

**HAZ EJERCICIO  
 COME VARIADO**  
*(No te olvides de Frutas,  
 Verduras, Legumbres y  
 Cereales integrales)*  
**BEBE AGUA**

**3 MARTES**

**FIESTA**  
 DAY-OFF

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| *              | *          | *            | *           | *       | *           | *           | *           |

**4 MIÉRCOLES**

**JUDÍAS VERDES REHOGADAS CON PATATA**  
 SAUTÉED GREEN BEANS WITH POTATO  
**CROQUETAS DE JAMÓN Y EMPANADILLAS CON ENSALADA DE LECHUGA, TOMATE, ZANAHORIA Y MAÍZ**  
 HAM CROQUETTES AND PATTY WITH LETTUCE, TOMATO, CARROT AND CORN SALAD  
**PAN INTEGRAL**  
 WHOLE-GRAIN BREAD  
**MANZANA ROYAL GALA**  
 ROYAL GALA APPLE

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 709            | 101        | 21,5         | 23,6        | 5,6     | 234         | 6,3         | 550         |

**5 JUEVES**

**SOPA DE VERDURAS CON ESTRELLITAS**  
 VEGETABLE SOUP WITH STAR PASTA  
**MERLUZA A LA ROMANA CON PATATAS FRITAS**  
 BATTERED HAKE WITH FRENCH FRIES

**PAN INTEGRAL**  
 WHOLE-GRAIN BREAD  
**PLÁTANO**  
 BANANA

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 676            | 90,8       | 24,2         | 23,2        | 3,7     | 203         | 9,9         | 142         |

**6 VIERNES**

**LENTEJAS ECOLÓGICAS \* GUISADAS CON ZANAHORIA**  
 ECOLOGICAL LENTIL STEW WITH CARROT  
**TORTILLA DE PATATAS CON ENSALADA DE LECHUGA, TOMATE Y ZANAHORIA**  
 POTATO OMELETTE WITH LETTUCE, TOMATO AND CARROT SALAD  
**PAN INTEGRAL**  
 WHOLE-GRAIN BREAD  
**YOGUR**  
 YOGHURT

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 687            | 96,9       | 28,5         | 19,8        | 4,6     | 320         | 8,1         | 1693        |

**10 MARTES**

**PURÉ DE VERDURAS**  
 VEGETABLE PURÉE  
**ALBÓNDIGAS DE POLLO EN SALSA CON ARROZ INTEGRAL**  
 CHICKEN MEATBALLS IN SAUCE WITH WHOLE-GRAIN RICE

**PAN INTEGRAL**  
 WHOLE-GRAIN BREAD  
**NECTARINA**  
 NECTARINE

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 664            | 94,5       | 26           | 19,5        | 3,4     | 272         | 10,6        | 1858        |

**11 MIÉRCOLES**

**SOPA DE COCIDO CON FIDEOS**  
 VERMICELLI SOUP  
**GARBANZOS ECOLÓGICOS \* CON REPOLLO, ZANAHORIA, PATATA, TERNERA, POLLO, TOCINO Y CHORIZO**  
 ECOLOGICAL CHICKPEA STEW WITH CABBAGE, CARROT, POTATO, VEAL, CHICKEN, FAT AND CHORIZO  
**PAN INTEGRAL**  
 WHOLE-GRAIN BREAD  
**PERA (+ VASO DE LECHE OPCIONAL)\***  
 PEAR (+ OPTIONAL MILK GLASS)

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 665            | 88,7       | 25,2         | 22,5        | 5,1     | 298         | 9,5         | 1129        |

**12 JUEVES**

**ARROZ A LA MILANESA CON GUISANTES, YORK Y QUESO**  
 MILANESE STYLE RICE WITH PEAS, BOILED HAM AND CHEESE  
**PALOMETA A LA ANDALUZA CON ENSALADA DE LECHUGA, TOMATE, ZANAHORIA Y REMOLACHA**  
 ANDALUSIAN STYLE POMFRET WITH LETTUCE, TOMATO, CARROT AND BEETROOT SALAD

**PAN INTEGRAL**  
 WHOLE-GRAIN BREAD  
**YOGUR**  
 YOGHURT

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 686            | 95,4       | 28,5         | 18,7        | 4,7     | 301         | 3,9         | 376         |

**13 VIERNES**

**ENSALADA CAMPERA CON HUEVO COCIDO Y ACEITUNAS**  
 POTATO SALAD WITH BOILED EGG AND OLIVES  
**SOLOMILLO DE CERDO EN SALSA CON SALTEADO DE ZANAHORIA Y CHAMPIÑONES**  
 PORK LOIN IN SAUCE WITH SAUTÉED CARROT AND MUSHROOMS

**PAN INTEGRAL**  
 WHOLE-GRAIN BREAD  
**PLÁTANO**  
 BANANA

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 653            | 88         | 24,6         | 21,9        | 4,9     | 224         | 9,9         | 1438        |

**17 MARTES**

**CODITOS A LA NAPOLITANA**  
 NEAPOLITAN STYLE ELBOW PASTA  
**SALMÓN AL HORNO CON MAYONESA Y ENSALADA DE LECHUGA, TOMATE Y ZANAHORIA**  
 ROAST SALMON WITH MAYONNAISE AND LETTUCE, TOMATO AND CARROT SALAD

**PAN INTEGRAL**  
 WHOLE-GRAIN BREAD  
**PLÁTANO**  
 BANANA

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 658            | 83,6       | 22,2         | 25,5        | 4,4     | 264         | 8,2         | 916         |

**18 MIÉRCOLES**

**ALUBIAS BLANCAS GUISADAS CON HORTALIZAS**  
 WHITE BEAN STEW WITH VEGETABLE  
**TORTILLA DE PATATAS Y CALABACÍN CON ENSALADA DE LECHUGA, TOMATE, ZANAHORIA Y MAÍZ**  
 POTATO AND COURGETTE OMELETTE WITH LETTUCE, TOMATO, CARROT AND CORN SALAD

**PAN INTEGRAL**  
 WHOLE-GRAIN BREAD  
**PERA**  
 PEAR

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 659            | 91,7       | 25,5         | 20,4        | 3,8     | 302         | 8,8         | 1545        |

**19 JUEVES**

**CREMA DE VERDURAS**  
 VEGETABLE CREAM  
**HAMBURGUESA CON KETCHUP Y ENSALADA DE ARROZ CON TOMATE, ZANAHORIA, MAÍZ Y ACEITUNAS**  
 HAMBURGER WITH KETCHUP AND RICE SALAD WITH TOMATO, CARROT, CORN AND OLIVES

**PAN INTEGRAL**  
 WHOLE-GRAIN BREAD  
**YOGUR**  
 YOGHURT

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 702            | 96,4       | 23,7         | 24          | 7       | 355         | 9,7         | 1387        |

**20 VIERNES**

**PAELLA DE POLLO Y VERDURAS**  
 CHICKEN AND VEGETABLE PAELLA  
**PESCADILLA EN SALSA VERDE CON GUISANTES Y ESPÁRRAGOS**  
 YOUNGHAKE IN GREEN SAUCE WITH PEAS AND ASPARAGUS

**PAN INTEGRAL**  
 WHOLE-GRAIN BREAD  
**CIRUELA (+ VASO DE LECHE OPCIONAL)\***  
 PLUM (+ OPTIONAL MILK GLASS)

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 637            | 93,5       | 27,4         | 16,2        | 2,5     | 217         | 9,6         | 389         |

**24 MARTES**

**JUDÍAS VERDES REHOGADAS CON ZANAHORIA**  
 SAUTÉED GREEN BEANS WITH CARROT  
**ALBÓNDIGAS EN SALSA CON PATATAS DADO**  
 MEATBALLS IN SAUCE WITH DICE POTATOES

**PAN INTEGRAL**  
 WHOLE-GRAIN BREAD  
**MANZANA ROYAL GALA**  
 GOLDEN APPLE

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 686            | 96,9       | 23,8         | 21,9        | 4,3     | 286         | 10,9        | 2047        |

**25 MIÉRCOLES**

**GARBANZOS ECOLÓGICOS \* SALTEADOS CON HORTALIZAS**  
 SAUTÉED ECOLOGICAL CHICKPEA WITH VEGETABLE  
**PALOMETA A LA ROMANA CON ENSALADA DE LECHUGA, TOMATE Y ZANAHORIA**  
 BATTERED POMFRET WITH LETTUCE, TOMATO AND CARROT SALAD

**PAN INTEGRAL**  
 WHOLE-GRAIN BREAD  
**NECTARINA**  
 NECTARINE

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 668            | 87,6       | 30,6         | 19,3        | 3,2     | 223         | 8,3         | 1703        |

**26 JUEVES**

**PATATAS A LA RIOJANA**  
 RIOJANA STYLE POTATOES STEW  
**MUSLITOS DE POLLO AL AJILLO CON ENSALADA DE LECHUGA, TOMATE Y MAÍZ**  
 CHICKEN DRUMSTICKS IN GARLIC SAUCE WITH LETTUCE, TOMATO AND CORN SALAD

**PAN INTEGRAL**  
 WHOLE-GRAIN BREAD  
**YOGUR**  
 YOGHURT

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 602            | 76,4       | 27           | 20,2        | 4,8     | 401         | 12,2        | 984         |

**27 VIERNES**

**LENTEJAS ECOLÓGICAS \* GUISADAS CON ZANAHORIA Y ARROZ**  
 ECOLOGICAL LENTIL STEW WITH CARROT AND RICE  
**LOMO DE CERDO EMPANADO CON ENSALADA DE LECHUGA, TOMATE Y ZANAHORIA**  
 BREADED PORK FILLET WITH LETTUCE, TOMATO AND CARROT SALAD

**PAN INTEGRAL**  
 WHOLE-GRAIN BREAD  
**PERA**  
 PEAR

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 701            | 96,2       | 31           | 20,4        | 4,5     | 241         | 8,8         | 1652        |

**31 MARTES**

**MENÚ INTERNACIONAL: ALEMANIA**  
**ENSALADA ALEMANA CON YORK Y MAYONESA**  
 GERMAN SALAD WITH BOILED HAM AND MAYONNAISE  
**ESTOFADO ALEMÁN DE MAGRO DE CERDO CON CHAMPIÑONES**  
 GERMAN STYLE LEAN PORK STEW WITH MUSHROOMS

**PAN INTEGRAL**  
 WHOLE-GRAIN BREAD  
**PASTELITO**  
 CAKE

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 641            | 80,8       | 24,5         | 23,8        | 6       | 185         | 8,7         | 712         |

**23 LUNES**

**ENSALADA DE PASTA CON TOMATE, ZANAHORIA, MAÍZ Y ACEITUNAS**  
 PASTA SALAD WITH TOMATO, CARROT, CORN AND OLIVES  
**TORTILLA FRANCESA DE YORK CON PISTO**  
 HAM OMELETTE WITH RATATOUILLE

**PAN INTEGRAL**  
 WHOLE-GRAIN BREAD  
**PLÁTANO (+ VASO DE LECHE OPCIONAL)\***  
 BANANA (+ OPTIONAL MILK GLASS)

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 620            | 78,3       | 21,1         | 24,2        | 5,7     | 251         | 6,6         | 919         |

**16 LUNES**

**BRÓCOLI AL VAPOR CON ZANAHORIA**  
 STEAMED BROCCOLI WITH CARROT  
**CORDON BLEU DE POLLO CON PATATAS FRITAS**  
 CHICKEN BLUE CORD WITH FRENCH FRIES

**PAN INTEGRAL**  
 WHOLE-GRAIN BREAD  
**MANZANA ROYAL GALA**  
 GOLDEN APPLE

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 641            | 80,3       | 24,1         | 24,2        | 6,3     | 341         | 6,5         | 1753        |

**9 LUNES**

**ENSALADA DE PASTA CON TOMATE, ZANAHORIA, MAÍZ Y ACEITUNAS**  
 PASTA SALAD WITH TOMATO, CARROT, CORN AND OLIVES  
**BACALAO EN SALSA DE TOMATE CON PISTO**  
 COD IN TOMATO SAUCE WITH RATATOUILLE

**PAN INTEGRAL**  
 WHOLE-GRAIN BREAD  
**MANZANA GOLDEN**  
 GOLDEN APPLE

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 601            | 78,1       | 21,4         | 22          | 4,1     | 198         | 6,2         | 817         |

\* Las FRUTAS indicadas en el menú pueden estar sujetas a intercambio de día por motivos de maduración

\* Valoración nutricional del vaso de leche entera no incluida en la calibración del día.

