

LUNES



MARTES

MIERCOLES

¡¡¡¡¡FELIZ
NAVIDAD!!!!

Merry Christmas!!!

JUEVES

VIERNES



3.
Coditos a la Napolitana
Napolitana Pasta
Chuleta de Sajonia con ensalada
Saxony PorkChop with salad
Fruta natural y leche
Fresh fruit and milk
Kcal: 734 Prot: 23
Lip: 23 HC: 55

4.
Lentejas carne y verdura
Lentils with veal and vegetables
Merluza Empanada con ensalada
Breaded Hake Fillet with salad
Fruta natural y leche
Fresh Fruit and milk
Kcal: 705 Prot: 21
Lip: 24 HC: 55

5.
Sopa de cocido
Stew Soup
Complemento cocido madrileña
Chickpeas, Meat and cabbage stew
Fruta natural y leche
Fresh fruit and milk
Kcal: 720 Prot: 20
Lip: 28 HC: 52

6.
NO LECTIVO
Holiday

7.
NO LECTIVO
Holiday

10
Tallarines carbonara
Carbonara noodles
Lomo adobado con ensalada
Marinated Tenderloin with salad
Melocotón en almíbar
Peach in syrup
Kcal: 736 Prot: 22
Lip: 23 HC: 55

11
Patatas a la Riojana
Potato and ChorizoStew
Fletan a la Romana y ensalada
Breaded halibut and salad
Fruta natural y leche
Fresh fruit and milk
Kcal. 678 Prot: 23
Lip: 33 HC: 42

12
Lentejas guisadas con carne
Stew lentils with veal
Tortilla de Atún con ensalada
Tune Omellete and salad
Fruta natural y leche
Fresh fruit and milk
Kcal 725 Prot: 23
Lip: 23 HC: 54

13
Judías verdes con tomate
Green Beans with Tomatoe
Pollo asado con patatas fritas
Roast chicken with fries
Fruta natural y leche
Fresh fruit and milk
Kcal: 697 Prot: 19
Lip: 29 HC: 52

14
Paella Mixta
Mixed Paella
Cazón en adobo con ensalada
Marinated Dogfish with salad
Yogur
Yoghurt
Kcal: 722 Prot: 21
Lip: 28 HC: 60

17
Macarrones Boloñesa
Bolognese Macaroni
San Jacobo con ensalada
Breaded ham and cheese with salad
Fruta natural y leche
Fresh fruit and milk
Kcal: 739 Prot: 22
Lip: 21 HC: 54

18
Judias Blancas con verduras
Stew white beans with vegetables
Figuritas de Pescado y ensalada
Fish figurines with salad
Fruta natural y leche
Fresh fruit and milk
Kcal: 728 Prot: 21
Lip: 23 HC: 51

19
Puré de Verduras
Mashed Vegetables
Albóndigas de ternera y patatas
Veal Meatballs with friess
Fruta natural y leche
Fresh fruit and milk
Kcal: 729 Prot: 22
Lip: 24 HC: 52

20
Sopa de cocido
Stew Soup
Complemento cocido madrileña
Chickpeas, Meat and cabbage stew
Fruta natural y leche
Fresh fruit and milk
Kcal: 720 Prot: 20
Lip: 28 HC: 52

21
Menú Especial NAVIDAD
Special Christmas Menu

