

1 Kcal.668Hc.68Lip.31Prot.32					2 kcal. 171 Hc.105 Lip.22 Prot. 27				
Fiesta					Fiesta				
Not School					Not School				
<b>5</b> Kcal.697 Hc.97 Lip.20 Prot 35		<b>6</b> Kcal.844 Hc.126 Lip.30Prot.21		<b>7</b> Kcal.694 Hc.107 Lip.19 Prot.28		<b>8</b> Kcal. 636 Hc.83Lip.17 Prot.41		<b>9</b> Kcal.0 Hc.0Lip.0 Prot.0	
<b>Arroz con Tomate</b> Rice with tomato sauce		<b>Garbanzos estofados</b> Chickpeas stew		<b>Crema de calabaza</b> Creamed pumpkin		<b>Alubias pintas</b> Pinto bean stew		<b>Caracolillos napolitana</b> Macaroni napolitana	
<b>Hamburguesa con ketchup y patatas fritas</b> Hamburger with ketchup and french fries		<b>Croquetas caseras con ensalada</b> Homemade croquettes with salad		<b>Merluza romana con patatas</b> Coated heke with french fries		<b>Pollo al horno con ensalada</b> Baked chicken with salad		<b>Salmón con mahonesa y patatas</b> Salmon with mayonnaise and potatoes	
Fruta Fruit		Fruta Fruit		Actimel Actimel		Fruta Fruit		Yogur Diary	
<b>12</b> Kcal650 Hc105 Lip12 Prot35		<b>13</b> Kcal.739 Hc.102 Lip.18 Prot.47		<b>14</b> Kcal802 Hc 103 Lp23 Prt50		<b>15</b> Kcal.890Hc.119Lip.40Prot29		<b>16</b> Kcal615Hc.73Lip.24Prot26	
<b>Patatas con chorizo</b> Potatoes with spicy		<b>Sopa de ave maravilla</b> Noodle soup		<b>Lentejas ecológicas a la castellana</b> Ecological lentil stew		<b>Puré de verdura</b> Creamed vegetables		<b>Cocido Montañés</b> Mountain stew	
<b>Bacalao romana con ensalada</b> Coated cod with salad		<b>Ragout de cerdo con verduras</b> Pork stew with vegetables and french fries		<b>Tortilla de patata casera con ensalada</b> Spanish omelette with salad		<b>Emperador con patata al horno</b> Baked emperor with potatoes		<b>Ternera IGP Cantabria</b> Beef stew with vegetables eusko label	
Fruta Fruit		Fruta Fruit		Natillas Custard		Fruta Fruit		Yogur Diary	
<b>19</b> kcal.831Hc.103 Lip.29 Prot.45		<b>20</b> Kcal. 680Hc.80 Lip.30Prot.25		<b>21</b> kcal703 Hc102 Lip22 Prot.26		<b>22</b> Kcal621 Hc86 Lip9 Prot.28		<b>23</b> Kcal783 Hc102 Lip26 Prot.39	
<b>Garbanzos estofados</b> Chickpeas stew		<b>Patatas con carne</b> Meat and potatoes stew		<b>Arroz con tomate</b> White with tomato sauce		<b>Negritos con arroz</b> Black bean stew with rice		<b>Día de la Buena madre</b>	
<b>Lomo con pimientos</b> Pork loin with red peppers		<b>Filete de merluza con champiñones</b> Hake with mushrooms sauce		<b>Albóndigas con patatas fritas</b> Meatballs in sauce with french fries		<b>Croquetas caseras con ensalada</b> Homemade croquettes with salad		<b>Special menu</b>	
Fruta Fruit		Yogur Diary		Flan Vainilla Vanilla cream caramel		Fruta Fruit			
<b>26</b> kcal0 Hc. 0 Lip.0 Prot.0		<b>27</b> kcal.02Hc.0 Lip.30 Prot.0		<b>28</b> Kcal.0Hc. 0 Lip.21Prot.33		<b>29</b> kcal 0Hc. 0 Lip. 0 Prot.0		<b>30</b> kcal 0Hc. 0 Lip. 0 Prot.0	
<b>Paella mixta</b> Rice with vegetables		<b>Alubias pintas con verduva</b> Pinto bean stew		<b>Sopa maravilla</b> Noodle soup		<b>Macarrones con tomate y atún</b> Macaroni with tomato and tuna		<b>Garbanzos ecológicos</b> Ecological chickpeas	
<b>Emperador al horno con tomate</b> Baked emperor with tomato sauce		<b>Tortilla de patata casera con ensalada</b> Spanish omelette with salad		<b>Filete de Tenera con patatas</b> Beef filet with french fries		<b>Salchichas de pollo al horno con patatas fritas</b> Chicken sausages with french fries		<b>Croquetas caseras de atún</b> Homemade tuna croquettes	
Fruta Fruit		Fruta Fruit		Cuajada Custard		Fruta Fruit		Yogur Diary	