



C.E.I.P. VARGAS LLOSA

Alérgico Pescado, Leguminosas-excepto Garbanzo-, Frutos secos, piel de melocotón y frutas similares, y kiwi



1	2	3	4																																																																
MARTES VERDURAS SALTEADAS SAUTÉED VEGETABLE TORTILLA DE PATATAS CON ENSALADA DE LECHUGA Y TOMATE POTATO OMELETTE 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 CHAMPIÑÓN SALTEADO CHICKEN IN SAUCE WITH SAUTÉED MUSHROOMS 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 BEICON SPAGHETTI IN WHITE SAUCE WITH BACON FILETE DE TERNERA CON ENSALADA DE LECHUGA, TOMATE Y ESPARRAGOS VEAL FILLET WITH LETTUCE, TOMATO AND ASPARAGUS SALAD 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)																																																												
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)																																																												
596	84	19	20	9	290	3	717																																																												



* 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