

lunes	martes	miércoles	jueves	viernes	info
				Patatas guisadas con carne 1 Filete de pollo y ensalada Pan, Fruta Stewed potatoes with meat Chicken fillet and salad Bread, Fruit Kcal. 710	Prot. 23 Lip. 21 Hc. 98
Paella de carne 4 Cinta de lomo plancha al ajillo con ensalada de lechuga y zanahoria Pan, fruta Paella Tenderloin steak with salad Bread, fruit	Lentejas con chorizo 5 Tortilla de patata y ensalada Pan, fruta Lentils with chorizo Spanish Omelette and salad Bread, fruit	Sopa Maravilla de ave casera 6 Filete de ternera con verduritas Pan, fruta Wonder soup Steak with vegetables Bread, fruit	Garbanzos estofados c/verduras 7 Croquetas de jamón c/ensalada Pan, postre lácteo Cheakpeas with vegetables Croquette ham with salad Bread, milk dessert	Crema de calabaza 8 Filete de pollo plancha con patatas Pan, fruta Pumpkin cream Fillet Chicken with potatoes Bread, fruit Kcal. 698	Prot. 25 Lip. 36 Hc. 95
Judías verdes rehogadas c/tomate 11 San Jacobo clásico c/ patatas Pan, fruta Green Beans with tomato Breaded ham & cheese w/ potatoes Pan, fruit	Tallarines a la carbonara 12 Tortilla francesa con guisantes Pan, fruta Carbonara pasta Omelette with green peas Bread, fruit	Puré de verduras de temporada 13 Ragout de Ternera con patatas Pan, fruta Vegetables puree Veal Ragout with potatoes Bread, fruit	Alubias pintas con arroz 14 Pollo asado al limón c/ensalada Pan, postre lácteo Black beans stewed Roasted chicken with salad Bread, milk dessert	Sopa de Estrellas 15 Lomo plancha con ensalada con maíz y zanahoria Pan, fruta Start Soup Loin grilled with salad Bread, fruit Kcal. 701	Prot. 22 Lip. 27 Hc. 89
Crema Hortelana 18 Albóndigas jardinera c/patatas Pan, fruta Vegetables cream Meatballs with potatoes Bread, fruit	Sopa de Cocido 19 Cocido Completo Pan, fruta Cocido soup Madrid-style stew Bread, fruit	Arroz tres delicias 20 Filete de pollo con pisto de verduras y salsa de tomate Pan, fruta Rice with vegetables Chicken fillet and vegetables Bread, fruit	Lentejas con verduras 21 Tortilla de atún con ensalada Pan, postre lácteo Lentils with vegetables Tuna Omelette with vegetables Bread, milk dessert	Macarrones Napolitana 22 Cinta de lomo y ensalada Pan, fruta Macaroni Napolitana Tenderloin with salad Bread, fruit Kcal. 682	Prot. 23 Lip. 25 Hc. 95
Arroz con tomate 25 Huevos fritos con patatas Pan, fruta Rice with tomato Eggs fried with potatoes Bread, fruit	Patatas a la Riojana 26 Salchichas frescas con tomate y ensalada Pan, fruta Riojana potatoes Sausages and salad Bread, fruit	Crema Hortelana 27 Lomo con nata y champiñones Pan, fruta Vegetables cream Tenderloin cream & mushroom Bread, fruit	Alubias estofadas 28 Pollo asado con patatas Pan, postre lácteo Stewed beans Roasted Chicken with potatoes Bread, milk dessert	Me encanta la verdura, tómala para tener unos huesos más fuertes  Prot. 25 Lip. 17 Hc. 99 Kcal. 675	Prot. 25 Lip. 17 Hc. 99

