

Menú Junio 2018

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1 kcal. 890 Hc. 125 Lip.54 Prot.20				
Ensalada de arroz Rice salad San Jacobo con salsa de tomate Ham cordon bleu with tomato sauce Fruta Fruit				
4 Kcal.603 Hc.85 Lip.23 Prot.16	5 Kcal.746 Hc.93 Lip.20Prot.54	6 Kcal.643 Hc.91 Lip.15 Prot.38	7 Kcal. 711 Hc.111Lip.17 Prot.32	8 Kcal. 883 Hc.103Lip.37 Prot.38
Crema de espinacas Spinach puree	Negritos con arroz Black bean stew with rice	Sopa de ave con maravilla Noodle soup	Lentejas ecológicas castellana Ecological lentils stew	Ensalada tropical Tropical salad
Tortilla de patata casera con ensalada Homemade Spanish omelette with salad	Bacalao en salsa verde Cod in green sauce	Guisado de ternera IGP Cantabria con patatas Beef stew with vegetables eusko label	Hamburguesa de calamar con ensalada Squid burger with salad	Alitas/Pechuga de pollo al ajo con ensalada Chicken wings with garlic with salad
Fruta Fruit	Yogur Diary	Fruta Fruit	Fruta Fruit	Yogur Diary
11 Kcal705 Hc110 Lip16 Prot36	12 Kcal.738 Hc.111 Lip.22 Prot.29	13 Kcal748 Hc 90 Lp30 Prt33	14 Kcal.656Hc.94Lip.18Prot34	15 Kcal746Hc.101Lip.23Prot37
Patatas en salsa verde Potatoes in green sauce	Garbanzos ecológicos estofados Ecological chickpea stew	Crema de calabaza Creamed pumpkin	Alubias blancas con verdura Bean stew	Arroz tres delicias Chinese style rice
Superma de merluza en salsa marinera con verduras Hake sauce with peas "marinera" with vegetables	Tortilla de patata con ensalada Potatoe omelette with salad	Albóndigas a la jardinera con patatas Meatballs with vegetales with potatoes	Filete de merluza con pisto Hake with tomato sauce and peppers	Pollo asado con verduras Roast chicken with vegetables
Fruta Fruit	Fruta Fruit	Natilla Custard	Fruta Fruit	Yogur Diary
18 kcal.686Hc.89 Lip.25 Prot.25	19 Kcal. 703Hc.111 Lip.14Prot.36	20 kcal716 Hc88 Lip26 Prot.36	21 Kcal781 Hc104 Lip30 Prot.23	22 Kcal737 Hc118 Lip18 Prot.25
Menestra de verduras Mixed vegetables	Lentejas ecológicas a la jardinera Ecological lentils with vegetables	Sopa de fideos Noodle soup	Ensaladilla rusa Russian salad	Macarrones con atún Macaroni with Tuna
Tortilla de patata y chorizo con ensalada Potatoe and chorizo omelette with salad	Merluza en salsa verde Hake in green sauce	Lomo adobado a la plancha con patatas Griddle marinated tenderloin with french fries	Hamburguesa casera con salsa de tomate Fresh hamburger with tomatoe sauce	Pizza Pizza
Yogur Diary	Fruta Fruit	Fruta Fruit	Fruta Fruit	Pastelito de chocolate Chocolate cake
25 kcal0 Hc. 0 Lip.0 Prot.0	26 kcal.02Hc.0 Lip.30 Prot.0	27 Kcal.0Hc. 0 Lip.21Prot.33	28 kcal 0Hc. 0 Lip. 0 Prot.0	29 kcal 0Hc. 0 Lip. 0 Prot.0