

MENÚ 2º CICLO

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
			5 Arroz blanco con salsa de tomate Ragú de pavo con verduritas al vapor 488 kcal. 58 Ch. 23 Prot. 18 Lip.	6 Ensalada de pasta Lenguadina a la andaluza con calabacín rehogado 496 kcal. 63 Ch. 22 Prot. 17 Lip.
9 Macarrones gratinados a la boloñesa Tortilla francesa de atún con lechuga y tomate 480 kcal. 52 Ch. 24 Prot. 20 Lip.	10 Lentejas guisadas con verduras Salmón en salsa marinera con guisantes rehogados 477 kcal. 55 Ch. 25 Prot. 17 Lip.	11 Judías verdes al vapor con jamón Pechuga de pollo plancha con patatas fritas 506 kcal. 60 Ch. 25 Prot. 18 Lip.	12 Arroz con verduras al horno Lenguadina al horno con tomate y maíz 452 kcal. 62 Ch. 17 Prot. 15 Lip.	13 Crema de zanahoria Croquetas caseras de jamón con ensalada de tomate 523 kcal. 56 Ch. 25 Prot. 22 Lip.
16 Arroz tres delicias Cinta de lomo plancha con patatas fritas 497 kcal. 58 Ch. 25 Prot. 18 Lip.	17 Garbanzos a la madrileña Merluza en salsa espinacas con calabacín rehogado 565 kcal. 67 Ch. 25 Prot. 22 Lip.	18 Crema de calabaza Albóndigas a la jardinera con patatas dado 443 kcal. 51 Ch. 26 Prot. 15 Lip.	19 Ensalada de pasta Salmón al horno en salsa de verduras con zanahorias baby 547 kcal. 55 Ch. 28 Prot. 24 Lip.	20 Sopa de ave con estrellas Pechuga de pollo milanesa con ensalada de lechuga y tomate 532 kcal. 59 Ch. 25 Prot. 22 Lip.
23 Paella de pollo Tortilla de patatas con ensalada de tomate 523 kcal. 76 Ch. 29 Prot. 12 Lip.	24 Judías blancas estofadas con verduras Merluza en salsa espinacas con calabacín rehogado 543 kcal. 62 Ch. 22 Prot. 23 Lip.	25 Crema de verduras frescas Filetes rusos en salsa barbacoa con patatas fritas 508 kcal. 64 Ch. 22 Prot. 18 Lip.	26 Menestras de verdura al vapor Lenguadina a la romana con ensalada de lechuga y tomate 460 kcal. 45 Ch. 29 Prot. 18 Lip.	27 Ensalada Logos Pollo asado con patatas panaderas al horno 493 kcal. 63 Ch. 26 Prot. 15 Lip.
30 Coditos gratinados al horno con verduras Ragú de pavo con patatas fritas 534 kcal. 60 Ch. 22 Prot. 23 Lip.				

Postres:: Fruta tres días a la semana y lácteos

2nd STAGE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			5 Rice with tomato sauce Turkey ragu with steamed vegetables 488 kcal. 58 Ch. 23 Prot. 18 Lip.	6 Pasta salad Battered megrim sole with sautéed courgettes 496 kcal. 63 Ch. 22 Prot. 17 Lip.
9 Bolognaise pasta gratin Tuna omelette with lettuce and tomatoes 480 kcal. 52 Ch. 24 Prot. 20 Lip.	10 Lentils and vegetables stew Salmon in mariniere sauce with sautéed peas 477 kcal. 55 Ch. 25 Prot. 17 Lip.	11 Steamed green beans with ham Grilled chicken breast with French fries 506 kcal. 60 Ch. 25 Prot. 18 Lip.	12 Baked rice with vegetables Baked megrim sole with tomato and sweetcorn 452 kcal. 62 Ch. 17 Prot. 15 Lip.	13 Carrot cream soup Homemade ham croquettes with tomato salad 523 kcal. 56 Ch. 25 Prot. 22 Lip.
16 Three delights rice Grilled pork loin with French fries 497 kcal. 58 Ch. 25 Prot. 18 Lip.	17 Madrilenian style chickpea stew Battered hake with roasted pumpkin 565 kcal. 67 Ch. 25 Prot. 22 Lip.	18 Pumpkin cream soup Jardinière meatballs with diced potatoes 443 kcal. 51 Ch. 26 Prot. 15 Lip.	19 Pasta salad Baked salmon in vegetable sauce with baby carrots 547 kcal. 55 Ch. 28 Prot. 24 Lip.	20 Poultry soup with pasta stars Breaded chicken Milanese with lettuce and tomato salad 532 kcal. 59 Ch. 25 Prot. 22 Lip.
23 Chicken paella Spanish omelette with tomato salad 523 kcal. 76 Ch. 29 Prot. 12 Lip.	24 Haricot beans and vegetables stew Hake in spinach sauce with sautéed courgette 543 kcal. 62 Ch. 22 Prot. 23 Lip.	25 Fresh vegetables cream soup Salisbury steaks in barbecue sauce with French fries 508 kcal. 64 Ch. 22 Prot. 18 Lip.	26 Steamed vegetables stew Battered megrim sole with lettuce and tomato salad 460 kcal. 45 Ch. 29 Prot. 18 Lip.	27 Logos salad Roasted chicken with baker-style potatoes 493 kcal. 63 Ch. 26 Prot. 15 Lip.
30 Pasta and vegetables gratin Turkey ragu with French fries 534 kcal. 60 Ch. 22 Prot. 23 Lip.				

Desserts: Fruit three times per week and dairy products