

MENÚ 2 AÑOS

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
	1 Lentejas guisadas a la madrileña Merluza en salsa marinera con guisantes 382 kcal. 42 Ch. 22 Prot. 14 Lip.	2 Judías verdes al vapor con jamón Huevos Villaroy con zanahorias baby 419 kcal. 53 Ch. 18 Prot. 15 Lip.	3 Crema de espinacas Lenguadina a la andaluza con calabacín rehogado 416 kcal. 49 Ch. 19 Prot. 16 Lip.	4 Sopa de ave con letras Croquetas artesanas de jamón con ensalada de lechuga y tomate. 408 kcal. 43 Ch. 23 Prot. 16 Lip.
7 Espirales al horno con gambas y verduras Tortilla francesa de jamón con ensalada de tomate 435 kcal. 45 Ch. 21 Prot. 19 Lip.	8 Garbanzos estofados Salmón en salsa de verdura con calabaza asada 435 kcal. 39 Ch. 27 Prot. 19 Lip.	9 Sopa de ave con estrellas Pechuga de pollo a la plancha con patatas fritas 444 kcal. 54 Ch. 21 Prot. 16 Lip.	10 Patatas guisadas a la riojana Merluza a la romana con ensalada de tomate y maíz 407 kcal. 39 Ch. 20 Prot. 19 Lip.	11 Crema de zanahorias Escalopines milanesa con ensalada de tomate 441 kcal. 50 Ch. 22 Prot. 17 Lip.
14 Paella huertana Cinta de lomo a la plancha con ensalada de lechuga y tomate 437 kcal. 52 Ch. 19 Prot. 17 Lip.	15 Judías blancas estofadas con verduras Lenguadina en salsa de espinacas con zanahorias 413 kcal. 51 Ch. 23 Prot. 13 Lip.	16 Crema de verduras frescas Albóndigas jardineras con patatas dado 438 kcal. 45 Ch. 24 Prot. 18 Lip.	17 Menestra de verdura al vapor Salmón al horno con calabacín rehogado 420 kcal. 41 Ch. 19 Prot. 20 Lip.	18 Sopa de ave con picadillo Pollo asado con patatas panadera 421 kcal. 44 Ch. 23 Prot. 17 Lip.
21 Guiso de patatas con verduras de temporada Ragú de pavo al horno con arroz blanco 403 kcal. 49 Ch. 18 Prot. 15 Lip.	22 Lentejas guisadas con verduras Merluza en salsa con ensalada de lechuga y tomate 414 kcal. 41 Ch. 22 Prot. 18 Lip.	23 Crema de calabaza Filetes rusos en salsa barbacoa con patatas fritas 465 kcal. 55 Ch. 23 Prot. 17 Lip.	24 Sopa de ave con fideos Lenguadina a la andaluza con verduritas rehogadas 471 kcal. 58 Ch. 17 Prot. 19 Lip.	25 Canelones gratinados al horno Pechugas de pollo a la plancha con ensalada de tomate 389 kcal. 41 Ch. 27 Prot. 13 Lip.
28 Fideua de pollo Tortilla española con ensalada de lechuga y tomate 423 kcal. 54 Ch. 18 Prot. 15 Lip.	29 Garbanzos a la madrileña Salmón en salsa de zanahorias con guisantes rehogados 419 kcal. 47 Ch. 24 Prot. 15 Lip.	30 Crema de zanahorias Albóndigas jardineras con patatas dado 492 kcal. 55 Ch. 23 Prot. 20 Lip.	31 DÍA INTERNACIONAL "ITALIA" Fetuccini Alfredo Pizza Romana 470 kcal. 62 Ch. 15 Prot. 18 Lip.	
Postres:: Fruta tres días a la semana y lácteos				

2-YEARS-OLD MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Madrilenian style lentils stew Hake in marinière sauce with peas 382 kcal. 42 Ch. 22 Prot. 14 Lip.	2 Steamed green beans with ham Villaroy style eggs with baby carrots 419 kcal. 53 Ch. 18 Prot. 15 Lip.	3 Spinach cream soup Battered megrim sole with sautéed courgettes 416 kcal. 49 Ch. 19 Prot. 16 Lip.	4 Pasta letters poultry soup Homemade ham croquettes with lettuce and tomato salad 408 kcal. 43 Ch. 23 Prot. 16 Lip.
7 Basta bake with prawns and vegetables Ham omelette with tomato salad 435 kcal. 45 Ch. 21 Prot. 19 Lip.	8 Chickpea stew Salmon in vegetable sauce with roasted pumpkin 435 kcal. 39 Ch. 27 Prot. 19 Lip.	9 Pasta stars poultry soup Grilled chicken breast with French fries 444 kcal. 54 Ch. 21 Prot. 16 Lip.	10 "Riojana Style" potato stew Battered Hake with tomato and sweetcorn salad 407 kcal. 39 Ch. 20 Prot. 19 Lip.	11 Carrot cream soup Breaded veal with tomato salad 441 kcal. 50 Ch. 22 Prot. 17 Lip.
14 Vegetable Paella Grilled pork loin with tomato and lettuce salad 437 kcal. 52 Ch. 19 Prot. 17 Lip.	15 Haricot beans and vegetables stew Megrim sole in spinach sauce with baby carrots 413 kcal. 51 Ch. 23 Prot. 13 Lip.	16 Fresh vegetables cream soup Jardinière style meatballs with diced potatoes 438 kcal. 45 Ch. 24 Prot. 18 Lip.	17 Steamed vegetables stew Baked salmon with sautéed courgettes 420 kcal. 41 Ch. 19 Prot. 20 Lip.	18 Poultry soup with hash Roasted chicken with baker-style potatoes 421 kcal. 44 Ch. 23 Prot. 17 Lip.
21 Potatoes and seasonal vegetables stew Turkey ragu with rice 403 kcal. 49 Ch. 18 Prot. 15 Lip.	22 Lentils and vegetables stew Hake in sauce with lettuce and tomato salad 414 kcal. 41 Ch. 22 Prot. 18 Lip.	23 Pumpkin cream soup Salisbury steaks in barbecue sauce with French fries 465 kcal. 55 Ch. 23 Prot. 17 Lip.	24 Pasta and poultry soup Battered megrim sauce with sautéed vegetables 471 kcal. 58 Ch. 17 Prot. 19 Lip.	25 Baked cannelloni gratin Grilled chicken breast with tomato salad 389 kcal. 41 Ch. 27 Prot. 13 Lip.
28 Chicken and vegetable noodle paella Spanish Omelette with lettuce and tomato salad 423 kcal. 54 Ch. 18 Prot. 15 Lip.	29 Madrilenian style chickpea stew Salmon in carrot sauce with sautéed peas 419 kcal. 47 Ch. 24 Prot. 15 Lip.	30 Carrot cream soup Jardinière style meatballs with diced potatoes 492 kcal. 55 Ch. 23 Prot. 20 Lip.	31 ITALIAN FOOD INTERNATIONAL DAY Fetuccine Alfredo "Rome" style pizza 470 kcal. 62 Ch. 15 Prot. 18 Lip.	
Desserts: Fruit three times per week and dairy products				