



lunes	martes	miércoles	jueves	viernes	I. Nutricional
1	2	3	4	5	Kcal: 0 HC: 0 Prot: 0 Lip: 0
8 Arroz napolitana San Jacobo casero con ensalada de lechuga, tomate y maíz Fruta y pan (sin gluten) Neapolitan rice Homemade cooked ham & cheese escalope with lettuce salad with tomato & sweetcorn Fruit and bread (gluten free)	9 Sopa de cocido (sin gluten) Cocido completo Fruta y pan (sin gluten) "Cocido" Soup (gluten free) Full course "cocido" stew Fruit and bread (gluten free)	10 Crema de calabaza Jamonicitos de pollo al ajillo con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan (sin gluten) Cream of butternut squash Chicken drumsticks in garlic sauce with green salad (lettuce, green peppers & olives) Fruit and bread (gluten free)	11 Lentejas con verduras Huevos revueltos con champiñones con tomate al horno Yogur y pan (sin gluten) Vegetable lentils Scrambled eggs with mushrooms with baked tomato Yoghurt and bread (gluten free)	12 Fideuá (sin gluten) Caella a la plancha con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan (sin gluten) Fideua (gluten free) Grilled blue shark with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread (gluten free)	Kcal: 702 HC: 85 Prot: 32 Lip: 29
15 Marmitako de atún Pollo asado al romero con menestra Yogur y pan (sin gluten) Marmitako tuna Rosemary roasted chicken with menestra Yoghurt and bread (gluten free)	16 Crema de zanahoria Merluza al horno con ensalada de lechuga, tomate y queso Fruta y pan (sin gluten) Cream of carrot Baked hake with lettuce, tomato & cheese salad Fruit and bread (gluten free)	17 Garbanzos estofados Tortilla de calabacín con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan (sin gluten) Stewed chickpeas Zucchini omelette with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread (gluten free)	18 JORNADA CUBANA Arroz con grí Picadillo a la criolla con plátano frito Postre Especial y pan (sin gluten) Arroz con grí Creole style veggie salad Special desserts and bread (gluten free)	19 Alubias blancas estofadas Rape al horno con lechuga y olivas negras Fruta y pan (sin gluten) Stewed white beans Baked monkfish with lettuce & olives Fruit and bread (gluten free)	Kcal: 717 HC: 79 Prot: 35 Lip: 32
22 Pasta carbonara (sin gluten) Ventresca de merluza en salsa verde con ensalada de lechuga, maíz y aceitunas negras Yogur y pan (sin gluten) Pasta in carbonara sauce (gluten free) Hake in green sauce with lettuce salad with sweetcorn & black olives Yoghurt and bread (gluten free)	23 Lentejas a la riojana Tortilla de atún con tomates con orégano Fruta y pan (sin gluten) Rioja style lentils Tuna omelette with tomatoes with oregano Fruit and bread (gluten free)	24 judías verdes rehogadas con patatas Hamburguesa a la plancha con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan (sin gluten) Sauteed green beans with potatoes Grilled hamburger with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread (gluten free)	25 Sopa de cocido (sin gluten) Cocido completo Fruta y pan (sin gluten) "Cocido" Soup (gluten free) Full course "cocido" stew Fruit and bread (gluten free)	26 Arroz con verduras Abadejo al horno con pisto Fruta y pan (sin gluten) Rice with vegetable Baked haddock with ratatouille Fruit and bread (gluten free)	Kcal: 749 HC: 85 Prot: 30 Lip: 29
29 Coditos (sin gluten) napolitana Merluza a la plancha con ensalada de lechuga, maíz y aceitunas negras Yogur y pan (sin gluten) Neapolitan style elbow pasta (gluten free) Grilled hake with lettuce salad with sweetcorn & black olives Yoghurt and bread (gluten free)	30 Crema de puerros Pollo al horno con patatas fritas Fruta y pan (sin gluten) Cream of leek Baked chicken with french fries Fruit and bread (gluten free)	31 Alubias pintas estofadas Cinta de lomo con lechuga y zanahoria Fruta y pan (sin gluten) Stewed pinto beans Pork loin with lettuce & carrot Fruit and bread (gluten free)			Kcal: 740 HC: 73 Prot: 33 Lip: 34