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“Estos menús, a excepción de frutos secos y cacahuètes, pueden contener los siguientes alérgenos:
Gluten, lácteos, crustáceos, huevo, pescado, moluscos, altramucos, apio, sésamo, sulfitos, mostaza y soja.”
Para mayor información contacte con nosotros.

JUNIO 2021

C.E.I.P. VARGAS LLOSA

Alérgico Frutos secos, Huevo poco cocinado, Lentejas, Melocotón, Fresa y Kiwi



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MARTES VERDURAS SALTEADAS SAUTÉED VEGETABLE HUEVO COCIDO ALIÑADO CON ENSALADA DE LECHUGA Y TOMATE SEASONED BOILED EGG WITH LETTUCE AND TOMATO SALAD PAN 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 BREAD YOGUR YOGHURT	JUEVES PURÉ DE VERDURAS VEGETABLE PURÉE ESCALOPINES DE CERDO EN SALSA CON ARROZ PORK FILLETS IN SAUCE WITH RICE PAN INTEGRAL WHOLE-GRAIN BREAD FRUTA DEL TIEMPO SEASONAL FRUIT	VIERNES ESPAGUETIS A LA CARBONARA CON BECHAMEL Y BEI CON SPAGHETTI IN WHITE SAUCE WITH BACON PESCADILLA EN SALSA CON GUISANTES Y ESPÁRRAGOS YOUNGHAKE IN SAUCE WITH PEAS AND ASPARAGUS PAN 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)																																																																													
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