

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

01

02

03

04

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16

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18

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22

23

24

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28

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30

31

Kcal 891  
Lip. 21

P. 42  
H.C. 137

- Arroz con tomate
- Pechugas de pollo con salsa rubia
- Fruta
- Pan

Kcal 761  
Lip. 27

P. 24  
H.C. 102

- Sopa de estrellas con pollo y huevo
- Tortilla de patata con ensalada liz
- Yogurt sabores
- Pan

Kcal 754  
Lip. 17

P. 45  
H.C. 103

- Puré de porrusalda
- Estofado de pavo con verduras
- Fruta
- Pan

Kcal 737  
Lip. 16

P. 45  
H.C. 105

- Lentejas
- Bacalao romana con lechuga
- Fruta
- Pan

Kcal 824  
Lip. 33

P. 24  
H.C. 106

- Vainas rehogadas
- Croquetas con jamón york y lechuga
- Fruta
- Pan

Kcal 689  
Lip. 24

P. 34  
H.C. 86

- Sopa de lluvia
- Medallones de merluza en salsa marinera
- Fruta
- Pan

Kcal 854  
Lip. 16

P. 59  
H.C. 114

- Alubias blancas
- Estofado de pollo en salsa rubia
- Yogurt natural azucarado
- Pan

Kcal 866  
Lip. 22

P. 42  
H.C. 125

- Macarrones con tomate
- Filete de abadejo romana con ensalada liz
- Fruta
- Pan

Kcal 911  
Lip. 14

P. 41  
H.C. 154

- Garbanzos
- Albóndigas de pollo y cerdo en salsa suave con patatas
- Fruta
- Pan

Kcal 712  
Lip. 23

P. 38  
H.C. 90

- Crema de calabacín
- Pechugas de pollo rebozadas con ensalada liz
- Fruta
- Pan

Kcal 725  
Lip. 11

P. 49  
H.C. 109

- Alubias rojas
- Palometa al horno con tomate
- Fruta
- Pan

Kcal 785  
Lip. 36

P. 23  
H.C. 89

- Borrajas estofadas
- Tortilla de patata y chorizo con lechuga
- Actimel
- Pan

Kcal 701  
Lip. 13

P. 39  
H.C. 105

- Marmitako
- Lomo adobado de cerdo empanado con ensalada liz
- Fruta
- Pan

Kcal 839  
Lip. 21

P. 39  
H.C. 123

- Espirales con tomate
- Bacalao a la gallega
- Fruta
- Pan

Kcal 717  
Lip. 31

P. 30  
H.C. 81

- Vainas rehogadas
- Merluza en salsa americana
- Fruta
- Pan

Kcal 933  
Lip. 21

P. 38  
H.C. 149

- Lentejas
- San jacob con lechuga
- Fruta
- Pan

Kcal 804  
Lip. 32

P. 47  
H.C. 81

- Sopa de ave con fideos
- Guisado de ternera en salsa de verduras con setas
- Yogurt sabores
- Pan

Kcal 658  
Lip. 18

P. 45  
H.C. 80

- Crema de calabaza y zanahoria
- Muslo de pollo asado con ensalada liz
- Fruta
- Pan

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

01

02

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Kcal 891 P. 42  
Lip. 21 H.C. 137

- Rice with tomato sauce
- Chicken breasts roux
- Fruit
- Bread

Kcal 761 P. 24  
Lip. 27 H.C. 102

- Stars soup with chicken and egg
- Spanish omelette with liz salad
- Different flavors yogurt
- Bread

Kcal 754 P. 45  
Lip. 17 H.C. 103

- Leek stew cream
- Turkey stew with vegetables
- Fruit
- Bread

Kcal 737 P. 45  
Lip. 16 H.C. 105

- Lentils
- Battered cod with lettuce
- Fruit
- Bread

Kcal 824 P. 24  
Lip. 33 H.C. 106

- Sautéed green beans
- Ham croquettes with lettuce
- Fruit
- Bread

Kcal 689 P. 34  
Lip. 24 H.C. 86

- Rain soup
- Hake slice in seafood sauce
- Fruit
- Bread

Kcal 854 P. 59  
Lip. 16 H.C. 114

- White Beans
- Chicken stew roux
- Naturally sweetened yogurt
- Bread

Kcal 866 P. 42  
Lip. 22 H.C. 125

- Macaroni with tomato sauce
- Battered haddock fillet with liz salad
- Fruit
- Bread

Kcal 911 P. 41  
Lip. 14 H.C. 154

- Chickpeas
- Chicken and pork meatballs in light sauce with potatoes
- Fruit
- Bread

Kcal 712 P. 38  
Lip. 23 H.C. 90

- Courgette cream
- Breaded chicken breasts with liz salad
- Fruit
- Bread

Kcal 725 P. 49  
Lip. 11 H.C. 109

- Red beans
- Bream baked with tomato
- Fruit
- Bread

Kcal 785 P. 23  
Lip. 36 H.C. 89

- Borages stew
- Potato and chorizo omelette with lettuce
- Actimel
- Bread

Kcal 701 P. 39  
Lip. 13 H.C. 105

- Tuna stew
- Breaded marinated pork loin with liz salad
- Fruit
- Bread

Kcal 839 P. 39  
Lip. 21 H.C. 123

- Spirals with tomato sauce
- Galician cod
- Fruit
- Bread

Kcal 717 P. 30  
Lip. 31 H.C. 81

- Sautéed green beans
- Hake in American sauce
- Fruit
- Bread

Kcal 933 P. 38  
Lip. 21 H.C. 149

- Lentils
- San Jacobo with lettuce
- Fruit
- Bread

Kcal 804 P. 47  
Lip. 32 H.C. 81

- Fowl soup with noodles
- Veal stew in vegetable sauce with mushrooms
- Different flavors yogurt
- Bread

Kcal 658 P. 45  
Lip. 18 H.C. 80

- Pumpkin and carrot cream
- Grilled chicken thigh with liz salad
- Fruit
- Bread