



Lunes  
Monday

Tuesday  
Martes

Wednesday  
Miércoles

Thursday  
Jueves

A

Friday  
Viernes



FELIZ AÑO 2022

10/01/2022

Crema de puerro y zanahoria  
Cream of leek and carrot  
Albóndigas en salsa verde  
Meatballs in green sauce  
Fruta  
Fruit

Hid. 66 Prot. 25 Lip. 39 Kcal. 736

11/01/2022

Lentejas con verdura  
Lentils with vegetables  
Filete de platija con ensalada  
Plaice fillet and salad  
Fruta  
Fruit

Hid. 77 Prot. 58 Lip. 44 Kcal. 934

12/01/2022

Paella mixta  
Mixed paella  
Huevos fritos con patatas  
Fried eggs with potatoes  
Lácteo  
Lacteal

Hid. 61 Prot. 35 Lip. 53 Kcal. 861

13/01/2022

Cocido completo  
Full cooked  
Fruta  
Fruit

Hid. 84 Prot. 41 Lip. 35 Kcal. 817

14/01/2022

Macarrones con tomate  
Macaroni with tomato  
Merluza a la romana con ensalada  
Roman hake with salad  
Lácteo  
Lacteal

Hid. 70 Prot. 60 Lip. 47 Kcal. 949

17/01/2022

Coditos a la boloñesa  
Coditos with bolognese sauce  
Librillos de jamón y queso  
Booklets of ham and cheese  
Fruta en su jugo  
Fruit in its juice

Hid. 67 Prot. 58 Lip. 47 Kcal. 934

18/01/2022

Alubias blancas estofadas  
Beans with sausage  
Lenguado con ensalada  
Sole with salad  
Fruta  
Fruit

Hid. 69 Prot. 65 Lip. 25 Kcal. 762

19/01/2022

Judías verdes con patatas dado  
Green beans with potatoes given  
Escalope con ensalada  
Scallop with salad  
Lácteo  
Lacteal

Hid. 48 Prot. 47 Lip. 44 Kcal. 782

20/01/2022

Patatas a la riojana  
Potatoes riojana style  
Pollo asado con ensalada  
Roast chicken with salad  
Fruta  
Fruit

Hid. 69 Prot. 57 Lip. 58 Kcal. 999

21/01/2022

Lentejas estofadas  
Lentils with sausage  
Filete de limanda con ensalada  
Limanda fillet and salad  
Lácteo  
Lacteal

Hid. 67 Prot. 63 Lip. 44 Kcal. 917

24/01/2022

Arroz con tomate  
Tomato rice  
Lomo adobado con ensalada  
Prepared loin with salad  
Fruta  
Fruit

Hid. 74 Prot. 36 Lip. 29 Kcal. 706

25/01/2022

Cocido completo  
Full cooked  
Fruta  
Fruit

Hid. 84 Prot. 41 Lip. 35 Kcal. 817

26/01/2022

Judías pintas estofadas  
Pinto stewed string beans  
Salchichas con ensalada  
Sausages with salad  
Lácteo  
Lacteal

Hid. 86 Prot. 36 Lip. 38 Kcal. 835

27/01/2022

Crema de puerro y zanahoria  
Cream of leek and carrot  
Filete de platija con ensalada  
Plaice fillet and salad  
Fruta  
Fruit

Hid. 48 Prot. 40 Lip. 31 Kcal. 636

28/01/2022

MENU ESPECIAL

31/01/2022

Macarrones con tomate  
Macaroni with tomato  
Huevos fritos con patatas  
Fried eggs with potatoes  
Fruta en su jugo  
Fruit in its juice

Hid. 72 Prot. 33 Lip. 51 Kcal. 880

Media azúcar: 21g  
Media AGS: 8,3g  
Media sal: 1,7g