	8 Sopa de fideos Escalope con ensalada Helado y pan Noodle soup Breaded pork with salad Ice cream and bread	9 Arroz con tomate Merluza al horno con patatas fritas Fruta y pan Rice with tomato sauce Baked hake with french fries Fruit and bread	Kcal: 711 HC: 84 Prot: 32 Lip: 29
12 Puré de verduras (patata, calabacín, zanahoria, cebolla) Pescado a la andaluza con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Vegetable puree (potato, zucchini, carrot, onion) Andalusian style fish with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread	13 Crema de legumbres Tortilla de patatas con ensalada hortelana (lechuga, tomate y zanahoria) Bebedino y pan Cream of legumes Spanish potato omelette with garden salad (lettuce, tomatoes & carrots) Bebedino and bread	14 Arroz con salchichas Pechuga de pollo empanada con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan integral Frank with rice Breaded chicken breast with green salad (lettuce, green peppers & olives) Fruit and whole meal bread	15 Sopa de picadillo Albóndigas frescas a la jardinera con patatas fritas Fruta y pan Broth with ham & egg bits Fresh meatballs with veggies with french fries Fruit and bread	16 Espaguetis al queso Filete de limanda rebozado con ensalada primavera (lechuga, tomate y maíz) Yogur y pan Spaguetti with cheese Batter-fried yellowfin sole steak with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread	Kcal: 681 HC: 77 Prot: 31 Lip: 28
19 Arroz con tomate Cinta de lomo con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan Rice with tomato sauce Pork loin with green salad (lettuce, green peppers & olives) Fruit and bread	20 Crema de zanahoria Merluza rebozada con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan integral Cream of carrot soup Battered hake with tricolor salad (lettuce, carrots & sweetcorn) Fruit and whole meal bread	21 Macarrones con verduras Hamburguesa con patatas fritas Fruta y pan Macaroni with vegetables Hamburger with french fries Fruit and bread	22 COMIDA FIN DE CURSO APTA	23	Kcal: 701 HC: 84 Prot: 25 Lip: 27
26	27	28	29	30	Kcal: 0 HC: 0 Prot: 0 Lip: 0



lunes	martes	miércoles	jueves	viernes	I. Nutricional
SIN HUEVO			1 Crema de calabacín Estofado de pavo con ensalada Fruta y pan Cream of zucchini soup Turkey stew with salad Fruit and bread	2 Espirales a la napolitana (sin huevo) Limanda a la plancha con ensalada verde (lechuga, pimiento verde y aceituna) Yogur y pan Neapolitan spirals (without egg) Grilled yellowfin sole with green salad (lettuce, green peppers & olives) Yoghurt and bread	Kcal: 512 HC: 57 Prot: 24 Lip: 22
5 Puré de legumbres Cinta de lomo con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Legume purée Pork loin with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	6 Pasta (sin huevo ni queso) boloñesa Ventresca de merluza al horno con ensalada hortelana (lechuga, tomate y zanahoria) Fruta y pan integral Pasta in bolognese sauce (egg & cheese free) Baked hake with garden salad (lettuce, tomatoes & carrots) Fruit and whole meal bread	7 Crema de verduras Filete de pollo con patatas dado Fruta y pan Cream of vegetable soup Chicken steak with diced potatoes Fruit and bread	8 Sopa de pasta (sin huevo) Lomo de Sajonia con ensalada Helado y pan Pasta soup (without eggs) Kassler with salad Ice cream and bread	9 Arroz con tomate Merluza al horno con patatas fritas Fruta y pan Rice with tomato sauce Baked hake with french fries Fruit and bread	Kcal: 687 HC: 76 Prot: 31 Lip: 29
12 Puré de verduras (patata, calabacín, zanahoria, cebolla) Pescado a la plancha con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Vegetable puree (potato, zucchini, carrot, onion) Grilled fish with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread	13 Crema de legumbres Ragout de ternera a la jardinera con ensalada hortelana (lechuga, tomate y zanahoria) Bebedino y pan Cream of legumes Beef ragout sauce with veggies with garden salad (lettuce, tomatoes & carrots) Bebedino and bread	14 Arroz con salchichas Pechuga de pollo al ajillo con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan integral Frank with rice Chicken breast in garlic sauce with green salad (lettuce, green peppers & olives) Fruit and whole meal bread	15 Sopa de pasta (sin huevo) Albóndigas frescas a la jardinera con patatas fritas Fruta y pan Pasta soup (without eggs) Fresh meatballs with veggies with french fries Fruit and bread	16 Espaguetis (sin huevo) con tomate Limanda a la plancha con ensalada primavera (lechuga, tomate y maíz) Yogur y pan Spaghetti with tomatoes (without egg) Grilled yellowfin sole with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread	Kcal: 653 HC: 78 Prot: 31 Lip: 22
19 Arroz con tomate Cinta de lomo con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan Rice with tomato sauce Pork loin with green salad (lettuce, green peppers & olives) Fruit and bread	20 Crema de zanahoria Merluza con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan integral Cream of carrot soup Hake with tricolor salad (lettuce, carrots & sweetcorn) Fruit and whole meal bread	21 Pasta (sin huevo) con verduras Hamburguesa con patatas fritas Fruta y pan Pasta (without egg) with vegetables Hamburger with french fries Fruit and bread	22 COMIDA FIN DE CURSO APTA	23	Kcal: 699 HC: 80 Prot: 25 Lip: 29
26	27	28	29	30	Kcal: 0 HC: 0 Prot: 0 Lip: 0



lunes	martes	miércoles	jueves	viernes	I. Nutricional
SIN LACTOSA			1 Crema de calabacín Tortilla francesa con ensalada Fruta y pan Cream of zucchini soup Plain omelette with salad Fruit and bread	2 Espirales con tomate Limanda a la andaluza con ensalada verde (lechuga, pimiento verde y aceituna) Yogur de soja y pan Spirals with tomato sauce Andalusian style yellowfin sole with green salad (lettuce, green peppers & olives) Soybean yoghurt and bread	Kcal: 596 HC: 76 Prot: 27 Lip: 22
5 Puré de legumbres Cinta de lomo con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Legume purée Pork loin with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	6 Espaguetis napolitana Ventresca de merluza a la romana con ensalada hortelana (lechuga, tomate y zanahoria) Fruta y pan integral Spaghetti neapolitan Battered and fried hake with garden salad (lettuce, tomatoes & carrots) Fruit and whole meal bread	7 Crema de verduras Filete de pollo con patatas dado Fruta y pan Cream of vegetable soup Chicken steak with diced potatoes Fruit and bread	8 Sopa de fideos Escalope con ensalada Postre Especial y pan Noodle soup Breaded pork with salad Special desserts and bread	9 Arroz con tomate Merluza al horno con patatas fritas Fruta y pan Rice with tomato sauce Baked hake with french fries Fruit and bread	Kcal: 698 HC: 83 Prot: 32 Lip: 28
12 Puré de verduras (patata, calabacín, zanahoria, cebolla) Pescado a la andaluza con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Vegetable puree (potato, zucchini, carrot, onion) Andalusian style fish with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread	13 Crema de legumbres Tortilla de patatas con ensalada hortelana (lechuga, tomate y zanahoria) Postre Especial y pan Cream of legumes Spanish potato omelette with garden salad (lettuce, tomatoes & carrots) Special desserts and bread	14 Arroz napolitana Pechuga de pollo empanada con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan integral Neapolitan rice Breaded chicken breast with green salad (lettuce, green peppers & olives) Fruit and whole meal bread	15 Sopa de fideos Albóndigas frescas a la jardinera con patatas fritas Fruta y pan Noodle soup Fresh meatballs with veggies with french fries Fruit and bread	16 Espaguetis con tomate Filete de limanda rebozado con ensalada primavera (lechuga, tomate y maíz) Yogur de soja y pan Spaghetti with tomato sauce Batter-fried yellowfin sole steak with spring salad (lettuce, tomatoes & sweetcorn) Soybean yoghurt and bread	Kcal: 695 HC: 84 Prot: 28 Lip: 26
19 Arroz con tomate Cinta de lomo con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan Rice with tomato sauce Pork loin with green salad (lettuce, green peppers & olives) Fruit and bread	20 Crema de zanahoria Merluza rebozada con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan integral Cream of carrot soup Battered hake with tricolor salad (lettuce, carrots & sweetcorn) Fruit and whole meal bread	21 Macarrones con verduras Hamburguesa con patatas fritas Fruta y pan Macaroni with vegetables Hamburger with french fries Fruit and bread	22 COMIDA FIN DE CURSO APTA	23	Kcal: 701 HC: 84 Prot: 25 Lip: 27
26	27	28	29	30	Kcal: 0 HC: 0 Prot: 0 Lip: 0



lunes	martes	miércoles	jueves	viernes	I. Nutricional
SIN MARISCO			1 Crema de calabacín Tortilla francesa con ensalada Fruta y pan Cream of zucchini soup Plain omelette with salad Fruit and bread	2 Espirales gratinados Limanda a la andaluza con ensalada verde (lechuga, pimiento verde y aceituna) Yogur y pan Spirals au gratin Andalusian style yellowfin sole with green salad (lettuce, green peppers & olives) Yoghurt and bread	Kcal: 597 HC: 69 Prot: 28 Lip: 25
5 Puré de legumbres Cinta de lomo con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Legume purée Pork loin with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	6 Espaguetis boloñesa Ventresca de merluza a la romana con ensalada hortelana (lechuga, tomate y zanahoria) Fruta y pan integral Bolognese spaghetti Battered and fried hake with garden salad (lettuce, tomatoes & carrots) Fruit and whole meal bread	7 Crema de verduras Filete de pollo con patatas dado Fruta y pan Cream of vegetable soup Chicken steak with diced potatoes Fruit and bread	8 Sopa de fideos Escalope con ensalada Helado y pan Noodle soup Breaded pork with salad Ice cream and bread	9 Arroz con tomate Merluza al horno con patatas fritas Fruta y pan Rice with tomato sauce Baked hake with french fries Fruit and bread	Kcal: 711 HC: 84 Prot: 32 Lip: 29
12 Puré de verduras (patata, calabacín, zanahoria, cebolla) Pescado a la andaluza con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Vegetable puree (potato, zucchini, carrot, onion) Andalusian style fish with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread	13 Crema de legumbres Tortilla de patatas con ensalada hortelana (lechuga, tomate y zanahoria) Bebedino y pan Cream of legumes Spanish potato omelette with garden salad (lettuce, tomatoes & carrots) Bebedino and bread	14 Arroz con salchichas Pechuga de pollo empanada con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan integral Frank with rice Breaded chicken breast with green salad (lettuce, green peppers & olives) Fruit and whole meal bread	15 Sopa de picadillo Albóndigas frescas a la jardinera con patatas fritas Fruta y pan Broth with ham & egg bits Fresh meatballs with veggies with french fries Fruit and bread	16 Espaguetis al queso Filete de limanda rebozado con ensalada primavera (lechuga, tomate y maíz) Yogur y pan Spaguetti with cheese Batter-fried yellowfin sole steak with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread	Kcal: 681 HC: 77 Prot: 31 Lip: 28
19 Arroz con tomate Cinta de lomo con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan Rice with tomato sauce Pork loin with green salad (lettuce, green peppers & olives) Fruit and bread	20 Crema de zanahoria Merluza rebozada con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan integral Cream of carrot soup Battered hake with tricolor salad (lettuce, carrots & sweetcorn) Fruit and whole meal bread	21 Macarrones con verduras Hamburguesa con patatas fritas Fruta y pan Macaroni with vegetables Hamburger with french fries Fruit and bread	22 COMIDA FIN DE CURSO APTA	23	Kcal: 701 HC: 84 Prot: 25 Lip: 27
26	27	28	29	30	Kcal: 0 HC: 0 Prot: 0 Lip: 0



lunes	martes	miércoles	jueves	viernes	I. Nutricional
<p>ALÉRGICO A LECHE DE OVEJA, CABRA Y VACA, HUEVO (trazas si), AVENA, CEBADA, MEJILLON, TRIGO, FRUTOS SECOS, ARROZ Y ANCHOA</p>			<p>1</p> <p>Crema de calabacín Estofado de pavo con ensalada Fruta y pan (sin gluten) Cream of zucchini soup Turkey stew with salad Fruit and bread (gluten free)</p>	<p>2</p> <p>Macarrones (sin gluten) con tomate Limanda a la plancha con ensalada verde (lechuga, pimiento verde y aceituna) Yogur de soja y pan (sin gluten) Macaroni (gluten free) with tomato Grilled yellowfin sole with green salad (lettuce, green peppers & olives) Soybean yoghurt and bread (gluten free)</p>	<p>Kcal: 574</p> <p>HC: 67</p> <p>Prot: 22</p> <p>Lip: 25</p>
<p>5</p> <p>Puré de legumbres Cinta de lomo con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan (sin gluten) Legume purée Pork loin with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread (gluten free)</p>	<p>6</p> <p>Pasta (sin gluten) boloñesa Ventresca de merluza al horno con ensalada hortelana (lechuga, tomate y zanahoria) Fruta y pan (sin gluten) Bolognese pasta (gluten free) Baked hake with garden salad (lettuce, tomatoes & carrots) Fruit and bread (gluten free)</p>	<p>7</p> <p>Crema de verduras Filete de pollo con patatas dado Fruta y pan (sin gluten) Cream of vegetable soup Chicken steak with diced potatoes Fruit and bread (gluten free)</p>	<p>8</p> <p>Sopa de pasta (sin gluten) Lomo de Sajonia con ensalada Postre Especial y pan (sin gluten) Pasta soup (gluten free) Kassler with salad Special desserts and bread (gluten free)</p>	<p>9</p> <p>Crema de zanahoria Merluza al horno con patatas fritas Fruta y pan (sin gluten) Cream of carrot soup Baked hake with french fries Fruit and bread (gluten free)</p>	<p>Kcal: 695</p> <p>HC: 75</p> <p>Prot: 30</p> <p>Lip: 31</p>
<p>12</p> <p>Puré de verduras (patata, calabacín, zanahoria, cebolla) Pescado a la plancha con ensalada primavera (lechuga, tomate y maíz) Fruta y pan (sin gluten) Vegetable puree (potato, zucchini, carrot, onion) Grilled fish with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread (gluten free)</p>	<p>13</p> <p>Crema de legumbres ragout de ternera a la jardinera con ensalada hortelana (lechuga, tomate y zanahoria) Postre Especial y pan (sin gluten) Cream of legumes Beef ragout sauce with veggies with garden salad (lettuce, tomatoes & carrots) Special desserts and bread (gluten free)</p>	<p>14</p> <p>Patatas guisadas Pechuga de pollo al ajillo con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan (sin gluten) Stewed potatoes Chicken breast in garlic sauce with green salad (lettuce, green peppers & olives) Fruit and bread (gluten free)</p>	<p>15</p> <p>Sopa de pasta (sin gluten) Albóndigas frescas a la jardinera con patatas fritas Fruta y pan (sin gluten) Pasta soup (gluten free) Fresh meatballs with veggies with french fries Fruit and bread (gluten free)</p>	<p>16</p> <p>Pasta (sin gluten) con tomate Limanda a la plancha con ensalada primavera (lechuga, tomate y maíz) Yogur de soja y pan (sin gluten) Pasta (gluten free) with tomato Grilled yellowfin sole with spring salad (lettuce, tomatoes & sweetcorn) Soybean yoghurt and bread (gluten free)</p>	<p>Kcal: 656</p> <p>HC: 70</p> <p>Prot: 29</p> <p>Lip: 25</p>
<p>19</p> <p>Patatas con verduras Cinta de lomo con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan (sin gluten) Potatoes with vegetables Pork loin with green salad (lettuce, green peppers & olives) Fruit and bread (gluten free)</p>	<p>20</p> <p>Crema de zanahoria Merluza con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan (sin gluten) Cream of carrot soup Hake with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread (gluten free)</p>	<p>21</p> <p>Macarrones (sin gluten) con verduras Hamburguesa con patatas fritas Fruta y pan (sin gluten) Macaroni (gluten free) with vegetables Hamburger with french fries Fruit and bread (gluten free)</p>	<p>22</p> <p>COMIDA FIN DE CURSO APTA</p>	<p>23</p>	<p>Kcal: 713</p> <p>HC: 74</p> <p>Prot: 25</p> <p>Lip: 32</p>
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>Kcal: 0</p> <p>HC: 0</p> <p>Prot: 0</p> <p>Lip: 0</p>



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ALÉRGICO AL HUEVO, PESCADO BLANCO, PERA Y NUEZ			1 Crema de calabacín Estofado de pavo con ensalada Fruta y pan Cream of zucchini soup Turkey stew with salad Fruit and bread	2 Espirales a la napolitana (sin huevo) Magro al horno con ensalada verde (lechuga, pimiento verde y aceituna) Yogur y pan Neapolitan spirals (without egg) Pork roast with green salad (lettuce, green peppers & olives) Yoghurt and bread	Kcal: 614 HC: 61 Prot: 27 Lip: 31
5 Puré de legumbres Cinta de lomo con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Legume purée Pork loin with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	6 Pasta (sin huevo ni queso) boloñesa Pavo a la plancha con ensalada hortelana (lechuga, tomate y zanahoria) Fruta y pan integral Pasta in bolognese sauce (egg & cheese free) Grilled turkey with garden salad (lettuce, tomatoes & carrots) Fruit and whole meal bread	7 Crema de verduras Filete de pollo con patatas dado Fruta y pan Cream of vegetable soup Chicken steak with diced potatoes Fruit and bread	8 Sopa de pasta (sin huevo) Lomo de Sajonia con ensalada Helado y pan Pasta soup (without eggs) Kassler with salad Ice cream and bread	9 Arroz con tomate Filete de ternera con patatas fritas Fruta y pan Rice with tomato sauce Beef steak with french fries Fruit and bread	Kcal: 698 HC: 76 Prot: 31 Lip: 31
12 Puré de verduras (patata, calabacín, zanahoria, cebolla) Pavo en salsa con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Vegetable puree (potato, zucchini, carrot, onion) Turkey with gravy with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread	13 Crema de legumbres Ragout de ternera a la jardinera con ensalada hortelana (lechuga, tomate y zanahoria) Bebedino y pan Cream of legumes Beef ragout sauce with veggies with garden salad (lettuce, tomatoes & carrots) Bebedino and bread	14 Arroz con salchichas Pechuga de pollo al ajillo con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan integral Frank with rice Chicken breast in garlic sauce with green salad (lettuce, green peppers & olives) Fruit and whole meal bread	15 Sopa de pasta (sin huevo) Albóndigas frescas a la jardinera con patatas fritas Fruta y pan Pasta soup (without eggs) Fresh meatballs with veggies with french fries Fruit and bread	16 Espaguetis (sin huevo) con tomate Estofado de cerdo con ensalada primavera (lechuga, tomate y maíz) Yogur y pan Spaghetti with tomatoes (without egg) Pork stew with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread	Kcal: 707 HC: 79 Prot: 31 Lip: 28
19 Arroz con tomate Cinta de lomo con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan Rice with tomato sauce Pork loin with green salad (lettuce, green peppers & olives) Fruit and bread	20 Crema de zanahoria Filete de pollo con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan integral Cream of carrot soup Chicken steak with tricolor salad (lettuce, carrots & sweetcorn) Fruit and whole meal bread	21 Pasta (sin huevo) con verduras Hamburguesa con patatas fritas Fruta y pan Pasta (without egg) with vegetables Hamburger with french fries Fruit and bread	22 COMIDA FIN DE CURSO APTA	23	Kcal: 702 HC: 80 Prot: 25 Lip: 29
26	27	28	29	30	Kcal: 0 HC: 0 Prot: 0 Lip: 0



lunes	martes	miércoles	jueves	viernes	I. Nutricional
ALÉRGICO AL HUEVO, NUEZ Y LEGUMBRES			1 Crema de calabacín Estofado de pavo con ensalada Fruta y pan Cream of zucchini soup Turkey stew with salad Fruit and bread	2 Espirales a la napolitana (sin huevo) Limanda a la plancha con ensalada verde (lechuga, pimiento verde y aceituna) Yogur y pan Neapolitan spirals (without egg) Grilled yellowfin sole with green salad (lettuce, green peppers & olives) Yoghurt and bread	Kcal: 512 HC: 57 Prot: 24 Lip: 22
5 Crema de calabacín Cinta de lomo con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Cream of zucchini soup Pork loin with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	6 Pasta (sin huevo ni queso) boloñesa Ventresca de merluza al horno con ensalada hortelana (lechuga, tomate y zanahoria) Fruta y pan integral Pasta in bolognese sauce (egg & cheese free) Baked hake with garden salad (lettuce, tomatoes & carrots) Fruit and whole meal bread	7 Crema de verduras Filete de pollo con patatas dado Fruta y pan Cream of vegetable soup Chicken steak with diced potatoes Fruit and bread	8 Sopa de pasta (sin huevo) Lomo de Sajonia con ensalada Helado y pan Pasta soup (without eggs) Kassler with salad Ice cream and bread	9 Arroz con tomate Merluza al horno con patatas fritas Fruta y pan Rice with tomato sauce Baked hake with french fries Fruit and bread	Kcal: 631 HC: 71 Prot: 27 Lip: 28
12 Puré de verduras (patata, calabacín, zanahoria, cebolla) Pescado a la plancha con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Vegetable puree (potato, zucchini, carrot, onion) Grilled fish with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread	13 Crema de puerros Ragout de ternera a la jardinera con ensalada hortelana (lechuga, tomate y zanahoria) Bebedino y pan Cream of leek soup Beef ragout sauce with veggies with garden salad (lettuce, tomatoes & carrots) Bebedino and bread	14 Arroz napolitana Pechuga de pollo al ajillo con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan integral Neapolitan rice Chicken breast in garlic sauce with green salad (lettuce, green peppers & olives) Fruit and whole meal bread	15 Sopa de pasta (sin huevo) Albóndigas frescas con patatas fritas Fruta y pan Pasta soup (without eggs) Fresh meatballs with french fries Fruit and bread	16 Espaguetis (sin huevo) con tomate Limanda a la plancha con ensalada primavera (lechuga, tomate y maíz) Yogur y pan Spaghetti with tomatoes (without egg) Grilled yellowfin sole with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread	Kcal: 644 HC: 78 Prot: 29 Lip: 21
19 Arroz con tomate Cinta de lomo con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan Rice with tomato sauce Pork loin with green salad (lettuce, green peppers & olives) Fruit and bread	20 Crema de zanahoria Merluza con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan integral Cream of carrot soup Hake with tricolor salad (lettuce, carrots & sweetcorn) Fruit and whole meal bread	21 Pasta (sin huevo) con verduras Hamburguesa casera con patatas fritas Fruta y pan Pasta (without egg) with vegetables Homemade hamburger with french fries Fruit and bread	22 COMIDA FIN DE CURSO APTA	23	Kcal: 695 HC: 80 Prot: 27 Lip: 31
26	27	28	29	30	Kcal: 0 HC: 0 Prot: 0 Lip: 0



lunes	martes	miércoles	jueves	viernes	I. Nutricional
SIN LEGUMBRES			1 Crema de calabacín Tortilla francesa con ensalada Fruta y pan Cream of zucchini soup Plain omelette with salad Fruit and bread	2 Espirales gratinados Limanda a la andaluza con ensalada verde (lechuga, pimiento verde y aceituna) Yogur y pan Spirals au gratin Andalusian style yellowfin sole with green salad (lettuce, green peppers & olives) Yoghurt and bread	Kcal: 597 HC: 69 Prot: 28 Lip: 25
5 Crema de calabacín Cinta de lomo con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Cream of zucchini soup Pork loin with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	6 Espaguetis boloñesa Ventresca de merluza a la romana con ensalada hortelana (lechuga, tomate y zanahoria) Fruta y pan integral Bolognese spaghetti Battered and fried hake with garden salad (lettuce, tomatoes & carrots) Fruit and whole meal bread	7 Crema de verduras Filete de pollo con patatas dado Fruta y pan Cream of vegetable soup Chicken steak with diced potatoes Fruit and bread	8 Sopa de fideos Escalope con ensalada Helado y pan Noodle soup Breaded pork with salad Ice cream and bread	9 Arroz con tomate Merluza al horno con patatas fritas Fruta y pan Rice with tomato sauce Baked hake with french fries Fruit and bread	Kcal: 655 HC: 78 Prot: 29 Lip: 28
12 Puré de verduras (patata, calabacín, zanahoria, cebolla) Pescado a la andaluza con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Vegetable puree (potato, zucchini, carrot, onion) Andalusian style fish with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread	13 Crema de puerros Tortilla de patatas con ensalada hortelana (lechuga, tomate y zanahoria) Bebedino y pan Cream of leek soup Spanish potato omelette with garden salad (lettuce, tomatoes & carrots) Bebedino and bread	14 Arroz napolitana Pechuga de pollo empanada con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan integral Neapolitan rice Breaded chicken breast with green salad (lettuce, green peppers & olives) Fruit and whole meal bread	15 Sopa de picadillo Albóndigas frescas con patatas fritas Fruta y pan Broth with ham & egg bits Fresh meatballs with french fries Fruit and bread	16 Espaguetis al queso Filete de limanda rebozado con ensalada primavera (lechuga, tomate y maíz) Yogur y pan Spaguetti with cheese Batter-fried yellowfin sole steak with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread	Kcal: 672 HC: 78 Prot: 28 Lip: 27
19 Arroz con tomate Cinta de lomo con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan Rice with tomato sauce Pork loin with green salad (lettuce, green peppers & olives) Fruit and bread	20 Crema de zanahoria Merluza rebozada con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan integral Cream of carrot soup Battered hake with tricolor salad (lettuce, carrots & sweetcorn) Fruit and whole meal bread	21 Macarrones con verduras Hamburguesa casera con patatas fritas Fruta y pan Macaroni with vegetables Homemade hamburger with french fries Fruit and bread	22 COMIDA FIN DE CURSO APTA	23	Kcal: 697 HC: 84 Prot: 28 Lip: 30
26	27	28	29	30	Kcal: 0 HC: 0 Prot: 0 Lip: 0



lunes	martes	miércoles	jueves	viernes	I. Nutricional
ALÉRGICO A LA PROTEÍNA DE LECHE DE VACA, CARNE DE CERDO Y TERNERA			1 Crema de calabacín Tortilla francesa con ensalada Fruta y pan Cream of zucchini soup Plain omelette with salad Fruit and bread	2 Espirales con tomate Limanda a la andaluza con ensalada verde (lechuga, pimiento verde y aceituna) Yogur de soja y pan Spirals with tomato sauce Andalusian style yellowfin sole with green salad (lettuce, green peppers & olives) Soybean yoghurt and bread	Kcal: 596 HC: 76 Prot: 27 Lip: 22
5 Puré de legumbres Pollo en salsa con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Legume purée Chicken in sauce with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	6 Espaguetis napolitana Ventresca de merluza a la romana con ensalada hortelana (lechuga, tomate y zanahoria) Fruta y pan integral Spaghetti neapolitan Battered and fried hake with garden salad (lettuce, tomatoes & carrots) Fruit and whole meal bread	7 Crema de verduras Filete de pollo con patatas dado Fruta y pan Cream of vegetable soup Chicken steak with diced potatoes Fruit and bread	8 Sopa de fideos Pavo al ajillo con ensalada Postre Especial y pan Noodle soup Turkey with garlic with salad Special desserts and bread	9 Arroz con tomate Merluza al horno con patatas fritas Fruta y pan Rice with tomato sauce Baked hake with french fries Fruit and bread	Kcal: 690 HC: 82 Prot: 33 Lip: 27
12 Puré de verduras (patata, calabacín, zanahoria, cebolla) Pescado a la andaluza con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Vegetable puree (potato, zucchini, carrot, onion) Andalusian style fish with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread	13 Crema de legumbres Tortilla de patatas con ensalada hortelana (lechuga, tomate y zanahoria) Postre Especial y pan Cream of legumes Spanish potato omelette with garden salad (lettuce, tomatoes & carrots) Special desserts and bread	14 Arroz napolitana Pechuga de pollo empanada con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan integral Neapolitan rice Breaded chicken breast with green salad (lettuce, green peppers & olives) Fruit and whole meal bread	15 Sopa de fideos Estofado de pavo con patatas fritas Fruta y pan Noodle soup Turkey stew with french fries Fruit and bread	16 Espaguetis con tomate Filete de limanda rebozado con ensalada primavera (lechuga, tomate y maíz) Yogur de soja y pan Spaghetti with tomato sauce Batter-fried yellowfin sole steak with spring salad (lettuce, tomatoes & sweetcorn) Soybean yoghurt and bread	Kcal: 679 HC: 84 Prot: 29 Lip: 27
19 Arroz con tomate Pavo a la plancha con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan Rice with tomato sauce Grilled turkey with green salad (lettuce, green peppers & olives) Fruit and bread	20 Crema de zanahoria Merluza rebozada con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan integral Cream of carrot soup Battered hake with tricolor salad (lettuce, carrots & sweetcorn) Fruit and whole meal bread	21 Macarrones con verduras Filete de pollo con patatas fritas Fruta y pan Macaroni with vegetables Chicken steak with french fries Fruit and bread	22 COMIDA FIN DE CURSO APTA	23	Kcal: 662 HC: 84 Prot: 29 Lip: 26
26	27	28	29	30	Kcal: 0 HC: 0 Prot: 0 Lip: 0



lunes	martes	miércoles	jueves	viernes	I. Nutricional
ALÉRGICO AL HUEVO Y PESCADO BLANCO			1 Crema de calabacín San Jacobo con ensalada Fruta y pan Cream of zucchini soup Cooked ham & cheese escalope with salad Fruit and bread	2 Espirales a la napolitana (sin huevo) Magro al horno con ensalada verde (lechuga, pimiento verde y aceituna) Yogur y pan Neapolitan spirals (without egg) Pork roast with green salad (lettuce, green peppers & olives) Yoghurt and bread	Kcal: 641 HC: 62 Prot: 27 Lip: 35
5 Ensalada variada Cinta de lomo con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Mixed salad Pork loin with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	6 Pasta (sin huevo ni queso) boloñesa Pavo a la plancha con ensalada hortelana (lechuga, tomate y zanahoria) Fruta en almíbar y pan integral Pasta in bolognese sauce (egg & cheese free) Grilled turkey with garden salad (lettuce, tomatoes & carrots) Fruit in syrup and whole meal bread	7 Crema de verduras Brocheta de pollo con patatas dado Fruta y pan Cream of vegetable soup Chicken kebab with diced potatoes Fruit and bread	8 Gazpacho Lomo de Sajonia con ensalada Helado y pan Gazpacho (cold tomato based soup) Kassler with salad Ice cream and bread	9 Arroz con tomate Filete de ternera con patatas fritas Fruta y pan Rice with tomato sauce Beef steak with french fries Fruit and bread	Kcal: 670 HC: 69 Prot: 27 Lip: 34
12 Crema de verduras Pinchos morunos con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Cream of vegetable soup Shish-kabab with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread	13 Judías verdes con bacon Ragout de ternera a la jardinera con ensalada hortelana (lechuga, tomate y zanahoria) Natillas y pan Green beans with bacon Beef ragout sauce with veggies with garden salad (lettuce, tomatoes & carrots) Custard and bread	14 Arroz con salchichas Pechuga de pollo al ajillo con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan integral Frank with rice Chicken breast in garlic sauce with green salad (lettuce, green peppers & olives) Fruit and whole meal bread	15 Sopa de pasta (sin huevo) Albóndigas frescas a la jardinera con patatas fritas Fruta y pan Pasta soup (without eggs) Fresh meatballs with veggies with french fries Fruit and bread	16 Espaguetis (sin huevo) con tomate Estofado de cerdo con ensalada primavera (lechuga, tomate y maíz) Yogur y pan Spaghetti with tomatoes (without egg) Pork stew with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread	Kcal: 739 HC: 77 Prot: 30 Lip: 33
19 Arroz con tomate Cinta de lomo con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan Rice with tomato sauce Pork loin with green salad (lettuce, green peppers & olives) Fruit and bread	20 Crema de zanahoria Filete de pollo con ensalada tricolor (lechuga, zanahoria y maíz) Fruta en almíbar y pan integral Cream of carrot soup Chicken steak with tricolor salad (lettuce, carrots & sweetcorn) Fruit in syrup and whole meal bread	21 MENÚ FIN CURSO SECUNDARIA Pasta (sin huevo) con verduras Hamburguesa con patatas fritas Fruta y pan Pasta (without egg) with vegetables Hamburger with french fries Fruit and bread	22 COMIDA FIN CURSO PRIMARIA	23	Kcal: 700 HC: 79 Prot: 25 Lip: 29
26	27	28	29	30	Kcal: 0 HC: 0 Prot: 0 Lip: 0



lunes	martes	miércoles	jueves	viernes	I. Nutricional
ALÉRGICO A HUEVO, LENTEJAS Y FRUTOS SECOS			1 Crema de calabacín Estofado de pavo con ensalada Fruta y pan Cream of zucchini soup Turkey stew with salad Fruit and bread	2 Espirales a la napolitana (sin huevo) Limanda a la plancha con ensalada verde (lechuga, pimiento verde y aceituna) Yogur y pan Neapolitan spirals (without egg) Grilled yellowfin sole with green salad (lettuce, green peppers & olives) Yoghurt and bread	Kcal: 512 HC: 57 Prot: 24 Lip: 22
5 Crema de calabacín Cinta de lomo con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Cream of zucchini soup Pork loin with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	6 Pasta (sin huevo ni queso) boloñesa Ventresca de merluza al horno con ensalada hortelana (lechuga, tomate y zanahoria) Fruta y pan integral Pasta in bolognese sauce (egg & cheese free) Baked hake with garden salad (lettuce, tomatoes & carrots) Fruit and whole meal bread	7 Crema de verduras Filete de pollo con patatas dado Fruta y pan Cream of vegetable soup Chicken steak with diced potatoes Fruit and bread	8 Sopa de pasta (sin huevo) Lomo de Sajonia con ensalada Helado y pan Pasta soup (without eggs) Kassler with salad Ice cream and bread	9 Arroz con tomate Merluza al horno con patatas fritas Fruta y pan Rice with tomato sauce Baked hake with french fries Fruit and bread	Kcal: 631 HC: 71 Prot: 27 Lip: 28
12 Puré de verduras (patata, calabacín, zanahoria, cebolla) Pescado a la plancha con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Vegetable puree (potato, zucchini, carrot, onion) Grilled fish with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread	13 Crema de puerros Ragout de ternera a la jardinera con ensalada hortelana (lechuga, tomate y zanahoria) Bebedino y pan Cream of leek soup Beef ragout sauce with veggies with garden salad (lettuce, tomatoes & carrots) Bebedino and bread	14 Arroz con salchichas Pechuga de pollo al ajillo con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan integral Frank with rice Chicken breast in garlic sauce with green salad (lettuce, green peppers & olives) Fruit and whole meal bread	15 Sopa de pasta (sin huevo) Albóndigas frescas a la jardinera con patatas fritas Fruta y pan Pasta soup (without eggs) Fresh meatballs with veggies with french fries Fruit and bread	16 Espaguetis (sin huevo) con tomate Limanda a la plancha con ensalada primavera (lechuga, tomate y maíz) Yogur y pan Spaghetti with tomatoes (without egg) Grilled yellowfin sole with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread	Kcal: 650 HC: 79 Prot: 30 Lip: 22
19 Arroz con tomate Cinta de lomo con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan Rice with tomato sauce Pork loin with green salad (lettuce, green peppers & olives) Fruit and bread	20 Crema de zanahoria Merluza con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan integral Cream of carrot soup Hake with tricolor salad (lettuce, carrots & sweetcorn) Fruit and whole meal bread	21 Pasta (sin huevo) con verduras Hamburguesa con patatas fritas Fruta y pan Pasta (without egg) with vegetables Hamburger with french fries Fruit and bread	22 COMIDA FIN DE CURSO APTA	23	Kcal: 699 HC: 80 Prot: 25 Lip: 29
26	27	28	29	30	Kcal: 0 HC: 0 Prot: 0 Lip: 0



lunes	martes	miércoles	jueves	viernes	I. Nutricional
ALÉRGICO AL HUEVO, MARISCO, CALAMAR Y ALUBIAS			1 Crema de calabacín San Jacobo con ensalada Fruta y pan Cream of zucchini soup Cooked ham & cheese escalope with salad Fruit and bread	2 Espirales a la napolitana (sin huevo) Magro al horno con ensalada verde (lechuga, pimiento verde y aceituna) Yogur y pan Neapolitan spirals (without egg) Pork roast with green salad (lettuce, green peppers & olives) Yoghurt and bread	Kcal: 641 HC: 62 Prot: 27 Lip: 35
5 Ensalada variada Cinta de lomo con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Mixed salad Pork loin with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	6 Pasta (sin huevo ni queso) boloñesa Pavo a la plancha con ensalada hortelana (lechuga, tomate y zanahoria) Fruta en almíbar y pan integral Pasta in bolognese sauce (egg & cheese free) Grilled turkey with garden salad (lettuce, tomatoes & carrots) Fruit in syrup and whole meal bread	7 Crema de verduras Brocheta de pollo con patatas dado Fruta y pan Cream of vegetable soup Chicken kebab with diced potatoes Fruit and bread	8 Gazpacho Lomo de Sajonia con ensalada Helado y pan Gazpacho (cold tomato based soup) Kassler with salad Ice cream and bread	9 Arroz con tomate Merluza al horno con patatas fritas Fruta y pan Rice with tomato sauce Baked hake with french fries Fruit and bread	Kcal: 663 HC: 69 Prot: 27 Lip: 33
12 Crema de verduras Pinchos morunos con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Cream of vegetable soup Shish-kabab with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread	13 Judías verdes con bacon Ragout de ternera a la jardinera con ensalada hortelana (lechuga, tomate y zanahoria) Natillas y pan Green beans with bacon Beef ragout sauce with veggies with garden salad (lettuce, tomatoes & carrots) Custard and bread	14 Arroz con salchichas Pechuga de pollo al ajillo con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan integral Frank with rice Chicken breast in garlic sauce with green salad (lettuce, green peppers & olives) Fruit and whole meal bread	15 Sopa de pasta (sin huevo) Albóndigas frescas a la jardinera con patatas fritas Fruta y pan Pasta soup (without eggs) Fresh meatballs with veggies with french fries Fruit and bread	16 Espaguetis (sin huevo) con tomate Limanda a la plancha con ensalada primavera (lechuga, tomate y maíz) Yogur y pan Spaghetti with tomatoes (without egg) Grilled yellowfin sole with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread	Kcal: 693 HC: 76 Prot: 30 Lip: 28
19 Arroz con tomate Cinta de lomo con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan Rice with tomato sauce Pork loin with green salad (lettuce, green peppers & olives) Fruit and bread	20 Crema de zanahoria Merluza con ensalada tricolor (lechuga, zanahoria y maíz) Fruta en almíbar y pan integral Cream of carrot soup Hake with tricolor salad (lettuce, carrots & sweetcorn) Fruit in syrup and whole meal bread	21 MENÚ FIN CURSO SECUNDARIA Pasta (sin huevo) con verduras Hamburguesa con patatas fritas Fruta y pan Pasta (without egg) with vegetables Hamburger with french fries Fruit and bread	22 COMIDA FIN CURSO PRIMARIA	23	Kcal: 698 HC: 80 Prot: 25 Lip: 29
26	27	28	29	30	Kcal: 0 HC: 0 Prot: 0 Lip: 0



lunes	martes	miércoles	jueves	viernes	I. Nutricional
			1 Crema de calabacín Estofado de pavo con ensalada Fruta y pan (sin gluten) Cream of zucchini soup Turkey stew with salad Fruit and bread (gluten free)	2 Pasta (sin gluten) con tomate Tortilla de queso con ensalada verde (lechuga,pimiento verde y aceituna) Yogur y pan (sin gluten) Pasta (gluten free) with tomato sauce Cheese omelette with green salad (lettuce, green peppers & olives) Yoghurt and bread (gluten free)	Kcal: 612 HC: 59 Prot: 21 Lip: 33
5 Ensaladilla rusa Cinta de lomo con ensalada tricolor (lechuga,zanahoria y maíz) Fruta y pan (sin gluten) Russian potato salad Pork loin with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread (gluten free)	6 Pasta (sin gluten) boloñesa Huevos revueltos con ensalada hortelana (lechuga, tomate y zanahoria) Fruta en almíbar y pan (sin gluten) Bolognese pasta (gluten free) Scrambled eggs with garden salad (lettuce, tomatoes & carrots) Fruit in syrup and bread (gluten free)	7 Crema de verduras Brocheta de pollo con patatas dado Fruta y pan (sin gluten) Cream of vegetable soup Chicken kebab with diced potatoes Fruit and bread (gluten free)	8 Verduras salteadas Lomo de Sajonia con ensalada Helado y pan (sin gluten) Sautéed vegetables Kassler with salad Ice cream and bread (gluten free)	9 Arroz con tomate Merluza al horno con patatas fritas Fruta y pan (sin gluten) Rice with tomato sauce Baked hake with french fries Fruit and bread (gluten free)	Kcal: 743 HC: 75 Prot: 26 Lip: 39
12 Crema de verduras Pinchos morunos con ensalada primavera (lechuga, tomate y maíz) Fruta y pan (sin gluten) Cream of vegetable soup Shish-kabab with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread (gluten free)	13 Judías verdes con bacon Tortilla de patatas con ensalada hortelana (lechuga, tomate y zanahoria) Natillas y pan (sin gluten) Green beans with bacon Spanish potato omelette with garden salad (lettuce, tomatoes & carrots) Custard and bread (gluten free)	14 Arroz con salchichas Pechuga de pollo al ajillo con ensalada verde (lechuga,pimiento verde y aceituna) Fruta y pan (sin gluten) Frank with rice Chicken breast in garlic sauce with green salad (lettuce, green peppers & olives) Fruit and bread (gluten free)	15 Sopa de pasta (sin gluten) Albóndigas frescas a la jardinera con patatas fritas Fruta y pan (sin gluten) Pasta soup (gluten free) Fresh meatballs with veggies with french fries Fruit and bread (gluten free)	16 Pasta (sin gluten) con tomate Limanda a la plancha con ensalada primavera (lechuga, tomate y maíz) Yogur y pan (sin gluten) Pasta (gluten free) with tomato sauce Grilled yellowfin sole with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread (gluten free)	Kcal: 713 HC: 73 Prot: 26 Lip: 34
19 Arroz con tomate Cinta de lomo con ensalada verde (lechuga,pimiento verde y aceituna) Fruta y pan (sin gluten) Rice with tomato sauce Pork loin with green salad (lettuce, green peppers & olives) Fruit and bread (gluten free)	20 Crema de zanahoria Merluza con ensalada tricolor (lechuga,zanahoria y maíz) Fruta en almíbar y pan (sin gluten) Cream of carrot soup Hake with tricolor salad (lettuce, carrots & sweetcorn) Fruit in syrup and bread (gluten free)	21 MENÚ FIN CURSO SECUNDARIA Macarrones (sin gluten) con verduras Hamburguesa con patatas fritas Fruta y pan (sin gluten) Macaroni (gluten free) with vegetables Hamburger with french fries Fruit and bread (gluten free)	22 COMIDA FIN CURSO PRIMARIA	23	Kcal: 749 HC: 84 Prot: 24 Lip: 32
26	27	28	29	30	Kcal: 0 HC: 0 Prot: 0 Lip: 0



lunes	martes	miércoles	jueves	viernes	I. Nutricional
			1 Crema de calabacín San Jacobo con ensalada Fruta y pan Cream of zucchini soup Cooked ham & cheese escalope with salad Fruit and bread	2 Espirales gratinados Tortilla de queso con ensalada verde (lechuga, pimiento verde y aceituna) Yogur y pan Spirals au gratin Cheese omelette with green salad (lettuce, green peppers & olives) Yoghurt and bread	Kcal: 653 HC: 67 Prot: 25 Lip: 36
5 Ensaladilla rusa Cinta de lomo con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Russian potato salad Pork loin with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	6 Espaguetis boloñesa Huevos revueltos con jamón con ensalada hortelana (lechuga, tomate y zanahoria) Fruta en almíbar y pan integral Bolognese spaghetti Scrambled eggs with ham with garden salad (lettuce, tomatoes & carrots) Fruit in syrup and whole meal bread	7 Crema de verduras Brocheta de pollo con patatas dado Fruta y pan Cream of vegetable soup Chicken kebab with diced potatoes Fruit and bread	8 Gazpacho Escalope con ensalada Helado y pan Gazpacho (cold tomato based soup) Breaded pork with salad Ice cream and bread	9 Arroz con tomate Merluza al horno con patatas fritas Fruta y pan Rice with tomato sauce Baked hake with french fries Fruit and bread	Kcal: 699 HC: 76 Prot: 27 Lip: 33
12 Crema de verduras Pinchos morunos con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Cream of vegetable soup Shish-kabab with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread	13 Judías verdes con bacon Tortilla de patatas con ensalada hortelana (lechuga, tomate y zanahoria) Natillas y pan Green beans with bacon Spanish potato omelette with garden salad (lettuce, tomatoes & carrots) Custard and bread	14 Arroz con salchichas Pechuga de pollo empanada con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan integral Frank with rice Breaded chicken breast with green salad (lettuce, green peppers & olives) Fruit and whole meal bread	15 Sopa de picadillo Albóndigas frescas a la jardinera con patatas fritas Fruta y pan Broth with ham & egg bits Fresh meatballs with veggies with french fries Fruit and bread	16 Espaguetis al queso Filete de limanda rebozado con ensalada primavera (lechuga, tomate y maíz) Yogur y pan Spaguetti with cheese Batter-fried yellowfin sole steak with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread	Kcal: 724 HC: 74 Prot: 30 Lip: 34
19 Arroz con tomate Cinta de lomo con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan Rice with tomato sauce Pork loin with green salad (lettuce, green peppers & olives) Fruit and bread	20 Canelones de carne Merluza rebozada con ensalada tricolor (lechuga, zanahoria y maíz) Fruta en almíbar y pan integral Meat cannelloni Battered hake with tricolor salad (lettuce, carrots & sweetcorn) Fruit in syrup and whole meal bread	21 MENÚ FIN CURSO SECUNDARIA Macarrones con verduras Hamburguesa con patatas fritas Fruta y pan Macaroni with vegetables Hamburger with french fries Fruit and bread	22 COMIDA FIN CURSO PRIMARIA	23	Kcal: 777 HC: 92 Prot: 29 Lip: 30
26	27	28	29	30	Kcal: 0 HC: 0 Prot: 0 Lip: 0



lunes	martes	miércoles	jueves	viernes	I. Nutricional
			1 Crema de calabacín San Jacobo con ensalada Fruta y pan Cream of zucchini soup Cooked ham & cheese escalope with salad Fruit and bread	2 Espirales a la napolitana (sin huevo) Magro al horno con ensalada verde (lechuga, pimiento verde y aceituna) Yogur y pan Neapolitan spirals (without egg) Pork roast with green salad (lettuce, green peppers & olives) Yoghurt and bread	Kcal: 641 HC: 62 Prot: 27 Lip: 35
5 Ensalada variada Cinta de lomo con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Mixed salad Pork loin with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	6 Pasta (sin huevo ni queso) boloñesa Pavo a la plancha con ensalada hortelana (lechuga, tomate y zanahoria) Fruta en almíbar y pan integral Pasta in bolognese sauce (egg & cheese free) Grilled turkey with garden salad (lettuce, tomatoes & carrots) Fruit in syrup and whole meal bread	7 Crema de verduras Brocheta de pollo con patatas dado Fruta y pan Cream of vegetable soup Chicken kebab with diced potatoes Fruit and bread	8 Gazpacho Lomo de Sajonia con ensalada Helado y pan Gazpacho (cold tomato based soup) Kassler with salad Ice cream and bread	9 Arroz con tomate Merluza al horno con patatas fritas Fruta y pan Rice with tomato sauce Baked hake with french fries Fruit and bread	Kcal: 663 HC: 69 Prot: 27 Lip: 33
12 Crema de verduras Pinchos morunos con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Cream of vegetable soup Shish-kabab with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread	13 Judías verdes con bacon Ragout de ternera a la jardinera con ensalada hortelana (lechuga, tomate y zanahoria) Natillas y pan Green beans with bacon Beef ragout sauce with veggies with garden salad (lettuce, tomatoes & carrots) Custard and bread	14 Arroz con salchichas Pechuga de pollo al ajillo con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan integral Frank with rice Chicken breast in garlic sauce with green salad (lettuce, green peppers & olives) Fruit and whole meal bread	15 Sopa de pasta (sin huevo) Albóndigas frescas a la jardinera con patatas fritas Fruta y pan Pasta soup (without eggs) Fresh meatballs with veggies with french fries Fruit and bread	16 Espaguetis (sin huevo) con tomate Limanda a la plancha con ensalada primavera (lechuga, tomate y maíz) Yogur y pan Spaghetti with tomatoes (without egg) Grilled yellowfin sole with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread	Kcal: 693 HC: 76 Prot: 30 Lip: 28
19 Arroz con tomate Cinta de lomo con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan Rice with tomato sauce Pork loin with green salad (lettuce, green peppers & olives) Fruit and bread	20 Crema de zanahoria Merluza con ensalada tricolor (lechuga, zanahoria y maíz) Fruta en almíbar y pan integral Cream of carrot soup Hake with tricolor salad (lettuce, carrots & sweetcorn) Fruit in syrup and whole meal bread	21 MENÚ FIN CURSO SECUNDARIA Pasta (sin huevo) con verduras Hamburguesa con patatas fritas Fruta y pan Pasta (without egg) with vegetables Hamburger with french fries Fruit and bread	22 COMIDA FIN CURSO PRIMARIA	23	Kcal: 698 HC: 80 Prot: 25 Lip: 29
26	27	28	29	30	Kcal: 0 HC: 0 Prot: 0 Lip: 0



lunes	martes	miércoles	jueves	viernes	I. Nutricional
			1 Crema de calabacín Estofado de pavo con ensalada Fruta y pan Cream of zucchini soup Turkey stew with salad Fruit and bread	2 Espirales con tomate Tortilla francesa con ensalada verde (lechuga, pimiento verde y aceituna) Yogur de soja y pan Spirals with tomato sauce Plain omelette with green salad (lettuce, green peppers & olives) Soybean yoghurt and bread	Kcal: 585 HC: 73 Prot: 23 Lip: 24
5 Ensaladilla rusa Cinta de lomo con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Russian potato salad Pork loin with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	6 Espaguetis napolitana Huevos revueltos con ensalada hortelana (lechuga, tomate y zanahoria) Fruta en almíbar y pan integral Spaghetti neapolitan Scrambled eggs with garden salad (lettuce, tomatoes & carrots) Fruit in syrup and whole meal bread	7 Crema de verduras Brocheta de pollo con patatas dado Fruta y pan Cream of vegetable soup Chicken kebab with diced potatoes Fruit and bread	8 Gazpacho Escalope con ensalada Postre Especial y pan Gazpacho (cold tomato based soup) Breaded pork with salad Special desserts and bread	9 Arroz con tomate Merluza al horno con patatas fritas Fruta y pan Rice with tomato sauce Baked hake with french fries Fruit and bread	Kcal: 672 HC: 76 Prot: 28 Lip: 30
12 Crema de verduras Pinchos morunos con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Cream of vegetable soup Shish-kabab with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread	13 Judías verdes con bacon Tortilla de patatas con ensalada hortelana (lechuga, tomate y zanahoria) Yogur de soja y pan Green beans with bacon Spanish potato omelette with garden salad (lettuce, tomatoes & carrots) Soybean yoghurt and bread	14 Arroz napolitana Pechuga de pollo empanada con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan integral Neapolitan rice Breaded chicken breast with green salad (lettuce, green peppers & olives) Fruit and whole meal bread	15 Sopa de fideos Albóndigas frescas a la jardinera con patatas fritas Fruta y pan Noodle soup Fresh meatballs with veggies with french fries Fruit and bread	16 Espaguetis con tomate Filete de limanda rebozado con ensalada primavera (lechuga, tomate y maíz) Yogur de soja y pan Spaghetti with tomato sauce Batter-fried yellowfin sole steak with spring salad (lettuce, tomatoes & sweetcorn) Soybean yoghurt and bread	Kcal: 720 HC: 79 Prot: 27 Lip: 30
19 Arroz con tomate Cinta de lomo con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan Rice with tomato sauce Pork loin with green salad (lettuce, green peppers & olives) Fruit and bread	20 Crema de zanahoria Merluza rebozada con ensalada tricolor (lechuga, zanahoria y maíz) Fruta en almíbar y pan integral Cream of carrot soup Battered hake with tricolor salad (lettuce, carrots & sweetcorn) Fruit in syrup and whole meal bread	21 MENÚ FIN CURSO SECUNDARIA Macarrones con verduras Hamburguesa con patatas fritas Fruta y pan Macaroni with vegetables Hamburger with french fries Fruit and bread	22 COMIDA FIN CURSO PRIMARIA	23	Kcal: 700 HC: 84 Prot: 25 Lip: 27
26	27	28	29	30	Kcal: 0 HC: 0 Prot: 0 Lip: 0



lunes	martes	miércoles	jueves	viernes	I. Nutricional
			1 Crema de calabacín San Jacobo con ensalada Fruta y pan Cream of zucchini soup Cooked ham & cheese escalope with salad Fruit and bread	2 Espirales gratinados Tortilla de queso con ensalada verde (lechuga, pimiento verde y aceituna) Yogur y pan Spirals au gratin Cheese omelette with green salad (lettuce, green peppers & olives) Yoghurt and bread	Kcal: 653 HC: 67 Prot: 25 Lip: 36
5 Ensalada variada Cinta de lomo con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Mixed salad Pork loin with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	6 Espaguetis boloñesa Huevos revueltos con jamón con ensalada hortelana (lechuga, tomate y zanahoria) Fruta en almíbar y pan integral Bolognese spaghetti Scrambled eggs with ham with garden salad (lettuce, tomatoes & carrots) Fruit in syrup and whole meal bread	7 Crema de verduras Brocheta de pollo con patatas dado Fruta y pan Cream of vegetable soup Chicken kebab with diced potatoes Fruit and bread	8 Gazpacho Escalope con ensalada Helado y pan Gazpacho (cold tomato based soup) Breaded pork with salad Ice cream and bread	9 Arroz con tomate Merluza al horno con patatas fritas Fruta y pan Rice with tomato sauce Baked hake with french fries Fruit and bread	Kcal: 675 HC: 74 Prot: 27 Lip: 32
12 Crema de verduras Pinchos morunos con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Cream of vegetable soup Shish-kabab with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread	13 Crema de puerros Tortilla de patatas con ensalada hortelana (lechuga, tomate y zanahoria) Natillas y pan Cream of leek soup Spanish potato omelette with garden salad (lettuce, tomatoes & carrots) Custard and bread	14 Arroz napolitana Pechuga de pollo empanada con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan integral Neapolitan rice Breaded chicken breast with green salad (lettuce, green peppers & olives) Fruit and whole meal bread	15 Sopa de picadillo Albóndigas frescas con patatas fritas Fruta y pan Broth with ham & egg bits Fresh meatballs with french fries Fruit and bread	16 Espaguetis al queso Filete de limanda rebozado con ensalada primavera (lechuga, tomate y maíz) Yogur y pan Spaguetti with cheese Batter-fried yellowfin sole steak with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread	Kcal: 702 HC: 77 Prot: 28 Lip: 30
19 Arroz con tomate Cinta de lomo con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan Rice with tomato sauce Pork loin with green salad (lettuce, green peppers & olives) Fruit and bread	20 Canelones de carne Merluza rebozada con ensalada tricolor (lechuga, zanahoria y maíz) Fruta en almíbar y pan integral Meat cannelloni Battered hake with tricolor salad (lettuce, carrots & sweetcorn) Fruit in syrup and whole meal bread	21 MENÚ FIN CURSO SECUNDARIA Macarrones con verduras Hamburguesa casera con patatas fritas Fruta y pan Macaroni with vegetables Homemade hamburger with french fries Fruit and bread	22 COMIDA FIN CURSO PRIMARIA	23	Kcal: 773 HC: 91 Prot: 31 Lip: 33
26	27	28	29	30	Kcal: 0 HC: 0 Prot: 0 Lip: 0



lunes	martes	miércoles	jueves	viernes	I. Nutricional
			1 Crema de calabacín San Jacobo con ensalada Fruta y pan Cream of zucchini soup Cooked ham & cheese escalope with salad Fruit and bread	2 Espirales gratinados Tortilla de queso con ensalada verde (lechuga, pimiento verde y aceituna) Yogur y pan Spirals au gratin Cheese omelette with green salad (lettuce, green peppers & olives) Yoghurt and bread	Kcal: 653 HC: 67 Prot: 25 Lip: 36
5 Ensaladilla rusa Cinta de lomo con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Russian potato salad Pork loin with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	6 Espaguetis boloñesa Huevos revueltos con jamón con ensalada hortelana (lechuga, tomate y zanahoria) Fruta en almíbar y pan integral Bolognese spaghetti Scrambled eggs with ham with garden salad (lettuce, tomatoes & carrots) Fruit in syrup and whole meal bread	7 Crema de verduras Brocheta de pollo con patatas dado Fruta y pan Cream of vegetable soup Chicken kebab with diced potatoes Fruit and bread	8 Gazpacho Escalope con ensalada Helado y pan Gazpacho (cold tomato based soup) Breaded pork with salad Ice cream and bread	9 Arroz con tomate Merluza al horno con patatas fritas Fruta y pan Rice with tomato sauce Baked hake with french fries Fruit and bread	Kcal: 699 HC: 76 Prot: 27 Lip: 33
12 Crema de verduras Pinchos morunos con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Cream of vegetable soup Shish-kabab with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread	13 Judías verdes con bacon Tortilla de patatas con ensalada hortelana (lechuga, tomate y zanahoria) Natillas y pan Green beans with bacon Spanish potato omelette with garden salad (lettuce, tomatoes & carrots) Custard and bread	14 Arroz con salchichas Pechuga de pollo empanada con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan integral Frank with rice Breaded chicken breast with green salad (lettuce, green peppers & olives) Fruit and whole meal bread	15 Sopa de picadillo Albóndigas frescas a la jardinera con patatas fritas Fruta y pan Broth with ham & egg bits Fresh meatballs with veggies with french fries Fruit and bread	16 Espaguetis al queso Filete de limanda rebozado con ensalada primavera (lechuga, tomate y maíz) Yogur y pan Spaguetti with cheese Batter-fried yellowfin sole steak with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread	Kcal: 724 HC: 74 Prot: 30 Lip: 34
19 Arroz con tomate Cinta de lomo con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan Rice with tomato sauce Pork loin with green salad (lettuce, green peppers & olives) Fruit and bread	20 Crema de zanahoria Merluza rebozada con ensalada tricolor (lechuga, zanahoria y maíz) Fruta en almíbar y pan integral Cream of carrot soup Battered hake with tricolor salad (lettuce, carrots & sweetcorn) Fruit in syrup and whole meal bread	21 MENÚ FIN CURSO SECUNDARIA Macarrones con verduras Hamburguesa con patatas fritas Fruta y pan Macaroni with vegetables Hamburger with french fries Fruit and bread	22 COMIDA FIN CURSO PRIMARIA	23	Kcal: 700 HC: 84 Prot: 25 Lip: 27
26	27	28	29	30	Kcal: 0 HC: 0 Prot: 0 Lip: 0



lunes	martes	miércoles	jueves	viernes	I. Nutricional
			1 Crema de calabacín San Jacobo con ensalada Fruta y pan Cream of zucchini soup Cooked ham & cheese escalope with salad Fruit and bread	2 Espirales gratinados Tortilla de queso con ensalada verde (lechuga, pimiento verde y aceituna) Yogur y pan Spirals au gratin Cheese omelette with green salad (lettuce, green peppers & olives) Yoghurt and bread	Kcal: 653 HC: 67 Prot: 25 Lip: 36
5 Ensalada variada Cinta de lomo con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Mixed salad Pork loin with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	6 Espaguetis boloñesa Huevos revueltos con jamón con ensalada hortelana (lechuga, tomate y zanahoria) Fruta en almíbar y pan integral Bolognese spaghetti Scrambled eggs with ham with garden salad (lettuce, tomatoes & carrots) Fruit in syrup and whole meal bread	7 Crema de verduras Brocheta de pollo con patatas dado Fruta y pan Cream of vegetable soup Chicken kebab with diced potatoes Fruit and bread	8 Gazpacho Escalope con ensalada Helado y pan Gazpacho (cold tomato based soup) Breaded pork with salad Ice cream and bread	9 Arroz con tomate Filete de ternera con patatas fritas Fruta y pan Rice with tomato sauce Beef steak with french fries Fruit and bread	Kcal: 682 HC: 74 Prot: 28 Lip: 33
12 Crema de verduras Pinchos morunos con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Cream of vegetable soup Shish-kabab with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread	13 Judías verdes con bacon Tortilla de patatas con ensalada hortelana (lechuga, tomate y zanahoria) Natillas y pan Green beans with bacon Spanish potato omelette with garden salad (lettuce, tomatoes & carrots) Custard and bread	14 Arroz con salchichas Pechuga de pollo empanada con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan integral Frank with rice Breaded chicken breast with green salad (lettuce, green peppers & olives) Fruit and whole meal bread	15 Sopa de picadillo Albóndigas frescas a la jardinera con patatas fritas Fruta y pan Broth with ham & egg bits Fresh meatballs with veggies with french fries Fruit and bread	16 Espaguetis al queso Estofado de cerdo con ensalada primavera (lechuga, tomate y maíz) Yogur y pan Spaguetti with cheese Pork stew with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread	Kcal: 742 HC: 73 Prot: 29 Lip: 37
19 Arroz con tomate Cinta de lomo con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan Rice with tomato sauce Pork loin with green salad (lettuce, green peppers & olives) Fruit and bread	20 Crema de zanahoria Filete de pollo con ensalada tricolor (lechuga, zanahoria y maíz) Fruta en almíbar y pan integral Cream of carrot soup Chicken steak with tricolor salad (lettuce, carrots & sweetcorn) Fruit in syrup and whole meal bread	21 MENÚ FIN CURSO SECUNDARIA Macarrones con verduras Hamburguesa con patatas fritas Fruta y pan Macaroni with vegetables Hamburger with french fries Fruit and bread	22 COMIDA FIN CURSO PRIMARIA	23	Kcal: 691 HC: 81 Prot: 25 Lip: 27
26	27	28	29	30	Kcal: 0 HC: 0 Prot: 0 Lip: 0



lunes	martes	miércoles	jueves	viernes	I. Nutricional
ALÉRGICO AL HUEVO, FRUTOS SECOS Y PERA			1 Crema de calabacín San Jacobo con ensalada Fruta y pan Cream of zucchini soup Cooked ham & cheese escalope with salad Fruit and bread	2 Espirales a la napolitana (sin huevo) Magro al horno con ensalada verde (lechuga, pimiento verde y aceituna) Yogur y pan Neapolitan spirals (without egg) Pork roast with green salad (lettuce, green peppers & olives) Yoghurt and bread	Kcal: 641 HC: 62 Prot: 27 Lip: 35
5 Ensalada variada Cinta de lomo con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Mixed salad Pork loin with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	6 Pasta (sin huevo ni queso) boloñesa Pavo a la plancha con ensalada hortelana (lechuga, tomate y zanahoria) Fruta en almíbar y pan integral Pasta in bolognese sauce (egg & cheese free) Grilled turkey with garden salad (lettuce, tomatoes & carrots) Fruit in syrup and whole meal bread	7 Crema de verduras Brocheta de pollo con patatas dado Fruta y pan Cream of vegetable soup Chicken kebab with diced potatoes Fruit and bread	8 Gazpacho Lomo de Sajonia con ensalada Helado y pan Gazpacho (cold tomato based soup) Kassler with salad Ice cream and bread	9 Arroz con tomate Merluza al horno con patatas fritas Fruta y pan Rice with tomato sauce Baked hake with french fries Fruit and bread	Kcal: 663 HC: 69 Prot: 27 Lip: 33
12 Crema de verduras Pinchos morunos con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Cream of vegetable soup Shish-kabab with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread	13 Judías verdes con bacon Ragout de ternera a la jardinera con ensalada hortelana (lechuga, tomate y zanahoria) Natillas y pan Green beans with bacon Beef ragout sauce with veggies with garden salad (lettuce, tomatoes & carrots) Custard and bread	14 Arroz con salchichas Pechuga de pollo al ajillo con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan integral Frank with rice Chicken breast in garlic sauce with green salad (lettuce, green peppers & olives) Fruit and whole meal bread	15 Sopa de pasta (sin huevo) Albóndigas frescas a la jardinera con patatas fritas Fruta y pan Pasta soup (without eggs) Fresh meatballs with veggies with french fries Fruit and bread	16 Espaguetis (sin huevo) con tomate Limanda a la plancha con ensalada primavera (lechuga, tomate y maíz) Yogur y pan Spaghetti with tomatoes (without egg) Grilled yellowfin sole with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread	Kcal: 693 HC: 76 Prot: 30 Lip: 28
19 Arroz con tomate Cinta de lomo con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan Rice with tomato sauce Pork loin with green salad (lettuce, green peppers & olives) Fruit and bread	20 Crema de zanahoria Merluza con ensalada tricolor (lechuga, zanahoria y maíz) Fruta en almíbar y pan integral Cream of carrot soup Hake with tricolor salad (lettuce, carrots & sweetcorn) Fruit in syrup and whole meal bread	21 MENÚ FIN CURSO SECUNDARIA Pasta (sin huevo) con verduras Hamburguesa con patatas fritas Fruta y pan Pasta (without egg) with vegetables Hamburger with french fries Fruit and bread	22 COMIDA FIN CURSO PRIMARIA	23	Kcal: 698 HC: 80 Prot: 25 Lip: 29
26	27	28	29	30	Kcal: 0 HC: 0 Prot: 0 Lip: 0



lunes	martes	miércoles	jueves	viernes	I. Nutricional
<p>ALÉRGICO AL HUEVO, LEGUMBRES, PESCADO, MARISCO, FRUTOS SECOS, KIWI, PLÁTANO, FRESA, HIGO Y MANGO</p>			<p>1</p> <p>Crema de calabacín San Jacobo con ensalada Fruta y pan Cream of zucchini soup Cooked ham & cheese escalope with salad Fruit and bread</p>	<p>2</p> <p>Espirales a la napolitana (sin huevo) Magro al horno con ensalada verde (lechuga, pimiento verde y aceituna) Yogur y pan Neapolitan spirals (without egg) Pork roast with green salad (lettuce, green peppers & olives) Yoghurt and bread</p>	<p>Kcal: 641</p> <p>HC: 62</p> <p>Prot: 27</p> <p>Lip: 35</p>
<p>5</p> <p>Ensalada variada Cinta de lomo con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Mixed salad Pork loin with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread</p>	<p>6</p> <p>Pasta (sin huevo ni queso) boloñesa Pavo a la plancha con ensalada hortalana (lechuga, tomate y zanahoria) Fruta en almíbar y pan integral Pasta in bolognese sauce (egg & cheese free) Grilled turkey with garden salad (lettuce, tomatoes & carrots) Fruit in syrup and whole meal bread</p>	<p>7</p> <p>Crema de verduras Brocheta de pollo con patatas dado Fruta y pan Cream of vegetable soup Chicken kebab with diced potatoes Fruit and bread</p>	<p>8</p> <p>Gazpacho Lomo de Sajonia con ensalada Helado y pan Gazpacho (cold tomato based soup) Kassler with salad Ice cream and bread</p>	<p>9</p> <p>Arroz con tomate Filete de ternera con patatas fritas Fruta y pan Rice with tomato sauce Beef steak with french fries Fruit and bread</p>	<p>Kcal: 670</p> <p>HC: 69</p> <p>Prot: 27</p> <p>Lip: 34</p>
<p>12</p> <p>Crema de verduras Pinchos morunos con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Cream of vegetable soup Shish-kabab with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread</p>	<p>13</p> <p>Crema de puerros Ternera en salsa con ensalada hortalana (lechuga, tomate y zanahoria) Natillas y pan Cream of leek soup Beef in sauce with garden salad (lettuce, tomatoes & carrots) Custard and bread</p>	<p>14</p> <p>Arroz napolitana Pechuga de pollo al ajillo con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan integral Neapolitan rice Chicken breast in garlic sauce with green salad (lettuce, green peppers & olives) Fruit and whole meal bread</p>	<p>15</p> <p>Sopa de pasta (sin huevo) Albóndigas frescas con patatas fritas Fruta y pan Pasta soup (without eggs) Fresh meatballs with french fries Fruit and bread</p>	<p>16</p> <p>Espaguetis (sin huevo) con tomate Estofado de cerdo con ensalada primavera (lechuga, tomate y maíz) Yogur y pan Spaghetti with tomatoes (without egg) Pork stew with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread</p>	<p>Kcal: 717</p> <p>HC: 81</p> <p>Prot: 28</p> <p>Lip: 29</p>
<p>19</p> <p>Arroz con tomate Cinta de lomo con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan Rice with tomato sauce Pork loin with green salad (lettuce, green peppers & olives) Fruit and bread</p>	<p>20</p> <p>Crema de zanahoria Filete de pollo con ensalada tricolor (lechuga, zanahoria y maíz) Fruta en almíbar y pan integral Cream of carrot soup Chicken steak with tricolor salad (lettuce, carrots & sweetcorn) Fruit in syrup and whole meal bread</p>	<p>21</p> <p>MENÚ FIN CURSO SECUNDARIA Pasta (sin huevo) con verduras Hamburguesa casera con patatas fritas Fruta y pan Pasta (without egg) with vegetables Homemade hamburger with french fries Fruit and bread</p>	<p>22</p> <p>COMIDA FIN CURSO PRIMARIA</p>	<p>23</p>	<p>Kcal: 696</p> <p>HC: 79</p> <p>Prot: 28</p> <p>Lip: 32</p>
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>Kcal: 0</p> <p>HC: 0</p> <p>Prot: 0</p> <p>Lip: 0</p>



lunes	martes	miércoles	jueves	viernes	I. Nutricional
			1	2	
ALÉRGICO A LENTEJAS, GARBANZOS Y GUISANTES. LAS JUDÍAS VERDES SOLO EN PURÉ			Crema de calabacín San Jacobo con ensalada Fruta y pan Cream of zucchini soup Cooked ham & cheese escalope with salad Fruit and bread	Espirales gratinados Tortilla de queso con ensalada verde (lechuga, pimiento verde y aceituna) Yogur y pan Spirals au gratin Cheese omelette with green salad (lettuce, green peppers & olives) Yoghurt and bread	Kcal: 653 HC: 67 Prot: 25 Lip: 36
5	6	7	8	9	
Ensalada variada Cinta de lomo con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Mixed salad Pork loin with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	Espaguetis boloñesa Huevos revueltos con jamón con ensalada hortelana (lechuga, tomate y zanahoria) Fruta en almíbar y pan integral Bolognese spaghetti Scrambled eggs with ham with garden salad (lettuce, tomatoes & carrots) Fruit in syrup and whole meal bread	Crema de verduras Brocheta de pollo con patatas dado Fruta y pan Cream of vegetable soup Chicken kebab with diced potatoes Fruit and bread	Gazpacho Escalope con ensalada Helado y pan Gazpacho (cold tomato based soup) Breaded pork with salad Ice cream and bread	Arroz con tomate Merluza al horno con patatas fritas Fruta y pan Rice with tomato sauce Baked hake with french fries Fruit and bread	Kcal: 675 HC: 74 Prot: 27 Lip: 32
12	13	14	15	16	
Crema de verduras Pinchos morunos con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Cream of vegetable soup Shish-kabab with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread	Crema de judías verdes Tortilla de patatas con ensalada hortelana (lechuga, tomate y zanahoria) Natillas y pan Cream of green bean soup Spanish potato omelette with garden salad (lettuce, tomatoes & carrots) Custard and bread	Arroz napolitana Pechuga de pollo empanada con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan integral Neapolitan rice Breaded chicken breast with green salad (lettuce, green peppers & olives) Fruit and whole meal bread	Sopa de picadillo Albóndigas frescas con patatas fritas Fruta y pan Broth with ham & egg bits Fresh meatballs with french fries Fruit and bread	Espaguetis al queso Filete de limanda rebozado con ensalada primavera (lechuga, tomate y maíz) Yogur y pan Spaguetti with cheese Batter-fried yellowfin sole steak with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread	Kcal: 705 HC: 77 Prot: 28 Lip: 30
19	20	21	22	23	
Arroz con tomate Cinta de lomo con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan Rice with tomato sauce Pork loin with green salad (lettuce, green peppers & olives) Fruit and bread	Canelones de carne Merluza rebozada con ensalada tricolor (lechuga, zanahoria y maíz) Fruta en almíbar y pan integral Meat cannelloni Battered hake with tricolor salad (lettuce, carrots & sweetcorn) Fruit in syrup and whole meal bread	MENÚ FIN CURSO SECUNDARIA Macarrones con verduras Hamburguesa casera con patatas fritas Fruta y pan Macaroni with vegetables Homemade hamburger with french fries Fruit and bread	COMIDA FIN CURSO PRIMARIA		Kcal: 773 HC: 91 Prot: 31 Lip: 33
26	27	28	29	30	
					Kcal: 0 HC: 0 Prot: 0 Lip: 0



lunes	martes	miércoles	jueves	viernes	I. Nutricional
ALÉRGICO AL TRIGO, CENTENO, MAÍZ, AZÚCAR, LÁCTEOS Y ARROZ			1 Crema de calabacín Estofado de pavo con ensalada Fruta y pan (sin gluten) Cream of zucchini soup Turkey stew with salad Fruit and bread (gluten free)	2 Pasta (sin gluten) con tomate Tortilla francesa con ensalada verde (lechuga,pimiento verde y aceituna) Fruta y pan (sin gluten) Pasta (gluten free) with tomato sauce Plain omelette with green salad (lettuce, green peppers & olives) Fruit and bread (gluten free)	Kcal: 573 HC: 66 Prot: 18 Lip: 27
5 Ensaladilla rusa Cinta de lomo con lechuga y zanahoria Fruta y pan (sin gluten) Russian potato salad Pork loin with lettuce & carrot Fruit and bread (gluten free)	6 Pasta (sin gluten) con tomate Huevos revueltos con ensalada hortelana (lechuga, tomate y zanahoria) Fruta y pan (sin gluten) Pasta (gluten free) with tomato Scrambled eggs with garden salad (lettuce, tomatoes & carrots) Fruit and bread (gluten free)	7 Crema de verduras Brocheta de pollo con patatas dado Fruta y pan (sin gluten) Cream of vegetable soup Chicken kebab with diced potatoes Fruit and bread (gluten free)	8 Verduras salteadas Lomo de Sajonia con ensalada Fruta y pan (sin gluten) Sautéed vegetables Kassler with salad Fruit and bread (gluten free)	9 Patatas estofadas Merluza al horno con patatas fritas Fruta y pan (sin gluten) Stewed potatoes Baked hake with french fries Fruit and bread (gluten free)	Kcal: 705 HC: 68 Prot: 27 Lip: 36
12 Crema de verduras Pinchos morunos con ensalada Fruta y pan (sin gluten) Cream of vegetable soup Shish-kabab with salad Fruit and bread (gluten free)	13 Judías verdes con bacon Tortilla de patatas con ensalada hortelana (lechuga, tomate y zanahoria) Fruta y pan (sin gluten) Green beans with bacon Spanish potato omelette with garden salad (lettuce, tomatoes & carrots) Fruit and bread (gluten free)	14 Patatas con carne Pechuga de pollo al ajillo con ensalada verde (lechuga,pimiento verde y aceituna) Fruta y pan (sin gluten) Meat & potato stew Chicken breast in garlic sauce with green salad (lettuce, green peppers & olives) Fruit and bread (gluten free)	15 Sopa de pasta (sin gluten) Albóndigas frescas a la jardinera con patatas fritas Fruta y pan (sin gluten) Pasta soup (gluten free) Fresh meatballs with veggies with french fries Fruit and bread (gluten free)	16 Pasta (sin gluten) con tomate Limanda a la plancha con lechuga y tomate Fruta y pan (sin gluten) Pasta (gluten free) with tomato sauce Grilled yellowfin sole with lettuce & tomatoes Fruit and bread (gluten free)	Kcal: 691 HC: 68 Prot: 23 Lip: 33
19 Verduras salteadas Cinta de lomo con ensalada verde (lechuga,pimiento verde y aceituna) Fruta y pan (sin gluten) Sautéed vegetables Pork loin with green salad (lettuce, green peppers & olives) Fruit and bread (gluten free)	20 Crema de zanahoria Merluza con lechuga y zanahoria Fruta y pan (sin gluten) Cream of carrot soup Hake with lettuce & carrot Fruit and bread (gluten free)	21 MENÚ FIN CURSO SECUNDARIA Macarrones (sin gluten) con verduras Hamburguesa con patatas fritas Fruta y pan (sin gluten) Macaroni (gluten free) with vegetables Hamburger with french fries Fruit and bread (gluten free)	22 COMIDA FIN CURSO PRIMARIA	23	Kcal: 713 HC: 72 Prot: 24 Lip: 32
26	27	28	29	30	Kcal: 0 HC: 0 Prot: 0 Lip: 0