

















































































LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES																																																								
	Día 8 Lentejas caseras  Filete de palometa en salsa marinera     Ensalada Lechuga, tomate, aceitunas y zanahoria Manzana Pan  y agua <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>703</td><td>32,2</td><td>78,4</td><td>26,7</td></tr> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>680</td><td>34,9</td><td>71,6</td><td>22,4</td></tr> </table>	Kcal	Prot	HCar	Lipid	703	32,2	78,4	26,7	Kcal	Prot	HCar	Lipid	680	34,9	71,6	22,4	Día 9 Crema de calabacín  Albóndigas a la jardinera  Patatas panadera  Yogur  Pan  y agua <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>695</td><td>35,8</td><td>73,9</td><td>24,4</td></tr> </table>	Kcal	Prot	HCar	Lipid	695	35,8	73,9	24,4	Día 10 Patatas guisadas con cordero  Pollo asado en su jugo Salteado de verduras Plátano Pan  y agua <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>710</td><td>34,8</td><td>76,1</td><td>29,4</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	710	34,8	76,1	29,4	Kcal	Prot	HCar	Lipid	689	37,7	70,9	21,2	Día 11 Arroz con tomate y picadillo de salchichas Filete de merluza a la romana    Ensalada Lechuga, tomate, aceitunas y zanahoria Naranja Pan  y agua <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>709</td><td>32,8</td><td>75,5</td><td>25,1</td></tr> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>689</td><td>35,2</td><td>70,1</td><td>21,2</td></tr> </table>	Kcal	Prot	HCar	Lipid	709	32,8	75,5	25,1	Kcal	Prot	HCar	Lipid	689	35,2	70,1	21,2
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Día 14 Menestra de verduras (judías verdes, zanahoria, guisantes, champiñón y alcachofas) PEQUE: Puré de verduras Jamoncitos en pepitoria    Patatas  Yogur  Pan  y agua <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>699</td><td>34,8</td><td>73,4</td><td>23,7</td></tr> </table>	Kcal	Prot	HCar	Lipid	699	34,8	73,4	23,7	Día 15 Sopa de marisco     Tortilla española  Rodajas de tomate natural Mandarina Pan  y agua <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>717</td><td>33,2</td><td>73,2</td><td>27,9</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	717	33,2	73,2	27,9	Kcal	Prot	HCar	Lipid	680	35,7	70,2	21,2	Día 16 Espirales con tomate y bacon  Filete ruso en salsa de vino blanco  Patatas  Yogur  Pan  y agua <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>709</td><td>34,5</td><td>79,2</td><td>22,4</td></tr> </table>	Kcal	Prot	HCar	Lipid	709	34,5	79,2	22,4	Día 17 Paella con verduras y pollo  Atún empanado    Ensalada Lechuga, tomate, zanahoria y aceitunas Plátano Pan  y agua <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>702</td><td>34,5</td><td>80,1</td><td>24,4</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>22,3</td></tr> </table>	Kcal	Prot	HCar	Lipid	702	34,5	80,1	24,4	Kcal	Prot	HCar	Lipid	695	33,6	73,3	22,3	Día 18 Sopa de fideos  Cocido completo  Ensalada Lechuga, tomate, zanahoria y aceitunas Manzana Pan  y agua <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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Día 21 Crema de calabaza  Chuleta de sajonia Ensalada Lechuga, tomate, zanahoria y aceitunas Pera Pan  y agua <table border="1"> <tr><td>HCar</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>697</td><td>32,6</td><td>72,4</td><td>23,1</td></tr> </table>	HCar	Prot	HCar	Lipid	697	32,6	72,4	23,1	Día 22 Espaguetis a la napolitana  PEQUE: Macarrones napolitana  Merluza a la romana    Ensalada Lechuga, tomate, zanahoria y aceitunas Plátano Pan  y agua <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>701</td><td>33,2</td><td>73,2</td><td>26,2</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>68,9</td><td>21,5</td></tr> </table>	Kcal	Prot	HCar	Lipid	701	33,2	73,2	26,2	Kcal	Prot	HCar	Lipid	690	30,9	68,9	21,5	Día 23 SAN ILDEFONSO 	Día 24 Sopa de fideos  Cocido completo  Ensalada Lechuga, tomate, zanahoria y aceitunas Manzana Pan  y agua <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	Día 25 Judías verdes salteadas con jamón y huevo duro   PEQUE: Puré de verduras Ternera asada al horno  Patatas panadera  Yogur  Pan  y agua <table border="1"> <tr><td>HCar</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>698</td><td>35,4</td><td>72,3</td><td>23,1</td></tr> </table>	HCar	Prot	HCar	Lipid	698	35,4	72,3	23,1																
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Día 28 Espirales a la carbonara   PEQUE: Espirales con tomate  Bacalao a la vizcaína    Patatas al vapor Mandarina Pan  y agua <table border="1"> <tr><td>HCar</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>704</td><td>33,4</td><td>74,7</td><td>26,1</td></tr> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>685</td><td>34,5</td><td>72,2</td><td>22,1</td></tr> </table>	HCar	Prot	HCar	Lipid	704	33,4	74,7	26,1	Kcal	Prot	HCar	Lipid	685	34,5	72,2	22,1	Día 29 Guisantes con bacon, patata y huevo duro   PEQUE: Puré de verduras Filete de pollo empanado   Ensalada Lechuga, tomate, zanahoria y aceitunas Plátano Pan  y agua <table border="1"> <tr><td>HCar</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>700</td><td>33,1</td><td>20,7</td><td>23,1</td></tr> </table>	HCar	Prot	HCar	Lipid	700	33,1	20,7	23,1	Día 30 Lentejas a la hortelana  Croquetas de jamón y varitas de merluza   Ensalada Lechuga, tomate, zanahoria y aceitunas Yogur  Pan  y agua <table border="1"> <tr><td>HCar</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>700</td><td>33,1</td><td>79,7</td><td>26,1</td></tr> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>689</td><td>32,8</td><td>73,1</td><td>23,1</td></tr> </table>	HCar	Prot	HCar	Lipid	700	33,1	79,7	26,1	Kcal	Prot	HCar	Lipid	689	32,8	73,1	23,1	Día 31 Arroz caldoso con magro  Cinta de lomo adobada Calabacín rebozado  Manzana Pan  y agua <table border="1"> <tr><td>HCar</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>704</td><td>33,4</td><td>74,7</td><td>26,1</td></tr> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>685</td><td>32,8</td><td>70,5</td><td>22,1</td></tr> </table>	HCar	Prot	HCar	Lipid	704	33,4	74,7	26,1	Kcal	Prot	HCar	Lipid	685	32,8	70,5	22,1	
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