



lunes	martes	miércoles	jueves	viernes	I. Nutricional
<p>2</p> <p>Sopa minestrone (sin gluten) Albóndigas a la jardinera con champiñones salteados Yogur y pan (sin gluten) Minestrone soup (gluten free) Meatballs with vegetables with sautéed mushrooms Yoghurt and bread (gluten free)</p>	<p>3</p> <p>Garbanzos con arroz, espinacas y huevo Limanda al horno con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan (sin gluten) Chickpeas with rice, spinach & egg Baked yellowfin sole with green salad (lettuce, green peppers & olives) Fruit and bread (gluten free)</p>	<p>4</p> <p>Crema de verduras Pollo a la manzana con patatas Fruta y pan (sin gluten) Vegetable cream Apple chicken with potatoes Fruit and bread (gluten free)</p>	<p>5</p> <p>Arroz milanés Huevos revueltos con picadillo con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan (sin gluten) Milanese rice Mixed meat with egg with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread (gluten free)</p>	<p>6</p> <p>Pasta (sin gluten) napolitana Caella a la plancha con tomate, cebolla y orégano Fruta y pan (sin gluten) Neapolitan style pasta (gluten free) Grilled blue shark with tomatoes, onions & oregano Fruit and bread (gluten free)</p>	<p>Kcal: 730</p> <p>HC: 82</p> <p>Prot: 28</p> <p>Lip: 31</p>
<p>9</p> <p>Judías verdes, zanahoria y patata rehogadas Escalope casero con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan (sin gluten) Braised green beans, carrots & potatoes Homemade escalope with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread (gluten free)</p>	<p>10</p> <p>Paella de verduras Tortilla de patatas con ensalada de lechuga, tomate y queso Fruta y pan (sin gluten) Vegetarian paella Spanish potato omelette with lettuce, tomato & cheese salad Fruit and bread (gluten free)</p>	<p>11</p> <p>Alubias blancas estofadas Merluza con lechuga Helado y pan (sin gluten) Stewed white beans Hake with lettuce Ice cream and bread (gluten free)</p>	<p>12</p> <p>FESTIVO</p>	<p>13</p> <p>FESTIVO</p>	<p>Kcal: 718</p> <p>HC: 87</p> <p>Prot: 26</p> <p>Lip: 28</p>
<p>16</p> <p>Crema de zanahoria y calabaza San Jacobo casero con lechuga y remolacha Yogur y pan (sin gluten) Cream of carrot & butterkin squash Homemade cooked ham & cheese escalope with lettuce and beets Yoghurt and bread (gluten free)</p>	<p>17</p> <p>Alubias pintas estofadas Tortilla de queso con ensalada de lechuga, tomate y maíz Fruta y pan (sin gluten) Stewed pinto beans Cheese omelette with lettuce salad with tomato & sweetcorn Fruit and bread (gluten free)</p>	<p>18</p> <p>Arroz tres delicias Ventresca de merluza a la plancha con lechuga y olivas negras Fruta y pan (sin gluten) Chinese fried rice Grilled hake with lettuce & olives Fruit and bread (gluten free)</p>	<p>19</p> <p>Sopa de cocido (sin gluten) Cocido completo con ensalada Fruta y pan (sin gluten) "Cocido" Soup (gluten free) Full course "cocido" stew with salad Fruit and bread (gluten free)</p>	<p>20</p> <p>Pasta (sin gluten) gratinada Bacalao al horno con pisto Fruta y pan (sin gluten) Pasta au gratin (gluten free) Baked cod with ratatouille Fruit and bread (gluten free)</p>	<p>Kcal: 723</p> <p>HC: 81</p> <p>Prot: 33</p> <p>Lip: 31</p>
<p>23</p> <p>Lentejas a la riojana Huevos revueltos con champiñones con ensalada verde (lechuga, pimiento verde y aceituna) Yogur y pan (sin gluten) Rioja style lentils Scrambled eggs with mushrooms with green salad (lettuce, green peppers & olives) Yoghurt and bread (gluten free)</p>	<p>24</p> <p>Arroz con verduras Merlán al horno con lechuga y zanahoria Fruta y pan (sin gluten) Rice with vegetable Baked whiting with lettuce & carrot Fruit and bread (gluten free)</p>	<p>25</p> <p>Espirales (sin gluten) amatriciana Contra muslo de pollo asado con ensalada de lechuga, tomate y queso Fruta y pan (sin gluten) Spirals in amatriciana sauce (gluten free) Baked chicken thigh with lettuce, tomato & cheese salad Fruit and bread (gluten free)</p>	<p>26</p> <p>Crema de calabacín con queso Lacón al horno con ensalada Fruta y pan (sin gluten) Cream of zucchini with cheese Baked lacón pork with salad Fruit and bread (gluten free)</p>	<p>27</p> <p>Coliflor rehogada Estofado de ternera con patatas dado Fruta y pan (sin gluten) Sautéed cauliflower Beef stew with diced potatoes Fruit and bread (gluten free)</p>	<p>Kcal: 707</p> <p>HC: 72</p> <p>Prot: 29</p> <p>Lip: 35</p>
<p>30</p> <p>Crema de puerros Rape a la plancha con ensalada tricolor (lechuga, zanahoria y maíz) Yogur y pan (sin gluten) Cream of leek Grilled monkfish with tricolor salad (lettuce, carrots & sweetcorn) Yoghurt and bread (gluten free)</p>	<p>31</p> <p>Sopa de cocido (sin gluten) Cocido completo con ensalada Fruta y pan (sin gluten) "Cocido" Soup (gluten free) Full course "cocido" stew with salad Fruit and bread (gluten free)</p>				<p>Kcal: 619</p> <p>HC: 74</p> <p>Prot: 32</p> <p>Lip: 23</p>