



# hotelma

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"Estos menús, a excepción de cacahuets y frutos secos, pueden contener los siguientes alérgenos:  
**Gluten, lácteos, crustáceos, huevo, pescado, moluscos, altramuces, apio, sésamo, sulfitos y soja.**"  
Para mayor información contacte con nosotros.

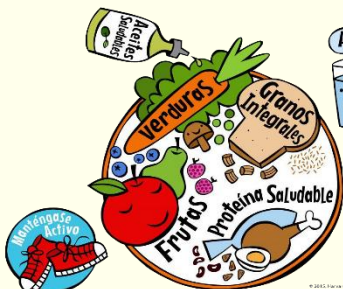
ABRIL 2021

## C.E.I.P. LOS JARALES Alérgicos Frutos Secos

El Plato para Comer Saludable para Niños



\* LEGUMBRE DE PROCEDENCIA ECOLÓGICA



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<p><b>MARTES</b></p> <p>JUDÍAS VERDES REHOGADAS CON ZANAHORIA SAUTÉED GREEN BEANS WITH CARROT</p> <p>ROTI DE PAVO EN SALSA CON PURÉ DE PATATAS ROAST TURKEY IN SAUCE WITH MASHED POTATO</p> <p>PAN BREAD FRUTA DEL TIEMPO SEASONAL FRUIT</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>501</td><td>57,3</td><td>27,3</td><td>17,7</td><td>4,7</td><td>208</td><td>4,6</td><td>1144</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	501	57,3	27,3	17,7	4,7	208	4,6	1144	<p><b>MÍERCOLES</b></p> <p>SOPA DE PICADILLO: FIDEOS, POLLO Y HUEVO COCIDO MINCE SOUP:VERMICELLI, CHICKEN AND BOILED EGG</p> <p>MERLUZA EMPANADA CON ENSALADA DE LECHUGA, TOMATE Y ZANAHORIA BREADED HAKE WITH LETTUCE, TOMATO AND CARROT SALAD</p> <p>PAN INTEGRAL WHOLE-GRAIN BREAD YOGUR YOGHURT</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>716</td><td>61,9</td><td>49,8</td><td>29,2</td><td>7,2</td><td>235</td><td>5,4</td><td>396</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	716	61,9	49,8	29,2	7,2	235	5,4	396	<p><b>8 JUEVES</b></p> <p>LENTEJAS ECOLÓGICAS* GUISADAS CON VERDURAS ECOLOGICAL LENTIL STEW WITH VEGETABLE</p> <p>TORTILLA DE PATATAS CON ENSALADA DE LECHUGA Y TOMATE POTATO OMELETTE WITH LETTUCE AND TOMATO SALAD</p> <p>PAN BREAD FRUTA DEL TIEMPO SEASONAL FRUIT</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>670</td><td>87,8</td><td>30,9</td><td>20,8</td><td>3,5</td><td>151</td><td>8,4</td><td>577</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	670	87,8	30,9	20,8	3,5	151	8,4	577	<p><b>9 VIERNES</b></p> <p>PURÉ DE VERDURAS VEGETABLE PUREE</p> <p>ALBÓNDIGAS EN SALSA CON ARROZ MEATBALLS IN SAUCE WITH RICE</p> <p>PAN BREAD FRUTA DEL TIEMPO SEASONAL FRUIT</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>651</td><td>87,3</td><td>21,2</td><td>23,6</td><td>6,3</td><td>115</td><td>4,7</td><td>905</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	651	87,3	21,2	23,6	6,3	115	4,7	905																	
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<p><b>12 LUNES</b></p> <p>MENESTRA DE VERDURAS SALTEADO CON PATATA SAUTÉED VEGETABLE STEW WITH POTATOES</p> <p>SALMÓN EN SALSA CON ENSALADA DE LECHUGA, TOMATE Y PEPINO PINK SALMON IN SAUCE WITH LETTUCE, TOMATO AND CUCUMBER SALAD</p> <p>PAN BREAD MELOCOTÓN EN ALMÍBAR PEACH IN SYRUP</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>546</td><td>48</td><td>32</td><td>25</td><td>4</td><td>130</td><td>4</td><td>702</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	546	48	32	25	4	130	4	702	<p><b>13 MARTES</b></p> <p>ALUBIAS BLANCAS GUISADAS CON CHORIZO WHITE BEAN STEW WITH CHORIZO</p> <p>TORTILLA FRANCESA DE QUESO CON CHAMPINONES SALTEADOS CHEESE OMELETTE WITH SAUTÉED MUSHROOMS</p> <p>PAN BREAD FRUTA DEL TIEMPO SEASONAL FRUIT</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>526</td><td>50</td><td>26</td><td>25</td><td>7</td><td>232</td><td>6</td><td>586</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	526	50	26	25	7	232	6	586	<p><b>14 MÍERCOLES</b></p> <p>ARROZ BLANCO CON SALSA DE TOMATE Y HUEVO COCIDO WHITE RICE IN TOMATO SAUCE WITH BOILED EGG</p> <p>ESCALOPINES DE CERDO EN SALSA CON VERDURAS PORK FILLETS IN SAUCE WITH VEGETABLE</p> <p>PAN BREAD FRUTA DEL TIEMPO SEASONAL FRUIT</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>688</td><td>96,3</td><td>36,6</td><td>16,6</td><td>3,4</td><td>107</td><td>3,8</td><td>773</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	688	96,3	36,6	16,6	3,4	107	3,8	773	<p><b>15 JUEVES</b></p> <p>PATATAS GUISADAS CON CALAMARES POTATO STEW WITH CALAMARI</p> <p>POLLO AL LIMÓN CON ENSALADA DE LECHUGA, TOMATE Y MAÍZ CHICKEN IN LEMON SAUCE WITH LETTUCE, TOMATO AND CORN SALAD</p> <p>PAN INTEGRAL WHOLE-GRAIN BREAD FLAN CARAMEL CUSTARD</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>633</td><td>77,5</td><td>36,2</td><td>19,1</td><td>5,3</td><td>222</td><td>6,7</td><td>714</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	633	77,5	36,2	19,1	5,3	222	6,7	714	<p><b>16 VIERNES</b></p> <p>SOPA DE COCIDO CON FIDEOS VERMICELLI SOUP</p> <p>GARBANZOS CON REPOLLO, ZANAHORIA, PUERRO, CARNE DE TERNERA, POLLO, TOCINO Y CHORIZO CHICKPEA STEW WITH CABBAGE, CARROT, LEEK, VEAL, CHICKEN, FAT AND CHORIZO</p> <p>PAN BREAD FRUTA DEL TIEMPO SEASONAL FRUIT</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>692</td><td>82,1</td><td>33,3</td><td>24,9</td><td>7,5</td><td>1775</td><td>6,8</td><td>415</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	692	82,1	33,3	24,9	7,5	1775	6,8	415
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<p><b>26 LUNES</b></p> <p>ESPAGUETIS A LA CARBONARA CON BECHEMEL Y BEICÓN SPAGHETTI IN WHITE SAUCE WITH BACON</p> <p>PESCADILLA EN SALSA CON GUISANTES SALTEADOS YOUNGHAKE IN SAUCE WITH SAUTÉED PEAS</p> <p>PAN BREAD PIÑA AL NATURAL PINEAPPLE</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>644</td><td>78</td><td>37</td><td>20</td><td>6</td><td>208</td><td>4</td><td>109</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	644	78	37	20	6	208	4	109	<p><b>27 MARTES</b></p> <p>ALUBIAS BLANCAS GUISADAS CON HORTALIZAS WHITE BEAN STEW WITH VEGETABLE</p> <p>TORTILLA DE PATATAS Y CALABACÍN CON ENSALADA DE LECHUGA, TOMATE Y REMOLACHA POTATO AND COURGETTE OMELETTE WITH LETTUCE, TOMATO AND BEETROOT SALAD</p> <p>PAN BREAD FRUTA DEL TIEMPO SEASONAL FRUIT</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>546</td><td>67</td><td>21</td><td>21</td><td>4</td><td>175</td><td>7</td><td>715</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	546	67	21	21	4	175	7	715	<p><b>28 MÍERCOLES</b></p> <p>JUDÍAS VERDES SALTEADAS CON PATATA Y YORK SAUTÉED GREEN BEANS WITH POTATO AND BOILED HAM</p> <p>LASAÑA DE TERNERA CON TOMATE ALIÑADO VEAL LASAGNE WITH SEASONED TOMATO</p> <p>PAN INTEGRAL WHOLE-GRAIN BREAD FRUTA DEL TIEMPO SEASONAL FRUIT</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>617</td><td>75</td><td>23</td><td>24</td><td>7</td><td>258</td><td>6</td><td>196</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	617	75	23	24	7	258	6	196	<p><b>29 JUEVES</b></p> <p>SOPA DE COCIDO CON FIDEOS VERMICELLI SOUP</p> <p>GARBANZOS CON REPOLLO, ZANAHORIA, PUERRO, CARNE DE TERNERA, POLLO, TOCINO Y CHORIZO CHICKPEA STEW WITH CABBAGE, CARROT, LEEK, VEAL, CHICKEN, FAT AND CHORIZO</p> <p>PAN BREAD FRUTA DEL TIEMPO SEASONAL FRUIT</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>691</td><td>82</td><td>33</td><td>25</td><td>8</td><td>146</td><td>7</td><td>294</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	691	82	33	25	8	146	7	294	<p><b>30 VIERNES</b></p> <p>MENÚ INTERNACIONAL: FRANCIA CREMA DE NALABACÍN CON QUESO COURGETTE CREAM WITH CHEESE</p> <p>CONFIT DE POLLO CON PATATAS FRITAS CHICKEN IN SAUCE WITH FRENCH FRIES</p> <p>PAN BREAD GELATINA FRUIT JELLY</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>623</td><td>65</td><td>31</td><td>26</td><td>6</td><td>227</td><td>4</td><td>108</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	623	65	31	26	6	227	4	108
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\* Las frutas de temporada que se servirán son: manzana Golden, plátano, pera, piña y manzana Royal Gala

- Menús elaborados de acuerdo a los programas NAOS y PERSEO
- Raciones establecidas de acuerdo a la SENC para niños entre 7-12 años
- Valoración nutricional realizada con la base de datos BEDCA