Enero 2018

PORTUGAL

Sin Cerdo

lunes	martes	miércoles	jueves	viernes	I. Nutricional
1	2	3	4	5	Kcal: 0 HC: 0 Prot: 0 Lip: 0
8 Arroz napolitana Pavo a la plancha con ensalada de lechuga, tomate y maíz Fruta y pan Neapolitan rice Grilled turkey with lettuce salad with tomato & sweetcorn Fruit and bread	9 Sopa de cocido Cocido completo (sin chorizo) Fruta y pan "Cocido" soup Full course "cocido" stew (without chorizo sausage) Fruit and bread	10 Crema de calabaza Jamoncitos de pollo al ajillo con ensalada verde (lechuga,pimiento verde y aceituna) Fruta y pan Cream of butternut squash Chicken drumsticks in garlic sauce with green salad (lettuce, green peppers & olives) Fruit and bread	11 Lentejas con verduras Huevos revueltos con champiñones con tomate al horno Yogur y pan Vegetable lentils Scrambled eggs with mushrooms with baked tomato Yoghurt and bread	12 Fideuá Caella rebozada con ensalada tricolor (lechuga,zanahoria y maíz) Fruta y pan Fideua (fine paella) Battered & fried blue shark with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	Kcal: 637 HC: 85 Prot: 34 Lip: 21
15 Marmitako de atún Pollo asado al romero con menestra Yogur y pan Marmitako tuna Rosemary roasted chicken with menestra Yoghurt and bread	16 Crema de zanahoria Merluza andaluza con ensalada de lechuga, tomate y queso Fruta y pan Cream of carrot Andalusian style hake with lettuce, tomato & cheese salad Fruit and bread	17 Garbanzos estofados Tortilla de calabacín con ensalada tricolor (lechuga,zanahoria y maíz) Fruta y pan Stewed chickpeas Zucchini omelette with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	18 **JORNADA CUBANA** Arroz con tomate Albóndigas con verduras Pudin y pan Rice with tomato sauce Meatballs with vegetables Pudding and bread	19 Alubias blancas estofadas Rape al horno con lechuga y olivas negras Fruta y pan Stewed white beans Baked monkfish with lettuce & olives Fruit and bread	Kcal: 748 HC: 83 Prot: 35 Lip: 31
22 Macarrones con tomate Ventresca de merluza en salsa verde con ensalada de lechuga,maíz y aceitunas negras Yogur y pan Macaroni with tomato sauce Hake in green sauce with lettuce salad with sweetcorn & black olives Yoghurt and bread	23 Lentejas a la jardinera Tortilla de atún con tomates con orégano Fruta y pan Vegetables lentils Tuna omelette with tomatoes with oregano Fruit and bread	24 Judías verdes rehogadas con patatas Hamburguesa a la plancha con ensalada tricolor (lechuga,zanahoria y maíz) Fruta y pan Sauteed green beans with potatoes Grilled hamburger with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	25 Sopa de cocido Cocido completo (sin chorizo) Fruta y pan "Cocido" soup Full course "cocido" stew (without chorizo sausage) Fruit and bread	26 Arroz a banda Lenguadina al horno con pisto Fruta y pan Rice "a banda" Baked sole with ratatouille Fruit and bread	Kcal: 684 HC: 83 Prot: 32 Lip: 22
29 Coditos napolitana Merluza a la romana con ensalada de lechuga,maíz y aceitunas negras Yogur y pan Neapolitan style Pasta Battered & fried hake with lettuce salad with sweetcorn & black olives Yoghurt and bread	30 Crema de puerros Pollo al horno con patatas fritas Fruta y pan Cream of leek Baked chicken with french fries Fruit and bread	31 Alubias pintas estofadas Pavo a la plancha con lechuga y zanahoria Fruta y pan Stewed pinto beans Grilled turkey with lettuce & carrot Fruit and bread			Kcal: 746 HC: 80 Prot: 35 Lip: 32