



C.E.I.P. VARGAS LLOSA Celíacos



| 1 | 2 | 3 | 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|--|--|---|-------------|-------------|-------------|-------------|-----|------|------|------|-----|-----|-----|-----|--|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|-----|------|------|------|-----|-----|-----|------|--|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|-----|------|------|------|-----|-----|-----|------|---|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|-----|------|------|------|-----|-----|-----|-----|--|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|-----|------|------|------|------|-----|-----|-----|
| MARTES LENTEJAS * GUISADAS CON VERDURAS LENTIL STEW WITH VEGETABLE TORTILLA DE PATATAS CON ENSALADA DE LECHUGA Y TOMATE POTATO OMELETTE WITH LETTUCE AND TOMATO SALAD PAN DE MAÍZ CORN BREAD FRUTA DEL TIEMPO SEASONAL FRUIT | MIÉRCOLES ENSALADILLA RUSA CON HUEVO COCIDO RUSSIAN SALAD WITH BOILED EGG POLLO AL CHILINDRÓN CON SALTEADO DE VERDURAS CHICKEN IN SAUCE WITH SAUTÉED VEGETABLE PAN DE MAÍZ CORN BREAD YOGUR YOGHURT | JUEVES PURÉ DE VERDURAS VEGETABLE PURÉE ESCALOPINES DE CERDO EN SALSA CON ARROZ PORK FILLETS IN SAUCE WITH RICE PAN DE MAÍZ CORN BREAD FRUTA DEL TIEMPO SEASONAL FRUIT | VIERNES ESPAGUETIS DE MAÍZ REHOGADOS CON BEICON Y OREGANO SAUTÉED CORN SPAGHETTI WITH BACON AND OREGANO PESCADILLA AL VAPOR CON GUISANTES Y ESPÁRRAGOS STEAMED YOUNGHAKE WITH PEAS AND ASPARAGUS PAN DE MAÍZ CORN BREAD FRUTA DEL TIEMPO SEASONAL FRUIT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1"> <thead> <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> </thead> <tbody> <tr><td>675</td><td>89,2</td><td>30,8</td><td>20,8</td><td>3,7</td><td>145</td><td>8,6</td><td>580</td></tr> </tbody> </table> | ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | 675 | 89,2 | 30,8 | 20,8 | 3,7 | 145 | 8,6 | 580 | <table border="1"> <thead> <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> </thead> <tbody> <tr><td>633</td><td>62,3</td><td>34,7</td><td>26,7</td><td>6,6</td><td>227</td><td>5,2</td><td>1065</td></tr> </tbody> </table> | ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | 633 | 62,3 | 34,7 | 26,7 | 6,6 | 227 | 5,2 | 1065 | <table border="1"> <thead> <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> </thead> <tbody> <tr><td>541</td><td>69,7</td><td>33,9</td><td>13,5</td><td>2,4</td><td>136</td><td>4,8</td><td>1048</td></tr> </tbody> </table> | ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | 541 | 69,7 | 33,9 | 13,5 | 2,4 | 136 | 4,8 | 1048 | <table border="1"> <thead> <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> </thead> <tbody> <tr><td>659</td><td>81,9</td><td>36,8</td><td>19,7</td><td>5,8</td><td>215</td><td>3,5</td><td>109</td></tr> </tbody> </table> | ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | 659 | 81,9 | 36,8 | 19,7 | 5,8 | 215 | 3,5 | 109 | | | | | | | | | | | | | | | | | |
| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 675 | 89,2 | 30,8 | 20,8 | 3,7 | 145 | 8,6 | 580 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 633 | 62,3 | 34,7 | 26,7 | 6,6 | 227 | 5,2 | 1065 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 541 | 69,7 | 33,9 | 13,5 | 2,4 | 136 | 4,8 | 1048 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 659 | 81,9 | 36,8 | 19,7 | 5,8 | 215 | 3,5 | 109 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7 LUNES PASTA DE MAÍZ A LA NAPOLITANA CORN PASTA WITH TOMATO SAUCE CABALLA A LA PLANCHA CON ENSALADA DE LECHUGA Y TOMATE GRILLED MACKEREL WITH LETTUCE AND TOMATO SALAD PAN DE MAÍZ CORN BREAD MELOCOTÓN EN ALMÍBAR PEACH IN SYRUP | 8 MARTES ENSALADA DE ALUBIAS BLANCAS CON HORTALIZAS WHITE BEAN SALAD WITH VEGETABLE MAGRO DE CERDO EN SALSA CON CHAMPIÑONES SALTEADOS PORK LOIN IN SAUCE WITH SAUTÉED MUSHROOMS PAN DE MAÍZ CORN BREAD FLAN CARAMEL CUSTARD | 9 MIÉRCOLES PURÉ DE VERDURAS VEGETABLE PURÉE TORTILLA FRANCESA DE QUESO CON ENSALADA DE LECHUGA, TOMATE Y MAÍZ CHEESE OMELETTE WITH LETTUCE, TOMATO AND CORN SALAD PAN DE MAÍZ CORN BREAD FRUTA DEL TIEMPO SEASONAL FRUIT | 10 JUEVES SOPA DE PICADILLO: FIDEOS DE ARROZ, POLLO Y HUEVO COCIDO MINCE SOUP WITH RICE VERMICELLI, CHICKEN AND BOILED EGG ALBÓNDIGAS EN SALSA CON VERDURAS MEATBALLS IN SAUCE WITH VEGETABLE PAN DE MAÍZ CORN BREAD FRUTA DEL TIEMPO SEASONAL FRUIT | 11 VIERNES GARBANZOS SALTEADOS CON HORTALIZAS SAUTÉED CHICKPEA WITH VEGETABLE SALCHICHAS DE PAVO CON KÉTCHUP Y ENSALADA DE LECHUGA, TOMATE Y PEPINO TURKEY SAUSAGE WITH KETCHUP AND LETTUCE, TOMATO AND CUCUMBER SALAD PAN DE MAÍZ CORN BREAD FRUTA DEL TIEMPO SEASONAL FRUIT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 783 | 80 | 38 | 34 | 7 | 87 | 5 | 190 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 598 | 66 | 39 | 19 | 5 | 241 | 6 | 1098 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 511 | 58,1 | 20,4 | 21,4 | 5,2 | 236 | 5 | 802 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 669 | 74,7 | 30,6 | 27 | 7,6 | 84 | 3,9 | 369 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 701 | 62,8 | 28,7 | 36,9 | 10,6 | 160 | 7,2 | 490 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14 LUNES JUDÍAS VERDES SALTEADAS CON PATATA SAUTÉED GREEN BEANS WITH POTATO CHULETA DE CERDO CON ENSALADA DE LECHUGA, ZANAHORIA Y MANZANA PORK CHOP WITH LETTUCE, CARROT AND APPLE SALAD PAN DE MAÍZ CORN BREAD FRUTA DEL TIEMPO SEASONAL FRUIT | 15 MARTES MACARRONES DE MAÍZ AL PESTO PESTO CORN MACARONI MUSLITOS DE POLLO AL AJILLO CON ENSALADA DE LECHUGA, TOMATE Y ZANAHORIA CHICKEN DRUMSTICKS IN GARLIC SAUCE WITH LETTUCE, TOMATO AND CARROT SALAD PAN DE MAÍZ CORN BREAD YOGUR YOGHURT | 16 MIÉRCOLES CREMA DE CALABAZA PUMPKIN CREAM HAMBURGUESA CON KÉTCHUP Y PATATAS FRITAS HAMBURGER WITH KETCHUP AND FRENCH FRIES PAN DE MAÍZ CORN BREAD FRUTA DEL TIEMPO SEASONAL FRUIT | 17 JUEVES LENTEJAS * GUISADAS CON HORTALIZAS Y CHORIZO LENTIL STEW WITH VEGETABLE AND CHORIZO TORTILLA DE PATATAS CON TOMATE ALIÑADO POTATO OMELETTE WITH SEASONED TOMATO PAN DE MAÍZ CORN BREAD FRUTA DEL TIEMPO SEASONAL FRUIT | 18 VIERNES ENSALADILLA RUSA CON HUEVO COCIDO RUSSIAN SALAD WITH BOILED EGG BACALAO AL VAPOR CON ENSALADA DE LECHUGA, TOMATE Y MAÍZ STEAMED COD WITH LETTUCE, TOMATO AND CORN SALAD PAN DE MAÍZ CORN BREAD FRUTA DEL TIEMPO SEASONAL FRUIT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 708 | 78,8 | 24,2 | 27,4 | 5,5 | 207 | 5,2 | 166 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 690 | 79,7 | 39,7 | 22,9 | 7,6 | 311 | 6,4 | 329 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 719 | 86,7 | 20,1 | 31,9 | 7,2 | 88 | 4 | 735 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 718 | 87,2 | 35,9 | 24,2 | 4,9 | 142 | 8,8 | 598 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 642 | 69 | 37 | 23 | 4 | 133 | 4 | 810 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21 LUNES ENSALADA DE PASTA DE MAÍZ CON YORK Y QUESO CORN PASTA SALAD WITH BOILED HAM AND CHEESE MERLUZA A LA PLANCHA CON PISTO GRILLED HAKE WITH RATATOUILLE PAN DE MAÍZ CORN BREAD PIÑA AL NATURAL PINEAPPLE | 22 MARTES PURÉ DE VERDURAS VEGETABLE PURÉE PANINI CASERO DE YORK Y QUESO BOILED HAM AND CHEESE HOMEMADE PANINI HELADO ICE-CREAM | 23 MIÉRCOLES ARROZ BLANCO CON SALSA DE TOMATE Y HUEVO COCIDO WHITE RICE WITH TOMATO SAUCE AND BOILED EGG ALBÓNDIGAS EN SALSA CON VERDURAS MEATBALLS IN SAUCE WITH VEGETABLE PAN DE MAÍZ CORN BREAD FRUTA DEL TIEMPO SEASONAL FRUIT | 24 JUEVES BRÓCOLI SALTEADO CON PATATA SAUTÉED BROCCOLI WITH POTATO POLLO EN SALSA CON ENSALADA DE LECHUGA, TOMATE Y ZANAHORIA CHICKEN IN SAUCE WITH LETTUCE, TOMATO AND CARROT SALAD PAN DE MAÍZ CORN BREAD FRUTA DEL TIEMPO SEASONAL FRUIT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1"> <thead> <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> </thead> <tbody> <tr><td>704</td><td>84</td><td>40</td><td>22</td><td>5</td><td>197</td><td>4</td><td>407</td></tr> </tbody> </table> | ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | 704 | 84 | 40 | 22 | 5 | 197 | 4 | 407 | <table border="1"> <thead> <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> </thead> <tbody> <tr><td>596</td><td>84</td><td>19</td><td>20</td><td>9</td><td>290</td><td>3</td><td>717</td></tr> </tbody> </table> | ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | 596 | 84 | 19 | 20 | 9 | 290 | 3 | 717 | <table border="1"> <thead> <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> </thead> <tbody> <tr><td>760</td><td>112</td><td>21</td><td>25</td><td>6</td><td>90</td><td>4</td><td>580</td></tr> </tbody> </table> | ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | 760 | 112 | 21 | 25 | 6 | 90 | 4 | 580 | <table border="1"> <thead> <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> </thead> <tbody> <tr><td>594</td><td>67</td><td>24</td><td>25</td><td>6</td><td>391</td><td>5</td><td>355</td></tr> </tbody> </table> | ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | 594 | 67 | 24 | 25 | 6 | 391 | 5 | 355 | | | | | | | | | | | | | | | | | |
| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 704 | 84 | 40 | 22 | 5 | 197 | 4 | 407 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 596 | 84 | 19 | 20 | 9 | 290 | 3 | 717 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 760 | 112 | 21 | 25 | 6 | 90 | 4 | 580 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 594 | 67 | 24 | 25 | 6 | 391 | 5 | 355 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

* Las frutas de temporada que se servirán son: manzana Golden, plátano, pera, piña y manzana Royal Gala

• Menús elaborados de acuerdo a los programas NAOS y PERSEO
• Raciones establecidas de acuerdo a la SENC para niños entre 7-12 años
• Valoración nutricional realizada con la base de datos BEDCA