



“ESTOS MENÚS PUEDEN CONTENER LOS SIGUIENTES ALÉRGENOS:
 GLUTEN, LÁCTEOS, CRUSTÁCEOS, HUEVO, PESCADO, MOLUSCOS, ALTRAMUCOS, CACAHUETES, APIO, SÉSAMO,
 FRUTOS SECOS, SULFITOS, MOSTAZA Y SOJA.”
 PARA MAYOR INFORMACIÓN CONTACTE CON NOSOTROS.

EN NUESTROS MENÚS POTENCIAMOS LOS PRODUCTOS DE TEMPORADA:

FRUTAS ENERO: AGUACATE, CHIRIMOYA, CAQUI, FRAMBRUESA, FRESÓN, KIWI, LIMÓN, MANZANA, MANDARINA, NARANJA, PERA, PLÁTANO Y POMELO.


VERDURAS ENERO: ALCACHOFA, AJO, ACELGAS, APIO, BERENJENA, BRÓCOLI, CALABACÍN, CALABAZA, CEBOLLA, CARDO, ENDIVIA, ESCAROLA, COLIFLOR, LOMBARDA, NABO, HABA, GUISANTE, LECHUGA, PIMIENTO, PEPINO, PUERRO, RÁBANO, REPOLLO, TOMATE Y ZANAHORIA



LAS VERDURAS Y HORTALIZAS TIENEN MUCHAS VITAMINAS Y SIEMPRE DEBEN ESTAR PRESENTES EN LA COMIDA



8	LUNES	9	MARTES	10	MIÉRCOLES	11	JUEVES	12	VIERNES																
<p>BRÓCOLI AL VAPOR CON PATATAS STEAMED BROCCOLI WITH POTATO CORDON BLEU DE POLLO CON ENSALADA DE LECHUGA, TOMATE Y ZANAHORIA CHICKEN BLUE CORD WITH LETTUCE, TOMATO AND CARROTS SALAD PAN INTEGRAL WHOLE-GRAIN BREAD PLÁTANO BANANA</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>628</td><td>50,4</td><td>25,7</td><td>33,3</td><td>7,2</td><td>304</td><td>5,8</td><td>803</td></tr> </table>										ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	628	50,4	25,7	33,3	7,2	304	5,8	803
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ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)																		
665	84,2	25,3	24,6	4,9	276	8	1822																		
<p>MENÚ INTERNACIONAL: AUSTRIA SOPA VIENESA VIENNA SOUP WIENER SCHNITZEL (LOMO DE CERDO EMPANADO) CON PURÉ DE PATATAS BREADED PORK FILLET WITH MASHED POTATOES PAN INTEGRAL WHOLE-GRAIN BREAD PASTELITO CAKE</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>613</td><td>58,2</td><td>25</td><td>30</td><td>13,1</td><td>108</td><td>3,5</td><td>191</td></tr> </table>										ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	613	58,2	25	30	13,1	108	3,5	191
ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)																		
613	58,2	25	30	13,1	108	3,5	191																		

 * LEGUMBRE DE PROCEDENCIA ECOLÓGICA 

NUESTROS MENÚS ESTÁN ELABORADOS DE ACUERDO A LOS PROGRAMAS NAOS Y PERSEO.
RACIONES ESTABLECIDAS SEGÚN IDR PARA NIÑOS 6-9 AÑOS. (MOREIRAS Y COL. 2018).
VALORACIÓN NUTRICIONAL REALIZADA CON LA BASE DE DATOS BEDCA.

* Valoración nutricional del vaso de leche entera no incluida en la calibración del día.



* LAS FRUTAS INDICADAS EN EL MENÚ PUEDEN ESTAR SUJETAS A INTERCAMBIO DE DÍA POR MOTIVOS DE MADURACIÓN