



JUNE 2022																					
				WEDNESDAY 1				THURSDAY 2				FRIDAY 3									
				Baked beans salad Spanish omelette and rice				Noodles soup (1.7) Chickpeas, vegetables and meat (7)				Green beans with tomato (1) Tuna pasties with corn salad									
				Ensalada de alubias (3.4) Tortilla de patatas con arroz (3) Fruta				Sopa de fideos (1.7) Pocido completo (gar,pat,zan,jud,rep,ter) (7.1) Fruta				Judías verdes rehogadas Panadillas de atun con ensalada de maiz (1,4) Fruta									
				KCAL	PROT	CARBH	LIP	KCAL	PROT	CARBH	LIP	KCAL	PROT	CARBH	LIP						
				556	20,8	53,1	40,1	668	41,2	34	35	781	47	68	28						
MONDAY 6				TUESDAY 7				WEDNESDAY 8				THURSDAY 9				FRIDAY 10					
Russian salad (1.3.4) Pomfret with carrot salad				Peas and ham Beef meatballs with vegetables (1.3.)				Pasta salad (1.3.4) kingklip in sauce with rice				Noodles soup (1.7) Chickpeas, vegetables and meat (7)				Rice with tomato (1) French omelette with betroot salad					
Ensaladilla rusa (1.3.4.7) Palometa en salsa con ensalada de zanahoria (4) Fruta				Guisantes rehogados Albóndigas de ternera a la jardinera (1.3) Fruta				Ensalada de pasta (1.3.4) Rosada en salsa con arroz(4) Fruta				Sopa de fideos (1.7) Pocido completo (gar,pat,zan,jud,rep,ter) (7.1) Fruta				Arroz con tomate Tortilla francesa(1)y ensalada de remolacha(3) Fruta					
KCAL	PROT	CARBH	LIP	KCAL	PROT	CARBH	LIP	KCAL	PROT	CARBH	LIP	KCAL	PROT	CARBH	LIP	KCAL	PROT	CARBH	LIP		
584	21,2	59	40,5	783	34,2	51,3	71	706	40,8	42,3	44	668	41,2	34	35	628	36,7	42	37,5		
MONDAY 13				TUESDAY 14				WEDNESDAY 15				FRIDAY 17									
Paella with vegetables Pomfret with corn salad				Chickpeas salad Roasted chicken and potatoes				Pasta shells with tomato Breaded squid and corn salad								Peas and ham Moll eggs with carrot salad					
Paella de verduras Palometa en salsa con ensalada de maiz (4) Fruta				Ensalada de garbanzos(3.4) Pollo asado con patatas naturales Fruta				Caracolas con tomate (1) Calamares con ensalada de maiz(1.4.6) Fruta								Guisantes rehogados Eggs Moll (1h) con ensalada de zanahorias (1.3) Fruta					
KCAL	PROT	CARBH	LIP	KCAL	PROT	CARBH	LIP	KCAL	PROT	CARBH	LIP					KCAL	PROT	CARBH	LIP		
658	27,2	63,3	41	640	30	58	38	783	34,2	51,3	71	621	43,2	62,3	26						
MONDAY 20				TUESDAY 21																	
Courgette cream Chicken hamburger with betroot salad				Bolognese spaguetti (1.3) Pork loin and chips																	
Crema de calabacín Hamburguesa de pollo con ensalada de remolacha Fruta				Espaguetis a la boloñesa(ternera picada)(1) Cinta de lomo con patatas (7) Fruta																	
KCAL	PROT	CARBH	LIP	KCAL	PROT	CARBH	LIP														
499	27,6	22,9	33,8	668	24,4	72,5	40,6														

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

