


| LUNES<br>8   | MARTES<br>9   | MIÉRCOLES<br>10  | JUEVES<br>11   | VIERNES<br>12   |
|--|---|--|--|---|
| MACARRONES CON TOMATE Y QUESO (1, 3, 7)<br>Macaroni with cheese and tomato sauce (1, 3, 7)                                   | LENTEJAS GUIADAS CON PATATAS Y ZANAHORIAS<br>Lentils stew with potatoes and carrots   | JUDIAS VERDES REHOGADAS CON BACON<br>Sautéed green beans with bacon  | ARROZ BLANCO CON TOMATE<br>Rice with tomato sauce  | GARBANZOS ESTOFADOS CON CHORIZO<br>Chickpea stew with chorizo   |
| CINTA DE LOMO DE CERDO ADOBADA AL HORNO (6)<br>Baked pork loin (6)<br>Con ENSALADA<br>With Salad                             | VARITAS DE MERLUZA (palitos de merluza empanados) (1, 4)(Tr.:2, 3, 7, 14)<br>Fish fingers (1, 4)(Tr.:2, 3, 7, 14)<br>Con ENSALADA<br>With Salad | JAMONCITOS DE POLLO AL CHILINDRON (guisados con pimientos, tomate y cebolla)<br>Chicken drumsticks stew with vegetables<br>Con PATATAS DADO<br>With Fried potatoes               | COLITAS DE BACALAO REBOZADAS (1, 3, 4)<br>Breaded cod (1, 3, 4)<br>Con ENSALADA<br>With Salad  | HUEVOS COCIDOS CON BECHAMEL Y TOMATE (1, 3, 7)<br>Boiled eggs with tomato and white sauce (1, 3, 7)<br>Con ENSALADA<br>With Salad         |
| MELOCOTON EN ALMIBAR<br>Syrup peach<br>KCal:653 Gr.:32 HC:70 Pro: 29   | FRUTA Y LECHE (7)<br>Fruit and milk (7)<br>KCal:867 Gr.:29 HC:100 Pro: 42   | YOGUR (7)<br>Yoghurt (7)<br>KCal:747 Gr.:46 HC:44 Pro: 35  | FRUTA Y LECHE (7)<br>Fruit and milk (7)<br>KCal:817 Gr.:23 HC:112 Pro: 36  | FRUTA Y LECHE (7)<br>Fruit and milk (7)<br>KCal:761 Gr.:28 HC:83 Pro: 36  |
| <b>15</b>  | <b>16</b>   | <b>17</b>  | <b>18</b>  | <b>19</b>   |
| PATATAS A LA RIOJANA (guisadas con chorizo) (6)<br>Potatoes stew with chorizo and paprika (6)                                | ESPAGUETIS CON CARNE PICADA MIXTA Y TOMATE (1)(Tr.:3)<br>Spaghetti with minced beef meat and tomato sauce (1)(Tr.:3)                            | JUDIAS PINTAS ESTOFADAS CON ARROZ<br>Kidney beans stew with rice   | SOPA DE PICADILLO (1, 6)(Tr.:2, 3, 4, 7)<br>Hen, ham and chicken soup (1, 6)(Tr.:2, 3, 4, 7)   | CREMA DE ZANAHORIAS (7)<br>Carrots creamy soup (7)  |
| CROQUETAS DE JAMON SERRANO (1, 3, 7)(Tr.:6, 11, 12)<br>Ham croquettes (1, 3, 7)(Tr.:6, 11, 12)<br>Con ENSALADA<br>With Salad | VENTRESCA DE MERLUZA REBOZADA (1, 3, 4)<br>Breaded hake (1, 3, 4)<br>Con ENSALADA<br>With Salad   | TORTILLA DE PATATA CON QUESO (3, 7)<br>Potato and cheese omelette (3, 7)<br>Con ENSALADA<br>With Salad   | ALBONDIGAS CASERAS CON TOMATE (1, 3)(Tr.:6, 11, 12)<br>Meatballs with tomato sauce (1, 3)(Tr.:6, 11, 12)<br>Con PATATAS DADO<br>With Fried potatoes  | FILETE DE POLLO EMPANADO (1, 3)(Tr.:6, 11, 12)<br>Breaded chicken fillet (1, 3)(Tr.:6, 11, 12)<br>Con PATATAS DADO<br>With Fried potatoes |
| FRUTA Y LECHE (7)<br>Fruit and milk (7)<br>KCal:869 Gr.:30 HC:110 Pro: 33  | FRUTA Y LECHE (7)<br>Fruit and milk (7)<br>KCal:837 Gr.:26 HC:105 Pro: 38   | GELATINA DE SABORES<br>Jelly<br>KCal:839 Gr.:29 HC:98 Pro: 35  | FRUTA Y LECHE (7)<br>Fruit and milk (7)<br>KCal:979 Gr.:45 HC:81 Pro: 49   | FLAN DE VAINILLA (7)<br>Vanilla cream caramel (7)<br>KCal:819 Gr.:40 HC:80 Pro: 31  |
| <b>22</b>  | <b>23</b>   | <b>24</b>  | <b>25</b>  | <b>26</b>   |
| LENTEJAS CASTELLANAS (estofadas con jamón y patata) (7)<br>Lentils stew with ham and potatoes (7)                            | ARROZ BLANCO CON TOMATE<br>Rice with tomato sauce   | CREMA DE VERDURAS (7)<br>Vegetables creamy soup (7)  | GARBANZOS ESTOFADOS CON BACALAO (3, 4)<br>Chickpea stew with cod (3, 4)  | CODITOS CON CHORIZO Y TOMATE (1, 6)(Tr.:3)<br>Pasta with sausage and tomato (1, 6)(Tr.:3)   |
| CAZON EN ADOBO (1, 4)<br>Breaded dogfish (1, 4)<br>Con ENSALADA<br>With Salad  | HAMBURGUESA AL HORNO (cerdo y ternera) (1, 3)(Tr.:6, 11, 12)<br>Baked hamburger (1, 3)(Tr.:6, 11, 12)<br>Con ENSALADA<br>With Salad             | PECHUGA DE POLLO A LA VILLARROY (con bechamel) (1, 7)(Tr.:2, 3, 4, 14)<br>Chicken breast with Villarroy sauce (1, 7)(Tr.:2, 3, 4, 14)<br>Con PATATAS DADO<br>With Fried potatoes | TORTILLA DE PATATA (3)<br>Spanish omelette (3)<br>Con ENSALADA<br>With Salad   | FILETE DE SAJONIA AL HORNO (6)<br>Baked kassher (6)<br>Con ENSALADA<br>With Salad   |
| FRUTA Y LECHE (7)<br>Fruit and milk (7)<br>KCal:890 Gr.:29 HC:92 Pro: 56   | FRUTA Y LECHE (7)<br>Fruit and milk (7)<br>KCal:821 Gr.:21 HC:108 Pro: 36   | FRUTA Y LECHE (7)<br>Fruit and milk (7)<br>KCal:859 Gr.:34 HC:92 Pro: 22   | YOGUR (7)<br>Yoghurt (7)<br>KCal:789 Gr.:33 HC:73 Pro: 43  | BIZCOCHO CASERO Y LECHE (1, 3, 7, 8)<br>Sponge cake and milk (1, 3, 7, 8)<br>KCal:1036 Gr.:50 HC:101 Pro: 42                              |
| <b>29</b>  | <b>30</b>   | <b>31</b>  |  <p><i>La fruta durante este mes variará entre: manzana, plátano, pera, naranja y mandarina.</i></p> <p><i>The piece of fruit served with the menu this month will be one of the following: apple, banana, pear, orange and tangerine.</i></p> <p><i>Con el menú se ofrece pan y agua todos los días.</i></p> <p><i>Bread and water are served with the menu.</i></p> |   |
| PATATAS GUIADAS CON TERNERA Y VERDURAS<br>Potatoes stew with beef and vegetables   | JUDIAS BLANCAS ESTOFADAS CON PANCENTA<br>White beans stew with bacon  | ARROZ A BANDA (con pollo y calamar) (2, 4, 6, 14)(Tr.:1, 7)<br>Boiled rice with fish soup (2, 4, 6, 14)(Tr.:1, 7)  |  |   |
| LOMOS DE MERLUZA A LA ROMANA (1, 3, 4)<br>Breaded hake (1, 3, 4)<br>Con ENSALADA<br>With Salad                               | JAMONCITOS DE POLLO AL HORNO<br>Baked chicken drumsticks<br>Con ENSALADA<br>With Salad  | HUEVOS COCIDOS CON ATUN Y MAYONESA (3, 4)<br>Boiled eggs with tuna and mayonnaise (3, 4)<br>Con ENSALADA<br>With Salad   |  |   |
| FRUTA Y LECHE (7)<br>Fruit and milk (7)<br>KCal:748 Gr.:27 HC:90 Pro: 41   | YOGUR (7)<br>Yoghurt (7)<br>KCal:622 Gr.:24 HC:50 Pro: 43   | FRUTA Y LECHE (7)<br>Fruit and milk (7)<br>KCal:1083 Gr.:52 HC:108 Pro: 41   |  |   |

Contenido de alérgenos en el producto final según el Reglamento N°1169/2011 del Parlamento Europeo y del Consejo de 25 de octubre de 2011, sobre la información alimentaria facilitada al consumidor:

**1-Gluten 2-Crustáceos 3-Huevo 4-Pescado 5-Cacahuets 6-Soja 7-Leche y lactosa 8-Frutos de cáscara 9-Apio 10-Mostaza 11-Sésamo 12-Sulfitos 13-Altramuces 14-Moluscos Tr- Trazas**

**Recomendaciones para la cena /  
Suggestions for dinner**

**Semana 8-12 Enero / January 2018**

Día/day 8: verdura y pavo / vegetables and turkey  
Día/day 9: verdura y ternera / vegetables and beef  
Día/day 10: pasta soup and egg  
Día/day 11: ensalada y cordero / salad and lamb  
Día/day 12: verdura y pollo / vegetables and chicken

**Semana 15-19 Enero / January 2018**

Día/day 15: verdura y cerdo / vegetables and pork  
Día/day 16: ensalada y pavo / salad and turkey  
Día/day 17: verdura y conejo / vegetables and rabbit  
Día/day 18: verdura y pescado / vegetables and fish  
Día/day 19: arroz y huevo / rice and egg

**Semana 22-26 Enero / January 2018**

Día/day 22: verdura y pollo / vegetables and chicken  
Día/day 23: verdura y huevo / vegetables and egg  
Día/day 24: ensalada y pizza / salad and pizza  
Día/day 25: verdura y cordero / vegetables and lamb  
Día/day 26: verdura y pescado azul / vegetables and fish

**Semana 29-31 Enero / January 2018**

Día/day 29: verdura y ternera / vegetables and beef  
Día/day 30: verdura y cerdo / vegetables and pork  
Día/day 31: ensalada y pescado azul / salad and fish