

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES																																																																								
<p>Día 1</p> <p>Canelones gratinados Peques: lacitos con tomate Menestra de verduras Palometa a la plancha Ensalada Lechuga, tomate, zanahoria y aceitunas Manzana Pan y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>702</td><td>32,4</td><td>79,2</td><td>26,1</td></tr> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>690</td><td>33,9</td><td>70,12</td><td>22,4</td></tr> </table>	Kcal	Prot	HCar	Lipid	702	32,4	79,2	26,1	Kcal	Prot	HCar	Lipid	690	33,9	70,12	22,4	<p>Día 2</p> <p>Arroz con pollo y verduras Judías verdes con jamón Lomo de Sajonia Calabacín a la plancha Pera Pan y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>705</td><td>33,4</td><td>77,3</td><td>27,9</td></tr> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>691</td><td>34,9</td><td>71,6</td><td>22,9</td></tr> </table>	Kcal	Prot	HCar	Lipid	705	33,4	77,3	27,9	Kcal	Prot	HCar	Lipid	691	34,9	71,6	22,9	<p>Día 3</p> <p>Crema de calabacín Filetes rusos en salsa Patatas fritas Yogur Pan y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>691</td><td>31,9</td><td>73,6</td><td>26,8</td></tr> </table>	Kcal	Prot	HCar	Lipid	691	31,9	73,6	26,8	<p>Día 4</p> <p>Macarrones napolitana Alcachofas en salsa verde Merluza a la plancha Ensalada Lechuga, tomate, zanahoria y aceitunas Melocotón en almíbar Pan y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>701</td><td>36,6</td><td>74,8</td><td>25,6</td></tr> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>689</td><td>37,7</td><td>70,9</td><td>21,2</td></tr> </table>	Kcal	Prot	HCar	Lipid	701	36,6	74,8	25,6	Kcal	Prot	HCar	Lipid	689	37,7	70,9	21,2	<p>Día 5</p> <p>Sopa de cocido Cocido completo, Garbanzos, patata, chorizo, ternera, pollo Ensalada Lechuga, tomate, zanahoria y aceitunas Plátano Pan y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>770</td><td>35,8</td><td>95,1</td><td>29,4</td></tr> </table>	Kcal	Prot	HCar	Lipid	770	35,8	95,1	29,4								
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<p>Día 8</p> <p>Sopa de marisco Guisantes con jamón Bacalao a la Vizcaína Patatas al vapor Manzana Pan y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>699</td><td>33,2</td><td>77,9</td><td>25,2</td></tr> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>698</td><td>33,8</td><td>75,8</td><td>24,9</td></tr> </table>	Kcal	Prot	HCar	Lipid	699	33,2	77,9	25,2	Kcal	Prot	HCar	Lipid	698	33,8	75,8	24,9	<p>Día 9</p> <p>Judías blancas estofadas Espárragos blancos Pechuga en salsa Salteado de setas Plátano Pan y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>712</td><td>33,4</td><td>77,3</td><td>25,9</td></tr> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>680</td><td>35,7</td><td>70,2</td><td>21,2</td></tr> </table>	Kcal	Prot	HCar	Lipid	712	33,4	77,3	25,9	Kcal	Prot	HCar	Lipid	680	35,7	70,2	21,2	<p>Día 10</p> <p>Crema de verduras judías verde, zanahoria, guisantes, alcachofas y champiñón Albóndigas a la jardinera Patatas fritas Yogur Pan y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>690</td><td>28,7</td><td>74,4</td><td>20,4</td></tr> </table>	Kcal	Prot	HCar	Lipid	690	28,7	74,4	20,4	<p>Día 11</p> <p>Espirales a la napolitana Brócoli salteado con bacon Filete de salmón empanado Ensalada de Lechuga, tomate, zanahoria y aceitunas Piña Pan y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>708</td><td>32,8</td><td>79,1</td><td>29,4</td></tr> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>695</td><td>33,6</td><td>73,3</td><td>24,3</td></tr> </table>	Kcal	Prot	HCar	Lipid	708	32,8	79,1	29,4	Kcal	Prot	HCar	Lipid	695	33,6	73,3	24,3	<p>Día 12</p> <p>FESTIVO</p>																
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<p>Día 15</p> <p>Sopa de cocido Cocido completo, Garbanzos, patata, chorizo, ternera, pollo Ensalada Lechuga, tomate, zanahoria y aceitunas Plátano Pan y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>770</td><td>35,8</td><td>95,1</td><td>29,4</td></tr> </table>	Kcal	Prot	HCar	Lipid	770	35,8	95,1	29,4	<p>Día 16</p> <p>Arroz 3 delicias PEQUES: Arroz con tomate Judías verdes con tomate Lomo a la plancha Patatas panadera Manzana Pan y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>703</td><td>30,9</td><td>73,9</td><td>24,8</td></tr> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>690</td><td>30,9</td><td>70,9</td><td>21,5</td></tr> </table>	Kcal	Prot	HCar	Lipid	703	30,9	73,9	24,8	Kcal	Prot	HCar	Lipid	690	30,9	70,9	21,5	<p>Día 17</p> <p>Lentejas estofadas Crema de espinacas Varitas de merluza Ensalada Lechuga, tomate, zanahoria y aceitunas Yogur Pan y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>708</td><td>31,9</td><td>73,6</td><td>26,8</td></tr> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>694</td><td>32,8</td><td>72,9</td><td>24,6</td></tr> </table>	Kcal	Prot	HCar	Lipid	708	31,9	73,6	26,8	Kcal	Prot	HCar	Lipid	694	32,8	72,9	24,6	<p>Día 18</p> <p>Guisantes con jamón PEQUES: Puré de verduras Pollo asado en su jugo Patatas fritas Plátano Pan y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>695</td><td>30,7</td><td>72,9</td><td>20,4</td></tr> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>690</td><td>30,2</td><td>72,0</td><td>19,9</td></tr> </table>	Kcal	Prot	HCar	Lipid	695	30,7	72,9	20,4	Kcal	Prot	HCar	Lipid	690	30,2	72,0	19,9	<p>Día 19</p> <p>Coditos con tomate y bacon. Menestra de verduras Merluza a la plancha Ensalada Lechuga, tomate, zanahoria y aceitunas Pera Pan y agua</p> <table border="1"> <tr><td>HCar</td><td>Lipid</td><td>HCar</td><td>Lipid</td></tr> <tr><td>709</td><td>33,6</td><td>75,5</td><td>28,2</td></tr> <tr><td>HCar</td><td>Lipid</td><td>HCar</td><td>Lipid</td></tr> <tr><td>696</td><td>32,1</td><td>71,5</td><td>28,2</td></tr> </table>	HCar	Lipid	HCar	Lipid	709	33,6	75,5	28,2	HCar	Lipid	HCar	Lipid	696	32,1	71,5	28,2
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<p>Día 22</p> <p>Judías blancas estofadas Alcachofas con jamón Cinta de lomo al ajillo Ensalada Lechuga, tomate, zanahoria y aceitunas Yogur Pan y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>705</td><td>32,9</td><td>77,6</td><td>24,9</td></tr> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>691</td><td>34,5</td><td>72,7</td><td>22,1</td></tr> </table>	Kcal	Prot	HCar	Lipid	705	32,9	77,6	24,9	Kcal	Prot	HCar	Lipid	691	34,5	72,7	22,1	<p>Día 23</p> <p>Espaguetis carbonara PEQUES: Pasta con tomate y bacon Judías verde salteadas Mero en salsa marinera Patata al vapor Naranja Pan y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>700</td><td>34,6</td><td>79,9</td><td>25,2</td></tr> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>692</td><td>33,4</td><td>72,8</td><td>21,3</td></tr> </table>	Kcal	Prot	HCar	Lipid	700	34,6	79,9	25,2	Kcal	Prot	HCar	Lipid	692	33,4	72,8	21,3	<p>Día 24</p> <p>Crema de verduras naturales Judías verdes, acelgas, calabacín, espinacas, zanahoria y patata Pechuga de pollo Patatas Yogur Pan y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>704</td><td>38,4</td><td>77,7</td><td>25,5</td></tr> </table>	Kcal	Prot	HCar	Lipid	704	38,4	77,7	25,5	<p>Día 25</p> <p>Sopa de fideos Cocido completo Garbanzos, verduras, patata, ternera, pollo, morcilla Ensalada Lechuga, tomate, zanahoria y aceitunas Plátano Pan y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>770</td><td>35,8</td><td>95,1</td><td>29,4</td></tr> </table>	Kcal	Prot	HCar	Lipid	770	35,8	95,1	29,4	<p>Día 26</p> <p>Arroz blanco con tomate Espárragos blancos Filete de emperador Ensalada Lechuga, tomate, zanahoria y aceitunas Manzana Pan y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>703</td><td>31,4</td><td>77,2</td><td>25,2</td></tr> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>690</td><td>32,5</td><td>72,1</td><td>21,3</td></tr> </table>	Kcal	Prot	HCar	Lipid	703	31,4	77,2	25,2	Kcal	Prot	HCar	Lipid	690	32,5	72,1	21,3								
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<p>Día 29</p> <p>Lentejas estofadas Menestra de verduras Pollo a la plancha Rodajas de tomate Naranja Pan y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>705</td><td>34,8</td><td>76,1</td><td>26,4</td></tr> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>693</td><td>33,7</td><td>72,2</td><td>22,3</td></tr> </table>	Kcal	Prot	HCar	Lipid	705	34,8	76,1	26,4	Kcal	Prot	HCar	Lipid	693	33,7	72,2	22,3	<p>Día 30</p> <p>Macarrones gratinados Ensalada de pimientos asados Palometa en salsa verde Patatas panadera Plátano Pan y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>705</td><td>34,8</td><td>76,1</td><td>26,4</td></tr> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>694</td><td>34,1</td><td>72,2</td><td>22,5</td></tr> </table>	Kcal	Prot	HCar	Lipid	705	34,8	76,1	26,4	Kcal	Prot	HCar	Lipid	694	34,1	72,2	22,5	<p>Día 31</p> <p>Patatas a la riojana Verduras asadas Albóndigas de ternera en salsa Champiñón al ajillo Yogur Pan y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>705</td><td>34,8</td><td>76,1</td><td>26,9</td></tr> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>695</td><td>33,9</td><td>71,2</td><td>23,4</td></tr> </table>	Kcal	Prot	HCar	Lipid	705	34,8	76,1	26,9	Kcal	Prot	HCar	Lipid	695	33,9	71,2	23,4																										
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