

LUNES/MONDAY		MARTES/TUESDAY		MIÉRCOLES/WEDNESDAY		JUEVES/THURSDAY		VIERNES/FRIDAY	
1		2		3		4			
 Gorgina S.G – Dpto. Nutrición				¡Feliz vuelta al cole! ¡Bienvenidos!					
7		8		9		10		11	
Arroz integral 3 delicias (guisantes, jamón york y zanahoria) Limanda al horno con patatas asadas 4 Fruta natural y pan sin gluten Three delights wholemeal rice with peas, ham and carrot Backed lemongrass with roasted potatoes Fresh fruit and gluten-free bread 823 Kcal/ 35.5 Gr/ 32.2 Prot/ 85.4 HC		Ensalada campera con cebolla, tomate, pimiento verde y zanahoria rallada Muslitos de pollo en su jugo con ensalada de lechuga, tomate y zanahoria rallada Fruta natural y pan sin gluten Country-style salad with onion, tomato, green pepper, and grated carrot Chicken drumsticks in their own juices with a salad of lettuce, tomato, and grated carrot Fresh fruit and gluten-free bread 578 Kcal/ 23.5 Gr/ 17.2 Prot/ 45.4 HC		Crema parmentier con huevo rallado 2-3-10 Merluza al horno con ensalada de lechuga, tomate y remolacha 4 Fruta natural y pan sin gluten Parmentier cream with egg Baked hake with lettuce, tomato and beetroot salad Fresh fruit and gluten-free bread 635 Kcal/ 29.5 Gr/ 25.2 Prot/ 62.4 HC		Garbanzos estofados con patata Huevos rellenos con ensalada de lechuga, tomate y pepino 3-4 Yogur natural sin azúcar y pan sin gluten 2 Stewed chickpeas with vegetables French omelet with cheese and a salad of tomato, lettuce and beetroot Plain unsweetened yogurt and gluten-free bread 701 Kcal/ 37 Gr/ 34 Prot/ 53 HC		Pasta sin gluten con tomate y queso gratinado 2 Estofado de alubias blancas con verduras Fruta natural y pan sin gluten Gluten-free pasta with tomato sauce and melted cheese White bean stew with vegetables Fresh fruit and gluten-free bread 776 Kcal/ 25.5 Gr/ 23.2 Prot/ 97.4 HC	
14		15		16		17		18	
Ensaladilla rusa 3-4 Abadejo al horno con ensalada de lechuga, tomate y zanahoria 4 Fruta natural y pan sin gluten Russian salad Baked pollock with lettuce, tomato and carrot salad Fresh fruit and gluten-free bread 572 Kcal/ 28.5 Gr/ 33.2 Prot/ 41.4 HC		Ensalada de pasta sin gluten con jamón york, zanahoria y manzana Magro de cerdo en su jugo con patatas asadas Fruta natural y pan sin gluten Gluten-free pasta salad with ham, carrot and apple Baked pollock with lettuce, tomato and carrot salad Fresh fruit and gluten-free bread 786 Kcal/ 32.5 Gr/ 33.2 Prot/ 85.4 HC		Caldo de cocido Complemento de cocido con garbanzos, pollo, carne, zanahoria, patata y repollo Fruta natural y pan sin gluten Stew soup A side dish with chickpeas, chicken, beef, carrots, potatoes, and cabbage Fresh fruit and gluten-free bread 620 Kcal/ 30.5 Gr/ 23.2 Prot/ 59.4 HC		Crema de verduras con huevo 10 Ragout de pollo con verduras Yogur natural sin azúcar y pan sin gluten 2 Vegetables cream with egg Chicken ragout with vegetables Plain unsweetened yogurt and gluten-free bread 528 Kcal/ 24 Gr/ 24 Prot/ 46 HC		Arroz integral con salsa de tomate y atún 4 Estofado de garbanzos con verdurtias Fruta natural y pan sin gluten Brown rice with tomato sauce and tuna fish Chickpea stew with vegetables Fresh fruit and gluten-free bread 809 Kcal/ 26.5 Gr/ 21.2 Prot/ 114.4 HC	
21		22		23		24		25	
Ensalada de pasta sin gluten con zanahoria y tomate Tortilla de patata con ensalada de lechuga y tomate 3 Fruta natural y pan sin gluten Gluten-free pasta salad with carrots, and peas Spanish omelet with lettuce and tomato salad Fresh fruit and gluten-free bread 745 Kcal/ 34.5 Gr/ 17.2 Prot/ 86.4 HC		Alubias blancas estofadas con verduras Merluza PBO al horno con ensalada de lechuga, tomate y remolacha 4 Fruta natural y pan sin gluten Stewed white beans with vegetables Baked hake with lettuce, tomato, and beetroot salad Fresh fruit and gluten-free bread 578 Kcal/ 21.5 Gr/ 30.2 Prot/ 53.4 HC		Crema de verduras de calabaza, calabacín y puerro con huevo picado 3 Pollo asado con patatas panaderas Fruta natural y pan sin gluten Cream of vegetable soup with pumpkin, zucchini, and leek, topped with chopped egg Roast chicken with roasted potatoes Fresh fruit and gluten-free bread 546 Kcal/ 22.5 Gr/ 23.2 Prot/ 57.4 HC		Paella con pollo y verduras Tilapia al horno con ensalada de lechuga y maíz 4 Yogur natural sin azúcar y pan sin gluten 2 Paella with chicken and vegetables Baked tilapia with lettuce and corn salad Plain, unsweetened yogurt and gluten-free bread 690 Kcal/ 26 Gr/ 32 Prot/ 80 HC		Sopa de cocido Complemento de cocido con garbanzos, pollo, carne, patata, repollo y zanahoria Fruta natural y pan sin gluten Stew soup A side dish with chickpeas, chicken, meat, potato, cabbage and carrot Fresh fruit and gluten-free bread 620 Kcal/ 30.5 Gr/ 23.2 Prot/ 59.4 HC	
28		29		30		Menú elaborado conforme a las directrices del Real Decreto 315/2025, de 15 de abril, por el que se establecen normas de desarrollo de la Ley 17/2011, de 5 de julio, de seguridad alimentaria y nutrición, para el fomento de una alimentación saludable y sostenible en centros educativos.			
Judías verdes rehogadas con zanahoria Cinta de lomo con patatas asadas Fruta natural y pan sin gluten Sautéed green beans with carrots Pork loin with backed potatoes Fresh fruit and whole-wheat bread 588 Kcal/ 28.5 Gr/ 22.2 Prot/ 55.4 HC		Arroz con calamares, mejillones y verduras 4-5-6-13 Tortilla francesa con ensalada de lechuga y tomate 3 Fruta natural y pan sin gluten Rice with squid, mussels, and vegetables French omelet with lettuce and tomato salad Fresh fruit and gluten-free bread 688 Kcal/ 29.5 Gr/ 24.2 Prot/ 74.4 HC		Caldo de cocido Complemento de cocido con garbanzos, pollo, carne, zanahoria, patata y repollo Fruta natural y pan sin gluten Stew soup A side dish with chickpeas, chicken, beef, carrots, potatoes, and cabbage Fresh fruit and gluten-free bread 620 Kcal/ 30.5 Gr/ 23.2 Prot/ 59.4 HC					