

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
	<b>01</b> <b>Paella mixta</b> Al. (2-4) Rice with meat and fish <b>Bacalao con tomate</b> Al. (1-4) Cod fish in tomato sauce <b>Yogur</b> Yoghurt Al. (7) / <b>Pan</b> Bread Al. (1)  490 Kcal. / P: 26,1g / H: 51,6g G: 19,1g / A.G.S.: 4,4g	<b>02</b> <b>Coditos gratinados</b> Al. (1-3-7) Pasta with cheese and tomato sauce <b>Tortilla francesa</b> Al. (3) Omelette <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)  473 Kcal. / P: 16g / H: 50g G: 21,8g / A.G.S.: 4,6g	<b>03</b> <b>Judías blancas en vinagreta</b> Al. (0) White bean stew <b>Halibut al horno</b> Al. (4) Baked fish <b>Yogur</b> Yoghurt Al. (7) / <b>Pan</b> Bread Al. (1)  413 Kcal. / P: 22,1g / H: 37,7g G: 16,8g / A.G.S.: 4g	<b>04</b> <b>Menestra de verduras</b> Al. (0) Vegetable stew <b>Pollo al horno</b> Al. (0) Baked chicken <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)  454 Kcal. / P: 24g / H: 42,4g G: 19,3g / A.G.S.: 4g
<b>07</b> <b>Paella de verduras</b> Al. (0) Vegetable rice <b>Limanda en salsa verde</b> Al. (1-4) Fish in parsley sauce <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)  440 Kcal. / P: 14,8g / H: 63,6g G: 12,6g / A.G.S.: 2g	<b>08</b> <b>Crema de verduras</b> Al. (0) Cream of vegetable soup <b>Carrilleras estofadas</b> Al. (0) Pork stew <b>Yogur</b> Yoghurt Al. (7) / <b>Pan</b> Bread Al. (1)  422 Kcal. / P: 26g / H: 30g G: 21g / A.G.S.: 5,4g	<b>09</b> <b>Sopa de letras</b> Al. (1-3) Chicken and pasta soup <b>Tortilla española</b> Al. (3) Potato omelette <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)  478 Kcal. / P: 16,5g / H: 59,6g G: 17,7g / A.G.S.: 3,8g	<b>10</b> <b>Garbanzos estofados</b> Al. (0) Chickpea stew <b>Merluza a la plancha</b> Al. (4) Grilled hake fish <b>Yogur</b> Yoghurt Al. (7) / <b>Pan</b> Bread Al. (1)  433 Kcal. / P: 23,6g / H: 38,7g G: 18,5g / A.G.S.: 4,1g	<b>11</b> <b>Macarrones con tomate</b> Al. (1-3) Pasta with tomato sauce <b>Pollo en salsa</b> Al. (0) Chicken in sauce <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)  423 Kcal. / P: 17,3g / H: 52,6g G: 14,7g / A.G.S.: 3,1g
<b>14</b> <b>Puré de guisantes</b> Al. (0) Cream of pea soup <b>Filete de ternera asada</b> Al. (0) Roasted beef steak <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)  431 Kcal. / P: 19,9g / H: 45,3g G: 16,9g / A.G.S.: 4g	<b>15</b> <b>Arroz a banda</b> Al. (2-4-13) Rice with seafood and vegetables <b>Revuelto de jamón</b> Al. (3) Scrambled eggs with ham <b>Yogur</b> Yoghurt Al. (7) / <b>Pan</b> Bread Al. (1)  423 Kcal. / P: 18,6g / H: 42,7g G: 19,3g / A.G.S.: 5g	<b>16</b> <b>Lentejas estofadas con verduras</b> Al. (0) Lentil stew <b>Merluza a la plancha</b> Al. (4) Grilled hake fish <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)  422 Kcal. / P: 18,9g / H: 51,7g G: 13,3g / A.G.S.: 2,3g	<b>17</b> <b>Judías verdes con patatas</b> Al. (0) Green beans with potatoes <b>Lomo en salsa</b> Al. (0) Pork steak in sauce <b>Yogur</b> Yoghurt Al. (7) / <b>Pan</b> Bread Al. (1)  414 Kcal. / P: 20,7g / H: 38,1g G: 18,4g / A.G.S.: 4,7g	<b>18</b> <b>Ensalada de pasta</b> Al. (1-3) Pasta salad <b>Halibut al horno</b> Al. (4) Baked fish <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)  403 Kcal. / P: 15,6g / H: 47,4g G: 15,3g / A.G.S.: 2,3g
<b>21</b> <b>Crema de puerros</b> Al. (0) Cream of leek soup <b>Albóndigas con tomate</b> Al. (1-6-12) Meatballs with tomato sauce <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)  493 Kcal. / P: 15,9g / H: 59,4g G: 19,4g / A.G.S.: 4,7g	<b>22</b> <b>Arroz con tomate</b> Al. (0) Rice with tomato sauce <b>Bacalao al horno</b> Al. (4) Baked cod fish <b>Yogur</b> Yoghurt Al. (7) / <b>Pan</b> Bread Al. (1)  451 Kcal. / P: 25,3g / H: 49,8g G: 16,1g / A.G.S.: 3,8g	<b>23</b> <b>Gazpacho</b> Al. (0) Cream of tomato and vegetable soup <b>Pollo asado</b> Al. (0) Roasted chicken <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)  457 Kcal. / P: 20,9g / H: 44,7g G: 18,9g / A.G.S.: 3,9g	<b>24</b> <b>Judías pintas estofadas</b> Al. (0) Red bean stew <b>Merluza en salsa</b> Al. (4) Hake fish in sauce <b>Yogur</b> Yoghurt Al. (7) / <b>Pan</b> Bread Al. (1)  417 Kcal. / P: 26,5g / H: 39,9g G: 14,2g / A.G.S.: 3,6g	<b>25</b> <b>Espirales con jamón</b> Al. (1-3) Pasta with ham <b>Revuelto de atún</b> Al. (3-4) Scrambled eggs with tuna <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)  455 Kcal. / P: 21,2g / H: 51,7g G: 17,3g / A.G.S.: 3,3g

**P:** Proteínas  
**H:** Hidratos de carbono  
**G:** Grasas  
**A.G.S.:** Ácidos grasos saturados

## ALÉRGICOS



1. GLUTEN



2. CRUSTÁCEOS



3. HUEVOS



4. PESCADO



5. CACAHUETES



6. SOJA



7. LÁCTEOS



8. FRUTOS DE CÁSCARA



9. APIO



10. MOSTAZA



11. SESAMO



12. DÍOXIDO DE AZUFRE, SULFITOS



13. MOLUSCOS



14. ALTRAMUCES

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
	<b>01</b> <b>Paella mixta</b> Al. (2-4) Rice with meat and fish <b>Bacalao al horno</b> Al. (4) Baked cod fish Yogur Yoghurt Al. (7) / Pan sin gluten Gluten-free bread	<b>02</b> <b>Coditos gratinados (sin gluten)</b> Al. (7) Pasta (gluten free) with cheese and tomato sauce <b>Tortilla francesa</b> Al. (3) Omelette Fruta Fruit / Pan sin gluten Gluten-free bread	<b>03</b> <b>Judías blancas en vinagreta</b> Al. (0) White bean stew <b>Halibut al horno</b> Al. (4) Baked fish Yogur Yoghurt Al. (7) / Pan sin gluten Gluten-free bread	<b>04</b> <b>Menestra de verduras</b> Al. (0) Vegetable stew <b>Pollo al horno</b> Al. (0) Baked chicken Fruta Fruit / Pan sin gluten Gluten-free bread
<b>07</b> <b>Paella de verduras</b> Al. (0) Vegetable rice <b>Limanda al horno</b> Al. (4) Baked fish Fruta Fruit / Pan sin gluten Gluten-free bread	<b>08</b> <b>Crema de verduras</b> Al. (0) Cream of vegetable soup <b>Carrilleras estofadas</b> Al. (0) Pork stew Yogur Yoghurt Al. (7) / Pan sin gluten Gluten-free bread	<b>09</b> <b>Sopa de letras (sin gluten)</b> Al. (0) Chicken and pasta (gluten free) soup <b>Tortilla española</b> Al. (3) Potato omelette Fruta Fruit / Pan sin gluten Gluten-free bread	<b>10</b> <b>Garbanzos estofados</b> Al. (0) Chickpea stew <b>Merluza a la plancha</b> Al. (4) Grilled hake fish Yogur Yoghurt Al. (7) / Pan sin gluten Gluten-free bread	<b>11</b> <b>Macarrones con tomate (sin gluten)</b> Al. (0) Pasta (gluten free) with tomato sauce <b>Pollo en salsa</b> Al. (0) Chicken in sauce Fruta Fruit / Pan sin gluten Gluten-free bread
<b>14</b> <b>Puré de guisantes</b> Al. (0) Cream of pea soup <b>Filete de ternera asada</b> Al. (0) Roasted beef steak Fruta Fruit / Pan sin gluten Gluten-free bread	<b>15</b> <b>Arroz a banda</b> Al. (2-4-13) Rice with seafood and vegetables <b>Revuelto de jamón</b> Al. (3) Scrambled eggs with ham Yogur Yoghurt Al. (7) / Pan sin gluten Gluten-free bread	<b>16</b> <b>Lentejas estofadas con verduras</b> Al. (0) Lentil stew <b>Merluza a la plancha</b> Al. (4) Grilled hake fish Fruta Fruit / Pan sin gluten Gluten-free bread	<b>17</b> <b>Judías verdes con patatas</b> Al. (0) Green beans with potatoes <b>Lomo en salsa</b> Al. (0) Pork steak in sauce Yogur Yoghurt Al. (7) / Pan sin gluten Gluten-free bread	<b>18</b> <b>Ensalada de pasta (sin gluten)</b> Al. (0) Pasta (gluten free) salad <b>Halibut al horno</b> Al. (4) Baked fish Fruta Fruit / Pan sin gluten Gluten-free bread
<b>21</b> <b>Crema de puerros</b> Al. (0) Cream of leek soup <b>Albóndigas con tomate</b> Al. (1-6-12) Meatballs with tomato sauce Fruta Fruit / Pan sin gluten Gluten-free bread	<b>22</b> <b>Arroz con tomate</b> Al. (0) Rice with tomato sauce <b>Bacalao al horno</b> Al. (4) Baked cod fish Yogur Yoghurt Al. (7) / Pan sin gluten Gluten-free bread	<b>23</b> <b>Gazpacho</b> Al. (0) Cream of tomato and vegetable soup <b>Pollo asado</b> Al. (0) Roasted chicken Fruta Fruit / Pan sin gluten Gluten-free bread	<b>24</b> <b>Judías pintas estofadas</b> Al. (0) Red bean stew <b>Merluza en salsa</b> Al. (4) Hake fish in sauce Yogur Yoghurt Al. (7) / Pan sin gluten Gluten-free bread	<b>25</b> <b>Espiraletas con jamón (sin gluten)</b> Al. (0) Pasta (gluten free) with ham <b>Revuelto de atún</b> Al. (3-4) Scrambled eggs with tuna Fruta Fruit / Pan sin gluten Gluten-free bread

- ALÉRGICOS**
1. GLUTEN
  2. CRUSTÁCEOS
  3. HUEVOS
  4. PESCADO
  5. CACAHUETES
  6. SOJA
  7. LÁCTEOS
  8. FRUTOS DE CÁSCARA
  9. APIO
  10. MOSTAZA
  11. SESAMO
  12. DIOXIDO DE AZUFRE, SULFITOS
  13. MOLUSCOS
  14. ALTRAMUCES

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LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
	<b>01</b> <b>Paella mixta</b> Al. (2-4) Rice with meat and fish <b>Bacalao con tomate</b> Al. (1-4) Cod fish in tomato sauce <b>Yogur</b> Yoghurt Al. (7) / <b>Pan</b> Bread Al. (1)	<b>02</b> <b>Coditos gratinados (sin huevo)</b> Al. (7) Pasta (without egg) with cheese and tomato sauce <b>Filete de pavo a la plancha</b> Al. (0) Grilled turkey fillet <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)	<b>03</b> <b>Judías blancas en vinagreta</b> Al. (0) White bean stew <b>Halibut al horno</b> Al. (4) Baked fish <b>Yogur</b> Yoghurt Al. (7) / <b>Pan</b> Bread Al. (1)	<b>04</b> <b>Menestra de verduras</b> Al. (0) Vegetable stew <b>Pollo al horno</b> Al. (0) Baked chicken <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)
<b>07</b> <b>Paella de verduras</b> Al. (0) Vegetable rice <b>Limanda en salsa verde</b> Al. (1-4) Fish in parsley sauce <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)	<b>08</b> <b>Crema de verduras</b> Al. (0) Cream of vegetable soup <b>Carrilleras estofadas</b> Al. (0) Pork stew <b>Yogur</b> Yoghurt Al. (7) / <b>Pan</b> Bread Al. (1)	<b>09</b> <b>Sopa de letras (sin huevo)</b> Al. (0) Chicken and pasta soup <b>Filete de pavo a la plancha</b> Al. (0) Grilled turkey fillet <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)	<b>10</b> <b>Garbanzos estofados</b> Al. (0) Chickpea stew <b>Merluza a la plancha</b> Al. (4) Grilled hake fish <b>Yogur</b> Yoghurt Al. (7) / <b>Pan</b> Bread Al. (1)	<b>11</b> <b>Macarrones con tomate (sin huevo)</b> Al. (0) Pasta (without egg) with tomato sauce <b>Pollo en salsa</b> Al. (0) Chicken in sauce <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)
<b>14</b> <b>Puré de guisantes</b> Al. (0) Cream of pea soup <b>Filete de ternera asada</b> Al. (0) Roasted beef steak <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)	<b>15</b> <b>Arroz a banda</b> Al. (2-4-13) Rice with seafood and vegetables <b>Filete de pollo a la plancha</b> Al. (0) Grilled chicken fillet <b>Yogur</b> Yoghurt Al. (7) / <b>Pan</b> Bread Al. (1)	<b>16</b> <b>Lentejas estofadas con verduras</b> Al. (0) Lentil stew <b>Merluza a la plancha</b> Al. (4) Grilled hake fish <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)	<b>17</b> <b>Judías verdes con patatas</b> Al. (0) Green beans with potatoes <b>Lomo en salsa</b> Al. (0) Pork steak in sauce <b>Yogur</b> Yoghurt Al. (7) / <b>Pan</b> Bread Al. (1)	<b>18</b> <b>Ensalada de pasta (sin huevo)</b> Al. (0) Pasta salad (without egg) <b>Halibut al horno</b> Al. (4) Baked fish <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)
<b>21</b> <b>Crema de puerros</b> Al. (0) Cream of leek soup <b>Albóndigas con tomate</b> Al. (1-6-12) Meatballs with tomato sauce <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)	<b>22</b> <b>Arroz con tomate</b> Al. (0) Rice with tomato sauce <b>Bacalao al horno</b> Al. (4) Baked cod fish <b>Yogur</b> Yoghurt Al. (7) / <b>Pan</b> Bread Al. (1)	<b>23</b> <b>Gazpacho</b> Al. (0) Cream of tomato and vegetable soup <b>Pollo asado</b> Al. (0) Roasted chicken <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)	<b>24</b> <b>Judías pintas estofadas</b> Al. (0) Red bean stew <b>Merluza en salsa</b> Al. (4) Hake fish in sauce <b>Yogur</b> Yoghurt Al. (7) / <b>Pan</b> Bread Al. (1)	<b>25</b> <b>Espirales con jamón (sin huevo)</b> Al. (0) Pasta (withou egg) with ham <b>Lomo a la plancha</b> Al. (0) Grilled pork steak <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)

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LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
	<b>01</b> <b>Paella mixta</b> Al. (2-4) Rice with meat and fish <b>Bacalao con tomate</b> Al. (1-4) Cod fish in tomato sauce <b>Yogur de soja</b> Soy yoghurt Al. (6) / <b>Pan</b> Bread Al. (1)	<b>02</b> <b>Coditos con tomate</b> Al. (1-3) Pasta with tomato sauce <b>Tortilla francesa</b> Al. (3) Omelette <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)	<b>03</b> <b>Judías blancas en vinagreta</b> Al. (0) White bean stew <b>Halibut al horno</b> Al. (4) Baked fish <b>Yogur de soja</b> Soy yoghurt Al. (6) / <b>Pan</b> Bread Al. (1)	<b>04</b> <b>Menestra de verduras</b> Al. (0) Vegetable stew <b>Pollo al horno</b> Al. (0) Baked chicken <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)
<b>07</b> <b>Paella de verduras</b> Al. (0) Vegetable rice <b>Limanda en salsa verde</b> Al. (1-4) Fish in parsley sauce <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)	<b>08</b> <b>Crema de verduras</b> Al. (0) Cream of vegetable soup <b>Carrilleras estofadas</b> Al. (0) Pork stew <b>Yogur de soja</b> Soy yoghurt Al. (6) / <b>Pan</b> Bread Al. (1)	<b>09</b> <b>Sopa de letras</b> Al. (1-3) Chicken and pasta soup <b>Tortilla española</b> Al. (3) Potato omelette <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)	<b>10</b> <b>Garbanzos estofados</b> Al. (0) Chickpea stew <b>Merluza a la plancha</b> Al. (4) Grilled hake fish <b>Yogur de soja</b> Soy yoghurt Al. (6) / <b>Pan</b> Bread Al. (1)	<b>11</b> <b>Macarrones con tomate</b> Al. (1-3) Pasta with tomato sauce <b>Pollo en salsa</b> Al. (0) Chicken in sauce <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)
<b>14</b> <b>Puré de guisantes</b> Al. (0) Cream of pea soup <b>Filete de ternera asada</b> Al. (0) Roasted beef steak <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)	<b>15</b> <b>Arroz a banda</b> Al. (2-4-13) Rice with seafood and vegetables <b>Revuelto de jamón</b> Al. (3) Scrambled eggs with ham <b>Yogur de soja</b> Soy yoghurt Al. (6) / <b>Pan</b> Bread Al. (1)	<b>16</b> <b>Lentejas estofadas con verduras</b> Al. (0) Lentil stew <b>Merluza a la plancha</b> Al. (4) Grilled hake fish <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)	<b>17</b> <b>Judías verdes con patatas</b> Al. (0) Green beans with potatoes <b>Lomo en salsa</b> Al. (0) Pork steak in sauce <b>Yogur de soja</b> Soy yoghurt Al. (6) / <b>Pan</b> Bread Al. (1)	<b>18</b> <b>Ensalada de pasta</b> Al. (1-3) Pasta salad <b>Halibut al horno</b> Al. (4) Baked fish <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)
<b>21</b> <b>Crema de puerros</b> Al. (0) Cream of leek soup <b>Albóndigas con tomate</b> Al. (1-6-12) Meatballs with tomato sauce <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)	<b>22</b> <b>Arroz con tomate</b> Al. (0) Rice with tomato sauce <b>Bacalao al horno</b> Al. (4) Baked cod fish <b>Yogur de soja</b> Soy yoghurt Al. (6) / <b>Pan</b> Bread Al. (1)	<b>23</b> <b>Gazpacho</b> Al. (0) Cream of tomato and vegetable soup <b>Pollo asado</b> Al. (0) Roasted chicken <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)	<b>24</b> <b>Judías pintas estofadas</b> Al. (0) Red bean stew <b>Merluza en salsa</b> Al. (4) Hake fish in sauce <b>Yogur de soja</b> Soy yoghurt Al. (6) / <b>Pan</b> Bread Al. (1)	<b>25</b> <b>Espirales con jamón</b> Al. (1-3) Pasta with ham <b>Revuelto de atún</b> Al. (3-4) Scrambled eggs with tuna <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)

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  9. APIO
  10. MOSTAZA
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LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
	<b>01</b> <b>Paella mixta</b> Al. (2-4) Rice with meat and fish <b>Bacalao con tomate</b> Al. (1-4) Cod fish in tomato sauce <b>Yogur de soja</b> Soy yoghurt Al. (6) / <b>Pan</b> Bread Al. (1)	<b>02</b> <b>Coditos con tomate (sin huevo)</b> Al. (0) Pasta (without egg) with tomato sauce <b>Filete de pavo a la plancha</b> Al. (0) Grilled turkey fillet <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)	<b>03</b> <b>Judías blancas en vinagreta</b> Al. (0) White bean stew <b>Halibut al horno</b> Al. (4) Baked fish <b>Yogur de soja</b> Soy yoghurt Al. (6) / <b>Pan</b> Bread Al. (1)	<b>04</b> <b>Menestra de verduras</b> Al. (0) Vegetable stew <b>Pollo al horno</b> Al. (0) Baked chicken <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)
<b>07</b> <b>Paella de verduras</b> Al. (0) Vegetable rice <b>Limanda en salsa verde</b> Al. (1-4) Fish in parsley sauce <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)	<b>08</b> <b>Crema de verduras</b> Al. (0) Cream of vegetable soup <b>Carrilleras estofadas</b> Al. (0) Pork stew <b>Yogur de soja</b> Soy yoghurt Al. (6) / <b>Pan</b> Bread Al. (1)	<b>09</b> <b>Sopa de letras (sin huevo)</b> Al. (0) Chicken and pasta soup <b>Filete de pavo a la plancha</b> Al. (0) Grilled turkey fillet <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)	<b>10</b> <b>Garbanzos estofados</b> Al. (0) Chickpea stew <b>Merluza a la plancha</b> Al. (4) Grilled hake fish <b>Yogur de soja</b> Soy yoghurt Al. (6) / <b>Pan</b> Bread Al. (1)	<b>11</b> <b>Macarrones con tomate (sin huevo)</b> Al. (0) Pasta (without egg) with tomato sauce <b>Pollo en salsa</b> Al. (0) Chicken in sauce <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)
<b>14</b> <b>Puré de guisantes</b> Al. (0) Cream of pea soup <b>Filete de ternera asada</b> Al. (0) Roasted beef steak <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)	<b>15</b> <b>Arroz a banda</b> Al. (2-4-13) Rice with seafood and vegetables <b>Filete de pollo a la plancha</b> Al. (0) Grilled chicken fillet <b>Yogur de soja</b> Soy yoghurt Al. (6) / <b>Pan</b> Bread Al. (1)	<b>16</b> <b>Lentejas estofadas con verduras</b> Al. (0) Lentil stew <b>Merluza a la plancha</b> Al. (4) Grilled hake fish <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)	<b>17</b> <b>Judías verdes con patatas</b> Al. (0) Green beans with potatoes <b>Lomo en salsa</b> Al. (0) Pork steak in sauce <b>Yogur de soja</b> Soy yoghurt Al. (6) / <b>Pan</b> Bread Al. (1)	<b>18</b> <b>Ensalada de pasta (sin huevo)</b> Al. (0) Pasta salad (without egg) <b>Halibut al horno</b> Al. (4) Baked fish <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)
<b>21</b> <b>Crema de puerros</b> Al. (0) Cream of leek soup <b>Albóndigas con tomate</b> Al. (1-6-12) Meatballs with tomato sauce <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)	<b>22</b> <b>Arroz con tomate</b> Al. (0) Rice with tomato sauce <b>Bacalao al horno</b> Al. (4) Baked cod fish <b>Yogur de soja</b> Soy yoghurt Al. (6) / <b>Pan</b> Bread Al. (1)	<b>23</b> <b>Gazpacho</b> Al. (0) Cream of tomato and vegetable soup <b>Pollo asado</b> Al. (0) Roasted chicken <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)	<b>24</b> <b>Judías pintas estofadas</b> Al. (0) Red bean stew <b>Merluza en salsa</b> Al. (4) Hake fish in sauce <b>Yogur de soja</b> Soy yoghurt Al. (6) / <b>Pan</b> Bread Al. (1)	<b>25</b> <b>Espirales con jamón (sin huevo)</b> Al. (0) Pasta (withou egg) with ham <b>Lomo a la plancha</b> Al. (0) Grilled pork steak <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)

- ALÉRGICOS**
1. GLUTEN
  2. CRUSTÁCEOS
  3. HUEVOS
  4. PESCADO
  5. CACAHUETES
  6. SOJA
  7. LÁCTEOS
  8. FRUTOS DE CÁSCARA
  9. APIO
  10. MOSTAZA
  11. SESAMO
  12. DÍOXIDO DE AZUFRE, SULFITOS
  13. MOLUSCOS
  14. ALTRAMUCES

**P:** Proteínas  
**H:** Hidratos de carbono  
**G:** Grasas  
**A.G.S.:** Ácidos grasos saturados

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
	<b>01</b> <b>Arroz con pollo</b> Al. (0) Rice with chicken <b>Bacalao con tomate</b> Al. (1-4) Cod fish in tomato sauce <b>Yogur</b> Yoghurt Al. (7) / <b>Pan</b> Bread Al. (1)	<b>02</b> <b>Coditos gratinados</b> Al. (1-3-7) Pasta with cheese and tomato sauce <b>Tortilla francesa</b> Al. (3) Omelette <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)	<b>03</b> <b>Judías blancas en vinagreta</b> Al. (0) White bean stew <b>Halibut al horno</b> Al. (4) Baked fish <b>Yogur</b> Yoghurt Al. (7) / <b>Pan</b> Bread Al. (1)	<b>04</b> <b>Menestra de verduras</b> Al. (0) Vegetable stew <b>Pollo al horno</b> Al. (0) Baked chicken <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)
<b>07</b> <b>Paella de verduras</b> Al. (0) Vegetable rice <b>Limanda en salsa verde</b> Al. (1-4) Fish in parsley sauce <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)	<b>08</b> <b>Crema de verduras</b> Al. (0) Cream of vegetable soup <b>Carrilleras estofadas</b> Al. (0) Pork stew <b>Yogur</b> Yoghurt Al. (7) / <b>Pan</b> Bread Al. (1)	<b>09</b> <b>Sopa de letras</b> Al. (1-3) Chicken and pasta soup <b>Tortilla española</b> Al. (3) Potato omelette <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)	<b>10</b> <b>Garbanzos estofados</b> Al. (0) Chickpea stew <b>Merluza a la plancha</b> Al. (4) Grilled hake fish <b>Yogur</b> Yoghurt Al. (7) / <b>Pan</b> Bread Al. (1)	<b>11</b> <b>Macarrones con tomate</b> Al. (1-3) Pasta with tomato sauce <b>Pollo en salsa</b> Al. (0) Chicken in sauce <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)
<b>14</b> <b>Puré de guisantes</b> Al. (0) Cream of pea soup <b>Filete de ternera asada</b> Al. (0) Roasted beef steak <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)	<b>15</b> <b>Arroz con verduras</b> Al. (0) Vegetable rice <b>Revuelto de jamón</b> Al. (3) Scrambled eggs with ham <b>Yogur</b> Yoghurt Al. (7) / <b>Pan</b> Bread Al. (1)	<b>16</b> <b>Lentejas estofadas con verduras</b> Al. (0) Lentil stew <b>Merluza a la plancha</b> Al. (4) Grilled hake fish <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)	<b>17</b> <b>Judías verdes con patatas</b> Al. (0) Green beans with potatoes <b>Lomo en salsa</b> Al. (0) Pork steak in sauce <b>Yogur</b> Yoghurt Al. (7) / <b>Pan</b> Bread Al. (1)	<b>18</b> <b>Ensalada de pasta</b> Al. (1-3) Pasta salad <b>Halibut al horno</b> Al. (4) Baked fish <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)
<b>21</b> <b>Crema de puerros</b> Al. (0) Cream of leek soup <b>Albóndigas con tomate</b> Al. (1-6-12) Meatballs with tomato sauce <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)	<b>22</b> <b>Arroz con tomate</b> Al. (0) Rice with tomato sauce <b>Bacalao al horno</b> Al. (4) Baked cod fish <b>Yogur</b> Yoghurt Al. (7) / <b>Pan</b> Bread Al. (1)	<b>23</b> <b>Gazpacho</b> Al. (0) Cream of tomato and vegetable soup <b>Pollo asado</b> Al. (0) Roasted chicken <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)	<b>24</b> <b>Judías pintas estofadas</b> Al. (0) Red bean stew <b>Merluza en salsa</b> Al. (4) Hake fish in sauce <b>Yogur</b> Yoghurt Al. (7) / <b>Pan</b> Bread Al. (1)	<b>25</b> <b>Espirales con jamón</b> Al. (1-3) Pasta with ham <b>Revuelto de atún</b> Al. (3-4) Scrambled eggs with tuna <b>Fruta</b> Fruit / <b>Pan</b> Bread Al. (1)

- ALÉRGICOS**
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  2. CRUSTÁCEOS
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