



C.E.I.P. VARGAS LLOSA Alérgicos Frutos secos



| 1 | MARTES | 2 | MIÉRCOLES | 3 | JUEVES | 4 | VIERNES | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|------------|---|-------------|---|-------------|---|-------------|--|------------|--------------|-------------|---------|-------------|-------------|-------------|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|-----|------|------|------|------|-----|-----|-----|
| LENTEJAS GUIADAS CON VERDURAS LENTIL STEW WITH VEGETABLE TORTILLA DE PATATAS CON ENSALADA DE LECHUGA Y TOMATE POTATO OMELETTE WITH LETTUCE AND TOMATO SALAD PAN BREAD FRUTA DEL TIEMPO SEASONAL FRUIT | | 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 | | 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 | | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | 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 | 633 | 62,3 | 34,7 | 26,7 | 6,6 | 227 | 5,2 | 1065 | 541 | 69,7 | 33,9 | 13,5 | 2,4 | 136 | 4,8 | 1048 | 659 | 81,9 | 36,8 | 19,7 | 5,8 | 215 | 3,5 | 109 | | | | | | | | |
| 7 LUNES CODITOS A LA NAPOLITANA ELBOW PASTA WITH TOMATO SAUCE CABALLA A LA ROMANA CON ENSALADA DE LECHUGA Y TOMATE BATTERED MACKEREL WITH LETTUCE AND TOMATO SALAD PAN 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 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 INTEGRAL WHOLE-GRAIN BREAD FRUTA DEL TIEMPO SEASONAL FRUIT | | 10 JUEVES SOPA DE PICADILLO: FIDEOS, POLLO Y HUEVO COCIDO MINCE SOUP WITH VERMICELLI, CHICKEN AND BOILED EGG ALBÓNDIGAS EN SALSA CON VERDURAS MEATBALLS IN SAUCE WITH VEGETABLE PAN 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 KÉTCHUP AND LETTUCE, TOMATO AND CUCUMBER SALAD PAN BREAD FRUTA DEL TIEMPO SEASONAL FRUIT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | 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 | 598 | 66 | 39 | 19 | 5 | 241 | 6 | 1098 | 511 | 58,1 | 20,4 | 21,4 | 5,2 | 236 | 5 | 802 | 669 | 74,7 | 30,6 | 27 | 7,6 | 84 | 3,9 | 369 | 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 RABAS Y CROQUETAS DE JAMÓN CON ENSALADA DE LECHUGA, ZANAHORIA Y MANZANA BREADED CALAMARI AND HAM CROQUETTES WITH LETTUCE, CARROT AND APPLE SALAD PAN BREAD FRUTA DEL TIEMPO SEASONAL FRUIT | | 15 MARTES MACARRONES AL PESTO PESTO 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 BREAD YOGUR YOGHURT | | 16 MIÉRCOLES CREMA DE CALABAZA PUMPKIN CREAM HAMBURGUESA CON KÉTCHUP Y PATATAS FRITAS HAMBURGER WITH KETCHUP AND FRENCH FRIES PAN BREAD FRUTA DEL TIEMPO SEASONAL FRUIT | | 17 JUEVES LENTEJAS GUIADAS CON HORTALIZAS Y CHORIZO LENTIL STEW WITH VEGETABLE AND CHORIZO TORTILLA DE PATATAS CON TOMATE ALIÑADO POTATO OMELETTE WITH SEASONED TOMATO PAN BREAD FRUTA DEL TIEMPO SEASONAL FRUIT | | 18 VIERNES ENSALADILLA RUSA CON HUEVO COCIDO RUSSIAN SALAD WITH BOILED EGG BACALAO REBOZADO CON ENSALADA DE LECHUGA, TOMATE Y MAÍZ BATTERED COD WITH LETTUCE, TOMATO AND CORN SALAD PAN INTEGRAL WHOLE-GRAIN BREAD FRUTA DEL TIEMPO SEASONAL FRUIT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | 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 | 690 | 79,7 | 39,7 | 22,9 | 7,6 | 311 | 6,4 | 329 | 719 | 86,7 | 20,1 | 31,9 | 7,2 | 88 | 4 | 735 | 718 | 87,2 | 35,9 | 24,2 | 4,9 | 142 | 8,8 | 598 | 642 | 69 | 37 | 23 | 4 | 133 | 4 | 810 |
| 21 LUNES ENSALADA DE PASTA CON YORK Y QUESO PASTA SALAD WITH BOILED HAM AND CHEESE MERLUZA ORLY CON PISTO ORLY'S STYLE HAKE WITH RATATOUILLE PAN BREAD PIÑA AL NATURAL PINNEAPPLE | | 22 MARTES PURÉ DE VERDURAS VEGETABLE PURÉE PIZZA DE JAMÓN Y QUESO HAM AND CHEESE PIZZA 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 BREAD FRUTA DEL TIEMPO SEASONAL FRUIT | | 24 JUEVES BRÓCOLI SALTEADO CON PATATA SAUTÉED BROCCOLI WITH POTATO SAN JACOBO DE PAVO Y QUESO CON ENSALADA DE LECHUGA, TOMATE Y ZANAHORIA BREADED TURKEY AND CHEESE WITH LETTUCE, TOMATO AND CARROT SALAD PAN BREAD FRUTA DEL TIEMPO SEASONAL FRUIT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | 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 | 596 | 84 | 19 | 20 | 9 | 290 | 3 | 717 | 760 | 112 | 21 | 25 | 6 | 90 | 4 | 580 | 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