



"ESTOS MENÚS, A EXCEPCIÓN DE CACAHUETES, PUEDEN CONTENER LOS SIGUIENTES ALÉRGENOS:
 GLUTEN, LÁCTEOS, CRUSTÁCEOS, HUEVO, PESCADO, MOLUSCOS Y ALTRAMUCES, FRUTOS SECOS, APIO, SÉSAMO,
 SULFITOS, MOSTAZA Y SOJA."
 PARA MAYOR INFORMACIÓN CONTACTE CON NOSOTROS.

ALÉRGICO LTP*, CACAHUETES Y MELOCOTÓN Y SIMILARES (NECTARINA, CEREZA, CIRUELA, ALBARICOQUE Y PARAGUAYA)

*** FRUTAS, VERDURAS Y HORTALIZAS SIEMPRE SIN PIEL. NO VERDURAS DE HOJA**

EN NUESTROS MENÚS POTENCIAMOS LOS PRODUCTOS DE TEMPORADA:

FRUTAS ENERO: AGUACATE, CHIRIMOYA, CAQUI, FRAMBRUESA, FRESÓN, KIWI, LIMÓN, MANZANA, MANDARINA, NARANJA, PERA, PLÁTANO Y POMELO.

VERDURAS ENERO: ALCACHOFA, AJO, ACELGAS, APIO, BERENJENA, BRÓCOLI, CALABACÍN, CALABAZA, CEBOLLA, CARDO, ENDIVIA, ESCAROLA, COLIFLOR, LOMBARDA, NABO, HABA, GUISANTE, LECHUGA, PIMIENTO, PEPINO, PUERRO, RÁBANO, REPOLLO, TOMATE Y ZANAHORIA



LAS VERDURAS Y HORTALIZAS TIENEN MUCHAS VITAMINAS Y SIEMPRE DEBEN ESTAR PRESENTES EN LA COMIDA



8	9	10	11	12																																																																																
<p>LUNES CREMA DE CALABACÍN COURGETTE CREAM CORDON BLEU DE POLLO CON ENSALADA DE TOMATE Y ZANAHORIA CHICKEN BLUE CORD WITH TOMATO AND CARROTS SALAD PAN INTEGRAL WHOLE-GRAIN BREAD PLÁTANO BANANA</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>628</td><td>50,4</td><td>25,7</td><td>33,3</td><td>7,2</td><td>304</td><td>5,8</td><td>803</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	628	50,4	25,7	33,3	7,2	304	5,8	803	<p>MARTES SOPA DE COCIDO CON FIDEOS VERMICELLI SOUP GARBANZOS ECOLÓGICOS * CON ZANAHORIA, PATATA, TERNERA, POLLO, TOCINO Y CHORIZO ECOLOGICAL CHICKPEA STEW WITH CARROT, POTATO, VEAL, CHICKEN, FAT AND CHORIZO PAN BREAD PERA (+ VASO DE LECHE OPCIONAL) PEAR (+ OPTIONAL GLASS OF MILK)</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>665</td><td>88,7</td><td>25,2</td><td>22,5</td><td>5,1</td><td>298</td><td>9,5</td><td>1129</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	665	88,7	25,2	22,5	5,1	298	9,5	1129	<p>MIÉRCOLES PURÉ DE ZANAHORIA CARROTS PUREE ALBÓNDIGAS EN SALSA CON ARROZ INTEGRAL MEATBALLS IN SAUCE WITH WHOLE-GRAIN RICE PAN BREAD MANZANA APPLE</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>688</td><td>96,9</td><td>24,3</td><td>21,8</td><td>4,1</td><td>329</td><td>10,4</td><td>1843</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	688	96,9	24,3	21,8	4,1	329	10,4	1843	<p>JUEVES MACARRONES A LA NAPOLITANA NEAPOLITAN STYLE MACARONI MERLUZA ORLY CON ENSALADA DE TOMATE, ZANAHORIA Y REMOLACHA ORLY STYLE HAKE WITH TOMATO, CARROT AND BEETROOT SALAD PAN INTEGRAL WHOLE-GRAIN BREAD YOGUR YOGHURT</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>627</td><td>77,3</td><td>27,5</td><td>22,5</td><td>4,6</td><td>330</td><td>6,4</td><td>634</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	627	77,3	27,5	22,5	4,6	330	6,4	634	<p>VIERNES ALUBIAS BLANCAS ECOLÓGICAS* GUISADAS CON ZANAHORIA Y CHORIZO ECOLOGICAL WHITE BEAN STEW WITH CARROT AND CHORIZO SALCHICHAS VIENESAS DE PAVO CON ENSALADA DE TOMATE VIENNA SAUSAGES WITH TOMATO SALAD PAN BREAD MANDARINA TANGERINE</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>755</td><td>62,8</td><td>36,9</td><td>34,2</td><td>10,2</td><td>234</td><td>9</td><td>576</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	755	62,8	36,9	34,2	10,2	234	9	576
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<p>29 LUNES CREMA DE ZANAHORIA CARROTS CREAM MERLUZA A LA ROMANA CON ENSALADA DE ARROZ INTEGRAL BATTERED HAKE WITH WHOLE-GRAIN RICE PAN BREAD MANZANA APPLE</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>611</td><td>76,8</td><td>24,9</td><td>20,6</td><td>3,4</td><td>148</td><td>4,7</td><td>530</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	611	76,8	24,9	20,6	3,4	148	4,7	530	<p>30 MARTES LENTEJAS ECOLÓGICAS * GUISADAS CON PATATA Y CHORIZO ECOLOGICAL LENTIL STEW WITH POTATO AND CHORIZO FILETE DE POLLO CON ENSALADA DE TOMATE, ZANAHORIA Y MANZANA CHICKEN FILLET WITH TOMATO, CARROT AND APPLE SALAD PAN BREAD PERA PEAR</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>721</td><td>86,7</td><td>31,8</td><td>22,9</td><td>4,9</td><td>166</td><td>9,6</td><td>274</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	721	86,7	31,8	22,9	4,9	166	9,6	274	<p>31 MIÉRCOLES MENÚ INTERNACIONAL: AUSTRIA SOPA VIENESA VIENNA SOUP WIENER SCHNITZEL (LOMO DE CERDO EMPANADO) CON PURÉ DE PATATAS BREADED PORK FILLET WITH MASHED POTATOES PAN INTEGRAL WHOLE-GRAIN BREAD GELATINA JELLY FRUIT</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>613</td><td>58,2</td><td>25</td><td>30</td><td>13,1</td><td>108</td><td>3,5</td><td>191</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	613	58,2	25	30	13,1	108	3,5	191	<p>* LEGUMBRE DE PROCEDENCIA ECOLÓGICA</p> <p>NUESTROS MENÚS ESTÁN ELABORADOS DE ACUERDO A LOS PROGRAMAS NAOS Y PERSEO.</p> <p>RACIONES ESTABLECIDAS SEGÚN IDR PARA NIÑOS 6-9 AÑOS. (MOREIRAS Y COL. 2018).</p> <p>VALORACIÓN NUTRICIONAL REALIZADA CON LA BASE DE DATOS BEDCA.</p>																																	
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* Valoración nutricional del vaso de leche entera no incluida en la calibración del día.

* LAS FRUTAS INDICADAS EN EL MENÚ PUEDEN ESTAR SUJETAS A INTERCAMBIO DE DÍA POR MOTIVOS DE MADURACIÓN