

Enero'24

Menú



INTEGRAL



NUEVA RECETA



ECOLÓGICO



PROXIMIDAD



ALERGIAS



ACEITE DE OLIVA VIRGEN



RESIDUOS

| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|----------|-----------|-----------|-----------|-----------|-----|----|----|----|---|---|----------|----------|---------|-----------|-----------|-----|----|----|-----|---|---|----------|----------|---------|-----------|-----------|-----|----|-----|-----|--|---|----------|----------|---------|-----------|-----------|-----|----|----|-----|---|--|----------|----------|---------|-----------|-----------|-----|----|----|----|---|
| 8 CREMA DE CALABACIN ECO ALBÓNDIGAS DE TERNERA CON ARROZ INTEGRAL LECHE – FRUTA DE TEMPORADA <table border="1"> <tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr> <tr><td>630</td><td>26</td><td>20</td><td>87</td><td>3</td></tr> </table> | Kcal. | Prot.(g) | Lip.(g) | H.C.(g) | A.G.S.(g) | 630 | 26 | 20 | 87 | 3 | 9 MACARRONES GRATINADOS CACHELOS DE MERLUZA A LA GALLEGA FRUTA DE TEMPORADA <table border="1"> <tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr> <tr><td>660</td><td>36</td><td>16</td><td>92</td><td>7</td></tr> </table> | Kcal. | Prot.(g) | Lip.(g) | H.C.(g) | A.G.S.(g) | 660 | 36 | 16 | 92 | 7 | 10 SOPA DE GARBANZOS CON POLLO Y VEGETALES TORTILLA FRANCESA CON ENSALADA DE LECHUGA Y TOMATE FRUTA DE TEMPORADA <table border="1"> <tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr> <tr><td>605</td><td>30</td><td>20</td><td>80</td><td>5</td></tr> </table> | Kcal. | Prot.(g) | Lip.(g) | H.C.(g) | A.G.S.(g) | 605 | 30 | 20 | 80 | 5 | 11 ESTOFADO DE TERNERA Y VERDURAS PESCADILLA ORLY CON TOMATE ALIÑADO FRUTA DE TEMPORADA <table border="1"> <tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr> <tr><td>601</td><td>45</td><td>15</td><td>73</td><td>3</td></tr> </table> | Kcal. | Prot.(g) | Lip.(g) | H.C.(g) | A.G.S.(g) | 601 | 45 | 15 | 73 | 3 | 12 PAELLA DE VERDURAS POLLO ASADO CON PATATAS FRUTA DE TEMPORADA <table border="1"> <tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr> <tr><td>653</td><td>28</td><td>25</td><td>79</td><td>2</td></tr> </table> | Kcal. | Prot.(g) | Lip.(g) | H.C.(g) | A.G.S.(g) | 653 | 28 | 25 | 79 | 2 |
| Kcal. | Prot.(g) | Lip.(g) | H.C.(g) | A.G.S.(g) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 630 | 26 | 20 | 87 | 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot.(g) | Lip.(g) | H.C.(g) | A.G.S.(g) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 660 | 36 | 16 | 92 | 7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot.(g) | Lip.(g) | H.C.(g) | A.G.S.(g) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 605 | 30 | 20 | 80 | 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot.(g) | Lip.(g) | H.C.(g) | A.G.S.(g) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 601 | 45 | 15 | 73 | 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot.(g) | Lip.(g) | H.C.(g) | A.G.S.(g) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 653 | 28 | 25 | 79 | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15 ESPAGUETIS CON ATÚN HUEVO FRITO CON PATATAS YOGUR – FRUTA DE TEMPORADA <table border="1"> <tr><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr> <tr><td>730</td><td>34</td><td>33</td><td>79</td><td>6</td></tr> </table> | Prot.(g) | Lip.(g) | H.C.(g) | A.G.S.(g) | 730 | 34 | 33 | 79 | 6 | 16 BRÓCOLI AL HORNO CHULETA DE SAJONIA CON ENSALADA DE LECHUGA Y TOMATE FRUTA DE TEMPORADA <table border="1"> <tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr> <tr><td>602</td><td>28</td><td>21</td><td>82</td><td>4</td></tr> </table> | Kcal. | Prot.(g) | Lip.(g) | H.C.(g) | A.G.S.(g) | 602 | 28 | 21 | 82 | 4 | 17 ARROZ CON TOMATE FILETE DE ABADENO EN SALSA DE LIMA FRUTA DE TEMPORADA <table border="1"> <tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr> <tr><td>618</td><td>23</td><td>11</td><td>103</td><td>1</td></tr> </table> | Kcal. | Prot.(g) | Lip.(g) | H.C.(g) | A.G.S.(g) | 618 | 23 | 11 | 103 | 1 | 18 SOPA DE COCIDO COMPLEMENTO DE COCIDO: MORCILLO, CHORIZO, POLLO, GARBANZOS Y REPOLLO FRUTA DE TEMPORADA <table border="1"> <tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr> <tr><td>621</td><td>26</td><td>27</td><td>77</td><td>2</td></tr> </table> | Kcal. | Prot.(g) | Lip.(g) | H.C.(g) | A.G.S.(g) | 621 | 26 | 27 | 77 | 2 | 19 CANELONES DE CARNE DELICIAS DE MAR CON ENSALADA DE LECHUGA Y ZANAHORIA RALLADA FRUTA DE TEMPORADA <table border="1"> <tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr> <tr><td>650</td><td>26</td><td>27</td><td>77</td><td>2</td></tr> </table> | Kcal. | Prot.(g) | Lip.(g) | H.C.(g) | A.G.S.(g) | 650 | 26 | 27 | 77 | 2 | |
| Prot.(g) | Lip.(g) | H.C.(g) | A.G.S.(g) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 730 | 34 | 33 | 79 | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot.(g) | Lip.(g) | H.C.(g) | A.G.S.(g) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 602 | 28 | 21 | 82 | 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot.(g) | Lip.(g) | H.C.(g) | A.G.S.(g) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 618 | 23 | 11 | 103 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot.(g) | Lip.(g) | H.C.(g) | A.G.S.(g) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 621 | 26 | 27 | 77 | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot.(g) | Lip.(g) | H.C.(g) | A.G.S.(g) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 650 | 26 | 27 | 77 | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 22 JUDIAS VERDES CON PATATAS HAMBURGUESA DE TERNERA CON SALSA DE TOMATE LECHE – FRUTA DE TEMPORADA <table border="1"> <tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr> <tr><td>604</td><td>22</td><td>33</td><td>56</td><td>3</td></tr> </table> | Kcal. | Prot.(g) | Lip.(g) | H.C.(g) | A.G.S.(g) | 604 | 22 | 33 | 56 | 3 | 23 LACITOS CARBONARA PESCADILLA AL HORNO CON ENSALADA DE LECHUGA Y PEPINILLOS FRUTA DE TEMPORADA <table border="1"> <tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr> <tr><td>670</td><td>38</td><td>25</td><td>74</td><td>8</td></tr> </table> | Kcal. | Prot.(g) | Lip.(g) | H.C.(g) | A.G.S.(g) | 670 | 38 | 25 | 74 | 8 | 24 DIA INTERNACIONAL DE LA EDUCACION GUIISO DE LENTEJAS COCINA INDIA PECHUGA DE POLLO CON ARROZ LARGO FRUTA DE TEMPORADA <table border="1"> <tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr> <tr><td>700</td><td>42</td><td>12</td><td>110</td><td>2</td></tr> </table> | Kcal. | Prot.(g) | Lip.(g) | H.C.(g) | A.G.S.(g) | 700 | 42 | 12 | 110 | 2 | 25 FIDEUA DE CARNE VENTRESCA DE MERLUZA CON ENSALADA DE LECHUGA Y TOMATE FRUTA DE TEMPORADA <table border="1"> <tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr> <tr><td>658</td><td>28</td><td>10</td><td>100</td><td>1</td></tr> </table> | Kcal. | Prot.(g) | Lip.(g) | H.C.(g) | A.G.S.(g) | 658 | 28 | 10 | 100 | 1 | 26 ALUBIAS BLANCAS CON VERDURITAS TORTILLA ESPAÑOLA CON PIMIENTOS VERDES Y ROJOS FRUTA DE TEMPORADA <table border="1"> <tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr> <tr><td>699</td><td>31</td><td>22</td><td>95</td><td>3</td></tr> </table> | Kcal. | Prot.(g) | Lip.(g) | H.C.(g) | A.G.S.(g) | 699 | 31 | 22 | 95 | 3 |
| Kcal. | Prot.(g) | Lip.(g) | H.C.(g) | A.G.S.(g) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 604 | 22 | 33 | 56 | 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot.(g) | Lip.(g) | H.C.(g) | A.G.S.(g) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 670 | 38 | 25 | 74 | 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot.(g) | Lip.(g) | H.C.(g) | A.G.S.(g) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 700 | 42 | 12 | 110 | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot.(g) | Lip.(g) | H.C.(g) | A.G.S.(g) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 658 | 28 | 10 | 100 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot.(g) | Lip.(g) | H.C.(g) | A.G.S.(g) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 699 | 31 | 22 | 95 | 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 29 CODITOS BOLOÑESA LOMO AL HORNO CON PATATAS YOGUR – FRUTA DE TEMPORADA <table border="1"> <tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr> <tr><td>703</td><td>38</td><td>35</td><td>65</td><td>8</td></tr> </table> | Kcal. | Prot.(g) | Lip.(g) | H.C.(g) | A.G.S.(g) | 703 | 38 | 35 | 65 | 8 | 30 ARROZ MELOSO CON POLLO FILETE DE MERLUZA MEUNIER FRUTA DE TEMPORADA <table border="1"> <tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr> <tr><td>603</td><td>31</td><td>8</td><td>100</td><td>1</td></tr> </table> | Kcal. | Prot.(g) | Lip.(g) | H.C.(g) | A.G.S.(g) | 603 | 31 | 8 | 100 | 1 | 31 SOPA DE COCIDO COMPLEMENTO DE COCIDO: MORCILLO, CHORIZO, POLLO, GARBANZOS Y REPOLLO MANZANA ECO <table border="1"> <tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr> <tr><td>621</td><td>26</td><td>18</td><td>92</td><td>1</td></tr> </table> | Kcal. | Prot.(g) | Lip.(g) | H.C.(g) | A.G.S.(g) | 621 | 26 | 18 | 92 | 1 | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot.(g) | Lip.(g) | H.C.(g) | A.G.S.(g) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 703 | 38 | 35 | 65 | 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot.(g) | Lip.(g) | H.C.(g) | A.G.S.(g) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 603 | 31 | 8 | 100 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot.(g) | Lip.(g) | H.C.(g) | A.G.S.(g) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 621 | 26 | 18 | 92 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |



Nuestros menús incluyen
 PAN BLANCO e INTEGRAL y la bebida es AGUA.

Este menú ha sido elaborado por el
 Departamento de Nutrición de Mawersa, S.L.

Puedes contactarnos a través del teléfono 914 600 411
 o por correo electrónico a mawersa@mawersa.com