

Lunes	Martes	Miércoles	Jueves	Viernes	I. Nutricional
				1 Lentejas estofadas con verduras Tortilla francesa de queso con ensalada Fruta y pan (sin gluten) Stewed lentils Cheese omelette with salad Fruit and bread (gluten free)	Kcl: 719 HC: 81 Prot: 30 Lip: 32
4 Sopa de ave con fideos (sin gluten) Ragout de pavo con patatas fritas Yogur y pan (sin gluten) Chicken soup with noodles (gluten free) Turkey stew with french fries Yoghurt and bread (gluten free)	5 Alubias estofadas con verduras Revuelto de champiñones con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan (sin gluten) Beans with vegetables Scrambled eggs with mushrooms with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread (gluten free)	6 Pasta (sin gluten) con tomate Palometa a la plancha con ensalada de lechuga y remolacha Fruta y pan (sin gluten) Pasta (gluten free) with tomato sauce Pomfret with lettuce and beets Fruit and bread (gluten free)	7 Patatas estofadas con magro Albóndigas a la jardinera con arroz salteado Fruta y pan (sin gluten) Pork & potato stew Meatballs with vegetables with sautéed rice Fruit and bread (gluten free)	8 Crema de verduras Ventresca de merluza al horno con ensalada de lechuga y tomate Fruta y pan (sin gluten) Vegetables cream Baked hake with lettuce & tomatoes Fruit and bread (gluten free)	Kcl: 668 HC: 71 Prot: 26 Lip: 29
11 Pasta (sin gluten) gratinada Rape a la plancha con ensalada primavera (lechuga, tomate y maíz) Yogur y pan (sin gluten) Pasta au gratin (gluten free) Grilled monkfish with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread (gluten free)	12 Arroz con salsa de tomate Lomo a la plancha con ensalada de frutos (lechuga, aceitunas y pipas) Fruta y pan (sin gluten) Rice with tomato sauce Grilled tenderloin with fruit salad (lettuce, olives, sunflower seeds) Fruit and bread (gluten free)	13 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)	14 Judías verdes con refrito Jamoncitos de pollo al chilindrón con patatas dado Fruta y pan (sin gluten) Green beans with refried veggies Chicken drumsticks in "chilindron" gravy with diced potatoes Fruit and bread (gluten free)	15 Crema de calabacín Tortilla francesa de atún con ensalada de tomate con orégano Fruta y pan (sin gluten) Zucchini cream Tuna omelette with tomatoes with oregano Fruit and bread (gluten free)	Kcl: 703 HC: 78 Prot: 39 Lip: 31
18 Lentejas estofadas con verduras Lomo a la plancha con ensalada de lechuga y aceitunas negras Yogur y pan (sin gluten) Stewed lentils Grilled tenderloin with lettuce & olives Yoghurt and bread (gluten free)	19 Arroz con salsa de tomate Filete de merluza al horno con guisantes salteados Fruta y pan (sin gluten) Rice with tomato sauce Baked hake with sautéed peas Fruit and bread (gluten free)	20 Alubias estofadas con verduras Tortilla de patatas con ensalada de lechuga, jamón y queso Fruta y pan (sin gluten) Beans with vegetables Spanish potato omelette with lettuce, ham & cheese Fruit and bread (gluten free)	21 Coliflor salteada Pollo asado con patatas fritas Fruta y pan (sin gluten) Sautéed cauliflower Grilled chicken with french fries Fruit and bread (gluten free)	22 Pasta (sin gluten) gratinada Caella a la plancha con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan (sin gluten) Pasta au gratin (gluten free) Grilled smooth dogfish with green salad (lettuce, green peppers & olives) Fruit and bread (gluten free)	Kcl: 716 HC: 80 Prot: 30 Lip: 32
25 Crema de zanahoria Filete de lenguadina a la plancha con ensalada Yogur y pan (sin gluten) Carrot cream Grilled yellowfin sole with salad Yoghurt and bread (gluten free)	26 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)	27 Arroz tres delicias Ventresca de merluza al horno con ensalada de lechuga y tomate Fruta y pan (sin gluten) Chinese fried rice Baked hake with lettuce & tomatoes Fruit and bread (gluten free)	28 Lentejas a la riojana Lacón a la gallega con patatas al vapor Fruta y pan (sin gluten) Rioja style lentils Lacón pork shoulder with potatoes with steamed potatoes Fruit and bread (gluten free)	Kcl: 675 HC: 88 Prot: 32 Lip: 23	