

MENÚ 2 AÑOS

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
			5 Arroz blanco con salsa de tomate Ragú de pavo con verduritas al vapor 406 kcal. 46 Ch. 15 Prot. 18 Lip.	6 Ensalada de pasta Lenguadina a la andaluza con calabacín rehogado 427 kcal. 43 Ch. 29 Prot. 14 Lip.
9 Macarrones gratinados a la boloñesa Tortilla francesa de atún con lechuga y tomate 395 kcal. 41 Ch. 13 Prot. 19 Lip.	10 Lentejas guisadas con verduras Salmón en salsa marinera con guisantes rehogados 427 kcal. 43 Ch. 29 Prot. 14 Lip.	11 Crema verde Pechuga de pollo plancha con patatas fritas 406 kcal. 40 Ch. 21 Prot. 18 Lip.	12 Arroz con verduras al horno Lenguadina al horno con tomate y maíz 400 kcal. 42 Ch. 28 Prot. 12 Lip.	13 Crema de zanahoria Croquetas caseras de jamón con ensalada de tomate 390 kcal. 38 Ch. 19 Prot. 18 Lip.
16 Arroz tres delicias Cinta de lomo plancha con patatas fritas 423 kcal. 55 Ch. 17 Prot. 15 Lip.	17 Garbanzos a la madrileña Merluza en salsa espinacas con calabacín rehogado 441 kcal. 48 Ch. 30 Prot. 13 Lip.	18 Crema de calabaza Albóndigas a la jardinera con patatas dado 449 kcal. 39 Ch. 22 Prot. 22 Lip.	19 Coditos gratinados al horno Salmón al horno en salsa de verduras con zanahorias baby 393 kcal. 41 Ch. 19 Prot. 17 Lip.	20 Sopa de ave con estrellas Pechuga de pollo milanesa con ensalada de lechuga y tomate 372 kcal. 42 Ch. 22 Prot. 12 Lip.
23 Paella de pollo Tortilla de patatas con ensalada de tomate 378 kcal. 46 Ch. 17 Prot. 14 Lip.	24 Crema de legumbre Merluza en salsa espinacas con calabacín rehogado 372 kcal. 38 Ch. 19 Prot. 16 Lip.	25 Crema de verduras frescas Filetes rusos en salsa barbacoa con patatas fritas 419 kcal. 47 Ch. 24 Prot. 15 Lip.	26 Menestras de verdura al vapor Lenguadina a la romana con ensalada de lechuga y tomate 441 kcal. 48 Ch. 30 Prot. 13 Lip.	27 Crema de zanahoria Pollo asado con patatas panaderas al horno 419 kcal. 47 Ch. 24 Prot. 15 Lip.
30 Coditos gratinados al horno con verduras Ragú de pavo con patatas fritas 427 kcal. 43 Ch. 21 Prot. 19 Lip.				

Postres:: Fruta tres días a la semana y lácteos

2-YEARS-OLD MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			5	6
			Rice with tomato sauce Turkey ragu with steamed vegetables 406 kcal. 46 Ch. 15 Prot. 18 Lip.	Pasta salad Battered megrim sole with sautéed courgettes 427 kcal. 43 Ch. 29 Prot. 14 Lip.
9	10	11	12	13
Bolognaise pasta gratin Tuna omelette with lettuce and tomatoes 395 kcal. 41 Ch. 13 Prot. 19 Lip.	Lentils and vegetables stew Salmon in mariniere sauce with sautéed peas 427 kcal. 43 Ch. 29 Prot. 14 Lip.	Green vegetables cream soup Grilled chicken breast with French fries 406 kcal. 40 Ch. 21 Prot. 18 Lip.	Baked rice with vegetables Baked megrim sole with tomato and sweetcorn 400 kcal. 42 Ch. 28 Prot. 12 Lip.	Carrot cream soup Homemade ham croquettes with tomato salad 390 kcal. 38 Ch. 19 Prot. 18 Lip.
16	17	18	19	20
Three delights rice Grilled pork loin with French fries 423 kcal. 55 Ch. 17 Prot. 15 Lip.	Madrilenian style chickpea stew Battered hake with roasted pumpkin 441 kcal. 48 Ch. 30 Prot. 13 Lip.	Pumpkin cream soup Jardinière meatballs with diced potatoes 449 kcal. 39 Ch. 22 Prot. 22 Lip.	Pasta gratin Baked salmon in vegetable sauce with baby carrots 393 kcal. 41 Ch. 19 Prot. 17 Lip.	Poultry soup with pasta stars Breaded chicken Milanese with lettuce and tomato salad 372 kcal. 42 Ch. 22 Prot. 12 Lip.
23	24	25	26	27
Chicken paella Spanish omelette with tomato salad 378 kcal. 46 Ch. 17 Prot. 14 Lip.	Lengume creamsoup Hake in spinach sauce with sautéed courgette 372 kcal. 38 Ch. 19 Prot. 16 Lip.	Fresh vegetables cream soup Salisbury steaks in barbecue sauce with French fries 419 kcal. 47 Ch. 24 Prot. 15 Lip.	Steamed vegetables stew Battered megrim sole with lettuce and tomato salad 441 kcal. 48 Ch. 30 Prot. 13 Lip.	Logos salad Roasted chicken with baker-style potatoes 419 kcal. 47 Ch. 24 Prot. 15 Lip.
30				
Pasta and vegetables gratin Turkey ragu with French fries				

Desserts: Fruit three times per week and dairy products