



### C.E.I.P. VARGAS LLOSA Alérgicos Huevo



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<b>MARTES</b> <b>LENTEJAS GUIADAS CON VERDURAS</b> LENTIL STEW WITH VEGETABLE  <b>HAMBURGUESA CON ENSALADA DE LECHUGA Y TOMATE</b> HAMBURGER WITH LETTUCE AND TOMATO SALAD  PAN BREAD FRUTA DEL TIEMPO SEASONAL FRUIT	<b>MIÉRCOLES</b> <b>ENSALADA CAMPERA CON TOMATE</b> POTATO SALAD WITH TOMATO  <b>POLLO AL CHILINDRÓN CON SALTEADO DE VERDURAS</b> CHICKEN IN SAUCE WITH SAUTÉED VEGETABLE  PAN BREAD YOGUR YOGHURT	<b>JUEVES</b> <b>PURÉ DE VERDURAS</b> VEGETABLE PURÉE  <b>ESCALOPINES DE CERDO EN SALSA CON ARROZ</b> PORK FILLETS IN SAUCE WITH RICE  PAN INTEGRAL WHOLE-GRAIN BREAD FRUTA DEL TIEMPO SEASONAL FRUIT	<b>VIERNES</b> <b>ESPAGUETIS DE MAÍZ A LA CARBONARA CON BECHAMEL Y BEICON</b> CORN SPAGHETTI IN WHITE SAUCE WITH BACON  <b>PESCADILLA EN SALSA CON GUISANTES Y ESPÁRRAGOS</b> 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)																																																																													
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