



3 Kcal. 850 Hc.109 Lip.22 Prot. 13	4 Kcal.607 Hc.95 Lip.10Prot.38	5 Kcal.796 Hc.92 Lip.27 Prot.37	6 Kcal. 0Hc.0Lip.0 Prot.0	7 Kcal.672 Hc.85Lip.21 Prot.39
Arroz con tomate White rice with tomato	Patatas con carne Potatoes with meat	Macarrones con tomate y queso Macaroni with tomato and cheese	Fiesta	Alubias blancas estofadas White beans
Pollo asado al limón con patatas Roasted chicken with french fries	Merluza en salsa verde con guisantes Hake in green sauce and peas	San Jacobo casero con ensalada Ham cordon bleu with salad	Not School	Filete de ternera con pimientos Beef filet with peppers
Fruta Fruit	Fruta Fruit	Yogur Diary		Yogur Diary
10 Kcal. 81 Hc.120 Lip.23 Prot. 21	11 Kcal.748 Hc.100 Lip.27Prot.29	12 Kcal.910 Hc.107 Lip.39 Prot.32	13 Kcal. 783Hc.102Lip.26 Prot.39	14 Kcal.685 Hc.75Lip.18 Prot.35
Lasagna de carne Meat Lasagna	Arroz con tomate Rice with tomato	Fideuá Mixta Fideua	Caracolillos napolitana Macaroni Napolitana	Crema de calabaza Creamed pumpkin
Costilla barbacoa con patatas chips Ribs with barbecue sauce and chips	Hamburguesa fresca de ternera con patatas Hamburger with french fries	Tortilla de patata casera con ensalada Spanish omelette with salad	Filete de bacalao empanado con ensalada Coated cod with salad	Pechuga de pollo con champiñones Chicken breast with mushrooms
Fruta Fruit	Fruta Fruit	Yogur Diary	Fruta Fruit	Fruta Fruit
17 Kcal850 Hc119 Lip31 Prot23	18 Kcal.640 Hc.78 Lip.20 Prot.39	19 Kcal697 Hc 97 Lp20 Prt35	20 Kcal.692Hc.109Lip.19Prot20	21 Kcal770Hc.124Lip.22Prot24
Patatas a la riojana Potatoes with spicy	Garbanzos estofados Chickpeas stew	Sopa minestrone Minestrone soup	Arroz con salchichas Rice with sausages	Coditos con atún Macaroni wit tuna
Hamburguesa de pollo con patatas gratinadas al queso Chicken hamburger with potatoes and cheese	Ternera IGP Cantabria guisada a la jardinera Beef stew with vegetables eusko label	Croquetas caseras de bacalao con ensalada Homemade croquettes with salad	Tortilla casera de patatas con ensalada Home made spanish omelette with salad	Pizza Pizza
Fruta Fruit	Yogur Diary	Fruta Fruit	Fruta Fruit	Pastelito de chocolate Mini chocolate cake
24 kcal0 Hc. 0 Lip.0 Prot.0	25 kcal0 Hc. 0 Lip.0 Prot.1	26 kcal0 Hc. 0 Lip.0 Prot.2	27 kcal0 Hc. 0 Lip.0 Prot.3	28 kcal0 Hc. 0 Lip.0 Prot.4
Vacaciones	Vacaciones	Vacaciones	Vacaciones	Vacaciones
Holidays	Holidays	Holidays	Holidays	Holidays
31 kcal0 Hc. 0 Lip.0 Prot.0				
Vacaciones				
Holidays				