



| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES |
|---|--|--|---|---|
| <p>VALOR MEDIO POR CADA 100 GRAMOS DE PLATO ELABORADO</p> | | <p>1 Fabada asturiana Tortilla de patata Ensalada de zanahoria Omelette Carrot's salad Fruta variad/Varied fruit Kcal. 630 Prot. 26 Hid. 54 Lip. 31</p> | <p>2 Patatas marinera Potatoes "marinera" Pollo con manzana asada Chicken with baked apple Fruta variad/Varied fruit Kcal. 434 Prot. 24 Hid. 32 Lip. 19</p> | |
| <p>6 Crema de calabacín/Zucchini's cream Coliflor ajoarriero/Cauliflower Pechuga de pollo en salsa Chicken breast in sauce Fruta variad/Varied fruit Kcal. 529 Prot. 25 Hid. 49 Lip. 22</p> | <p>7 Lentejas con verduras Lentils with vegetables Escalope con champiñón Escalope with mushroom Fruta en almíbar/Fruit in syrope Fruta variad/Varied fruit Kcal. 650 Prot. 36 Hid. 66 Lip. 23</p> | <p>8 Coditos con tomate Knuckles with tomato Coditos con atún / Knuckles on tuna Merluza al horno con patatas panadera Hake with potatoes Fruta variad/Varied fruit Kcal. 516 Prot. 20 Hid. 66 Lip. 43</p> | <p>9 COCIDO COMPLETO Sopa de fideos Garbanzos y berza Chorizo, morcillo, tocino y morcilla Fruta variad/Varied fruit Kcal. 402 Prot. 26 Hid. 35 Lip. 14</p> | <p>10 Arroz a la zamorana Rice "a la zamorana" Platija empanada con ensalada Fish with salad Fruta variad/Varied fruit/ Helado/Ice Cream Kcal. 525 Prot. 26 Hid. 70 Lip. 13</p> |
| <p>13 Sopa de pollo Chicken Soup Tortilla de patata con ensalada Omelette with salad Fruta variad/Varied fruit Kcal. 478 Prot. 16 Hid. 41 Lip. 24</p> | <p>14 Ensalada de garbanzos Chickpea salad Escalope con pimientos Escalope with peppers Fruta en almíbar/Fruit in syrope Fruta variad/Varied fruit Kcal. 690 Prot. 38 Hid. 66 Lip. 28</p> | <p>15 Crema de verduras Vegetable cream Came estofada con verduritas Braised beef with vegetables Fruta variad/Varied fruit Kcal. 464 Prot. 29 Hid. 37 Lip. 19</p> | <p>16 Lentejas con chorizo Lentils with sausage Lomo con ensalada italiana Loin with italian salad Fruta variad/Varied fruit Kcal. 650 Prot. 36 Hid. 64 Lip. 24</p> | <p>17 Arroz con tomate Rice with tomato Merluza Orly Hake Orly Yogurt/Yoghurt Fruta variad/Varied fruit Kcal. 606 Prot. 25 Hid. 50 Lip. 31</p> |
| <p>20 Macarrones napolitana y carbonara Macaroni napolitan and carbonara Platija empanada con ensalada Fish with salad Fruta variad/Varied fruit Kcal. 523 Prot. 28 Hid. 66 Lip. 13</p> | <p>21 Crema de verduras/ Vegetable cream Berza ajoarriero/Cabbage Albóndigas en salsa Meatballs in sauce Fruta variad/Varied fruit Kcal. 421 Prot. 14 Hid. 37 Lip. 21</p> | <p>22 Ensalada César/ Caesar salad Salmorejo Pizza de jamón/ Pizza ham Helados variados/ Ice Cream Fruta variad/Varied fruit Kcal. 749 Prot. 25 Hid. 67 Lip. 39</p> | | |
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|---|---|--|---|---|
| | | 1 VERDURAS / VEGETABLES PESCADO / FISH LACTEO / LACTEAL | 2 SOPA / SOUPE PESCADO / FISH LACTEO / LACTEAL | 3 |
| 6 VERDURAS / VEGETABLES PESCADO / FISH LACTEO / LACTEAL | 7 CREMA / CREAM PESCADO / FISH LACTEO / LACTEAL | 8 ENSALADA / SALAD TERNERA/VEAL LACTEO / LACTEAL | 9 VERDURAS / VEGETABLES PESCADO / FISH LACTEO / LACTEAL | 10 CREMA / CREAM PAVO / TURKEY FRUTA / FRUIT |
| 13 VERDURAS / VEGETABLES PESCADO / FISH LACTEO / LACTEAL | 14 SOPA / SOUPE PESCADO / FISH LACTEO / LACTEAL | 15 ENSALADA / SALAD PESCADO / FISH LACTEO / LACTEAL | 16 VERDURAS / VEGETABLES PESCADO / FISH LACTEO / LACTEAL | 17 CREMA / CREAM TERNERA/VEAL FRUTA / FRUIT |
| 20 SOPA / SOUPE PESCADO / FISH LACTEO / LACTEAL | 21 VERDURAS / VEGETABLES PESCADO / FISH LACTEO / LACTEAL | 22 CREMA / CREAM PESCADO / FISH FRUTA / FRUIT | | |
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CENAR EN FAMILIA

No siempre es posible, pero vale la pena intentarlo. Compartir mesa con nuestros hijos ayuda a prevenir la obesidad infantil, aumentando el consumo de frutas y verduras, mejora el rendimiento escolar y reduce los trastornos de comportamiento alimentario. ¡Qué buen momento para transmitir hábitos y valores!

INFORMACIÓN NUTRICIONAL

FAMILY DINNER

It is not always possible, but worth a try. Share table with our children helps prevent childhood obesity, increasing consumption of fruits and vegetables, improving school performance and reduces eating disorders. What a good time to transmit habits and values!