



# hotelma

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"Estos menús, a excepción de pescados, moluscos, crustáceos, huevo y lácteos, pueden contener los siguientes alérgenos:

**Gluten, altramuces, cacahuets, apio, sésamo, frutos secos, sulfitos, mostaza y soja."**

Para mayor información contacte con nosotros.

JUNIO 2021

## C.E.I.P. VARGAS LLOSA Alérgico Pescado, Marisco, Huevo y Lácteos



| 1   | 2              | 3            | 4            |             |             |             |             |             |     |      |      |      |     |     |     |     |   |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |   |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |   |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |     |  |                |            |              |             |         |             |             |             |     |      |      |      |      |     |     |     |
|---|----------------|--------------|--------------|-------------|-------------|-------------|-------------|-------------|-----|------|------|------|-----|-----|-----|-----|---|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|-----|------|------|------|-----|-----|-----|------|---|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|-----|------|------|------|-----|-----|-----|------|---|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|-----|------|------|------|-----|-----|-----|-----|--|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|-----|------|------|------|------|-----|-----|-----|
| <b>MARTES</b><br><b>LENTEJAS GUIADAS CON VERDURAS</b><br>LENTIL STEW WITH VEGETABLE<br><br><b>HAMBURGUESA CON ENSALADA DE LECHUGA Y TOMATE</b><br>HAMBURGER WITH LETTUCE AND TOMATO SALAD<br><br><b>PAN BREAD</b><br><b>FRUTA DEL TIEMPO</b><br>SEASONAL FRUIT<br><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>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> </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 | <b>MIÉRCOLES</b><br><b>ENSALADA CAMPERA CON TOMATE</b><br>POTATO SALAD WITH TOMATO<br><br><b>POLLO AL CHILINDRÓN CON SALTEADO DE VERDURAS</b><br>CHICKEN IN SAUCE WITH SAUTÉED VEGETABLE<br><br><b>PAN BREAD</b><br><b>GELATINA</b><br>FRUIT JELLY<br><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>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> </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 | <b>JUEVES</b><br><b>PURÉ DE VERDURAS</b><br>VEGETABLE PURÉE<br><br><b>ESCALOPINES DE CERDO EN SALSA CON ARROZ</b><br>PORK FILLETS IN SAUCE WITH RICE<br><br><b>PAN INTEGRAL</b><br><b>WHOLE-GRAIN BREAD</b><br><b>FRUTA DEL TIEMPO</b><br>SEASONAL FRUIT<br><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>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> </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 | <b>VIERNES</b><br><b>ESPAGUETIS DE MAÍZ REHOGADOS CON BEICON Y OREGANO</b><br>SAUTÉED CORN SPAGHETTI WITH BACON AND OREGANO<br><b>FILETE DE TERNERA CON GUI SANTES Y ESPÁRRAGOS</b><br>VEAL FILLET WITH PEAS AND ASPARAGUS<br><br><b>PAN BREAD</b><br><b>FRUTA DEL TIEMPO</b><br>SEASONAL FRUIT<br><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>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> </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         |             |     |      |      |      |     |     |     |     |   |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |   |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |   |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |     |  |                |            |              |             |         |             |             |             |     |      |      |      |      |     |     |     |
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| 633   | 62,3           | 34,7         | 26,7         | 6,6         | 227         | 5,2         | 1065        |             |     |      |      |      |     |     |     |     |   |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |   |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |   |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |     |  |                |            |              |             |         |             |             |             |     |      |      |      |      |     |     |     |
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| 541   | 69,7           | 33,9         | 13,5         | 2,4         | 136         | 4,8         | 1048        |             |     |      |      |      |     |     |     |     |   |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |   |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |   |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |     |  |                |            |              |             |         |             |             |             |     |      |      |      |      |     |     |     |
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| 659   | 81,9           | 36,8         | 19,7         | 5,8         | 215         | 3,5         | 109         |             |     |      |      |      |     |     |     |     |   |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |   |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |   |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |     |  |                |            |              |             |         |             |             |             |     |      |      |      |      |     |     |     |
| <b>7 LUNES</b><br><b>PASTA DE MAÍZ A LA NAPOLITANA</b><br>CORN PASTA WITH TOMATO SAUCE<br><br><b>POLLO EN SALSA CON ENSALADA DE LECHUGA Y TOMATE</b><br>CHICKEN IN SAUCE WITH LETTUCE AND TOMATO SALAD<br><br><b>PAN BREAD</b><br><b>MELOCOTÓN EN ALMÍBAR</b><br>PEACH IN SYRUP<br><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>783</td><td>80</td><td>38</td><td>34</td><td>7</td><td>87</td><td>5</td><td>190</td></tr> </table>                               | 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 | <b>8 MARTES</b><br><b>ENSALADA DE ALUBIAS BLANCAS CON HORTALIZAS</b><br>WHITE BEAN SALAD WITH VEGETABLE<br><br><b>MAGRO DE CERDO EN SALSA CON CHAMPIÑONES SALTEADOS</b><br>PORK LOIN IN SAUCE WITH SAUTÉED MUSHROOMS<br><br><b>PAN BREAD</b><br><b>GELATINA</b><br>FRUIT JELLY<br><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>598</td><td>66</td><td>39</td><td>19</td><td>5</td><td>241</td><td>6</td><td>1098</td></tr> </table>  | 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 | <b>9 MIÉRCOLES</b><br><b>PURÉ DE VERDURAS</b><br>VEGETABLE PURÉE<br><br><b>FILETE DE POLLO A LA PLANCHA CON ENSALADA DE LECHUGA, TOMATE Y MAÍZ</b><br>GRILLED CHICKEN FILLET WITH LETTUCE, TOMATO AND CORN SALAD<br><br><b>PAN INTEGRAL</b><br><b>WHOLE-GRAIN BREAD</b><br><b>FRUTA DEL TIEMPO</b><br>SEASONAL FRUIT<br><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>511</td><td>58,1</td><td>20,4</td><td>21,4</td><td>5,2</td><td>236</td><td>5</td><td>802</td></tr> </table> | 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  | <b>10 JUEVES</b><br><b>SOPA DE PICADILLO: FIDEOS DE ARROZ Y POLLO</b><br>MINCE SOUP WITH RICE VERMICELLI AND CHICKEN<br><br><b>ALBÓNDIGAS EN SALSA CON VERDURAS</b><br>MEATBALLS IN SAUCE WITH VEGETABLE<br><br><b>PAN BREAD</b><br><b>FRUTA DEL TIEMPO</b><br>SEASONAL FRUIT<br><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>669</td><td>74,7</td><td>30,6</td><td>27</td><td>7,6</td><td>84</td><td>3,9</td><td>369</td></tr> </table>                       | 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 | <b>11 VIERNES</b><br><b>GARBANZOS SALTEADOS CON HORTALIZAS</b><br>SAUTÉED CHICKPEA WITH VEGETABLE<br><br><b>LOMO DE CERDO CON ENSALADA DE LECHUGA, TOMATE Y PEPINO</b><br>PORK FILLET WITH LETTUCE, TOMATO AND CUCUMBER SALAD<br><br><b>PAN BREAD</b><br><b>FRUTA DEL TIEMPO</b><br>SEASONAL FRUIT<br><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>701</td><td>62,8</td><td>28,7</td><td>36,9</td><td>10,6</td><td>160</td><td>7,2</td><td>490</td></tr> </table>     | 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 |
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| 783   | 80             | 38           | 34           | 7           | 87          | 5           | 190         |             |     |      |      |      |     |     |     |     |   |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |   |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |   |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |     |  |                |            |              |             |         |             |             |             |     |      |      |      |      |     |     |     |
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| 598   | 66             | 39           | 19           | 5           | 241         | 6           | 1098        |             |     |      |      |      |     |     |     |     |   |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |   |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |   |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |     |  |                |            |              |             |         |             |             |             |     |      |      |      |      |     |     |     |
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| 511   | 58,1           | 20,4         | 21,4         | 5,2         | 236         | 5           | 802         |             |     |      |      |      |     |     |     |     |   |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |   |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |   |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |     |  |                |            |              |             |         |             |             |             |     |      |      |      |      |     |     |     |
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| 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         |             |     |      |      |      |     |     |     |     |   |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |   |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |   |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |     |  |                |            |              |             |         |             |             |             |     |      |      |      |      |     |     |     |
| <b>14 LUNES</b><br><b>JUDÍAS VERDES SALTEADAS CON PATATA</b><br>SAUTÉED GREEN BEANS WITH POTATO<br><br><b>CHULETA DE CERDO CON ENSALADA DE LECHUGA, ZANAHORIA Y MANZANA</b><br>PORK CHOP WITH LETTUCE, CARROT AND APPLE SALAD<br><br><b>PAN BREAD</b><br><b>FRUTA DEL TIEMPO</b><br>SEASONAL FRUIT<br><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>708</td><td>78,8</td><td>24,2</td><td>27,4</td><td>5,5</td><td>207</td><td>5,2</td><td>166</td></tr> </table> | 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 | <b>15 MARTES</b><br><b>MACARRONES DE MAÍZ REHOGADOS CON ALBAHACA</b><br>SAUTÉED CORN MACARONI WITH BASIL<br><b>MUSLITOS DE POLLO AL AJILLO CON ENSALADA DE LECHUGA, TOMATE Y ZANAHORIA</b><br>CHICKEN DRUMSTICKS IN GARLIC SAUCE WITH LETTUCE, TOMATO AND CARROT SALAD<br><br><b>PAN BREAD</b><br><b>GELATINA</b><br>FRUIT JELLY<br><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>690</td><td>79,7</td><td>39,7</td><td>22,9</td><td>7,6</td><td>311</td><td>6,4</td><td>329</td></tr> </table> | 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  | <b>16 MIÉRCOLES</b><br><b>CREMA DE CALABAZA</b><br>PUMPKIN CREAM<br><br><b>HAMBURGUESA CON KÉTCHUP Y PATATAS FRITAS</b><br>HAMBURGER WITH KETCHUP AND FRENCH FRIES<br><br><b>PAN BREAD</b><br><b>FRUTA DEL TIEMPO</b><br>SEASONAL FRUIT<br><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>719</td><td>86,7</td><td>20,1</td><td>31,9</td><td>7,2</td><td>88</td><td>4</td><td>735</td></tr> </table>   | 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  | <b>17 JUEVES</b><br><b>LENTEJAS GUIADAS CON HORTALIZAS Y CHORIZO</b><br>LENTIL STEW WITH VEGETABLE AND CHORIZO<br><br><b>FILETE DE POLLO A LA PLANCHA CON TOMATE ALIÑADO</b><br>GRILLED CHICKEN FILLET WITH SEASONED TOMATO<br><br><b>PAN BREAD</b><br><b>FRUTA DEL TIEMPO</b><br>SEASONAL FRUIT<br><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>718</td><td>87,2</td><td>35,9</td><td>24,2</td><td>4,9</td><td>142</td><td>8,8</td><td>598</td></tr> </table> | 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 | <b>18 VIERNES</b><br><b>ENSALADA CAMPERA CON TOMATE</b><br>POTATO SALAD WITH TOMATO<br><br><b>FILETE DE TERNERA CON ENSALADA DE LECHUGA, TOMATE Y MAÍZ</b><br>VEAL FILLET WITH LETTUCE, TOMATO AND CORN SALAD<br><br><b>PAN INTEGRAL</b><br><b>WHOLE-GRAIN BREAD</b><br><b>FRUTA DEL TIEMPO</b><br>SEASONAL FRUIT<br><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>642</td><td>69</td><td>37</td><td>23</td><td>4</td><td>133</td><td>4</td><td>810</td></tr> </table> | 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 |
| 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         |             |     |      |      |      |     |     |     |     |   |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |   |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |      |   |                |            |              |             |         |             |             |             |     |      |      |      |     |     |     |     |  |                |            |              |             |         |             |             |             |     |      |      |      |      |     |     |     |
| <b>21 LUNES</b><br><b>ENSALADA DE PASTA DE MAÍZ CON YORK</b><br>CORN PASTA SALAD WITH BOILED HAM<br><br><b>LOMO DE CERDO CON PISTO</b><br>PORK FILLET WITH RATATOUILLE<br><br><b>PAN BREAD</b><br><b>PIÑA AL NATURAL</b><br>PINEAPPLE<br><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>704</td><td>84</td><td>40</td><td>22</td><td>5</td><td>197</td><td>4</td><td>407</td></tr> </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 | <b>22 MARTES</b><br><b>PURÉ DE VERDURAS</b><br>VEGETABLE PURÉE<br><br><b>PANINI CASERO DE YORK</b><br>BOILED HAM HOMEMADE PANINI<br><br><b>GELATINA</b><br>FRUIT JELLY<br><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>596</td><td>84</td><td>19</td><td>20</td><td>9</td><td>290</td><td>3</td><td>717</td></tr> </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  | <b>23 MIÉRCOLES</b><br><b>ARROZ BLANCO CON SALSA DE TOMATE</b><br>WHITE RICE WITH TOMATO SAUCE<br><br><b>ALBÓNDIGAS EN SALSA CON VERDURAS</b><br>MEATBALLS IN SAUCE WITH VEGETABLE<br><br><b>PAN BREAD</b><br><b>FRUTA DEL TIEMPO</b><br>SEASONAL FRUIT<br><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>760</td><td>112</td><td>21</td><td>25</td><td>6</td><td>90</td><td>4</td><td>580</td></tr> </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  | <b>24 JUEVES</b><br><b>BRÓCOLI SALTEADO CON PATATA</b><br>SAUTÉED BROCCOLI WITH POTATO<br><br><b>POLLO EN SALSA CON ENSALADA DE LECHUGA, TOMATE Y ZANAHORIA</b><br>CHICKEN IN SAUCE WITH LETTUCE, TOMATO AND CARROT SALAD<br><br><b>PAN BREAD</b><br><b>FRUTA DEL TIEMPO</b><br>SEASONAL FRUIT<br><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>594</td><td>67</td><td>24</td><td>25</td><td>6</td><td>391</td><td>5</td><td>355</td></tr> </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