



03 lunes	04 martes	05 miércoles	06 jueves	07 viernes
		KCal. 633 H.C. 61 Lip. 32 P. 29 • JUDIA VERDE CON PATATAS • LOMO FRESCO EMPANADO • GUARNICION LECHUGA • FRUTA FRESCA / • PAN	KCal. 632 H.C. 53 Lip. 35 P. 28 • CREMA DE CALABACIN CON QUESO • ALBONDIGAS CON TOMATE • HELADO VASITO / • PAN	KCal. 661 H.C. 95 Lip. 23 P. 24 • ARROZ CON VERDURAS Y CURCUMA • FILETE DE MERLUZA REBOZADA • GUARNICION LIMON • FRUTA FRESCA / • PAN
10 lunes	11 martes	12 miércoles	13 jueves	14 viernes
KCal. 650 H.C. 63 Lip. 39 P. 36 • PATATAS A LA RIOJANA • FILETE DE LIMANDA REBOZADA • GUARNICION LECHUGA • FRUTA FRESCA / • PAN	KCal. 738 H.C. 79 Lip. 32 P. 37 • GARBANZOS VIUDOS • LOMO FRESCO CON TOMATE • LECHUGA CENTRO DE MESA • FRUTA FRESCA / • PAN	KCal. 612 H.C. 65 Lip. 25 P. 36 • CREMA DE BROCOLI • GUISADO DE TERNERA • FRUTA FRESCA • PAN	KCal. 754 H.C. 98 Lip. 36 P. 20 • ENSALADA VARIADA • LENTEJAS CON ARROZ ECOLOGICO INTEGRAL • BIZCOCHO DE CHOCOLATE / • PAN	KCal. 624 H.C. 97 Lip. 16 P. 29 • MACARRONES AL PISTO • ABADJO AL HORNO CON VERDURITAS • FRUTA FRESCA / • PAN
17 lunes	18 martes	19 miércoles	20 jueves	21 viernes
KCal. 645 H.C. 79 Lip. 29 P. 21 • SOPA DE POLLO CON FIDEOS • SAN MARINO • PATATAS CHIPS • YOGUR / • PAN	KCal. 600 H.C. 58 Lip. 29 P. 27 • BORRAJA CON REFRITO • ESCALOPIN DE CERDO A LA NARANJA • FRUTA FRESCA / • PAN	KCal. 690 H.C. 100 Lip. 22 P. 28 • ARROZ CON TOMATE • MUSLO DE POLLO ASADO • GUARNICION LECHUGA • FRUTA FRESCA / • PAN	KCal. 693 H.C. 69 Lip. 40 P. 15 • PURE DE VERDURAS CON PICATOSTES • TORTILLA DE PATATA AUSOLAN • TOMATE FRESCO • FRUTA FRESCA / • PAN	KCal. 555 H.C. 77 Lip. 16 P. 31 • ALUBIA BLANCA POCHA • FILETE MERLUZA EN SALSA DE ALCACHOFAS • LECHUGA Y MAIZ CENTRO DE MESA • FRUTA FRESCA / • PAN
24 lunes	25 martes	26 miércoles	27 jueves	28 viernes
KCal. 737 H.C. 61 Lip. 42 P. 31 • ENSALADA CON PATATA Y ATUN • FILETE RUSO CON CHAMPIÑONES • YOGUR • PAN	KCal. 699 H.C. 103 Lip. 17 P. 39 • CODITOS CON TOMATE • FILETE POLLO EN SALSA CIRUELAS • FRUTA FRESCA • PAN	KCal. 607 H.C. 65 Lip. 26 P. 33 • ALUBIA PINTA • FILETE DE MERLUZA REBOZADA • GUARNICION LECHUGA Y ACEITUNAS • FRUTA FRESCA / • PAN	KCal. 669 H.C. 61 Lip. 36 P. 27 • CREMA DE ZANAHORIA • LOMO FRESCO EN SALSA DE VERDURAS • LECHUGA CENTRO DE MESA • FRUTA FRESCA / • PAN	KCal. 613 H.C. 79 Lip. 18 P. 39 • LENTEJAS PARDINAS • BACALAO AL AJOARRIERO • FRUTA FRESCA • PAN



03 monday	04 tuesday	05 wednesday	06 thursday	07 friday
		KCal. 633 H.C. 61 Lip. 32 P. 29 • GREEN BEANS WITH POTATOES • BREADED FRESH PORK LOIN • LETTUCE • FRESH FRUIT / • BREAD	KCal. 632 H.C. 53 Lip. 35 P. 28 • ZUCCHINI CREAM SOUP WITH CHEESE • MEATBALLS WITH TOMATO SAUCE • ICE CREAM CUP / • BREAD	KCal. 661 H.C. 95 Lip. 23 P. 24 • RICE WITH VEGETABLES AND CURCUMA • BATTER-COATED HAKE FILLET • LEMON • FRESH FRUIT / • BREAD
10 monday	11 tuesday	12 wednesday	13 thursday	14 friday
KCal. 650 H.C. 63 Lip. 39 P. 36 • POTATOES RIOJA STYLE • BATTER-COATED DAB FILLET • LETTUCE • FRESH FRUIT / • BREAD	KCal. 738 H.C. 79 Lip. 32 P. 37 • CHICKPEAS BY THEMSELVES • FRESH PORK LOIN WITH TOMATO SAUCE • LETTUCE CENTERPIECE • FRESH FRUIT / • BREAD	KCal. 612 H.C. 65 Lip. 25 P. 36 • BROCCOLI CREAM SOUP • VEAL STEW • FRESH FRUIT • BREAD	KCal. 754 H.C. 98 Lip. 36 P. 20 • MIXED SALAD • LENTILS WITH WHOLE ORGANIC RICE • CHOCOLATE CAKE / • BREAD	KCal. 624 H.C. 97 Lip. 16 P. 29 • MACARONI WITH RATATOUILLE • OVEN-BAKED CODFISH WITH VEGETABLES • FRESH FRUIT / • BREAD
17 monday	18 tuesday	19 wednesday	20 thursday	21 friday
KCal. 645 H.C. 79 Lip. 29 P. 21 • CHICKEN SOUP WITH NOODLES • HAKE WITH HAM AND CHEESE • POTATO CHIPS • YOGHURT / • BREAD	KCal. 600 H.C. 58 Lip. 29 P. 27 • BORRAGE WITH SAUTÉE • PORK STEAK IN ORANGE SAUCE • FRESH FRUIT • BREAD	KCal. 690 H.C. 100 Lip. 22 P. 28 • RICE WITH TOMATO SOUCE • ROAST CHICKEN LEG • LETTUCE • FRESH FRUIT / • BREAD	KCal. 693 H.C. 69 Lip. 40 P. 15 • VEGETABLE PURÉE WITH FRIED BREAD • AUSOLAN SPANISH POTATO OMELETTE • FRESH TOMATO • FRESH FRUIT / • BREAD	KCal. 555 H.C. 77 Lip. 16 P. 31 • POCHA WHITE BEANS • HAKE FILLET IN ARTICHOKE SAUCE • LETTUCE AND CORN CENTERPIECE • FRESH FRUIT / • BREAD
24 monday	25 tuesday	26 wednesday	27 thursday	28 friday
KCal. 737 H.C. 61 Lip. 42 P. 31 • POTATO AND TUNA SALAD • RUSSIAN STEAK WITH MUSHROOMS • YOGHURT / • BREAD	KCal. 699 H.C. 103 Lip. 17 P. 39 • ELBOW PASTA WITH TOMATO • CHICKEN FILLET IN PLUM SAUCE • FRESH FRUIT • BREAD	KCal. 607 H.C. 65 Lip. 26 P. 33 • PINTA BEANS • BATTER-COATED HAKE FILLET • LETTUCE AND OLIVES • FRESH FRUIT / • BREAD	KCal. 669 H.C. 61 Lip. 36 P. 27 • CARROT CREAM SOUP • FRESH PORK LOIN IN VEGETABLE SAUCE • LETTUCE CENTERPIECE • FRESH FRUIT / • BREAD	KCal. 613 H.C. 79 Lip. 18 P. 39 • PARDINA LENTIL SOUP • AJOARRIERO COD • FRESH FRUIT • BREAD