

JANUARY 2021																			
																FRIDAY 8			
																Pasta shells with tomato Tuna hamburger with corn salad Fruit			
																Caracolas con tomate (1) Hamburguesa de atún y ensalada de maíz(1.6.4.) Fruita			
																KCAL	PROT	CARBH	LIP
																744	41,2	75,3	24
MONDAY 11				TUESDAY 12				WEDNESDAY 13				THURSDAY 14				FRIDAY 15			
Lentils (7) Kingklip with betroot salad Fruit				Carrot cream Beef ragout and vegetables Fruit				White beans (7) Pork loin with carrot salad Fruit				Vegetables Paella French omelette and corn salad Fruit				Macarroni with tomato Tuna pasties with corn salad Fruit			
Lentejas castellanas (pat,zan,cho) (7) Rosada en salsa con ensalada de remolacha(4) Fruita				Crema de zanahoria Ragout de ternera con verduras Fruita				Judías blancas a la riojana(pat,zan,cho) (7) Cinta de lomo con ensalada de zanahorias (7) Fruita				Paella de verduras Tortilla francesa(1h) con ensalada de maíz(3) Fruita				Macarrones con tomate (1) Tadillas de atun con ensalada de zanahorias Fruita			
KCAL	PROT	CARBH	LIP	KCAL	PROT	CARBH	LIP	KCAL	PROT	CARBH	LIP	KCAL	PROT	CARBH	LIP	KCAL	PROT	CARBH	LIP
825	37,6	70	57	835	30	65	79	637	27,9	56,8	41,7	599	36,7	33,7	37,3	793	49	67	27
MONDAY 18				TUESDAY 19				WEDNESDAY 20				THURSDAY 21				FRIDAY 22			
Green beans Roasted chicken and potatoes Fruit				Pork stew with potatoes Tuna and corn salad Fruit				Noodles soup (1.7) Chickpeas, vegetables and meat (7) Fruit				Rice with tomato (1) Breaded squid with corn salad Fruit				Peas Moll eggs with carrot salad Fruit			
Judías verdes rehogadas Pollo asado con patatas naturales Fruita				Patatas con magro Doré de atún con ensalada de maíz (1.3.4.6.7) Fruita				Sopa de fideos (1.7) Tocido completo (gar.pat,zan,jud,rep,ter) (7.) Fruita				Arroz con tomate Calamares con ensalada de maíz(1.4.6) Fruita				Guisantes rehogados Bovos Moll (1h) con ensalada de zanahorias (1.) Fruita			
KCAL	PROT	CARBH	LIP	KCAL	PROT	CARBH	LIP	KCAL	PROT	CARBH	LIP	KCAL	PROT	CARBH	LIP	KCAL	PROT	CARBH	LIP
695	33	56	45	744	41,2	75,3	24	668	41,2	34	35	554	18,2	39	48,9	621	43,2	62,3	26
MONDAY 25				TUESDAY 26				WEDNESDAY 27				THURSDAY 28				FRIDAY 29			
Bolognese spaguetti (1.3) Kingklip with corn salad Fruit				Noodles soup (1.7) Chickpeas, vegetables and meat (7) Fruit				Carrot cream Beef meatballs with vegetables (1.3.) Fruit				Lentils (7) Chicken hamburger with betroot salad Fruit				Green beans Spanish omelette and carrot salad Fruit			
Espaguetis a la boloñesa(ternera picada)(1) Rosada en salsa con ensalada de maíz(4) Fruita				Sopa de fideos (1.7) Tocido completo (gar.pat,zan,jud,rep,ter) (7.) Fruita				Crema de zanahoria Albóndigas de ternera a la jardinera (1.3) Fruita				Lentejas castellanas (pat,zan,cho) (7) Hamburguesa de pollo con ensalada de remolacha Fruita				Judías verdes rehogadas Tortilla española (1h) y ensalada de zanahoria Fruita			
KCAL	PROT	CARBH	LIP	KCAL	PROT	CARBH	LIP	KCAL	PROT	CARBH	LIP	KCAL	PROT	CARBH	LIP	KCAL	PROT	CARBH	LIP
716	38	51,5	43,6	668	41,2	34	35	835	30	65	79	738	30,2	70	45	583	29,4	36,6	44,5

Olive Oil and iodized salt is used in all our menus. Daily bread and water
Starters are cooked and main courses are made in a fan oven.

Gluten. 1	Crustáceos. 2	Huevos. 3	Pescado. 4	Cacahuates. 5	Soja. 6	Leche. 7	Frutos Secos cascara. 8	Apto. 9	Mostaza. 10	Sésamo. 11	Altramuzes. 12	Moluscos. 13	Diox. Azufre y sulfites. 14
1	2	3	4	5	6	7	8	9	10	11	12	13	14

