

			THURSDAY/JUEVES 01 Ensalada variada / Mixed salad Arroz rossejat/ Baked rice Entremeses/ cold meats Fruta / Fruit Pan / Bread 664,8Kcal - Prot:25,0g - Lip:16,6g - HC:95,8g AGS:2,6g - Azúcares:18,2g - Sal:2,9g	FRIDAY/VIERNES 02 Ensalada variada / Mixed salad Crema de calabacín/ zucchini soup Gallo San Pedro con nuggets de coliflor / Baked John Dory fish with cauliflower nugget Helado / Ice cream Pan / Bread 863,4Kcal - Prot:24,2g - Lip:18,8g - HC:146,6g AGS:6,0g - Azúcares:22,9g - Sal:6,3g
MONDAY/LUNES 05 Ensalada variada / Mixed salad Fideuá de marisco/ Pasta with seafood Delicias de pescado con calabacín/ Breaded cod with zucchini Fruta / Fruit Pan / Bread 488,6Kcal - Prot:23,6g - Lip:10,2g - HC:72,5g AGS:1,8g - Azúcares:16,6g - Sal:7,2g	TUESDAY/MARTES 06 Ensalada variada / Mixed salad Ensalada de garbanzos/ Chickpeas salad Tortilla española con queso/ Spanish omelette with cheese Fruta / Fruit Pan / Bread 712,7Kcal - Prot:42,2g - Lip:22,4g HC:82,6g AGS:6,2g - Azúcares:24,6g -313- Sal:6,8g	WEDNESDAY/MIÉRCOLES 07 Ensalada variada / Mixed salad Pasta carbonara/ Pasta carbonara Merluza a la mediterránea con zanahoria/ Baked hake in sauce with carrot Lácteo / Dessert Pan / Bread 814,2Kcal - Prot:34,1g - Lip:20,1g - HC:121,2g AGS:3,2g - Azúcares:19,3g -Sal:3,7g	THURSDAY/JUEVES 08 Ensalada variada / Mixed salad Arroz a la cubana con huevo/ Rice with tomato and egg Pollo asado al limón y patatas/ Chicken with lemon sauce and potatoes Fruta / Fruit Pan / Bread 655,1Kcal - Prot:24,9g - Lip:16,2g -HC:104,9g AGS:3,2g - Azúcares:16,8g - Sal:6,0g	FRIDAY/VIERNES 09 Ensalada variada / Mixed salad Sopa de ave/ Pasta soup Albóndigas en salsa española con patatas/ Meatballs in sauce with potatoes Helado / Ice cream Pan / Bread 849,8Kcal - Prot:35,5g - Lip:33,0g - HC:94,7g AGS:9,1g - Azúcares:26,7g - Sal:10,6g
MONDAY/LUNES 12 Ensalada variada / Mixed salad Lentejas vegetarianas/ Lentils with vegetables Croquetas de jamón con berenjena/ croquette with aubergine Fruta / Fruit Pan / Bread 871,8Kcal - Prot:49,0g - Lip:28,9g - HC:97,7g AGS:1,5g - Azúcares:22,6g - Sal:3,4g	TUESDAY/MARTES 13 Ensalada variada / Mixed salad Pasta con salsa boloñesa/ Pasta bolognese Salmón al horno con ajitos con champiñones/ Salmon with mushrooms Fruta / Fruit Pan / Bread 1315,0Kcal - Prot:62,3g - Lip:66,1g - HC:118,3g AGS:26,6g - Azúcares:18,9g - Sal:9,3g	WEDNESDAY/MIÉRCOLES 14 Ensalada variada / Mixed salad Sopa de ave/ Pasta soup Tortilla de patata con queso/ Spanish omelette with cheese Lácteo / Dessert Pan / Bread 772,1Kcal - Prot:33,6g - Lip:39,7g - HC:67,5g AGS:5,8g - Azúcares:17,6g - Sal:5,7g	THURSDAY/JUEVES 15 Ensalada variada / Mixed salad Crema de verduras/ Vegetables soup Longanizas con patatas/ Sausages with potatoes Fruta / Fruit Pan / Bread 664,8Kcal - Prot:25,0g - Lip:16,6g - HC:95,8g AGS:2,6g - Azúcares:18,2g - Sal:2,9g	FRIDAY/VIERNES 16 Ensalada variada / Mixed salad Paella valenciana/ Valencian paella Calamares a la romana con zanahoria baby/ fried squid with carrot Helado / Ice cream Pan / Bread 669,8Kcal - Prot:29,3g - Lip:13,0g - HC:104,1g AGS:2,3g - Azúcares:21,7g - Sal:9,7g
MONDAY/LUNES 19 Ensalada variada / Mixed salad Lentejas con chorizo/ Lentils with "chorizo" Albondigas a la jardinera con patatas/ Meatballs with potatoes Fruta / Fruit Pan / Bread 818,7Kcal - Prot:29,3g - Lip:38,6g - HC:85,1g AGS:1,2g - Azúcares:21,2g - Sal:5,1g	TUESDAY/MARTES 20 Ensalada variada / Mixed salad Ensalada de pasta/ Pasta salad Merluza en salsa verde con calabacín crunchy/ Baked hake in sauce with crispy zucchini Fruta / Fruit Pan / Bread 765,5Kcal - Prot:35,4g - Lip:23,8g - HC:105,7g AGS:7,7g - Azúcares:27,1g - Sal:4,7g	WEDNESDAY/MIÉRCOLES 21 JORNADA FINAL DE CURSO Ensalada variada / Mixed salad Arroz a la cubana con huevo/ Rice with tomato and egg Pizza/ Pizza Helado / Ice cream Pan / Bread 633,1Kcal - Prot:24,0g - Lip:9,6g - HC:111,2g AGS:1,6g - Azúcares:21,3g - Sal:6,6g		

