

LUNES/MONDAY

MARTES/TUESDAY

MIÉRCOLES/WEDNESDAY

JUEVES/THURSDAY

VIERNES/FRIDAY

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Después de las fiestas navideñas, es momento de retomar la rutina con energía renovada y nuevos propósitos para el año que comienza



Gestia S.G. - Dpto. Nutrición

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Brócoli rehogado con patata
Tortilla de patata con queso de sándwich 2-3
Fruta natural y pan 1
Sauteed broccoli with potato
Potato omelette with sandwich cheese
Fresh fruit and bread
 608 Kcal/ 27.7 Gr/ 22.5 Prot 63.7 HC

Pure de calabaza con picatostes 1
Albóndigas de ternera en salsa con patata al horno
Fruta natural y pan 1
Pumpkin purée with croutons
Veal meatballs in sauce with baked potato
Fresh fruit and bread
 654 Kcal/ 36.7 Gr/ 21 Prot/ 58.3 HC

Sopa de ave con fideos ecológicos 1
Complemento de garbanzos, pollo y verduras
Fruta natural y pan 1
Chicken soup with organic noodles
Complement of chickpeas, chicken, and vegetables
Fresh fruit and bread
 715 Kcal/ 26.2 Gr/ 26 Prot/ 92.2 HC

Arroz con salsa de tomate
Abadejo PBO con verduras salteadas 4
Fruta natural y pan 1
Rice with tomato sauce.
PBO cod with sautéed vegetables
Fresh fruit and bread
 647 Kcal/ 26.9 Gr/ 27.4 Prot/ 70.9 HC

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Macarrones a la boloñesa (ternera) con queso 1-2
Tortilla francesa con calabacín 3
Fruta natural y pan 1
Macaroni Bolognese (veal) with cheese
French omelette with zucchini
Fresh fruit and bread
 649 Kcal/ 23.5 Gr/ 25.3 Prot/ 83.1 HC

Judías pintas con arroz
Merluza a la andaluza con patata vapor 1-4
Fruta natural y pan 1
Pinto beans with rice
Andalusian-style hake with steamed potatoes
Fresh fruit and bread
 635 Kcal/ 25 Gr/ 30.5 Prot/ 70.4 HC

Arroz con verduras, zanahoria, judías verdes, guisantes y espinacas
Ragout de pollo en salsa
Fruta natural y pan 1
Rice with vegetables, carrot, green beans, peas, and spinach
Chicken ragout in sauce
Fresh fruit and bread
 680 Kcal/ 27.9 Gr/ 29.8 Prot/ 65.4 HC

Puré de verduras
Palometa con berenjena 4
Fruta natural y pan 1
Vegetable purée
Dorado with eggplant
Fresh fruit and bread
 575 Kcal/ 32.5 Gr/ 14.4 Prot/ 54.2 HC

Judías verdes con patata y zanahoria
Pelota alicantina (ternera) a la jardinera con pimiento, tomate y cebolla 1-3
Fruta natural y pan 1
Green beans with potato and carrot
Alicante-style meatball with bell pepper, tomato, and onion
Fresh fruit and bread
 601 Kcal/ 35.6 Gr/ 20.9 Prot/ 45.1 HC

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Arroz ecológico con guisantes y huevos 3
Filete ruso de ternera con patata y tomate 1
Fruta natural y pan 1
Organic rice with peas and eggs
Veal Russian steak with potato and tomato
Fresh fruit and bread
 730 Kcal/ 26.8 Gr/ 38.3 Prot/ 82.9 HC

Lentejas con patatas y verduras 1t
Huevos cocidos con mayonesa 3-4-13
Fruta natural y pan 1
Lentils with potatoes and vegetables
Boiled eggs with mayonnaise
Fresh fruit and bread
 670 Kcal/ 27.7 Gr/ 29.4 Prot/ 60.6 HC

Fideua mixta con pollo y judías verdes 1-4-5-6
Caballa en aceite con berenjena 4
Fruta natural y pan 1
Mixed fideua with chicken and green beans
Mackerel in oil with eggplant
Fresh fruit and bread
 739 Kcal/ 35.3 Gr/ 30.9 Prot/ 80.9 HC

Alubias blancas ecológicas con puerro, zanahoria y patata
Salmón al horno con zanahoria baby rehogada 4
Fruta natural y pan 1
Organic white beans with leek, carrot, and potato
Baked salmon with sautéed baby carrots
Fresh fruit and bread
 659 Kcal/ 29.4 Gr/ 37.6 Prot/ 60.5 HC

Macarrones con salsa de tomate 1
Estofado de pollo con zanahoria y guisantes
Fruta natural y pan 1
Macaroni with tomato sauce
Chicken stew with carrot and peas
Fresh fruit and bread
 690 Kcal/ 33 Gr/ 32.8 Prot/ 63.5 HC

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Puré de zanahoria con picatostes 1
Merluza al horno en salsa verde 4
Fruta natural y pan 1
Carrot purée with croutons
Baked hake in green sauce
Fresh fruit and bread
 627 Kcal/ 35.1 Gr/ 20.6 Prot/ 55.5 HC

Crema de calabacín
Huevos revueltos con champiñón 3
Fruta natural y pan 1
Zucchini cream soup
Scrambled eggs with mushrooms.
Fresh fruit and bread
 584 Kcal/ 24.1 Gr/ 21.9 Prot/ 73.8 HC

Estofado de lentejas con verduras 1t
Contramuslo de pollo con patata al horno
Fruta natural y pan 1
Lentil stew with vegetables
Chicken thigh with baked potato
Fresh fruit and bread
 600 Kcal/ 22.5 Gr/ 31.8 Prot/ 61.6 HC

Arroz caldoso de pavo y verduras
Tortilla de calabacín 3
Fruta natural y pan 1
Turkey and vegetable brothy rice
Zucchini omelette
Fresh fruit and bread
 675 Kcal/ 24.6 Gr/ 24.6 Prot/ 88.2 HC

Sopa de ave con fideos ecológicos 1
Complemento de garbanzos, pollo/ternera y verduras
Fruta natural y pan 1
Chicken soup with organic noodles
Complement of chickpeas, chicken/veal and vegetables
Fresh fruit and bread
 715 Kcal/ 26.2 Gr/ 26 Prot/ 92.2 HC