

					info
3	4	5	6	7	
DÍA NO LECTIVO	DÍA NO LECTIVO	Paella Valenciana Salchichas alemanas c/ensalada Pan S/G, fruta Paella Sausage with Salad Bread, fruit	Macarrones S/G chorizo & queso Merluza en salsa verde con guisantes Pan S/G, fruta Macaroni with Chorizo & cheese Baked Hake with Vegetables Bread, fruit	Lentejas Hortelanas Pollo asado a las finas hierbas c/patatas Pan S/G, fruta Garden lentils Chicken baked and potatoes Bread, fruit	Prot. 25 Líp. 24 Hc. 103 Kcal. 726
10	11	12	13	14	
Ensalada de pasta S/G Merluza enmaizena c/ensalada Pan S/G, fruta Pasta salad Anchovies breaded w/salad Bread, Fruit	Judias pintas burgalesas Pollo al ajillo con patatas Pan S/G, fruta Stewed black Beans Chicken swet with potatoes Bread, fruit	Patatas a la riojana Merluza napolitana con verduritas Pan S/G, fruta Riojana's Potatoes Hake napolitana with vegetables Bread, fruit	Garbanzos estofados Lomo de Sajonia plancha con ensalada Pan S/G, fruta Chickpea stew Saxony Loin with salad Bread, fruit	MENÚ ESPECIAL SAN ISIDRO Arroz a la madrileña Huevos rotos c/patatas Pan S/G, Macedonia de Frutas	Prot. 26 Líp. 24 Hc. 103 Kcal. 739
17	18	19	20	21	
Judías verdes con tomate Salchichas frescas al horno con pure de patatas Pan S/G, fruta French beans with tomato sauce Sausage baked w/potatoes puree Bread, fruit	Lentejas campesinas Tortilla Española c/ ensalada Pan S/G, fruta Lentils garden Spanish omelette with salad Bread, fruit	Sopa de Cocido S/G Cocido completo Pan S/G, fruta Cocido Soup Cocido Madrileño Bread, fruit	Arroz abanda Bacalao enmaizena con ensalada Pan S/G, fruta Abanda rice Orly hake with salad Bread, fruit	Ensalada campera Pollo guisado con verduras Pan S/G, fruta Potatoes salad Chicken swet with vegetables Bread, fruit	Prot. 25 Líp. 23 Hc. 99 Kcal. 703
24	25	26	27	28	
Arroz tres delicias Albóndigas S/G en salsa con verduritas y patatas Pan S/G, fruta Rice with vegetables Meatball in sauce with vegetables Bread, fruit	Espaguetis S/G Carbonara Merluza a la Vizcaína con pimientos asados Pan S/G, fruta Spaguetti Carbonara Vizcaína's hake w/peppers Bread, fruit	Alubias Blancas Castellanas Tortilla de jamón c/ ensalada Pan S/G, fruta Stewed white Beans Ham omelette with salad Bread, fruit	Crema de calabacín Cinta de lomo a la plancha con patatas Pan S/G, postre lacteo Zucchini cream Tenderloin with potatoes Bread, milk desert	Garbanzos con verduras Pollo al chilindrón con ensalada Pan S/G, fruta Chickpeas stew with vegetables Chilindron chicken with salad Fruit and bread	Prot. 27 Líp. 22 Hc. 101 Kcal. 711
31					
Arroz con tomate Huevos fritos con patatas Pan S/G, fruta Rice with tomato Fried eggs with potatoes Bread, fruit					Prot. 24 Líp. 23 Hc. 98 Kcal. 698

