



1 Kcal.0 Hc.0 Lip.0Prot.0		2 Kcal.0 Hc.0 Lip.0Prot.0		3 Kcal.0 Hc.0 Lip.0Prot.0		4 Kcal.0 Hc.0 Lip.0Prot.0			
7 Kcal. 716 Hc.112 Lip.24 Prot. 17		8 Kcal.686 Hc.89 Lip.21Prot.39		9 Kcal.609 Hc.91 Lip.12 Prot.39		10 Kcal681.Hc.91Lip.12 Prot.39		11 Kcal.752 Hc.92Lip.31 Prot.30	
Paella de Verduras Vegetable Paella		Lentejas ecológicas a la castellana Ecological lentil stew		Patatas con costilla Potatoes with rib		Cocido montañés Mountain stew		Puré de verduras Creamed Vegetables	
Tortilla de patata casera con ensalada Spanish omelette with salad		Filete de Merluza con patatas fritas Hake with tomato sauce and peppers		Pechuga de pollo con champiñones Chicken breast with mushrooms		Bacalao al horno con pimientos Baked cod with red peppers		Filete de ternera empanado con patatas fritas Coated beef filet with french fries	
Fruta Fruit		Yogur Diary		Fruta Fruit		Natillas Custard		Fruta Fruit	
14 Kcal. 747 Hc.118 Lip.20 Prot. 25		15 Kcal.587 Hc.77 Lip.16Prot.36		16 Kcal.804 Hc.119 Lip.25 Prot.29		17 Kcal.694Hc.63Lip.37 Prot.22		18 Kcal.668 Hc.102Lip.14 Prot.37	
Macarrones con atún Macaroni with tuna		Judías verdes rehogadas Green beans stew		Garbanzos ecológicos con espinacas Ecological chickpeas with spinach		Sopa de verdura Vegetable soup		Negritos con arroz Black bean stew with rice	
Emperador al horno con ensalada Baked emperor with salad		Pavo guisado a la jardinera Turkey stew with vegetables		Croquetas caseras con patatas fritas Homemade croquettes with salad		Salchichas frescas de pollo al horno con patatas fritas Fresh sausages fried with french fries		Merluza en salsa verde Hake in green sauce	
Fruta Fruit		Flan de vainilla Vanilla cream caramel		Fruta Fruit		Fruta Fruit		Yogur Diary	
21 Kcal743 Hc120 Lip21 Prot25		22 Kcal.797 Hc.99 Lip.26 Prot.46		23 Kcal656 Hc 83 Lp25 Prt29		24 Kcal.607Hc.94Lip.10Prot39		25 Kcal719Hc86Lip.25Prot40	
Arroz alicantina Alicante style rice		Alubias pintas estofadas Pinto bean stew		Patatas en salsa verde Potatoes in green sauce		Lentejas ecológicas estofadas Ecological lentils with vegetables		Crema de zanahoria Carrot cream	
Tortilla de patata con ensalada Spanish omelette with salad		Salmón con patata panadera y mahonesa Salmon with baked potatoes and mayonnaise		Alitas de pollo al ajillo con ensalada Chicken wings with garlic and salad		Suprema de merluza en salsa marinera con guisantes Hake sauce with peas "marinera"		Ternera IGP Cantabria guisada a la jardinera Beef stew with vegetables Cantabria Label	
Fruta Fruit		Fruta Fruit		Actimel Actimel		Fruta Fruit		Yogur Diary	
28 kcal777 Hc.116 Lip.22 Prot.33		29 kcal698 Hc. 82 Lip.26 Prot.36		30 kcal888 Hc. 116 Lip.36Prot.31		31 kcal702 Hc. 110 Lip.15 Prot.37			
Macarrones con jamón cocido Macaroni with ham		Puré de verduras Creamed vegetables		Cocido lebaniego Chickpea stew		Arroz con tomate White with tomato sauce			
Merluza a la galleja con zanahoria Hake in paprika sauce and carrot		Lomo fresco adobado con pimientos "Riojana" style pork loin		Croquetas caseras con patatas fritas Homemade croquettes with french fries		Pechuga de pollo con champiñones Chicken breast with mushrooms			

Fruta
Fruit

Fruta
Fruit

Yogur

Diary

Fruta
Fruit