

MENÚ 1 AÑO

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
			5 Puré de verdura con pollo Ragú de pavo 360 kcal. 43 Ch .17 Prot. 14 Lip.	6 Puré de verdura con ternera Lenguadina a la andaluza 366 kcal. 47 Ch. 16 Prot. 13 Lip.
9 Puré de verdura con pescado Tortilla francesa de atún 354 kcal. 38 Ch. 18 Prot. 14 Lip.	10 Puré de verdura con pollo Salmón en salsa marinera 353 kcal. 41 Ch. 19 Prot. 13 Lip.	11 Puré de verdura con pescado Pechuga de pollo plancha 374 kcal. 44 Ch. 19 Prot. 14 Lip.	12 Puré de verdura con jamón Lenguadina al horno 334 kcal. 46 Ch .13 Prot. 11 Lip.	13 Puré de verdura con ternera Croquetas caseras de jamón 387 kcal. 42 Ch. 19 Prot. 16 Lip.
16 Puré de verdura con pescado Cinta de lomo plancha 367 kcal. 43 Ch. 19 Prot. 14 Lip.	17 Puré de verdura con ternera Merluza en salsa espinacas 417 kcal. 49 Ch. 19 Prot. 16 Lip.	18 Puré de verdura con pescado Albóndigas a la jardinera 327 kcal. 37 Ch. 20 Prot. 11 Lip.	19 Puré de verdura con pollo Salmón al horno en salsa de verduras 404 kcal. 40 Ch. 20 Prot. 18 Lip.	20 Puré de verdura con jamón Pechuga de pollo milanesa 394 kcal. 43 Ch. 19 Prot. 16 Lip.
23 Puré de verdura con pescado Tortilla de patatas 387 kcal. 56 Ch. 21 Prot. 9 Lip.	24 Puré de verdura con pollo Merluza en salsa espinacas 401 kcal. 46 Ch. 16 Prot. 17 Lip.	25 Puré de verdura con pescado Filetes rusos en salsa barbacoa 376 kcal. 47 Ch. 16 Prot. 14 Lip.	26 Puré de verdura con jamón Lenguadina a la romana 340 kcal. 33 Ch. 21 Prot. 14 Lip.	27 Puré de verdura con ternera Pollo asado 365 kcal. 47 Ch. 20 Prot. 11 Lip.
30 Puré de verdura con pescado Ragú de pavo 427 kcal. 43 Ch. 21 Prot. 19 Lip.				

Postres:: Furta tres días a la semana (compota de manzana, pera y plátano) y lácteos

1-YEARS-OLD MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			5 Vegetable and chicken purée Turkey ragu 360 kcal. 43 Ch .17 Prot. 14 Lip.	6 Vegetable and veal purée Battered megrim sole 366 kcal. 47 Ch. 16 Prot. 13 Lip.
9 Vegetable and fish purée Tuna omelette 354 kcal. 38 Ch. 18 Prot. 14 Lip.	10 Vegetable and chicken purée Salmon in mariniere sauce 353 kcal. 41 Ch. 19 Prot. 13 Lip.	11 Vegetable and fish purée Grilled chicken breast 374 kcal. 44 Ch. 19 Prot. 14 Lip.	12 Vegetable and ham purée Baked megrim sole 334 kcal. 46 Ch .13 Prot. 11 Lip.	13 Vegetable and veal purée Homemade ham croquettes 387 kcal. 42 Ch. 19 Prot. 16 Lip.
16 Vegetable and fish purée Grilled pork loin with French fries 367 kcal. 43 Ch. 19 Prot. 14 Lip.	17 Vegetable and veal purée Battered hake with roasted pumpkin 417 kcal. 49 Ch. 19 Prot. 16 Lip.	18 Vegetable and fish purée Jardinière meatballs with diced potatoes 327 kcal. 37 Ch. 20 Prot. 11 Lip.	19 Vegetable and chicken purée Baked salmon in vegetable sauce with baby carrots 404 kcal. 40 Ch. 20 Prot. 18 Lip.	20 Vegetable and ham purée Breaded chicken Milanese with lettuce and tomato salad 394 kcal. 43 Ch. 19 Prot. 16 Lip.
23 Vegetable and fish purée Grilled pork loin 387 kcal. 56 Ch. 21 Prot. 9 Lip.	24 Vegetable and chicken purée Hake in spinach sauce 401 kcal. 46 Ch. 16 Prot. 17 Lip.	25 Vegetable and fish purée Salisbury steaks in barbecue sauce 376 kcal. 47 Ch. 16 Prot. 14 Lip.	26 Vegetable and ham purée Battered megrim sole 340 kcal. 33 Ch. 21 Prot. 14 Lip.	27 Vegetable and veal purée Roasted chicken 365 kcal. 47 Ch. 20 Prot. 11 Lip.
30 Vegetable and fish purée Turkey ragu				

Desserts: Fruit three times per week (apple, pear and banana pureé) and dairy products