



" ESTOS MENÚS, A EXCEPCIÓN DE HUEVO, MOLUSCOS, CRUSTÁCEOS Y FRUTOS SECOS, PUEDEN CONTENER LOS SIGUIENTES ALÉRGENOS: GLUTEN, LÁCTEOS, PESCADO, ALTRAMUCES, CACAHUETES, APIO, SÉSAMO, SULFITOS, MOSTAZA Y SOJA."  
PARA MAYOR INFORMACIÓN CONTACTE CON NOSOTROS.



# JUNIO 2026

## CEIP LOS JARALES

### Menú sin Huevo, marisco y frutos secos



\* LEGUMBRE DE PROCEDENCIA ECOLÓGICA



| 1  | LUNES          | 2   | MARTES       | 3  | MIÉRCOLES   | 4   | JUEVES      | 5  | VIERNES |    |      |      |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |    |    |      |     |     |      |      |  |  |                |            |              |             |         |             |             |             |     |    |    |    |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |  |   |                |            |              |             |         |             |             |             |     |    |      |      |      |     |     |      |
|--|----------------|---|--------------|--|-------------|---|-------------|--|---------|----|------|------|-----|-----|-----|------|--|--|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|-----|----|----|------|-----|-----|------|------|--|--|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|-----|----|----|----|-----|-----|-----|------|--|--|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|-----|------|------|------|-----|-----|-----|------|--|---|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|-----|----|------|------|------|-----|-----|------|
| <b>ESPAGUETIS DE MAÍZ AL PESTO CON ALBAHACA</b><br><br><b>SAN JACOBO DE PAVO Y QUESO CON ENSALADA DE LECHUGA, TOMATE Y REMOLACHA</b><br><br><b>PAN NECTARINA</b>   |                | <b>LENTEJAS ECOLÓGICAS * ESTOFADAS AL ESTILO DE LA ABUELA CON CHORIZO</b><br><br><b>MUSLITOS DE POLLO ASADO CON PISTO Y ARROZ INTEGRAL</b><br><br><b>PAN MANDARINA</b>            |              | <b>JUDÍAS VERDES REHOGADAS CON YORK</b><br><br><b>FILETE RUSO CON ENSALADA DE LECHUGA, TOMATE Y CABALLA</b><br><br><b>PAN INTEGRAL MANZANA</b>   |             | <b>SOPA DE FIDEOS DE MAÍZ</b><br><br><b>GARBANZOS ECOLÓGICOS * CON REPOLLO, ZANAHORIA, PATATA, TERNERA, POLLO Y CHORIZO</b><br><br><b>PAN YOGUR</b>                     |             | <b>PURÉ DE VERDURAS</b><br><br><b>CHULETA DE CERDO CON ENSALADA DE LECHUGA, MAÍZ Y ACEITUNAS</b><br><br><b>PAN INTEGRAL PLÁTANO (+ VASO DE LECHE OPCIONAL) *</b> |         |    |      |      |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |    |    |      |     |     |      |      |  |  |                |            |              |             |         |             |             |             |     |    |    |    |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |  |   |                |            |              |             |         |             |             |             |     |    |      |      |      |     |     |      |
| <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>635</td><td>64</td><td>34</td><td>26,8</td><td>6,2</td><td>203</td><td>4,3</td><td>174</td></tr> </table>    | ENERGIA (KCAL) | H.CARB (G)  | PROTEINA (G) | LÍPIDOS (G)  | AGS (G)     | CALCIO (MG)   | HIERRO (MG) | VIT. A (UG)  | 635     | 64 | 34   | 26,8 | 6,2 | 203 | 4,3 | 174  |  | <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>664</td><td>77</td><td>37</td><td>23,3</td><td>5</td><td>195</td><td>8,6</td><td>735</td></tr> </table>    | ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | 664 | 77 | 37 | 23,3 | 5   | 195 | 8,6  | 735  |  | <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>719</td><td>73</td><td>23</td><td>37</td><td>7,5</td><td>195</td><td>6,8</td><td>232</td></tr> </table>  | ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | 719 | 73 | 23 | 37 | 7,5 | 195 | 6,8 | 232  |  | <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>689</td><td>88,1</td><td>28,1</td><td>24,2</td><td>6,2</td><td>359</td><td>9,3</td><td>1128</td></tr> </table> | ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | 689 | 88,1 | 28,1 | 24,2 | 6,2 | 359 | 9,3 | 1128 |  | <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>622</td><td>91</td><td>26,9</td><td>16,3</td><td>3</td><td>228</td><td>7</td><td>1171</td></tr> </table>    | ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | 622 | 91 | 26,9 | 16,3 | 3    | 228 | 7   | 1171 |
| ENERGIA (KCAL)   | H.CARB (G)     | PROTEINA (G)  | LÍPIDOS (G)  | AGS (G)  | CALCIO (MG) | HIERRO (MG)   | VIT. A (UG) |  |         |    |      |      |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |    |    |      |     |     |      |      |  |  |                |            |              |             |         |             |             |             |     |    |    |    |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |  |   |                |            |              |             |         |             |             |             |     |    |      |      |      |     |     |      |
| 635  | 64             | 34  | 26,8         | 6,2  | 203         | 4,3   | 174         |  |         |    |      |      |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |    |    |      |     |     |      |      |  |  |                |            |              |             |         |             |             |             |     |    |    |    |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |  |   |                |            |              |             |         |             |             |             |     |    |      |      |      |     |     |      |
| ENERGIA (KCAL)   | H.CARB (G)     | PROTEINA (G)  | LÍPIDOS (G)  | AGS (G)  | CALCIO (MG) | HIERRO (MG)   | VIT. A (UG) |  |         |    |      |      |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |    |    |      |     |     |      |      |  |  |                |            |              |             |         |             |             |             |     |    |    |    |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |  |   |                |            |              |             |         |             |             |             |     |    |      |      |      |     |     |      |
| 664  | 77             | 37  | 23,3         | 5  | 195         | 8,6   | 735         |  |         |    |      |      |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |    |    |      |     |     |      |      |  |  |                |            |              |             |         |             |             |             |     |    |    |    |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |  |   |                |            |              |             |         |             |             |             |     |    |      |      |      |     |     |      |
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| 719  | 73             | 23  | 37           | 7,5  | 195         | 6,8   | 232         |  |         |    |      |      |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |    |    |      |     |     |      |      |  |  |                |            |              |             |         |             |             |             |     |    |    |    |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |  |   |                |            |              |             |         |             |             |             |     |    |      |      |      |     |     |      |
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| 689  | 88,1           | 28,1  | 24,2         | 6,2  | 359         | 9,3   | 1128        |  |         |    |      |      |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |    |    |      |     |     |      |      |  |  |                |            |              |             |         |             |             |             |     |    |    |    |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |  |   |                |            |              |             |         |             |             |             |     |    |      |      |      |     |     |      |
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| 622  | 91             | 26,9  | 16,3         | 3  | 228         | 7   | 1171        |  |         |    |      |      |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |    |    |      |     |     |      |      |  |  |                |            |              |             |         |             |             |             |     |    |    |    |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |  |   |                |            |              |             |         |             |             |             |     |    |      |      |      |     |     |      |
| <b>8 LUNES</b><br><b>BROCOLI SALTEADO CON PATATAS</b><br><br><b>HAMBURGUESA A LA PLANCHA CON RODAJAS DE TOMATE</b><br><br><b>PAN INTEGRAL PERA</b>   |                | <b>9 MARTES</b><br><b>ALUBIAS BLANCAS ECOLÓGICAS* GUIADAS CON CHORIZO</b><br><br><b>POLLO EN SALSAS CON ENSALADA DE LECHUGA, TOMATE, MANZANA Y MAÍZ</b><br><br><b>PAN PLÁTANO</b> |              | <b>10 MIÉRCOLES</b><br><b>ENSALADA DE PATATA</b><br><br><b>LOMO DE CERDO ASADO CON DADITOS DE ZANAHORIAS SALTEADOS</b><br><br><b>PAN INTEGRAL MANZANA (+ VASO DE LECHE OPCIONAL) *</b> |             | <b>11 JUEVES</b><br><b>PAELLA VALENCIANA</b><br><br><b>FILETE DE POLLO CON ENSALADA DE LECHUGA, TOMATE Y PEPINO</b><br><br><b>PAN CIRUELA</b>                           |             | <b>12 VIERNES</b><br><b>CREMA DE CALABACÍN</b><br><br><b>POTAJE DE GARBANZOS ECOLÓGICOS* CON ESPINACAS Y ARROZ INTEGRAL</b><br><br><b>PAN MANDARINA</b>          |         |    |      |      |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |    |    |      |     |     |      |      |  |  |                |            |              |             |         |             |             |             |     |    |    |    |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |  |   |                |            |              |             |         |             |             |             |     |    |      |      |      |     |     |      |
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| ENERGIA (KCAL)   | H.CARB (G)     | PROTEINA (G)  | LÍPIDOS (G)  | AGS (G)  | CALCIO (MG) | HIERRO (MG)   | VIT. A (UG) |  |         |    |      |      |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |    |    |      |     |     |      |      |  |  |                |            |              |             |         |             |             |             |     |    |    |    |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |  |   |                |            |              |             |         |             |             |             |     |    |      |      |      |     |     |      |
| 647  | 84             | 22  | 19,3         | 4,3  | 227         | 5,5   | 854         |  |         |    |      |      |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |    |    |      |     |     |      |      |  |  |                |            |              |             |         |             |             |             |     |    |    |    |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |  |   |                |            |              |             |         |             |             |             |     |    |      |      |      |     |     |      |
| ENERGIA (KCAL)   | H.CARB (G)     | PROTEINA (G)  | LÍPIDOS (G)  | AGS (G)  | CALCIO (MG) | HIERRO (MG)   | VIT. A (UG) |  |         |    |      |      |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |    |    |      |     |     |      |      |  |  |                |            |              |             |         |             |             |             |     |    |    |    |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |  |   |                |            |              |             |         |             |             |             |     |    |      |      |      |     |     |      |
| 680  | 84             | 28  | 25,6         | 5,4  | 180         | 7,1   | 1354        |  |         |    |      |      |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |    |    |      |     |     |      |      |  |  |                |            |              |             |         |             |             |             |     |    |    |    |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |  |   |                |            |              |             |         |             |             |             |     |    |      |      |      |     |     |      |
| ENERGIA (KCAL)   | H.CARB (G)     | PROTEINA (G)  | LÍPIDOS (G)  | AGS (G)  | CALCIO (MG) | HIERRO (MG)   | VIT. A (UG) |  |         |    |      |      |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |    |    |      |     |     |      |      |  |  |                |            |              |             |         |             |             |             |     |    |    |    |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |  |   |                |            |              |             |         |             |             |             |     |    |      |      |      |     |     |      |
| 678  | 62             | 28  | 36           | 8,4  | 155         | 5,3   | 1292        |  |         |    |      |      |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |    |    |      |     |     |      |      |  |  |                |            |              |             |         |             |             |             |     |    |    |    |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |  |   |                |            |              |             |         |             |             |             |     |    |      |      |      |     |     |      |
| ENERGIA (KCAL)   | H.CARB (G)     | PROTEINA (G)  | LÍPIDOS (G)  | AGS (G)  | CALCIO (MG) | HIERRO (MG)   | VIT. A (UG) |  |         |    |      |      |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |    |    |      |     |     |      |      |  |  |                |            |              |             |         |             |             |             |     |    |    |    |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |  |   |                |            |              |             |         |             |             |             |     |    |      |      |      |     |     |      |
| 722  | 98             | 27,6  | 23,6         | 4,2  | 206         | 5,9   | 667         |  |         |    |      |      |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |    |    |      |     |     |      |      |  |  |                |            |              |             |         |             |             |             |     |    |    |    |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |  |   |                |            |              |             |         |             |             |             |     |    |      |      |      |     |     |      |
| ENERGIA (KCAL)   | H.CARB (G)     | PROTEINA (G)  | LÍPIDOS (G)  | AGS (G)  | CALCIO (MG) | HIERRO (MG)   | VIT. A (UG) |  |         |    |      |      |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |    |    |      |     |     |      |      |  |  |                |            |              |             |         |             |             |             |     |    |    |    |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |  |   |                |            |              |             |         |             |             |             |     |    |      |      |      |     |     |      |
| 630  | 74             | 18  | 21,8         | 5,1  | 271         | 5,4   | 854         |  |         |    |      |      |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |    |    |      |     |     |      |      |  |  |                |            |              |             |         |             |             |             |     |    |    |    |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |  |   |                |            |              |             |         |             |             |             |     |    |      |      |      |     |     |      |
| <b>15 LUNES</b><br><b>FIDEUÁ DE MAÍZ DE VERDURAS</b><br><br><b>CHULETA DE CERDO CON ENSALADA DE LECHUGA, TOMATE Y ZANAHORIA</b><br><br><b>PAN INTEGRAL MANZANA</b>   |                | <b>16 MARTES</b><br><b>MENESTRA DE VERDURAS REHOGADA CON BEICON</b><br><br><b>ALBÓNDIGAS EN SALSAS CON ARROZ INTEGRAL</b><br><br><b>PAN PERA (+ VASO DE LECHE OPCIONAL) *</b>     |              | <b>17 MIÉRCOLES</b><br><b>LENTEJAS ECOLÓGICAS * GUIADAS CON VERDURAS</b><br><br><b>LOMO DE CERDO A LA PLANCHA CON ENSALADA DE LECHUGA Y TOMATE</b><br><br><b>PAN NECTARINA</b>         |             | <b>18 JUEVES</b><br><b>ENSALADA CAMPERA CON HORTALIZAS Y ACEITUNAS</b><br><br><b>POLLO AL CHILINDRÓN CON CHAMPIÑONES SALTEADOS</b><br><br><b>PAN INTEGRAL MELOCOTÓN</b> |             | <b>19 VIERNES</b><br><b>CREMA DE ZANAHORIAS</b><br><br><b>PANINI CASERO DE YORK Y QUESO</b><br><br><b>HELADO</b>   |         |    |      |      |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |    |    |      |     |     |      |      |  |  |                |            |              |             |         |             |             |             |     |    |    |    |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |  |   |                |            |              |             |         |             |             |             |     |    |      |      |      |     |     |      |
| <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>653</td><td>69</td><td>28,7</td><td>29,8</td><td>6,4</td><td>184</td><td>7,9</td><td>1014</td></tr> </table> | ENERGIA (KCAL) | H.CARB (G)  | PROTEINA (G) | LÍPIDOS (G)  | AGS (G)     | CALCIO (MG)   | HIERRO (MG) | VIT. A (UG)  | 653     | 69 | 28,7 | 29,8 | 6,4 | 184 | 7,9 | 1014 |  | <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>630</td><td>79</td><td>26</td><td>23</td><td>4,5</td><td>277</td><td>11,5</td><td>809</td></tr> </table>   | ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | 630 | 79 | 26 | 23   | 4,5 | 277 | 11,5 | 809  |  | <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>693</td><td>84</td><td>38</td><td>22</td><td>4,6</td><td>191</td><td>8,7</td><td>815</td></tr> </table>  | ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | 693 | 84 | 38 | 22 | 4,6 | 191 | 8,7 | 815  |  | <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>642</td><td>71</td><td>33</td><td>25,3</td><td>5,8</td><td>146</td><td>6,5</td><td>878</td></tr> </table>      | ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | 642 | 71   | 33   | 25,3 | 5,8 | 146 | 6,5 | 878  |  | <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>680</td><td>85</td><td>19</td><td>28,7</td><td>11,8</td><td>390</td><td>6,5</td><td>1941</td></tr> </table> | ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | 680 | 85 | 19   | 28,7 | 11,8 | 390 | 6,5 | 1941 |
| ENERGIA (KCAL)   | H.CARB (G)     | PROTEINA (G)  | LÍPIDOS (G)  | AGS (G)  | CALCIO (MG) | HIERRO (MG)   | VIT. A (UG) |  |         |    |      |      |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |    |    |      |     |     |      |      |  |  |                |            |              |             |         |             |             |             |     |    |    |    |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |  |   |                |            |              |             |         |             |             |             |     |    |      |      |      |     |     |      |
| 653  | 69             | 28,7  | 29,8         | 6,4  | 184         | 7,9   | 1014        |  |         |    |      |      |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |    |    |      |     |     |      |      |  |  |                |            |              |             |         |             |             |             |     |    |    |    |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |  |   |                |            |              |             |         |             |             |             |     |    |      |      |      |     |     |      |
| ENERGIA (KCAL)   | H.CARB (G)     | PROTEINA (G)  | LÍPIDOS (G)  | AGS (G)  | CALCIO (MG) | HIERRO (MG)   | VIT. A (UG) |  |         |    |      |      |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |    |    |      |     |     |      |      |  |  |                |            |              |             |         |             |             |             |     |    |    |    |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |  |   |                |            |              |             |         |             |             |             |     |    |      |      |      |     |     |      |
| 630  | 79             | 26  | 23           | 4,5  | 277         | 11,5  | 809         |  |         |    |      |      |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |    |    |      |     |     |      |      |  |  |                |            |              |             |         |             |             |             |     |    |    |    |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |  |   |                |            |              |             |         |             |             |             |     |    |      |      |      |     |     |      |
| ENERGIA (KCAL)   | H.CARB (G)     | PROTEINA (G)  | LÍPIDOS (G)  | AGS (G)  | CALCIO (MG) | HIERRO (MG)   | VIT. A (UG) |  |         |    |      |      |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |    |    |      |     |     |      |      |  |  |                |            |              |             |         |             |             |             |     |    |    |    |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |  |   |                |            |              |             |         |             |             |             |     |    |      |      |      |     |     |      |
| 693  | 84             | 38  | 22           | 4,6  | 191         | 8,7   | 815         |  |         |    |      |      |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |    |    |      |     |     |      |      |  |  |                |            |              |             |         |             |             |             |     |    |    |    |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |  |   |                |            |              |             |         |             |             |             |     |    |      |      |      |     |     |      |
| ENERGIA (KCAL)   | H.CARB (G)     | PROTEINA (G)  | LÍPIDOS (G)  | AGS (G)  | CALCIO (MG) | HIERRO (MG)   | VIT. A (UG) |  |         |    |      |      |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |    |    |      |     |     |      |      |  |  |                |            |              |             |         |             |             |             |     |    |    |    |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |  |   |                |            |              |             |         |             |             |             |     |    |      |      |      |     |     |      |
| 642  | 71             | 33  | 25,3         | 5,8  | 146         | 6,5   | 878         |  |         |    |      |      |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |    |    |      |     |     |      |      |  |  |                |            |              |             |         |             |             |             |     |    |    |    |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |  |   |                |            |              |             |         |             |             |             |     |    |      |      |      |     |     |      |
| ENERGIA (KCAL)   | H.CARB (G)     | PROTEINA (G)  | LÍPIDOS (G)  | AGS (G)  | CALCIO (MG) | HIERRO (MG)   | VIT. A (UG) |  |         |    |      |      |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |    |    |      |     |     |      |      |  |  |                |            |              |             |         |             |             |             |     |    |    |    |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |  |   |                |            |              |             |         |             |             |             |     |    |      |      |      |     |     |      |
| 680  | 85             | 19  | 28,7         | 11,8   | 390         | 6,5   | 1941        |  |         |    |      |      |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |    |    |      |     |     |      |      |  |  |                |            |              |             |         |             |             |             |     |    |    |    |     |     |     |      |  |  |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |  |   |                |            |              |             |         |             |             |             |     |    |      |      |      |     |     |      |

\* 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.

NUESTROS MENÚS ESTÁN ELABORADOS DE ACUERDO A LOS PROGRAMAS NAOS Y PERSEO  
 RACIONES ESTABLECIDAS SEGÚN IDR PARA NIÑOS 6-9 AÑOS. (MOREIRAS Y COL. 2018)  
 VALORACIÓN NUTRICIONAL REALIZADA CON LA BASE DE DATOS BEDCA  
 MENÚS EXENTOS DE LAS ESPECIES DE PESCADOS DE ALTO CONTENIDO DE MERCURIO SIGUIENDO LAS RECOMENDACIONES DE LA AESAN.

**FRUTAS Y VERDURAS TEMPORADA DE JUNIO**  
**FRUTAS JUNIO:** ALBARICOQUE, BREVA, CEREZA, CIRUELA, FRAMBUESA, LIMÓN, KIWI, MANZANA, HIGO, MELOCOTÓN, MELÓN, NECTARINA, NARANJA, NÍSPERO, PERA, PIÑA, PLÁTANO, PARAGUAYA Y SANDÍA  
**VERDURAS JUNIO:** ACELGA, AJO, ALCACHOFA, BERENJENA, BRÓCOLI, CALABACÍN, CEBOLLA, ESPÁRRAGOS, ESPINACAS, GUISANTES, LECHUGA, NABO, PATATA, PEPINO, PIMIENTO, PUERRO, RÁBANO, REPOLLO, TOMATE Y ZANAHORIA