

















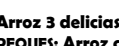
















































LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES																																																																
				<p>Día 1</p> <p>Patatas a la riojana </p> <p>Judías verdes con jamón</p> <p>Filete de merluza a la romana </p> <p>Ensalada de Lechuga, tomate, zanahoria y aceitunas</p> <p>Yogur </p> <p>Pan  y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>701</td><td>33,7</td><td>75,1</td><td>24,6</td></tr> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>689</td><td>35,8</td><td>70,1</td><td>21,5</td></tr> </table>	Kcal	Prot	HCar	Lipid	701	33,7	75,1	24,6	Kcal	Prot	HCar	Lipid	689	35,8	70,1	21,5																																																
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<p>Día 4</p> <p>Lentejas a la hortelana </p> <p>Coliflor aliñada</p> <p>Tortilla española </p> <p>Rodajas de tomate natural</p> <p>Naranja</p> <p>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>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	702	33,2	77,9	25,2	Kcal	Prot	HCar	Lipid	698	33,8	75,8	24,9	<p>Día 5</p> <p>Macarrones napolitana </p> <p>Judías verde con tomate</p> <p>Palometa en salsa marinera </p> <p>Patatitas al vapor</p> <p>Manzana</p> <p>Pan  y agua</p> <table border="1"> <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	680	35,7	70,2	21,2	<p>Día 6</p> <p>Crema de verduras (judía verde, zanahoria, espinacas, acelgas y patata)</p> <p>Albóndigas en salsa de tomate </p> <p>Patatas </p> <p>Yogur </p> <p>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 7</p> <p>Judías blancas estofadas </p> <p>Alcachofas con jamón</p> <p>Varitas de merluza </p> <p>Ensalada de Lechuga, tomate, zanahoria y aceitunas</p> <p>Plátano</p> <p>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 8</p> <p>DÍA DE LA ENSEÑANZA</p> 																
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<p>Día 11</p> <p>DÍA NO LECTIVO</p>	<p>Día 12</p> <p>Arroz 3 delicias </p> <p>PEQUES: Arroz con tomate</p> <p>Ensalada de pimientos </p> <p>Pechuga de pollo en salsa </p> <p>Champiñón al ajillo</p> <p>Plátano</p> <p>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>32,7</td><td>70,2</td><td>21,2</td></tr> </table>	Kcal	Prot	HCar	Lipid	703	30,9	73,9	24,8	Kcal	Prot	HCar	Lipid	690	32,7	70,2	21,2	<p>Día 13</p> <p>Crema de calabacín</p> <p>Albóndigas de ternera a la jardinera </p> <p>Patatas fritas </p> <p>Yogur </p> <p>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>33,1</td><td>75,6</td><td>23,2</td></tr> </table>	Kcal	Prot	HCar	Lipid	702	33,1	75,6	23,2	<p>Día 14</p> <p>Sopa de cocido </p> <p>Cocido completo (Garbanzos, patata, ternera, pollo, morcilla... </p> <p>Ensalada de Lechuga, tomate, zanahoria y aceitunas</p> <p>Manzana</p> <p>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>92,2</td><td>29,4</td></tr> </table>	Kcal	Prot	HCar	Lipid	770	35,8	92,2	29,4	<p>Día 15</p> <p>Coditos con tomate y bacon </p> <p>Salteado de setas</p> <p>Salmón al horno </p> <p>Patata panadera </p> <p>Yogur </p> <p>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>34,1</td><td>78,2</td><td>25,4</td></tr> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>697</td><td>36,8</td><td>72,4</td><td>22,6</td></tr> </table>	Kcal	Prot	HCar	Lipid	701	34,1	78,2	25,4	Kcal	Prot	HCar	Lipid	697	36,8	72,4	22,6																
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<p>Día 18</p> <p>Judías blancas estofadas </p> <p>Espárragos blancos</p> <p>Pollo asado en su jugo</p> <p>Patatas rizadas </p> <p>Pera</p> <p>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>35,1</td><td>80,2</td><td>25,4</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	712	35,1	80,2	25,4	Kcal	Prot	HCar	Lipid	691	34,5	72,7	22,1	<p>Día 19</p> <p>Espaguets napolitana </p> <p>Peques: espirales </p> <p>Brócoli aliñado</p> <p>Cinta de lomo adobada</p> <p>Calabacín rebozado </p> <p>Manzana</p> <p>Pan  y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>697</td><td>36,1</td><td>75,6</td><td>25,5</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	697	36,1	75,6	25,5	Kcal	Prot	HCar	Lipid	692	33,4	72,8	21,3	<p>Día 20</p> <p>Lentejas caseras </p> <p>Verduras asadas</p> <p>Merluza a la plancha </p> <p>Ensalada de Lechuga, tomate, zanahoria y aceitunas</p> <p>Yogur </p> <p>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>35,8</td><td>77,6</td><td>28,6</td></tr> </table>	Kcal	Prot	HCar	Lipid	702	35,8	77,6	28,6	<p>Día 21</p> <p>Judías verdes con jamón y huevo </p> <p>Peques: Puré de verdura</p> <p>Filete ruso en salsa de tomate </p> <p>Patatas </p> <p>Plátano</p> <p>Pan  y agua</p> <table border="1"> <tr><td>Kcal</td><td>Prot</td><td>HCar</td><td>Lipid</td></tr> <tr><td>696</td><td>32,9</td><td>74,6</td><td>26,8</td></tr> </table>	Kcal	Prot	HCar	Lipid	696	32,9	74,6	26,8	<p>Día 22</p> <p>Arroz con verduras (judías verdes, zanahoria, champiñón y alcachofas)</p> <p>Alcachofas en salsa verde</p> <p>Huevos duros con tomate, guisantes y picadillo de jamón </p> <p>Patatas panadera </p> <p>Mandarina</p> <p>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>32,9</td><td>74,6</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>32,5</td><td>72,1</td><td>21,3</td></tr> </table>	Kcal	Prot	HCar	Lipid	701	32,9	74,6	26,1	Kcal	Prot	HCar	Lipid	690	32,5	72,1	21,3
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<p>Día 25</p> <p>Sopa de cocido </p> <p>Cocido completo (Garbanzos, patata, ternera, pollo, ... </p> <p>Ensalada de Lechuga, tomate, zanahoria y aceitunas</p> <p>Manzana</p> <p>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>92,2</td><td>29,4</td></tr> </table>	Kcal	Prot	HCar	Lipid	770	35,8	92,2	29,4	<p>Día 26</p> <p>Macarrones con tomate </p> <p>Ensalada de pimientos asados</p> <p>Filete de merluza en salsa verde </p> <p>Patatas ajo-perejil</p> <p>Plátano</p> <p>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 27</p> <p>Patatas marinera </p> <p>Verduras asadas</p> <p>Albóndigas de ternera en salsa </p> <p>Champiñón al ajillo</p> <p>Yogur </p> <p>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	<p>Día 28</p> <p>Menestra de verduras (judía verde, zanahoria, guisantes, champiñón, espárragos y alcachofas)</p> <p>Jamoncitos en pepitoria </p> <p>Patatas fritas </p> <p>Pera</p> <p>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> </table>	Kcal	Prot	HCar	Lipid	705	34,8	76,1	26,9																	
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