

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
<p><b>BACK TO SCHOOL</b></p> 	1	2	3	4
	<b>Arroz Milanesa (6)</b>	<b>Patatas guisadas con carne</b>	<b>Sopa de cocido</b>	<b>Macarrones boloñesa (1,3)</b>
	"Milanesa" style rice	Meat with potatoes stew	"Cocido Madrileño" soup	"Bolognese" style macaronni
	<b>Tortilla francesa de queso c/ensalada</b>	<b>Croquetas de bacalao con ensalada (1,3,4,7)</b>	<b>Complemento del cocido</b>	<b>Fil. de merluza en salsa verde con guisantes (4)</b>
	Cheese plain omelette with salad	Cod croquettes with salad	Cheek-peas, meat, vegetables, "chorizo" stew	Hake fillet cooked in sauce with peas
Postre: <b>Yogur</b>	Postre: <b>Fruta de temporada</b>	Postre: <b>Fruta de temporada</b>	Postre: <b>Fruta y leche</b>	
Kcal 518 Lip 17,9 Prot. 25,5 Hcar 68	Kcal 571 Lip 14,5 Prot. 14,1 Hcar 102	Kcal 549 Lip 16,7 Prot. 20,9 Hcar 84	Kcal 426 Lip 23,2 Prot. 32,9 Hcar 23	
7	8	9	10	11
<b>Sopa de pescado (1,2,3,4,14)</b>	<b>Arroz con tomate</b>	<b>Puré de verduras</b>	<b>Lentejas campesinas</b>	<b>Fideuá mixta (1,3)</b>
Fish soup (with pasta)	Rice with tomato sauce	Crema of vegetables soup	Vegetables with lentils stew	Mixed "fideua"
<b>Hamburguesa al horno c/champiñones (1,3,6)</b>	<b>Fil. de pescadilla al limón c/ensalada (4)</b>	<b>Pollo asado con patatas</b>	<b>Tortilla española c/tomate y maíz (3)</b>	<b>Filetes de gallo con verduritas (4)</b>
Oven baked veal hamburger with mushrooms	Hake fillet cooked with lemon sauce and salad	Roasted chicken with fries	Spanish potatoe omelette with salad	Fish fillet w/vegetables
Postre: <b>Fruta de temporada</b>	Postre: <b>Yogur</b>	Postre: <b>Fruta de temporada</b>	Postre: <b>Fruta de temporada</b>	Postre: <b>Fruta y leche</b>
Kcal 555 Lip 24,2 Prot. 27,5 Hcar 61	Kcal 474 Lip 20,4 Prot. 21,7 Hcar 54	Kcal 501 Lip 16,8 Prot. 21,2 Hcar 71	Kcal 559 Lip 25,6 Prot. 19,9 Hcar 66	Kcal 539 Lip 15,9 Prot. 36,1 Hcar 67
14	15	16	17	18
<b>Crema de guisantes</b>	<b>Puré de calabaza con queso (7)</b>	<b>Patatas marineras (2,4,14)</b>	<b>Judías blancas estofadas c/chorizo (6)</b>	<b>Coditos Carbonara (1,3,6,7)</b>
Cream of peas soup	Crema of pumpkin soup with cheese	Seafood & fish with potatoes stew	"Chorizo" with beans stew	Carbonara style pasta
<b>Fil.de abadejo en salsa marinera c/arroz (4)</b>	<b>Libritos de lomo y queso c/panadera (1,3,6,7)</b>	<b>Tortilla francesa de jamón c/ens. Lechuga (3)</b>	<b>Ragout de pollo con zanahorias y champiñones</b>	<b>Fil. de merluza al horno c/jardinera (4)</b>
Pollack fillet cooked in sauce with boiled rice	Breaded loin and cheese with fries	Ham & york plain omelette	Chicken ragout with carrots and mushrooms	Oven baked fish with vegetables
Postre: <b>Fruta de temporada</b>	Postre: <b>Yogur</b>	Postre: <b>Fruta de temporada</b>	Postre: <b>Fruta de temporada</b>	Postre: <b>Fruta y leche</b>
Kcal 580 Lip 20,3 Prot. 22,6 Hcar 82	Kcal 481 Lip 23,9 Prot. 19,4 Hcar 50	Kcal 452 Lip 16,1 Prot. 22,4 Hcar 58	Kcal 515 Lip 22,9 Prot. 27,9 Hcar 53	Kcal 442 Lip 16,6 Prot. 29,4 Hcar 47
21	22	23	24	25
<b>Judías verdes con tomate</b>	<b>Paella mixta (verdura y pollo)</b>	<b>Puré de verduras y hortalizas</b>	<b>Lentejas estofadas</b>	<b>Sopa de estrellitas</b>
Green beans with tomato sauce	Mixed "paella"	Cream of vegetables soup	Vegetables with lentils stew	Soup with pasta
<b>Ragout de ternera c/jardinera y patatas dado</b>	<b>Empanadillas de atún c/ensalada (1,3,4)</b>	<b>Roti de pavo asado c/puré de patata (7,12)</b>	<b>Tortilla de queso c/ensalada (3,7)</b>	<b>Lomos de merluza c/tomate y cintas salteadas (1,3,4)</b>
Stewed veal with vegetables and fries	Tuna pastries with salad	Turkey roti with mashed potatoe	Cheese plain omelette with salad	Cod cooked in sauce & sauteed pasta
Postre: <b>Fruta de temporada</b>	Postre: <b>Yogur</b>	Postre: <b>Fruta de temporada</b>	Postre: <b>Fruta de temporada</b>	Postre: <b>Fruta y leche</b>
Kcal 477 Lip 25,5 Prot. 31,6 Hcar 32	Kcal 484 Lip 18,9 Prot. 9,9 Hcar 73	Kcal 531 Lip 25,3 Prot. 16,4 Hcar 63	Kcal 566 Lip 26,6 Prot. 20,9 Hcar 65	Kcal 516 Lip 12,4 Prot. 33,4 Hcar 72
28	29	30		
<b>Espirales Carbonara (1,3,6,7)</b>	<b>Crema de calabacín</b>	<b>Arroz tres delicias</b>		
Carbonara pasta	Cream of zucchini soup	Three delights rice		
<b>Tortilla de queso c/ensalada (3)</b>	<b>Filete de pollo a las finas hierbas c/panadera</b>	<b>Filete de pescadilla a la Andaluza con gajos de tomate</b>		
Cheese plain omelette with salad	Chicken fillet with fries	Breaded fish fillet with natural tomato		
Postre: <b>Fruta de temporada</b>	Postre: <b>Fruta de temporada</b>	Postre: <b>Fruta de temporada</b>		
Kcal 477 Lip 25,5 Prot. 31,6 Hcar 32	Kcal 512 Lip 20,1 Prot. 13,2 Hcar 50	Kcal 523 Lip 14,8 Prot. 36,3 Hcar 80		