

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES																																																												
<b>Día 5</b>	<b>Día 6</b>	<b>Día 7</b>	<b>Día 8</b>	<b>Día 9</b>																																																												
<b>Crema de calabacín</b> <b>Ensalada de pimientos</b> <b>Pollo asado en su jugo</b> <b>Patatas</b> <b>Plátano</b> <b>Pan y agua</b>	<b>Arroz con tomate y salchichas</b> <b>Alcachofas con jamón</b> <b>Merluza a la plancha</b> <b>Ensalada</b> Lechuga, tomate, zanahoria y aceitunas <b>Naranja</b> <b>Pan y agua</b>	<b>Lentejas estofadas</b> <b>Espinacas rehogadas</b> <b>Tortilla española</b> <b>Rodajas de tomate natural</b> <b>Yogur</b> <b>Pan y agua</b>	<b>Ragout de ternera</b> <b>Espárragos blancos con mahonesa</b> <b>Albóndigas en salsa</b> <b>Salteado de verduras</b> <b>Mandarina</b> <b>Pan y agua</b>	<b>Macarrones con queso</b> <b>Salteado de setas y espárragos verdes y guisantes</b> <b>Filete de palometa en salsa</b> <b>Patatas ajo-perejil</b> <b>Yogur</b> <b>Pan y agua</b>																																																												
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<b>Judías blancas estofadas</b> <b>Judías verdes con jamón</b> <b>Filetes rusos en salsa</b> <b>Patatas</b> <b>Pera</b> <b>Pan y agua</b>	<b>Macarrones con tomate</b> <b>Espárragos con mahonesa</b> <b>Emperador a la plancha</b> <b>Salteado de verduras</b> <b>Mandarina</b> <b>Pan y agua</b>	<b>Crema de verduras:</b> patata, zanahoria, acelgas, judías verdes, calabacín y espinacas <b>Albóndigas de pollo a la jardinera</b> <b>Patatas panadera</b> <b>Yogur</b> <b>Pan y agua</b>	<b>Paella valenciana</b> <b>Verduras asadas</b> <b>Merluza a la romana</b> <b>Ensalada</b> Lechuga, tomate, zanahoria y aceitunas <b>Manzana</b> <b>Pan y agua</b>	<b>Sopa de fideos</b> <b>Cocido completo</b> <b>Ensalada de lechuga, tomate, zanahoria y aceitunas</b> <b>Yogur</b> <b>Pan y agua</b>																																																												
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<b>Arroz caldoso de marisco</b> <b>Ensalada de pimientos</b> <b>Lomo adobado</b> <b>Calabacín a la plancha</b> <b>Mandarina</b> <b>Pan y agua</b>	<b>Lacitos a la napolitana</b> <b>Espárragos con mahonesa</b> <b>Filete de emperador</b> <b>Salteado de verduras</b> <b>Plátano</b> <b>Pan y agua</b>	<b>Lentejas hortelanas</b> <b>Cardo en salsa verde</b> <b>Pechuga de pollo</b> <b>Ensalada:</b> lechuga, tomate, zanahoria y aceitunas <b>Yogur</b> <b>Pan y agua</b>	<b>Sopa de picadillo</b> <b>Brócoli gratinado</b> <b>Bacalao a la vizcaína</b> <b>Ensalada:</b> lechuga, tomate, zanahoria y aceitunas <b>Manzana</b> <b>Pan y agua</b>	<b>Judías verdes salteadas con jamón y huevo duro</b> <b>PEQUES: Puré de verduras</b> <b>Chuleta de sajonia</b> <b>Salteado de setas</b> <b>Yogur</b> <b>Pan y agua</b>																																																												
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<b>Sopa de cocido</b> <b>Cocido completo</b> Garbanzos, verduras, patata, ternera, pollo, jamón,... <b>Ensalada</b> Lechuga, tomate, zanahoria y aceitunas <b>Manzana</b> <b>Pan y agua</b>	<b>Espirales con tomate</b> <b>Filete de merluza a la romana</b> <b>Ensalada</b> Lechuga, tomate, zanahoria y aceitunas <b>Plátano</b> <b>Pan y agua</b>	<b>Crema de calabaza</b> <b>Filete de pollo empanado</b> <b>Patatas</b> <b>Yogur</b> <b>Pan y agua</b>	<b>Marmitako de bonito</b> <b>Ensalada de pimientos asados</b> <b>Albóndigas en salsa de vino blanco</b> <b>Champiñón al ajillo</b> <b>Naranja</b> <b>Pan y agua</b>	<b>Arroz blanco con tomate y picadillo de salchichas</b> <b>Espárragos con mahonesa</b> <b>Filete de mero a la marinera</b> <b>Patatitas al vapor</b> <b>Mandarina</b> <b>Pan y agua</b>																																																												
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