



lunes

martes

miércoles

jueves

viernes

2

FESTIVO

3

Arroz tres delicias
Filete de pollo con lechuga y zanahoria
Yogur y pan (sin gluten)
Chinese fried rice
Chicken steak with lettuce & carrot
Yoghurt and bread (gluten free)
Kcal:833 Hc:85 Pro:37 Lip:39

4

Alubias blancas estofadas
Tortilla de atún con ensalada de lechuga, tomate y maíz
Fruta y pan (sin gluten)
Stewed white beans
Tuna omelette with lettuce salad with tomato & sweetcorn
Fruit and bread (gluten free)
Kcal:683 Hc:75 Pro:27 Lip:32

5

Pasta (sin gluten) con tomate
Palometa al horno con pisto
Fruta y pan (sin gluten)
Pasta (gluten free) with tomato sauce
Baked pomfret with ratatouille
Fruit and bread (gluten free)
Kcal:722 Hc:81 Pro:36 Lip:29

6

Sopa de cocido (sin gluten)
Cocido completo
Fruta y pan (sin gluten)
"Cocido" Soup (gluten free)
Full course "cocido" stew
Fruit and bread (gluten free)
Kcal:670 Hc:91 Pro:33 Lip:21

9

Lentejas con arroz
Bacalao a la donostiarra con ensalada de lechuga, tomate y maíz
Fruta y pan (sin gluten)
Lentils with rice
Donostia-style codfish with lettuce salad with tomato & sweetcorn
Fruit and bread (gluten free)
Kcal:735 Hc:80 Pro:40 Lip:29

10

Sopa de picadillo (sin gluten)
Pollo asado al romero con patatas fritas
Fruta y pan (sin gluten)
Broth with ham & egg bits (gluten free)
Rosemary roasted chicken with french fries
Fruit and bread (gluten free)
Kcal:728 Hc:61 Pro:28 Lip:43

11

Pasta al ajillo (sin gluten)
Huevos revueltos con queso con ensalada tricolor (lechuga, zanahoria y maíz)
Fruta y pan (sin gluten)
Garlic pasta (gluten free)
Scrambled eggs with cheese with tricolor salad (lettuce, carrots & sweetcorn)
Fruit and bread (gluten free)
Kcal:678 Hc:73 Pro:21 Lip:34

12

Guisantes salteados con jamón
Hamburguesa a la plancha con ensalada
Fruta y pan (sin gluten)
Peas with ham
Grilled hamburger with salad
Fruit and bread (gluten free)
Kcal:588 Hc:57 Pro:18 Lip:18

13

Arroz con tomate
Ventresca de merluza al horno con lechuga y tomate
Flan de vainilla y pan (sin gluten)
Rice with tomato sauce
Baked hake with lettuce & tomatoes
Vanilla crème caramel and bread (gluten free)
Kcal:721 Hc:95 Pro:28 Lip:26

16

Crema de espárragos
Escalope casero con lechuga y zanahoria
Yogur y pan (sin gluten)
Cream of asparagus
Homemade escalope with lettuce & carrot
Yoghurt and bread (gluten free)
Kcal:522 Hc:50 Pro:21 Lip:19

17

Patatas a la riojana
Caella a la plancha con lechuga y tomate
Fruta y pan (sin gluten)
Riojana style potatoes
Grilled blue shark with lettuce & tomatoes
Fruit and bread (gluten free)
Kcal:615 Hc:64 Pro:24 Lip:29

18

Alubias pintas estofadas
Lacón a la gallega con patatas al vapor
Fruta y pan (sin gluten)
Stewed pinto beans
Lacón pork shoulder with potatoes with steamed potatoes
Fruit and bread (gluten free)
Kcal:591 Hc:97 Pro:30 Lip:11

19

Pasta (sin gluten) boloñesa
Tortilla de jamón york con menestra
Fruta y pan (sin gluten)
Bolognese pasta (gluten free)
Cooked ham omelette with menestra
Fruit and bread (gluten free)
Kcal:712 Hc:81 Pro:22 Lip:34

20

Lentejas a la jardinera
Merluza a la plancha con ensalada de lechuga, tomate y maíz
Fruta y pan (sin gluten)
Vegetables lentils
Grilled hake with lettuce salad with tomato & sweetcorn
Fruit and bread (gluten free)
Kcal:716 Hc:83 Pro:37 Lip:28

23

Verdura tricolor (patata, zanahoria, judía verde)
Salchichas frescas al horno con ensalada verde (lechuga, pimiento verde y aceituna)
Fruta y pan (sin gluten)
Vegetables (potatoe, carrot, green bean)
Baked fresh sausage with green salad (lettuce, green peppers & olives)
Fruit and bread (gluten free)
Kcal:629 Hc:59 Pro:18 Lip:37

24

Sopa de cocido (sin gluten)
Cocido completo
Yogur y pan (sin gluten)
"Cocido" Soup (gluten free)
Full course "cocido" stew
Yoghurt and bread (gluten free)
Kcal:668 Hc:76 Pro:37 Lip:25

25

Fideuá (sin gluten)
Huevos revueltos con picadillo con ensalada hortelana (lechuga, tomate y zanahoria)
Fruta y pan (sin gluten)
Fideua (gluten free)
Mixed meat with egg with salad (lettuce, tomatoes & carrots)
Fruit and bread (gluten free)
Kcal:731 Hc:79 Pro:36 Lip:29

26

Crema de verduras
Jamoncitos de pollo al horno con patatas panaderas
Fruta y pan (sin gluten)
Vegetable cream
Baked chicken drumsticks with poor man's potatoes
Fruit and bread (gluten free)
Kcal:713 Hc:75 Pro:28 Lip:34

27

Arroz con tomate
Merluza al horno con lechuga y zanahoria
Fruta y pan (sin gluten)
Rice with tomato sauce
Baked hake with lettuce & carrot
Fruit and bread (gluten free)
Kcal:696 Hc:96 Pro:26 Lip:25

30

FESTIVO