



lunes

martes

miércoles

jueves

viernes

2

FESTIVO

3

Arroz con tomate
Filete de pollo con lechuga y zanahoria
Yogur y pan
Rice with tomato sauce
Chicken steak with lettuce & carrot
Yoghurt and bread
Kcal:745 Hc:77 Pro:31 Lip:36

4

Alubias blancas estofadas
Lomo a la plancha con ensalada de lechuga, tomate y maíz
Fruta y pan
Stewed white beans
Grilled tenderloin with lettuce salad with tomato & sweetcorn
Fruit and bread
Kcal:651 Hc:73 Pro:36 Lip:26

5

Pasta carbonara (sin huevo)
Palometa al horno con pisto
Fruta y pan
Pasta in carbonara sauce (gluten egg)
Baked pomfret with ratatouille
Fruit and bread
Kcal:779 Hc:87 Pro:39 Lip:30

6

Sopa de cocido (sin huevo)
Cocido completo
Fruta y pan
"Cocido" soup (without eggs)
Full course "cocido" stew
Fruit and bread
Kcal:625 Hc:88 Pro:34 Lip:17

9

Lentejas con arroz
Bacalao a la donostiarra con ensalada de lechuga, tomate y maíz
Fruta y pan
Lentils with rice
Donostia-style codfish with lettuce salad with tomato & sweetcorn
Fruit and bread
Kcal:689 Hc:77 Pro:41 Lip:25

10

Sopa de pasta (sin huevo)
Pollo asado al romero con patatas fritas
Fruta y pan
Pasta soup (without eggs)
Rosemary roasted chicken with french fries
Fruit and bread
Kcal:653 Hc:64 Pro:29 Lip:33

11

Pasta (sin huevo) con tomate
Lomo a la plancha con ensalada tricolor (lechuga, zanahoria y maíz)
Fruta y pan
Pasta (without egg) with tomato
Grilled tenderloin with tricolor salad (lettuce, carrots & sweetcorn)
Fruit and bread
Kcal:696 Hc:72 Pro:30 Lip:33

12

Guisantes salteados con jamón
Hamburguesa a la plancha con ensalada César
Fruta y pan
Peas with ham
Grilled hamburger with Caesar salad
Fruit and bread
Kcal:683 Hc:65 Pro:31 Lip:21

13

Arroz con tomate
Ventresca de merluza al horno con lechuga y tomate
Flan de vainilla y pan
Rice with tomato sauce
Baked hake with lettuce & tomatoes
Vanilla crème caramel and bread
Kcal:676 Hc:92 Pro:29 Lip:23

16

Crema de espárragos
Escalope casero con lechuga y zanahoria
Yogur y pan
Cream of asparagus
Homemade escalope with lettuce & carrot
Yoghurt and bread
Kcal:476 Hc:47 Pro:22 Lip:15

17

Patatas a la riojana
Cazón adobado con lechuga y tomate
Fruta y pan
Riojana style potatoes
Pickled dogfish with lettuce & tomatoes
Fruit and bread
Kcal:648 Hc:67 Pro:28 Lip:31

18

Alubias pintas estofadas
Lacón a la gallega con patatas al vapor
Fruta y pan
Stewed pinto beans
Lacón pork shoulder with potatoes with steamed potatoes
Fruit and bread
Kcal:545 Hc:94 Pro:31 Lip:8

19

Macarrones (sin huevo) boloñesa
Filete de pollo con menestra
Fruta y pan
Macaroni in bolognese sauce (without egg)
Chicken steak with menestra
Fruit and bread
Kcal:668 Hc:78 Pro:31 Lip:26

20

Lentejas a la jardinera
Merluza en salsa verde con ensalada de lechuga, tomate y maíz
Fruta y pan
Vegetables lentils
Hake in green sauce with lettuce salad with tomato & sweetcorn
Fruit and bread
Kcal:706 Hc:85 Pro:43 Lip:24

23

Verdura tricolor (patata, zanahoria, judía verde)
Salchichas frescas al horno con ensalada verde (lechuga, pimiento verde y aceituna)
Fruta y pan
Vegetables (potatoe, carrot, green bean)
Baked fresh sausage with green salad (lettuce, green peppers & olives)
Fruit and bread
Kcal:583 Hc:56 Pro:19 Lip:33

24

Sopa de cocido (sin huevo)
Cocido completo
Yogur y pan
"Cocido" soup (without eggs)
Full course "cocido" stew
Yoghurt and bread
Kcal:622 Hc:73 Pro:38 Lip:21

25

Pasta (sin huevo) con tomate
Lomo a la plancha con ensalada hortelana (lechuga, tomate y zanahoria)
Fruta y pan
Pasta (without egg) with tomato
Grilled tenderloin with salad (lettuce, tomatoes & carrots)
Fruit and bread
Kcal:692 Hc:71 Pro:30 Lip:33

26

Crema de verduras
Jamoncitos de pollo al horno con patatas panaderas
Fruta y pan
Vegetable cream
Baked chicken drumsticks with poor man's potatoes
Fruit and bread
Kcal:667 Hc:72 Pro:29 Lip:30

27

Arroz con tomate
Merluza al horno con lechuga y zanahoria
Fruta y pan
Rice with tomato sauce
Baked hake with lettuce & carrot
Fruit and bread
Kcal:651 Hc:93 Pro:27 Lip:21

30

FESTIVO