

02 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	735	40	4	72
Crema de coliflor y zanahoria				
Carrot and cauliflower creamy soup				
Cinta de sajonia con ensalada				
Kassler with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

09 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	554	30	16	40
Crema de calabacín				
Courgette cream				
Huevos revueltos con chorizo				
Scrambled eggs with sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

16 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	630	19	13	27
Hervido de patata, calabacín y zanahoria				
Steamed potato, courgette and carrot				
Magro Estofado				
Pork stew				
Fruta fresca de temporada				
Fresh seasonal fruit				

23 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	413	16	15	32
Crema de hortalizas				
Vegetable cream				
Albóndigas de ternera caseras en salsa de zanahoria				
Homemade veal meatballs with carrot sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

03 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	705	39	28	62
Hervido de patata, calabacín y zanahoria				
Steamed potato, courgette and carrot				
Tortilla francesa con ensalada				
Omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

10 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	485	10	17	34
Alubias estofadas ecológicas				
Organic beans stew				
Nuggets de pollo caseros con ensalada				
Homemade chicken nuggets with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

17 Martes	Kcal.	Prot.	Lip.	HC
Tuesday	443	19	17	31
ST. PATRICK'S				
DAY				
Soup of the day - Sopa de patata, zanahoria y calabaza				
Fish&Chips - Bacalao rebozado casero con patatas fritas				
Fresh seasonal fruit				

24 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	438	20	6	49
Alubias estofadas ecológicas				
Organic beans stew				
Merluza a la riojana				
Hake with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

04 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	431	14	9	48
Arroz tres delicias				
Fried rice				
Salmón en salsa con tomate y pimiento rojo				
Salmon with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

11 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	680	29	2	32
Arroz integral con salsa de tomate				
Brown rice with tomato sauce				
Merluza al horno				
Roast hake				
Fruta fresca de temporada				
Fresh seasonal fruit				

18 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	427	42	12	37
Crema de zanahoria				
Carrot creamy soup				
Pollo con tomate al horno				
Roasted chicken with tomatoes				
Fruta fresca de temporada				
Fresh seasonal fruit				

25 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	637	43	4	60
Pasta sin gluten con salsa aurora				
Gluten-free pasta with tomato and bechamel sauce				
Pollo guisado con verduritas				
Chicken stew with vegetables				
Fruta fresca de temporada				
Fresh seasonal fruit				

05 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	612	36	5	32
Judías verdes rehogadas				
Sautéed green beans				
Pollo asado con ensalada				
Roast chicken with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

12 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de fideos sin gluten				
Gluten-free noodle soup				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, veal and sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

19 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	698	40	29	59
Judías pintas con arroz integral				
Beans stew with brown rice				
Tortilla de patatas con ensalada				
Spanish omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

26 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de fideos sin gluten				
Gluten-free noodle soup				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, veal and sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

06 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	460	59	11	33
Pasta sin gluten a la napolitana				
Gluten-free pasta alla napoletana				
Merluza en salsa verde				
Hake in green sauce				
Yogur				
Yogurt				

13 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	491	28	13	29
Guisantes rehogados				
Sautéed peas				
Tortilla francesa con atún y ensalada				
Omelette with tuna and salad				
Yogur				
Yogurt				

20 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	633	29	21	21
Pasta sin gluten con salsa de tomate y queso				
Gluten-free pasta with tomato sauce and cheese				
Merluza al limón				
Hake in lemon sauce				
Yogur				
Yogurt				

27 Viernes	VACACIONES DE SEMANA SANTA			
Friday				

02 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	735	40	4	72
Crema de coliflor y zanahoria				
Carrot and cauliflower creamy soup				
Cinta de sajonia con ensalada				
Kassler with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

09 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	554	30	16	40
Crema de calabacín				
Courgette cream				
Huevos revueltos con chorizo				
Scrambled eggs with sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

16 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	630	19	13	27
Lentejas ecológicas con verduras				
Lentils stew with sausage				
Magro Estofado				
Pork stew				
Fruta fresca de temporada				
Fresh seasonal fruit				

23 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	413	16	15	32
Crema de hortalizas				
Vegetable cream				
Albóndigas de ternera caseras en salsa de zanahoria				
Homemade veal meatballs with carrot sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

03 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	705	39	28	62
Lentejas ecológicas a la Riojana				
Organic lentils stew with sausage				
Tortilla francesa con ensalada				
Omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

10 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	485	10	17	34
Alubias estofadas ecológicas				
Organic beans stew				
Nuggets de pollo caseros con ensalada				
Homemade chicken nuggets with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

17 Martes	Kcal.	Prot.	Lip.	HC
Tuesday	443	19	17	31
ST. PATRICK'S				
DAY				
Soup of the day - Sopa de patata, zanahoria y calabaza				
Fish&Chips - Bacalao rebozado casero con patatas fritas				
Fresh seasonal fruit				

24 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	438	20	6	49
Alubias estofadas ecológicas				
Organic beans stew				
Merluza a la riojana				
Hake with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

04 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	431	14	9	48
Arroz tres delicias				
Fried rice				
Salmón en salsa con tomate y pimiento rojo				
Salmon with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

11 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	680	29	2	32
Arroz integral con salsa de tomate				
Brown rice with tomato sauce				
Merluza al horno				
Roast hake				
Fruta fresca de temporada				
Fresh seasonal fruit				

18 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	427	42	12	37
Crema de zanahoria				
Carrot creamy soup				
Pollo con tomate al horno				
Roasted chicken with tomatoes				
Fruta fresca de temporada				
Fresh seasonal fruit				

25 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	637	43	4	60
Pasta sin gluten con salsa aurora				
Gluten-free pasta with tomato and bechamel sauce				
Pollo guisado con verduritas				
Chicken stew with vegetables				
Fruta fresca de temporada				
Fresh seasonal fruit				

05 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	612	36	5	32
Judías verdes rehogadas				
Sautéed green beans				
Pollo asado con ensalada				
Roast chicken with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

12 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de fideos sin gluten				
Gluten-free noodle soup				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, veal and sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

19 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	698	40	29	59
Judías pintas con arroz integral				
Beans stew with brown rice				
Tortilla de patatas con ensalada				
Spanish omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

26 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de fideos sin gluten				
Gluten-free noodle soup				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, veal and sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

06 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	460	59	11	33
Pasta sin gluten a la napolitana				
Gluten-free pasta alla napoletana				
Merluza en salsa verde				
Hake in green sauce				
Yogur				
Yogurt				

13 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	491	28	13	29
Guisantes rehogados				
Sautéed peas				
Tortilla francesa con atún y ensalada				
Omelette with tuna and salad				
Yogur				
Yogurt				

20 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	633	29	21	21
Pasta sin gluten con salsa de tomate y queso				
Gluten-free pasta with tomato sauce and cheese				
Merluza al limón				
Hake in lemon sauce				
Yogur				
Yogurt				

27 Viernes				
Friday				
VACACIONES				
DE				
SEMANA SANTA				

02 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	735	40	4	72
Crema de coliflor y zanahoria				
Carrot and cauliflower creamy soup				
Cinta de sajonia con ensalada				
Kassler with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

09 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	554	30	16	40
Crema de calabacín				
Courgette cream				
Huevos revueltos con chorizo				
Scrambled eggs with sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

16 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	630	19	13	27
Lentejas ecológicas con verduras				
Lentils stew with sausage				
Magro Estofado				
Pork stew				
Fruta fresca de temporada				
Fresh seasonal fruit				

23 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	413	16	15	32
Crema de hortalizas				
Vegetable cream				
Albóndigas de ternera caseras en salsa de zanahoria				
Homemade veal meatballs with carrot sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

03 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	705	39	28	62
Lentejas ecológicas a la Riojana				
Organic lentils stew with sausage				
Tortilla francesa con ensalada				
Omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

10 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	485	10	17	34
Alubias estofadas ecológicas				
Organic beans stew				
Cinta de lomo a la plancha con ensalada				
Grilled pork loin with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

17 Martes	Kcal.	Prot.	Lip.	HC
Tuesday	443	19	17	31
ST. PATRICK'S				
DAY				
Soup of the day - Sopa de patata, zanahoria y calabaza				
Fish&Chips - Bacalao rebozado casero con patatas fritas				
Fresh seasonal fruit				

24 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	438	20	6	49
Alubias estofadas ecológicas				
Organic beans stew				
Merluza a la riojana				
Hake with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

04 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	431	14	9	48
Arroz tres delicias				
Fried rice				
Salmón en salsa con tomate y pimienta rojo				
Salmon with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

11 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	680	29	2	32
Arroz integral con salsa de tomate				
Brown rice with tomato sauce				
Merluza al horno				
Roast hake				
Fruta fresca de temporada				
Fresh seasonal fruit				

18 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	427	42	12	37
Crema de zanahoria				
Carrot creamy soup				
Cinta de lomo a la plancha con ensalada				
Grilled pork loin with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

25 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	637	43	4	60
Pasta sin gluten con salsa aurora				
Gluten-free pasta with tomato and bechamel sauce				
Cinta de lomo a la plancha con ensalada				
Grilled pork loin with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

05 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	612	36	5	32
Judías verdes rehogadas				
Sautéed green beans				
Cinta de lomo a la plancha con ensalada				
Grilled pork loin with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

12 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de fideos sin gluten				
Gluten-free noodle soup				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, veal and sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

19 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	698	40	29	59
Judías pintas con arroz integral				
Beans stew with brown rice				
Tortilla de patatas con ensalada				
Spanish omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

26 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de fideos sin gluten				
Gluten-free noodle soup				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, veal and sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

06 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	460	59	11	33
Pasta sin gluten a la napolitana				
Gluten-free pasta alla napoletana				
Merluza en salsa verde				
Hake in green sauce				
Yogur				
Yogurt				

13 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	491	28	13	29
Guisantes rehogados				
Sautéed peas				
Tortilla francesa con atún y ensalada				
Omelette with tuna and salad				
Yogur				
Yogurt				

20 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	633	29	21	21
Pasta sin gluten con salsa de tomate y queso				
Gluten-free pasta with tomato sauce and cheese				
Merluza al limón				
Hake in lemon sauce				
Yogur				
Yogurt				

27 Viernes	VACACIONES DE SEMANA SANTA			
Friday				

02 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	735	40	4	72
Crema de coliflor y zanahoria				
Carrot and cauliflower creamy soup				
Cinta de sajonia con ensalada				
Kassler with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

03 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	705	39	28	62
Hervido de patata, calabacín y zanahoria				
Steamed potato, courgette and carrot				
Tortilla francesa con ensalada				
Omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

04 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	431	14	9	48
Arroz tres delicias				
Fried rice				
Salmón en salsa con tomate y pimiento rojo				
Salmon with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

05 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	612	36	5	32
Judías verdes rehogadas				
Sauteed green beans				
Pollo asado con ensalada				
Roast chicken with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

06 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	460	59	11	33
Pasta sin gluten a la napolitana				
Gluten-free pasta alla napoletana				
Merluza en salsa verde				
Hake in green sauce				
Yogur				
Yogurt				

09 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	554	30	16	40
Crema de calabacín				
Courgette cream				
Huevos revueltos con chorizo				
Scrambled eggs with sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

10 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	485	10	17	34
Alubias estofadas ecológicas				
Organic beans stew				
Nuggets de pollo caseros con ensalada				
Homemade chicken nuggets with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

11 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	680	29	2	32
Arroz integral con salsa de tomate				
Brown rice with tomato sauce				
Merluza al horno				
Roast hake				
Fruta fresca de temporada				
Fresh seasonal fruit				

12 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de fideos sin gluten				
Gluten-free noodle soup				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, veal and sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

13 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	491	28	13	29
Guisantes rehogados				
Sauteed peas				
Tortilla francesa con atún y ensalada				
Omelette with tuna and salad				
Yogur				
Yogurt				

16 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	630	19	13	27
Hervido de patata, calabacín y zanahoria				
Steamed potato, courgette and carrot				
Magro Estofado				
Pork stew				
Fruta fresca de temporada				
Fresh seasonal fruit				

17 Martes	Kcal.	Prot.	Lip.	HC
Tuesday	443	19	17	31
ST. PATRICK'S				
DAY				
Soup of the day - Sopa de patata, zanahoria y calabaza				
Fish&Chips - Bacalao rebozado casero con patatas fritas				
Fresh seasonal fruit				

18 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	427	42	12	37
Crema de zanahoria				
Carrot creamy soup				
Pollo con tomate al horno				
Roasted chicken with tomatoes				
Fruta fresca de temporada				
Fresh seasonal fruit				

19 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	698	40	29	59
Judías pintas con arroz integral				
Beans stew with brown rice				
Tortilla de patatas con ensalada				
Spanish omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

20 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	633	29	21	21
Pasta sin gluten con salsa de tomate y queso				
Gluten-free pasta with tomato sauce and cheese				
Merluza al limón				
Hake in lemon sauce				
Yogur				
Yogurt				

23 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	413	16	15	32
Crema de hortalizas				
Vegetable cream				
Albóndigas de ternera caseras en salsa de zanahoria				
Homemade veal meatballs with carrot sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

24 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	438	20	6	49
Alubias estofadas ecológicas				
Organic beans stew				
Merluza a la riojana				
Hake with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

25 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	637	43	4	60
Pasta sin gluten con salsa aurora				
Gluten-free pasta with tomato and bechamel sauce				
Pollo guisado con verduritas				
Chicken stew with vegetables				
Fruta fresca de temporada				
Fresh seasonal fruit				

26 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de fideos sin gluten				
Gluten-free noodle soup				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, veal and sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

27 Viernes	VACACIONES DE SEMANA SANTA			
Friday				

02 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	735	40	4	72
Crema de coliflor y zanahoria				
Carrot and cauliflower creamy soup				
Cinta de sajonia con ensalada				
Kassler with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

09 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	554	30	16	40
Crema de calabacin				
Courgette cream				
Patatas con picadillo de chorizo				
Potatoes with minced sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

16 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	630	19	13	27
Lentejas ecológicas con verduras				
Lentils stew with sausage				
Magro Estofado				
Pork stew				
Fruta fresca de temporada				
Fresh seasonal fruit				

23 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	413	16	15	32
Crema de hortalizas				
Vegetable cream				
Albóndigas de ternera en salsa de zanahoria				
Veal meatballs with carrot sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

03 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	705	39	28	62
Lentejas ecológicas a la Riojana				
Organic lentils stew with sausage				
Filete ruso con ensalada				
Burger fillet with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

10 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	485	10	17	34
Alubias estofadas ecológicas				
Organic beans stew				
Nuggets de pollo con ensalada				
Chicken nuggets with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

17 Martes	Kcal.	Prot.	Lip.	HC
Tuesday	443	19	17	31
ST. PATRICK'S DAY				
Soup of the day - Sopa de patata, zanahoria y calabaza				
Fish&Chips - Bacalao rebozado con patatas fritas				
Fresh seasonal fruit				

24 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	438	20	6	49
Alubias estofadas ecológicas				
Organic beans stew				
Merluza a la riojana				
Hake with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

04 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	431	14	9	48
Arroz tres delicias (york, maíz y zanahoria)				
Fried rice				
Salmón en salsa con tomate y pimiento rojo				
Salmon with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

11 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	680	29	2	32
Arroz integral con salsa de tomate				
Brown rice with tomato sauce				
Merluza al horno				
Roast hake				
Fruta fresca de temporada				
Fresh seasonal fruit				

18 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	427	42	12	37
Crema de zanahoria				
Carrot creamy soup				
Pollo con tomate al horno				
Roasted chicken with tomatoes				
Fruta fresca de temporada				
Fresh seasonal fruit				

25 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	637	43	4	60
Pasta sin huevo con salsa aurora				
Eggless pasta with tomato and bechamel sauce				
Pollo guisado con verduritas				
Chicken stew with vegetables				
Fruta fresca de temporada				
Fresh seasonal fruit				

05 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	612	36	5	32
Judías verdes rehogadas				
Sautéed green beans				
Pollo asado con ensalada				
Roast chicken with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

12 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de fideos sin huevo				
Eggless noodle soup				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, veal and sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

19 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	698	40	29	59
Judías pintas con arroz integral				
Beans stew with brown rice				
Cinta de sajonia con ensalada				
Kassler with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

26 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de fideos sin huevo				
Eggless noodle soup				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, veal and sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

06 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	460	59	11	33
Pasta sin huevo a la napolitana				
Eggless pasta alla napoletana				
Merluza en salsa verde				
Hake in green sauce				
Yogur				
Yogurt				

13 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	491	28	13	29
Guisantes rehogados				
Sautéed peas				
Pavo guisado				
Turkey stew				
Yogur				
Yogurt				

20 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	633	29	21	21
Pasta sin huevo con salsa de tomate y queso				
Eggless pasta with tomato sauce and cheese				
Merluza al limón				
Hake in lemon sauce				
Yogur				
Yogurt				

27 Viernes	VACACIONES DE SEMANA SANTA			
Friday				

02 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	735	40	4	72
Crema de coliflor y zanahoria				
Carrot and cauliflower creamy soup				
Cinta de sajonia con ensalada				
Kassler with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

09 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	554	30	16	40
Crema de calabacín				
Courgette cream				
Patatas con picadillo de chorizo				
Potatoes with minced sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

16 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	630	19	13	27
Lentejas ecológicas con verduras				
Lentils stew with sausage				
Magro Estofado				
Pork stew				
Fruta fresca de temporada				
Fresh seasonal fruit				

23 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	413	16	15	32
Crema de hortalizas				
Vegetable cream				
Albóndigas de ternera en salsa de zanahoria				
Veal meatballs with carrot sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

03 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	705	39	28	62
Lentejas ecológicas a la Riojana				
Organic lentils stew with sausage				
Filete ruso con ensalada				
Burger fillet with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

10 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	485	10	17	34
Alubias estofadas ecológicas				
Organic beans stew				
Nuggets de pollo con ensalada				
Chicken nuggets with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

17 Martes	Kcal.	Prot.	Lip.	HC
Tuesday	443	19	17	31
ST. PATRICK'S				
DAY				
Soup of the day - Sopa de patata, zanahoria y calabaza				
Fish&Chips - Bacalao rebozado con patatas fritas				
Fresh seasonal fruit				

24 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	438	20	6	49
Alubias estofadas ecológicas				
Organic beans stew				
Merluza a la riojana				
Hake with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

04 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	431	14	9	48
Arroz tres delicias (york, maíz y zanahoria)				
Fried rice				
Salmón en salsa con tomate y pimiento rojo				
Salmon with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

11 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	680	29	2	32
Arroz integral con salsa de tomate				
Brown rice with tomato sauce				
Merluza al horno				
Roast hake				
Fruta fresca de temporada				
Fresh seasonal fruit				

18 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	427	42	12	37
Crema de zanahoria				
Carrot creamy soup				
Pollo con tomate al horno				
Roasted chicken with tomatoes				
Fruta fresca de temporada				
Fresh seasonal fruit				

25 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	637	43	4	60
Pasta sin huevo con salsa aurora				
Eggless pasta with tomato and bechamel sauce				
Pollo guisado con verduritas				
Chicken stew with vegetables				
Fruta fresca de temporada				
Fresh seasonal fruit				

05 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	612	36	5	32
Judías verdes rehogadas				
Sautéed green beans				
Pollo asado con ensalada				
Roast chicken with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

12 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de fideos sin huevo				
Eggless noodle soup				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, veal and sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

19 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	698	40	29	59
Judías pintas con arroz integral				
Beans stew with brown rice				
Cinta de sajonia con ensalada				
Kassler with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

26 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de fideos sin huevo				
Eggless noodle soup				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, veal and sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

06 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	460	59	11	33
Pasta sin huevo a la napolitana				
Eggless pasta alla napoletana				
Merluza en salsa verde				
Hake in green sauce				
Yogur				
Yogurt				

13 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	491	28	13	29
Guisantes rehogados				
Sautéed peas				
Pavo guisado				
Turkey stew				
Yogur				
Yogurt				

20 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	633	29	21	21
Pasta sin huevo con salsa de tomate y queso				
Eggless pasta with tomato sauce and cheese				
Merluza al limón				
Hake in lemon sauce				
Yogur				
Yogurt				

27 Viernes	VACACIONES DE SEMANA SANTA			
Friday				

02 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	735	40	4	72
Crema de coliflor y zanahoria				
Carrot and cauliflower creamy soup				
Cinta de sajonia con ensalada				
Kassler with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

03 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	705	39	28	62
Hervido de patata, calabacín y zanahoria				
Steamed potato, courgette and carrot				
Filete ruso con ensalada				
Burger fillet with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

04 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	431	14	9	48
Arroz tres delicias (york, maíz y zanahoria)				
Fried rice				
Salmón en salsa con tomate y pimiento rojo				
Salmon with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

05 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	612	36	5	32
Judías verdes rehogadas				
Sautéed green beans				
Pollo asado con ensalada				
Roast chicken with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

06 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	460	59	11	33
Pasta integral a la napolitana				
Wholemeal pasta alla napoletana				
Merluza en salsa verde (sin guisantes)				
Hake in green sauce				
Yogur				
Yogurt				

09 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	554	30	16	40
Crema de calabacín				
Courgette cream				
Patatas con picadillo de chorizo				
Potatoes with minced sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

10 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	485	10	17	34
Alubias estofadas ecológicas				
Organic beans stew				
Nuggets de pollo caseros con ensalada				
Homemade chicken nuggets with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

11 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	680	29	2	32
Arroz integral con salsa de tomate				
Brown rice with tomato sauce				
Merluza al horno				
Roast hake				
Fruta fresca de temporada				
Fresh seasonal fruit				

12 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de fideos				
Noodle soup				
Morcillo de ternera guisado				
Veal stew				
Fruta fresca de temporada				
Fresh seasonal fruit				

13 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	491	28	13	29
Macarrones sin huevo con tomate				
Eggles macaroni with tomato sauce				
Pavo guisado				
Turkey stew				
Yogur				
Yogurt				

16 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	630	19	13	27
Hervido de patata, calabacín y zanahoria				
Steamed potato, courgette and carrot				
Magro Estofado				
Pork stew				
Fruta fresca de temporada				
Fresh seasonal fruit				

17 Martes	Kcal.	Prot.	Lip.	HC
Tuesday	443	19	17	31
ST. PATRICK'S				
DAY				
Soup of the day - Sopa de patata, zanahoria y calabaza				
Fish&Chips - Bacalao rebozado casero con patatas fritas				
Fresh seasonal fruit				

18 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	427	42	12	37
Crema de zanahoria				
Carrot creamy soup				
Pollo con tomate al horno				
Roasted chicken with tomatoes				
Fruta fresca de temporada				
Fresh seasonal fruit				

19 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	698	40	29	59
Arroz con salde de tomate frito				
Rice with tomato sauce				
Cinta de sajonia con ensalada				
Kassler with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

20 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	633	29	21	21
Lacitos con salsa de tomate y queso				
Pasta with tomato sauce and cheese				
Merluza al limón				
Hake in lemon sauce				
Yogur				
Yogurt				

23 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	413	16	15	32
Crema de hortalizas				
Vegetable cream				
Albóndigas de ternera caseras en salsa de zanahoria				
Homemade veal meatballs with carrot sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

24 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	438	20	6	49
Alubias estofadas ecológicas				
Organic beans stew				
Merluza a la riojana				
Hake with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

25 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	637	43	4	60
Códitos con salsa aurora				
Pasta with tomato and bechamel sauce				
Pollo guisado con verduritas				
Chicken stew with vegetables				
Fruta fresca de temporada				
Fresh seasonal fruit				

26 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de fideos				
Noodle soup				
Morcillo de ternera guisado				
Veal stew				
Fruta fresca de temporada				
Fresh seasonal fruit				

27 Viernes				
Friday				
VACACIONES				
DE				
SEMANA SANTA				

02 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	735	40	4	72
Crema de coliflor y zanahoria				
Carrot and cauliflower creamy soup				
Cinta de sajonia con ensalada				
Kassler with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

09 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	554	30	16	40
Crema de calabacín				
Courgette cream				
Patatas con picadillo de chorizo				
Potatoes with minced sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

16 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	630	19	13	27
Lentejas ecológicas con verduras				
Lentils stew with sausage				
Magro Estofado				
Pork stew				
Fruta fresca de temporada				
Fresh seasonal fruit				

23 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	413	16	15	32
Crema de hortalizas				
Vegetable cream				
Albóndigas de ternera en salsa de zanahoria				
Veal meatballs with carrot sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

03 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	705	39	28	62
Lentejas ecológicas a la Riojana				
Organic lentils stew with sausage				
Filete ruso con ensalada				
Burger fillet with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

10 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	485	10	17	34
Alubias estofadas ecológicas				
Organic beans stew				
Nuggets de pollo con ensalada				
Chicken nuggets with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

17 Martes	Kcal.	Prot.	Lip.	HC
Tuesday	443	19	17	31
ST. PATRICK'S				
DAY				
Soup of the day - Sopa de patata, zanahoria y calabaza				
Fish&Chips - Bacalao rebozado casero con patatas fritas				
Fresh seasonal fruit				

24 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	438	20	6	49
Alubias estofadas ecológicas				
Organic beans stew				
Merluza a la riojana				
Hake with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

04 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	431	14	9	48
Arroz tres delicias (york, maíz y zanahoria)				
Fried rice				
Salmón en salsa con tomate y pimiento rojo				
Salmon with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

11 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	680	29	2	32
Arroz integral con salsa de tomate				
Brown rice with tomato sauce				
Merluza al horno				
Roast hake				
Fruta fresca de temporada				
Fresh seasonal fruit				

18 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	427	42	12	37
Crema de zanahoria				
Carrot creamy soup				
Pollo con tomate al horno				
Roasted chicken with tomatoes				
Fruta fresca de temporada				
Fresh seasonal fruit				

25 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	637	43	4	60
Pasta sin huevo con salsa de tomate				
Eggless pasta with tomato sauce				
Pollo guisado con verduritas				
Chicken stew with vegetables				
Fruta fresca de temporada				
Fresh seasonal fruit				

05 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	612	36	5	32
Judías verdes rehogadas				
Sautéed green beans				
Pollo asado con ensalada				
Roast chicken with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

12 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de fideos sin huevo				
Eggless noodle soup				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, veal and sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

19 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	698	40	29	59
Judías pintas con arroz integral				
Beans stew with brown rice				
Cinta de sajonia con ensalada				
Kassler with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

26 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de fideos sin huevo				
Eggless noodle soup				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, veal and sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

06 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	460	59	11	33
Pasta sin huevo a la napolitana				
Eggless pasta alla napoletana				
Merluza en salsa verde				
Hake in green sauce				
Yogur de soja				
Soy yogurt				

13 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	491	28	13	29
Guisantes rehogados				
Sautéed peas				
Pavo guisado				
Turkey stew				
Yogur de soja				
Soy yogurt				

20 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	633	29	21	21
Pasta sin huevo con salsa de tomate				
Eggless pasta with tomato sauce				
Merluza al limón				
Hake in lemon sauce				
Yogur de soja				
Soy yogurt				

27 Viernes				
Friday				
VACACIONES				
DE				
SEMANA SANTA				

02 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	735	40	4	72
Crema de coliflor y zanahoria				
Carrot and cauliflower creamy soup				
Cinta de sajonia con ensalada				
Kassler with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

03 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	705	39	28	62
Lentejas ecológicas a la Riojana				
Organic lentils stew with sausage				
Salchichas de pavo con ensalada				
Turkey sausages with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

04 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	431	14	9	48
Arroz tres delicias (york, maíz y zanahoria)				
Fried rice				
Salmón en salsa con tomate y pimiento rojo				
Salmon with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

05 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	612	36	5	32
Judías verdes rehogadas				
Sautéed green beans				
Pollo asado con ensalada				
Roast chicken with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

06 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	460	59	11	33
Pasta sin huevo a la napolitana				
Eggless pasta alla napoletana				
Merluza en salsa verde				
Hake in green sauce				
Yogur de soja				
Soy yogurt				

09 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	554	30	16	40
Crema de calabacín				
Courgette cream				
Patatas con picadillo de chorizo				
Potatoes with minced sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

10 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	485	10	17	34
Alubias estofadas ecológicas				
Organic beans stew				
Nuggets de pollo con ensalada				
Chicken nuggets with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

11 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	680	29	2	32
Arroz integral con salsa de tomate				
Brown rice with tomato sauce				
Merluza al horno				
Roast hake				
Fruta fresca de temporada				
Fresh seasonal fruit				

12 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de fideos sin huevo				
Eggless noodle soup				
Garbanzos guisados				
Chickpeas stew				
Fruta fresca de temporada				
Fresh seasonal fruit				

13 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	491	28	13	29
Guisantes rehogados				
Sautéed peas				
Pavo guisado				
Turkey stew				
Yogur de soja				
Soy yogurt				

16 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	630	19	13	27
Lentejas ecológicas con verduras				
Lentils stew with sausage				
Magro Estofado				
Pork stew				
Fruta fresca de temporada				
Fresh seasonal fruit				

17 Martes	Kcal.	Prot.	Lip.	HC
Tuesday	443	19	17	31
ST. PATRICK'S DAY				
Soup of the day - Sopa de patata, zanahoria y calabaza				
Fish&Chips - Bacalao rebozado casero con patatas fritas				
Fresh seasonal fruit				

18 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	427	42	12	37
Crema de zanahoria				
Carrot creamy soup				
Pollo con tomate al horno				
Roasted chicken with tomatoes				
Fruta fresca de temporada				
Fresh seasonal fruit				

19 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	698	40	29	59
Judías pintas con arroz integral				
Beans stew with brown rice				
Cinta de sajonia con ensalada				
Kassler with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

20 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	633	29	21	21
Pasta sin huevo con salsa de tomate frito				
Eggless pasta with tomato sauce				
Merluza al limón				
Hake in lemon sauce				
Yogur de soja				
Soy yogurt				

23 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	413	16	15	32
Crema de hortalizas				
Vegetable cream				
Cinta de lomo a la plancha				
Grilled pork loin				
Fruta fresca de temporada				
Fresh seasonal fruit				

24 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	438	20	6	49
Alubias estofadas ecológicas				
Organic beans stew				
Merluza a la riojana				
Hake with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

25 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	637	43	4	60
Pasta sin huevo con salsa de tomate				
Eggless pasta with tomato sauce				
Pollo guisado con verduritas				
Chicken stew with vegetables				
Fruta fresca de temporada				
Fresh seasonal fruit				

26 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de fideos sin huevo				
Eggless noodle soup				
Garbanzos guisados				
Chickpeas stew				
Fruta fresca de temporada				
Fresh seasonal fruit				

27 Viernes	VACACIONES DE SEMANA SANTA			
Friday				

02 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	735	40	4	72
Crema de coliflor y zanahoria				
Carrot and cauliflower creamy soup				
Cinta de sajonia con ensalada				
Kassler with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

03 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	705	39	28	62
Lentejas ecológicas a la Riojana				
Organic lentils stew with sausage				
Tortilla francesa con ensalada				
Omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

04 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	431	14	9	48
Arroz tres delicias				
Fried rice				
Salmón en salsa con tomate y pimiento rojo				
Salmon with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

05 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	612	36	5	32
Judías verdes rehogadas				
Sautéed green beans				
Pollo asado con ensalada				
Roast chicken with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

06 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	460	59	11	33
Pasta integral a la napolitana				
Wholemeal pasta alla napoletana				
Merluza en salsa verde				
Hake in green sauce				
Yogur de soja				
Soy yogurt				

09 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	554	30	16	40
Crema de calabacín				
Courgette cream				
Huevos revueltos con chorizo				
Scrambled eggs with sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

10 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	485	10	17	34
Alubias estofadas ecológicas				
Organic beans stew				
Nuggets de pollo con ensalada				
Chicken nuggets with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

11 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	680	29	2	32
Arroz integral con salsa de tomate				
Brown rice with tomato sauce				
Merluza al horno				
Roast hake				
Fruta fresca de temporada				
Fresh seasonal fruit				

12 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de cocido				
"Cocido" soup				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, veal and sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

13 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	491	28	13	29
Guisantes rehogados				
Sautéed peas				
Tortilla francesa con atún y ensalada				
Omelette with tuna and salad				
Yogur de soja				
Soy yogurt				

16 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	630	19	13	27
Lentejas ecológicas con verduras				
Lentils stew with sausage				
Magro Estofado				
Pork stew				
Fruta fresca de temporada				
Fresh seasonal fruit				

17 Martes	Kcal.	Prot.	Lip.	HC
Tuesday	443	19	17	31
ST. PATRICK'S				
DAY				
Soup of the day - Sopa de patata, zanahoria y calabaza				
Fish&Chips - Bacalao rebozado casero con patatas fritas				
Fresh seasonal fruit				

18 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	427	42	12	37
Crema de zanahoria				
Carrot creamy soup				
Pollo con tomate al horno				
Roasted chicken with tomatoes				
Fruta fresca de temporada				
Fresh seasonal fruit				

19 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	698	40	29	59
Judías pintas con arroz integral				
Beans stew with brown rice				
Tortilla de patatas con ensalada				
Spanish omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

20 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	633	29	21	21
Lacitos con salsa de tomate frito				
Pasta with tomato sauce				
Merluza al limón				
Hake in lemon sauce				
Yogur de soja				
Soy yogurt				

23 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	413	16	15	32
Crema de hortalizas				
Vegetable cream				
Albóndigas de ternera en salsa de zanahoria				
Veal meatballs with carrot sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

24 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	438	20	6	49
Alubias estofadas ecológicas				
Organic beans stew				
Merluza a la riojana				
Hake with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

25 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	637	43	4	60
Coditos con salsa de tomate frito				
Pasta with tomato sauce				
Pollo guisado con verduritas				
Chicken stew with vegetables				
Fruta fresca de temporada				
Fresh seasonal fruit				

26 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de cocido				
"Cocido" soup				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, veal and sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

27 Viernes	VACACIONES DE SEMANA SANTA			
Friday				

02 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	735	40	4	72
Crema de coliflor y zanahoria				
Carrot and cauliflower creamy soup				
Cinta de sajonia con ensalada				
Kassler with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

03 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	705	39	28	62
Lentejas ecológicas a la Riojana				
Organic lentils stew with sausage				
Tortilla francesa con ensalada				
Omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

04 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	431	14	9	48
Arroz tres delicias				
Fried rice				
Salmón en salsa con tomate y pimiento rojo				
Salmon with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

05 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	612	36	5	32
Judías verdes rehogadas				
Sautéed green beans				
Pollo asado con ensalada				
Roast chicken with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

06 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	460	59	11	33
Pasta integral a la napolitana				
Wholemeal pasta alla napoletana				
Merluza en salsa verde				
Hake in green sauce				
Yogur de soja				
Soy yogurt				

09 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	554	30	16	40
Crema de calabacín				
Courgette cream				
Huevos revueltos con chorizo				
Scrambled eggs with sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

10 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	485	10	17	34
Alubias estofadas ecológicas				
Organic beans stew				
Nuggets de pollo con ensalada				
Chicken nuggets with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

11 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	680	29	2	32
Arroz integral con salsa de tomate				
Brown rice with tomato sauce				
Merluza al horno				
Roast hake				
Fruta fresca de temporada				
Fresh seasonal fruit				

12 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de cocido				
"Cocido" soup				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, veal and sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

13 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	491	28	13	29
Guisantes rehogados				
Sautéed peas				
Tortilla francesa con atún y ensalada				
Omelette with tuna and salad				
Yogur de soja				
Soy yogurt				

16 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	630	19	13	27
Lentejas ecológicas con verduras				
Lentils stew with sausage				
Magro Estofado				
Pork stew				
Fruta fresca de temporada				
Fresh seasonal fruit				

17 Martes	Kcal.	Prot.	Lip.	HC
Tuesday	443	19	17	31
ST. PATRICK'S				
DAY				
Soup of the day - Sopa de patata, zanahoria y calabaza				
Fish&Chips - Bacalao rebozado casero con patatas fritas				
Fresh seasonal fruit				

18 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	427	42	12	37
Crema de zanahoria				
Carrot creamy soup				
Pollo con tomate al horno				
Roasted chicken with tomatoes				
Fruta fresca de temporada				
Fresh seasonal fruit				

19 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	698	40	29	59
Judías pintas con arroz integral				
Beans stew with brown rice				
Tortilla de patatas con ensalada				
Spanish omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

20 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	633	29	21	21
Lacitos con salsa de tomate frito				
Pasta with tomato sauce				
Merluza al limón				
Hake in lemon sauce				
Yogur de soja				
Soy yogurt				

23 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	413	16	15	32
Crema de hortalizas				
Vegetable cream				
Albóndigas de ternera en salsa de zanahoria				
Veal meatballs with carrot sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

24 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	438	20	6	49
Alubias estofadas ecológicas				
Organic beans stew				
Merluza a la riojana				
Hake with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

25 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	637	43	4	60
Coditos con salsa de tomate frito				
Pasta with tomato sauce				
Pollo guisado con verduritas				
Chicken stew with vegetables				
Fruta fresca de temporada				
Fresh seasonal fruit				

26 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de cocido				
"Cocido" soup				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, veal and sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

27 Viernes	VACACIONES DE SEMANA SANTA			
Friday				

02 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	735	40	4	72
Crema de coliflor y zanahoria				
Carrot and cauliflower creamy soup				
Cinta de sajonia con ensalada				
Kassler with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

09 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	554	30	16	40
Crema de calabacín				
Courgette cream				
Huevos revueltos con chorizo				
Scrambled eggs with sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

16 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	630	19	13	27
Lentejas ecológicas con verduras				
Lentils stew with sausage				
Magro Estofado				
Pork stew				
Fruta fresca de temporada				
Fresh seasonal fruit				

23 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	413	16	15	32
Crema de hortalizas				
Vegetable cream				
Albóndigas de ternera en salsa de zanahoria				
Veal meatballs with carrot sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

03 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	705	39	28	62
Lentejas ecológicas a la Riojana				
Organic lentils stew with sausage				
Tortilla francesa con ensalada				
Omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

10 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	485	10	17	34
Alubias estofadas ecológicas				
Organic beans stew				
Nuggets de pollo con ensalada				
Chicken nuggets with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

17 Martes	Kcal.	Prot.	Lip.	HC
Tuesday	443	19	17	31
ST. PATRICK'S				
DAY				
Soup of the day - Sopa de patata, zanahoria y calabaza				
Fish&Chips - Bacalao rebozado con patatas fritas				
Fresh seasonal fruit				

24 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	438	20	6	49
Alubias estofadas ecológicas				
Organic beans stew				
Merluza a la riojana				
Hake with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

04 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	431	14	9	48
Arroz tres delicias				
Fried rice				
Salmón en salsa con tomate y pimiento rojo				
Salmon with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

11 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	680	29	2	32
Arroz integral con salsa de tomate				
Brown rice with tomato sauce				
Merluza al horno				
Roast hake				
Fruta fresca de temporada				
Fresh seasonal fruit				

18 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	427	42	12	37
Crema de zanahoria				
Carrot creamy soup				
Pollo con tomate al horno				
Roasted chicken with tomatoes				
Fruta fresca de temporada				
Fresh seasonal fruit				

25 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	637	43	4	60
Coditos con salsa de tomate frito				
Pasta with tomato sauce				
Pollo guisado con verduritas				
Chicken stew with vegetables				
Fruta fresca de temporada				
Fresh seasonal fruit				

05 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	612	36	5	32
Judías verdes rehogadas				
Sautéed green beans				
Pollo asado con ensalada				
Roast chicken with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

12 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de cocido				
"Cocido" soup				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, veal and sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

19 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	698	40	29	59
Judías pintas con arroz integral				
Beans stew with brown rice				
Tortilla de patatas con ensalada				
Spanish omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

26 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de cocido				
"Cocido" soup				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, veal and sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

06 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	460	59	11	33
Pasta integral a la napolitana				
Wholemeal pasta alla napoletana				
Merluza en salsa verde				
Hake in green sauce				
Yogur de soja				
Soy yogurt				

13 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	491	28	13	29
Guisantes rehogados				
Sautéed peas				
Tortilla francesa con atún y ensalada				
Omelette with tuna and salad				
Yogur de soja				
Soy yogurt				

20 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	633	29	21	21
Lacitos con salsa de tomate frito				
Pasta with tomato sauce				
Merluza al limón				
Hake in lemon sauce				
Yogur de soja				
Soy yogurt				

27 Viernes				
Friday				
VACACIONES				
DE				
SEMANA SANTA				

02 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	735	40	4	72
Crema de coliflor y zanahoria				
Carrot and cauliflower creamy soup				
Cinta de sajonia con ensalada				
Kassler with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

03 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	705	39	28	62
Hervido de patata, calabacín y zanahoria				
Steamed potato, courgette and carrot				
Tortilla francesa con ensalada				
Omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

04 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	431	14	9	48
Arroz tres delicias				
Fried rice				
Salmón en salsa con tomate y pimiento rojo				
Salmon with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

05 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	612	36	5	32
Sopa de fideos				
Noodle soup				
Pollo asado con ensalada				
Roast chicken with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

06 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	460	59	11	33
Pasta integral a la napolitana				
Wholemeal pasta alla napoletana				
Merluza en salsa verde (sin guisantes)				
Hake in green sauce				
Yogur				
Yogurt				

09 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	554	30	16	40
Crema de calabacín				
Courgette cream				
Huevos revueltos con chorizo				
Scrambled eggs with sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

10 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	485	10	17	34
Patatas guisadas				
Potato stew				
Cordon Bleu de pollo con ensalada				
Chicken Cordon Bleu with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

11 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	680	29	2	32
Arroz integral con salsa de tomate				
Brown rice with tomato sauce				
Merluza al horno				
Roast hake				
Fruta fresca de temporada				
Fresh seasonal fruit				

12 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de fideos				
Noodle soup				
Morcillo de ternera guisado				
Veal stew				
Fruta fresca de temporada				
Fresh seasonal fruit				

13 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	491	28	13	29
Macarrones con tomate				
Macaroni with tomato sauce				
Tortilla francesa con atún y ensalada				
Omelette with tuna and salad				
Yogur				
Yogurt				

16 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	630	19	13	27
Hervido de patata, calabacín y zanahoria				
Steamed potato, courgette and carrot				
Magro Estofado				
Pork stew				
Fruta fresca de temporada				
Fresh seasonal fruit				

17 Martes	Kcal.	Prot.	Lip.	HC
Tuesday	443	19	17	31
ST. PATRICK'S				
DAY				
Soup of the day - Sopa de patata, zanahoria y calabaza				
Fish&Chips - Bacalao rebozado con patatas fritas				
Fresh seasonal fruit				

18 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	427	42	12	37
Crema de zanahoria				
Carrot creamy soup				
Pollo con tomate al horno				
Roasted chicken with tomatoes				
Fruta fresca de temporada				
Fresh seasonal fruit				

19 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	698	40	29	59
Arroz con salde de tomate frito				
Rice with tomato sauce				
Tortilla de patatas con ensalada				
Spanish omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

20 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	633	29	21	21
Lacitos con salsa de tomate y queso				
Pasta with tomato sauce and cheese				
Merluza al limón				
Hake in lemon sauce				
Yogur				
Yogurt				

23 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	413	16	15	32
Crema de hortalizas				
Vegetable cream				
Albóndigas de ternera caseras en salsa de zanahoria				
Homemade veal meatballs with carrot sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

24 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	438	20	6	49
Hervido de patata, calabacín y zanahoria				
Steamed potato, courgette and carrot				
Merluza a la riojana				
Hake with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

25 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	637	43	4	60
Coditos con salsa aurora				
Pasta with tomato and bechamel sauce				
Pollo guisado con verduritas				
Chicken stew with vegetables				
Fruta fresca de temporada				
Fresh seasonal fruit				

26 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de fideos				
Noodle soup				
Morcillo de ternera guisado				
Veal stew				
Fruta fresca de temporada				
Fresh seasonal fruit				

27 Viernes				
Friday	VACACIONES DE SEMANA SANTA			

02 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	735	40	4	72
Crema de coliflor y zanahoria				
Carrot and cauliflower creamy soup				
Cinta de sajonia con ensalada				
Kassler with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

09 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	554	30	16	40
Crema de calabacín				
Courgette cream				
Huevos revueltos con chorizo				
Scrambled eggs with sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

16 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	630	19	13	27
Lentejas ecológicas con verduras				
Lentils stew with sausage				
Magro Estofado				
Pork stew				
Fruta fresca de temporada				
Fresh seasonal fruit				

23 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	413	16	15	32
Crema de hortalizas				
Vegetable cream				
Albóndigas de ternera en salsa de zanahoria				
Veal meatballs with carrot sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

03 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	705	39	28	62
Lentejas ecológicas a la Riojana				
Organic lentils stew with sausage				
Tortilla francesa con ensalada				
Omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

10 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	485	10	17	34
Patatas guisadas				
Potato stew				
Cordon Bleu de pollo con ensalada				
Chicken Cordon Bleu with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

17 Martes	Kcal.	Prot.	Lip.	HC
Tuesday	443	19	17	31
ST. PATRICK'S				
DAY				
Soup of the day - Sopa de patata, zanahoria y calabaza				
Fish&Chips - Bacalao rebozado con patatas fritas				
Fresh seasonal fruit				

24 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	438	20	6	49
Hervido de patata, calabacín y zanahoria				
Steamed potato, courgette and carrot				
Merluza a la riojana				
Hake with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

04 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	431	14	9	48
Arroz tres delicias				
Fried rice				
Salmón en salsa con tomate y pimiento rojo				
Salmon with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

11 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	680	29	2	32
Arroz integral con salsa de tomate				
Brown rice with tomato sauce				
Merluza al horno				
Roast hake				
Fruta fresca de temporada				
Fresh seasonal fruit				

18 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	427	42	12	37
Crema de zanahoria				
Carrot creamy soup				
Pollo con tomate al horno				
Roasted chicken with tomatoes				
Fruta fresca de temporada				
Fresh seasonal fruit				

25 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	637	43	4	60
Coditos con salsa aurora				
Pasta with tomato and bechamel sauce				
Pollo guisado con verduritas				
Chicken stew with vegetables				
Fruta fresca de temporada				
Fresh seasonal fruit				

05 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	612	36	5	32
Judías verdes rehogadas				
Sautéed green beans				
Pollo asado con ensalada				
Roast chicken with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

12 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de cocido				
"Cocido" soup				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, veal and sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

19 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	698	40	29	59
Arroz con salde de tomate frito				
Rice with tomato sauce				
Tortilla de patatas con ensalada				
Spanish omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

26 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de cocido				
"Cocido" soup				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, veal and sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

06 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	460	59	11	33
Pasta integral a la napolitana				
Wholemeal pasta alla napoletana				
Merluza en salsa verde				
Hake in green sauce				
Yogur				
Yogurt				

13 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	491	28	13	29
Macarrones con tomate				
Macaroni with tomato sauce				
Tortilla francesa con atún y ensalada				
Omelette with tuna and salad				
Yogur				
Yogurt				

20 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	633	29	21	21
Lacitos con salsa de tomate y queso				
Pasta with tomato sauce and cheese				
Merluza al limón				
Hake in lemon sauce				
Yogur				
Yogurt				

27 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday				
VACACIONES				
DE				
SEMANA SANTA				

02 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	735	40	4	72
Crema de coliflor y zanahoria				
Carrot and cauliflower creamy soup				
Cinta de sajonia con ensalada				
Kassler with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

09 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	554	30	16	40
Crema de calabacín				
Courgette cream				
Huevos revueltos con chorizo				
Scrambled eggs with sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

16 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	630	19	13	27
Lentejas ecológicas con verduras				
Lentils stew with sausage				
Magro Estofado				
Pork stew				
Fruta fresca de temporada				
Fresh seasonal fruit				

23 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	413	16	15	32
Crema de hortalizas				
Vegetable cream				
Albóndigas de ternera en salsa de zanahoria				
Veal meatballs with carrot sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

03 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	705	39	28	62
Lentejas ecológicas a la Riojana				
Organic lentils stew with sausage				
Tortilla francesa con ensalada				
Omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

10 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	485	10	17	34
Alubias estofadas ecológicas				
Organic beans stew				
Cordon Bleu de pollo con ensalada				
Chicken Cordon Bleu with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

17 Martes	Kcal.	Prot.	Lip.	HC
Tuesday	443	19	17	31
ST. PATRICK'S				
DAY				
Soup of the day - Sopa de patata, zanahoria y calabaza				
Nuggets de pollo con patatas fritas				
Fresh seasonal fruit				

24 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	438	20	6	49
Alubias estofadas ecológicas				
Organic beans stew				
Cinta de lomo a la plancha				
Grilled pork loin				
Fruta fresca de temporada				
Fresh seasonal fruit				

04 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	431	14	9	48
Arroz tres delicias				
Fried rice				
Cinta de lomo a la plancha				
Grilled pork loin				
Fruta fresca de temporada				
Fresh seasonal fruit				

11 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	680	29	2	32
Arroz integral con salsa de tomate				
Brown rice with tomato sauce				
Cinta de lomo a la plancha				
Grilled pork loin				
Fruta fresca de temporada				
Fresh seasonal fruit				

18 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	427	42	12	37
Crema de zanahoria				
Carrot creamy soup				
Pollo con tomate al horno				
Roasted chicken with tomatoes				
Fruta fresca de temporada				
Fresh seasonal fruit				

25 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	637	43	4	60
Códitos con salsa aurora				
Pasta with tomato and bechamel sauce				
Pollo guisado con verduritas				
Chicken stew with vegetables				
Fruta fresca de temporada				
Fresh seasonal fruit				

05 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	612	36	5	32
Judías verdes rehogadas				
Sautéed green beans				
Pollo asado con ensalada				
Roast chicken with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

12 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de cocido				
"Cocido" soup				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, veal and sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

19 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	698	40	29	59
Judías pintas con arroz integral				
Beans stew with brown rice				
Tortilla de patatas con ensalada				
Spanish omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

26 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de cocido				
"Cocido" soup				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, veal and sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

06 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	460	59	11	33
Pasta integral a la napolitana				
Wholemeal pasta alla napoletana				
Salchicas de pavo				
Turkey sausages				
Yogur				
Yogurt				

13 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	491	28	13	29
Guisantes rehogados				
Sautéed peas				
Tortilla francesa con ensalada				
Omelette with salad				
Yogur				
Yogurt				

20 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	633	29	21	21
Lacitos con salsa de tomate y queso				
Pasta with tomato sauce and cheese				
Salchicas de pavo				
Turkey sausages				
Yogur				
Yogurt				

27 Viernes	VACACIONES DE SEMANA SANTA			
Friday				

02 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	735	40	4	72
Crema de coliflor y zanahoria				
Carrot and cauliflower creamy soup				
Cinta de sajonia con ensalada				
Kassler with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

09 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	554	30	16	40
Crema de calabacín				
Courgette cream				
Huevos revueltos con chorizo				
Scrambled eggs with sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

16 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	630	19	13	27
Lentejas ecológicas con verduras				
Lentils stew with sausage				
Magro Estofado				
Pork stew				
Fruta fresca de temporada				
Fresh seasonal fruit				

23 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	413	16	15	32
Crema de hortalizas				
Vegetable cream				
Albóndigas de ternera en salsa de zanahoria				
Veal meatballs with carrot sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

03 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	705	39	28	62
Lentejas ecológicas a la Riojana				
Organic lentils stew with sausage				
Tortilla francesa con ensalada				
Omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

10 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	485	10	17	34
Alubias estofadas ecológicas				
Organic beans stew				
Cordon Bleu de pollo con ensalada				
Chicken Cordon Bleu with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

17 Martes	Kcal.	Prot.	Lip.	HC
Tuesday	443	19	17	31
ST. PATRICK'S				
DAY				
Soup of the day - Sopa de patata, zanahoria y calabaza				
Nuggets de pollo con patatas fritas				
Fresh seasonal fruit				

24 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	438	20	6	49
Alubias estofadas ecológicas				
Organic beans stew				
Cinta de lomo a la plancha				
Grilled pork loin				
Fruta fresca de temporada				
Fresh seasonal fruit				

04 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	431	14	9	48
Arroz tres delicias				
Fried rice				
Cinta de lomo a la plancha				
Grilled pork loin				
Fruta fresca de temporada				
Fresh seasonal fruit				

11 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	680	29	2	32
Arroz integral con salsa de tomate				
Brown rice with tomato sauce				
Cinta de lomo a la plancha				
Grilled pork loin				
Fruta fresca de temporada				
Fresh seasonal fruit				

18 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	427	42	12	37
Crema de zanahoria				
Carrot creamy soup				
Pollo con tomate al horno				
Roasted chicken with tomatoes				
Fruta fresca de temporada				
Fresh seasonal fruit				

25 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	637	43	4	60
Códitos con salsa aurora				
Pasta with tomato and bechamel sauce				
Pollo guisado con verduritas				
Chicken stew with vegetables				
Fruta fresca de temporada				
Fresh seasonal fruit				

05 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	612	36	5	32
Judías verdes rehogadas				
Sautéed green beans				
Pollo asado con ensalada				
Roast chicken with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

12 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de cocido				
"Cocido" soup				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, veal and sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

19 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	698	40	29	59
Judías pintas con arroz integral				
Beans stew with brown rice				
Tortilla de patatas con ensalada				
Spanish omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

26 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de cocido				
"Cocido" soup				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, veal and sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

06 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	460	59	11	33
Pasta integral a la napolitana				
Wholemeal pasta alla napoletana				
Salchicas de pavo				
Turkey sausages				
Yogur				
Yogurt				

13 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	491	28	13	29
Guisantes rehogados				
Sautéed peas				
Tortilla francesa con ensalada				
Omelette with salad				
Yogur				
Yogurt				

20 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	633	29	21	21
Lacitos con salsa de tomate y queso				
Pasta with tomato sauce and cheese				
Salchicas de pavo				
Turkey sausages				
Yogur				
Yogurt				

27 Viernes	VACACIONES DE SEMANA SANTA			
Friday				

02 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	735	40	4	72
Crema de coliflor y zanahoria				
Carrot and cauliflower creamy soup				
Cinta de sajonia con ensalada				
Kassler with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

09 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	554	30	16	40
Crema de calabacín				
Courgette cream				
Huevos revueltos con chorizo				
Scrambled eggs with sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

16 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	630	19	13	27
Lentejas ecológicas con verduras				
Lentils stew with sausage				
Magro Estofado				
Pork stew				
Fruta fresca de temporada				
Fresh seasonal fruit				

23 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	413	16	15	32
Crema de hortalizas				
Vegetable cream				
Albóndigas de ternera en salsa de zanahoria				
Veal meatballs with carrot sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

03 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	705	39	28	62
Lentejas ecológicas a la Riojana				
Organic lentils stew with sausage				
Tortilla francesa con ensalada				
Omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

10 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	485	10	17	34
Alubias estofadas ecológicas				
Organic beans stew				
Cordon Bleu de pollo con ensalada				
Chicken Cordon Bleu with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

17 Martes	Kcal.	Prot.	Lip.	HC
Tuesday	443	19	17	31
ST. PATRICK'S				
DAY				
Soup of the day - Sopa de patata, zanahoria y calabaza				
Fish&Chips with salad - Bacalao rebozado casero con patatas fritas y ensalada				
Fresh seasonal fruit				

24 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	438	20	6	49
Alubias estofadas ecológicas				
Organic beans stew				
Merluza a la riojana				
Hake with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

04 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	431	14	9	48
Arroz tres delicias				
Fried rice				
Salmón en salsa con tomate y pimiento rojo				
Salmon with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

11 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	680	29	2	32
Arroz integral con salsa de tomate				
Brown rice with tomato sauce				
Merluza al horno				
Roast hake				
Fruta fresca de temporada				
Fresh seasonal fruit				

18 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	427	42	12	37
Crema de zanahoria				
Carrot creamy soup				
Pollo con tomate al horno				
Roasted chicken with tomatoes				
Fruta fresca de temporada				
Fresh seasonal fruit				

25 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	637	43	4	60
Coditos con salsa aurora				
Pasta with tomato and bechamel sauce				
Pollo guisado con verduritas				
Chicken stew with vegetables				
Fruta fresca de temporada				
Fresh seasonal fruit				

05 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	612	36	5	32
Judías verdes rehogadas				
Sautéed green beans				
Pollo asado con ensalada				
Roast chicken with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

12 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de cocido				
"Cocido" soup				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, veal and sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

19 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	698	40	29	59
Judías pintas con arroz integral				
Beans stew with brown rice				
Tortilla de patatas con ensalada				
Spanish omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

26 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de cocido				
"Cocido" soup				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, veal and sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

06 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	460	59	11	33
Pasta integral a la napolitana				
Wholemeal pasta alla napoletana				
Merluza en salsa verde				
Hake in green sauce				
Yogur				
Yogurt				

13 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	491	28	13	29
Guisantes rehogados				
Sautéed peas				
Tortilla francesa con atún y ensalada				
Omelette with tuna and salad				
Yogur de soja				
Yogurt				

20 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	633	29	21	21
Lacitos con salsa de tomate y queso				
Pasta with tomato sauce and cheese				
Merluza al limón				
Hake in lemon sauce				
Yogur				
Yogurt				

27 Viernes	VACACIONES DE SEMANA SANTA			
Friday				

02 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	735	40	4	72
Crema de coliflor y zanahoria				
Carrot and cauliflower creamy soup				
Cinta de sajonia con ensalada				
Kassler with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

03 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	705	39	28	62
Lentejas ecológicas a la Riojana				
Organic lentils stew with sausage				
Tortilla francesa con ensalada				
Omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

04 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	431	14	9	48
Arroz tres delicias				
Fried rice				
Salmón en salsa con tomate y pimiento rojo				
Salmon with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

05 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	612	36	5	32
Judías verdes rehogadas				
Sautéed green beans				
Pollo asado con ensalada				
Roast chicken with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

06 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	460	59	11	33
Pasta integral a la napolitana				
Wholemeal pasta alla napoletana				
Salchicas de pavo				
Turkey sausages				
Yogur				
Yogurt				

09 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	554	30	16	40
Crema de calabacín				
Courgette cream				
Huevos revueltos con chorizo				
Scrambled eggs with sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

10 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	485	10	17	34
Alubias estofadas ecológicas				
Organic beans stew				
Cordon Bleu de pollo con ensalada				
Chicken Cordon Bleu with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

11 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	680	29	2	32
Arroz integral con salsa de tomate				
Brown rice with tomato sauce				
Cinta de lomo a la plancha				
Grilled pork loin				
Fruta fresca de temporada				
Fresh seasonal fruit				

12 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de cocido				
"Cocido" soup				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, veal and sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

13 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	491	28	13	29
Guisantes rehogados				
Sautéed peas				
Tortilla francesa con atún y ensalada				
Omelette with tuna and salad				
Yogur				
Yogurt				

16 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	630	19	13	27
Lentejas ecológicas con verduras				
Lentils stew with sausage				
Magro Estofado				
Pork stew				
Fruta fresca de temporada				
Fresh seasonal fruit				

17 Martes	Kcal.	Prot.	Lip.	HC
Tuesday	443	19	17	31
ST. PATRICK'S				
DAY				
Soup of the day - Sopa de patata, zanahoria y calabaza				
Nuggets de pollo con patatas fritas				
Fresh seasonal fruit				

18 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	427	42	12	37
Crema de zanahoria				
Carrot creamy soup				
Pollo con tomate al horno				
Roasted chicken with tomatoes				
Fruta fresca de temporada				
Fresh seasonal fruit				

19 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	698	40	29	59
Judías pintas con arroz integral				
Beans stew with brown rice				
Tortilla de patatas con ensalada				
Spanish omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

20 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	633	29	21	21
Lacitos con salsa de tomate y queso				
Pasta with tomato sauce and cheese				
Salchicas de pavo				
Turkey sausages				
Yogur				
Yogurt				

23 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	413	16	15	32
Crema de hortalizas				
Vegetable cream				
Albóndigas de ternera en salsa de zanahoria				
Veal meatballs with carrot sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

24 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	438	20	6	49
Alubias estofadas ecológicas				
Organic beans stew				
Cinta de lomo a la plancha				
Grilled pork loin				
Fruta fresca de temporada				
Fresh seasonal fruit				

25 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	637	43	4	60
Coditos con salsa aurora				
Pasta with tomato and bechamel sauce				
Pollo guisado con verduritas				
Chicken stew with vegetables				
Fruta fresca de temporada				
Fresh seasonal fruit				

26 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de cocido				
"Cocido" soup				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, veal and sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

27 Viernes	VACACIONES DE SEMANA SANTA			
Friday				

02 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	735	40	4	72
Crema de coliflor y zanahoria				
Carrot and cauliflower creamy soup				
Salchicas de pavo con ensalada				
Turkey sausages with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

09 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	554	30	16	40
Crema de calabacín				
Courgette cream				
Huevos revueltos con pavo				
Scrambled eggs with turkey				
Fruta fresca de temporada				
Fresh seasonal fruit				

16 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	630	19	13	27
Lentejas ecológicas con verduras				
Lentils stew with sausage				
Salchicas de pavo con tomate				
Turkey sausages with tomato sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

23 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	413	16	15	32
Crema de hortalizas				
Vegetable cream				
Albóndigas de ternera en salsa de zanahoria				
Veal meatballs with carrot sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

03 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	705	39	28	62
Lentejas ecológicas con verduras				
Organic lentils stew with vegetables				
Tortilla francesa con ensalada				
Omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

10 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	485	10	17	34
Alubias estofadas ecológicas				
Organic beans stew				
Cordon Bleu de pollo con ensalada				
Chicken Cordon Bleu with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

17 Martes	Kcal.	Prot.	Lip.	HC
Tuesday	443	19	17	31
ST. PATRICK'S				
DAY				
Soup of the day - Sopa de patata, zanahoria y calabaza				
Fish&Chips - Bacalao rebozado con patatas fritas				
Fresh seasonal fruit				

24 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	438	20	6	49
Alubias estofadas ecológicas				
Organic beans stew				
Merluza a la riojana				
Hake with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

04 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	431	14	9	48
Arroz tres delicias				
Fried rice				
Salmón en salsa con tomate y pimiento rojo				
Salmon with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

11 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	680	29	2	32
Arroz integral con salsa de tomate				
Brown rice with tomato sauce				
Merluza al horno				
Roast hake				
Fruta fresca de temporada				
Fresh seasonal fruit				

18 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	427	42	12	37
Crema de zanahoria				
Carrot creamy soup				
Pollo con tomate al horno				
Roasted chicken with tomatoes				
Fruta fresca de temporada				
Fresh seasonal fruit				

25 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	637	43	4	60
Códitos con salsa aurora				
Pasta with tomato and bechamel sauce				
Pollo guisado con verduritas				
Chicken stew with vegetables				
Fruta fresca de temporada				
Fresh seasonal fruit				

05 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	612	36	5	32
Judías verdes rehogadas				
Sautéed green beans				
Pollo asado con ensalada				
Roast chicken with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

12 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de fideos				
Noodle soup				
Garbanzos estofados con pollo y morcillo				
Chickpeas stew with carrot, potatoes, chicken and veal				
Fruta fresca de temporada				
Fresh seasonal fruit				

19 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	698	40	29	59
Judías pintas con arroz integral				
Beans stew with brown rice				
Tortilla de patatas con ensalada				
Spanish omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

26 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de fideos				
Noodle soup				
Garbanzos estofados con pollo y morcillo				
Chickpeas stew with carrot, potatoes, chicken and veal				
Fruta fresca de temporada				
Fresh seasonal fruit				

06 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	460	59	11	33
Pasta integral a la napolitana				
Wholemeal pasta alla napoletana				
Merluza en salsa verde				
Hake in green sauce				
Yogur				
Yogurt				

13 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	491	28	13	29
Guisantes rehogados				
Sautéed peas				
Tortilla francesa con atún y ensalada				
Omelette with tuna and salad				
Yogur de soja				
Yogurt				

20 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	633	29	21	21
Lacitos con salsa de tomate y queso				
Pasta with tomato sauce and cheese				
Merluza al limón				
Hake in lemon sauce				
Yogur				
Yogurt				

27 Viernes	VACACIONES DE SEMANA SANTA			
Friday				

02	Lunes	Kcal.	Prot.	Lip.	H.C.
Monday73540472					
Crema de coliflor y zanahoria					
Carrot and cauliflower creamy soup					
Cinta de sajonia con ensalada sin tomate					
Kassler with salad					
Fruta fresca de temporada					
Fresh seasonal fruit					

03	Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday705392862					
Lentejas ecológicas a la Riojana					
Organic lentils stew with sausage					
Tortilla francesa con ensalada sin tomate					
Omelette with salad					
Fruta fresca de temporada					
Fresh seasonal fruit					

04	Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday43114948					
Arroz tres delicias					
Fried rice					
Salmón en salsa					
Salmon in sauce					
Fruta fresca de temporada					
Fresh seasonal fruit					

05	Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday61236532					
Judias verdes rehogadas					
Sauteed green beans					
Pollo asado con ensalada sin tomate					
Roast chicken with salad					
Fruta fresca de temporada					
Fresh seasonal fruit					

06	Viernes	Kcal.	Prot.	Lip.	H.C.
Friday4605911333					
Pasta integral con AOVE					
Wholemeal pasta with olive oil					
Merluza en salsa verde					
Hake in green sauce					
Yogur					
Yogurt					

09	Lunes	Kcal.	Prot.	Lip.	H.C.
Monday554301640					
Crema de calabacin					
Courgette cream					
Huevos revueltos con chorizo					
Scrambled eggs with sausage					
Fruta fresca de temporada					
Fresh seasonal fruit					

10	Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday485101734					
Alubias estofadas ecológicas					
Organic beans stew					
Cordon Bleu de pollo con ensalada sin tomate					
Chicken Cordon Bleu with salad					
Fruta fresca de temporada					
Fresh seasonal fruit					

11	Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday68029232					
Arroz integral con rehogado de zanahoria					
Sauteed brown rice with carrot					
Merluza al horno					
Roast hake					
Fruta fresca de temporada					
Fresh seasonal fruit					

12	Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday420191536					
Sopa de cocido					
"Cocido" soup					
Cocido completo					
Chickpeas stew with carrot, potatoes, chicken, veal and sausage					
Fruta fresca de temporada					
Fresh seasonal fruit					

13	Viernes	Kcal.	Prot.	Lip.	H.C.
Friday491281329					
Guisantes rehogados					
Sauteed peas					
Tortilla francesa con atún y ensalada sin tomate					
Omelette with tuna and salad					
Yogur de soja					
Yogurt					

16	Lunes	Kcal.	Prot.	Lip.	H.C.
Monday630191327					
Lentejas ecológicas con verduras					
Lentils stew with sausage					
Magro Estofado					
Pork stew					
Fruta fresca de temporada					
Fresh seasonal fruit					

17	Martes	Kcal.	Prot.	Lip.	HC
Tuesday443191731					
ST. PATRICK'S					
DAY					
Soup of the day - Sopa de patata, zanahoria y calabaza					
Fish&Chips - Bacalao rebozado con patatas fritas					
Fresh seasonal fruit					

18	Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday427421237					
Crema de zanahoria					
Carrot creamy soup					
Pollo con tomate al horno					
Roasted chicken with tomatoes					
Fruta fresca de temporada					
Fresh seasonal fruit					

19	Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday698402959					
Judias pintas con arroz integral					
Beans stew with brown rice					
Tortilla de patatas con ensalada sin tomate					
Spanish omelette with salad					
Fruta fresca de temporada					
Fresh seasonal fruit					

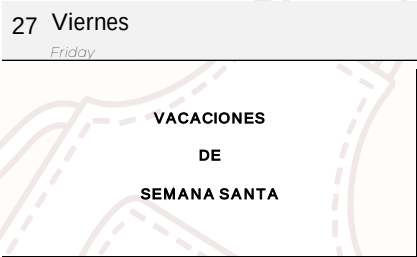
20	Viernes	Kcal.	Prot.	Lip.	H.C.
Friday633292121					
Lacitos con AOVE y queso					
Pasta with olive oil and cheese					
Merluza al limón					
Hake in lemon sauce					
Yogur					
Yogurt					

23	Lunes	Kcal.	Prot.	Lip.	H.C.
Monday413161532					
Crema de hortalizas					
Vegetable cream					
Albóndigas de ternera en salsa de zanahoria					
Veal meatballs with carrot sauce					
Fruta fresca de temporada					
Fresh seasonal fruit					

24	Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday43820649					
Alubias estofadas ecológicas					
Organic beans stew					
Merluza en salsa					
Hake with sauce					
Fruta fresca de temporada					
Fresh seasonal fruit					

25	Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday63743460					
Coditos con AOVE					
Pasta with olive oil					
Pollo guisado con verduritas					
Chicken stew with vegetables					
Fruta fresca de temporada					
Fresh seasonal fruit					

26	Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday420191536					
Sopa de cocido					
"Cocido" soup					
Cocido completo					
Chickpeas stew with carrot, potatoes, chicken, veal and sausage					
Fruta fresca de temporada					
Fresh seasonal fruit					

27	Viernes	 VACACIONES DE SEMANA SANTA			
Friday					

02 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	735	40	4	72
Crema de coliflor y zanahoria				
Carrot and cauliflower creamy soup				
Cinta de sajonia con ensalada				
Kassler with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

09 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	554	30	16	40
Crema de calabacín				
Courgette cream				
Huevos revueltos con chorizo				
Scrambled eggs with sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

16 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	630	19	13	27
Lentejas ecológicas con verduras				
Lentils stew with sausage				
Magro Estofado				
Pork stew				
Fruta fresca de temporada				
Fresh seasonal fruit				

23 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	413	16	15	32
Crema de hortalizas				
Vegetable cream				
Albóndigas de ternera en salsa de zanahoria				
Veal meatballs with carrot sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

03 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	705	39	28	62
Lentejas ecológicas a la Riojana				
Organic lentils stew with sausage				
Tortilla francesa con ensalada				
Omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

10 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	485	10	17	34
Alubias estofadas ecológicas				
Organic beans stew				
Cordon Bleu de pollo con ensalada				
Chicken Cordon Bleu with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

17 Martes	Kcal.	Prot.	Lip.	HC
Tuesday	443	19	17	31
ST. PATRICK'S DAY				
Soup of the day				
Fish & chips				
Fresh seasonal fruit				

24 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	438	20	6	49
Alubias estofadas ecológicas				
Organic beans stew				
Merluza a la riojana				
Hake with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

04 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	431	14	9	48
Arroz tres delicias				
Fried rice				
Salmón en salsa con tomate y pimiento rojo				
Salmon with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

11 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	680	29	2	32
Arroz integral con salsa de tomate				
Brown rice with tomato sauce				
Merluza al horno				
Roast hake				
Fruta fresca de temporada				
Fresh seasonal fruit				

18 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	427	42	12	37
Crema de zanahoria				
Carrot creamy soup				
Pollo con tomate al horno				
Roasted chicken with tomatoes				
Fruta fresca de temporada				
Fresh seasonal fruit				

25 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	637	43	4	60
Coditos con salsa aurora				
Pasta with tomato and bechamel sauce				
Pollo guisado con verduritas				
Chicken stew with vegetables				
Fruta fresca de temporada				
Fresh seasonal fruit				

05 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	612	36	5	32
Sopa de fideos				
Noodle soup				
Pollo asado con ensalada				
Roast chicken with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

12 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de Cocido				
"Cocido soup"				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, sausage and veal				
Fruta fresca de temporada				
Fresh seasonal fruit				

19 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	698	40	29	59
Judías pintas con arroz integral				
Beans stew with brown rice				
Tortilla de patatas con ensalada				
Spanish omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

26 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de Cocido				
"Cocido soup"				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, sausage and veal				
Fruta fresca de temporada				
Fresh seasonal fruit				

06 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	460	59	11	33
Pasta integral a la napolitana				
Wholemeal pasta alla napoletana				
Merluza en salsa verde				
Hake in green sauce				
Yogur				
Yogurt				

13 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	491	28	13	29
Guisantes rehogados				
Sauteed peas				
Tortilla francesa con atún y ensalada				
Omelette with tuna and salad				
Yogur				
Yogurt				

20 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	633	29	21	21
Lacitos con salsa de tomate y queso				
Pasta with tomato sauce and cheese				
Merluza al limón				
Hake in lemon sauce				
Yogur				
Yogurt				

27 Viernes				
Friday				
VACACIONES DE SEMANA SANTA				

02 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	735	40	4	72
Crema de coliflor y zanahoria				
Carrot and cauliflower creamy soup				
Cinta de sajonia con ensalada sin tomate				
Kassler with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

03 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	705	39	28	62
Lentejas ecológicas a la Riojana				
Organic lentils stew with sausage				
Tortilla francesa con ensalada				
Omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

04 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	431	14	9	48
Arroz tres delicias				
Fried rice				
Salmón en salsa con tomate y pimiento rojo				
Salmon with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

05 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	612	36	5	32
Judías verdes rehogadas				
Sautéed green beans				
Pollo asado con ensalada sin tomate				
Roast chicken with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

06 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	460	59	11	33
Pasta integral a la napolitana				
Wholemeal pasta alla napoletana				
Merluza en salsa verde				
Hake in green sauce				
Yogur				
Yogurt				

09 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	554	30	16	40
Crema de zanahoria				
Carrot creamy soup				
Huevos revueltos con chorizo				
Scrambled eggs with sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

10 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	485	10	17	34
Alubias estofadas ecológicas				
Organic beans stew				
Cordon Bleu de pollo con ensalada sin tomate				
Chicken Cordon Bleu with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

11 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	680	29	2	32
Arroz integral con salsa de tomate				
Brown rice with tomato sauce				
Merluza al horno				
Roast hake				
Fruta fresca de temporada				
Fresh seasonal fruit				

12 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de Cocido				
"Cocido soup"				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, sausage and veal				
Fruta fresca de temporada				
Fresh seasonal fruit				

13 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	491	28	13	29
Guisantes rehogados				
Sautéed peas				
Tortilla francesa con atún y ensalada sin tomate				
Omelette with tuna and salad				
Yogur				
Yogurt				

16 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	630	19	13	27
Lentejas ecológicas con verduras				
Lentils stew with sausage				
Magro Estofado				
Pork stew				
Fruta fresca de temporada				
Fresh seasonal fruit				

17 Martes	Kcal.	Prot.	Lip.	HC
Tuesday	443	19	17	31
ST. PATRICK'S DAY				
Soup of the day				
Fish & chips				
Fresh seasonal fruit				

18 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	427	42	12	37
Crema de zanahoria				
Carrot creamy soup				
Pollo con tomate al horno				
Roasted chicken with tomatoes				
Fruta fresca de temporada				
Fresh seasonal fruit				

19 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	698	40	29	59
Judías pintas con arroz integral				
Beans stew with brown rice				
Tortilla de patatas con ensalada sin tomate				
Spanish omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

20 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	633	29	21	21
Lacitos con salsa de tomate y queso				
Pasta with tomato sauce and cheese				
Merluza al limón				
Hake in lemon sauce				
Yogur				
Yogurt				

23 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	413	16	15	32
Crema de hortalizas				
Vegetable cream				
Albóndigas de ternera en salsa de zanahoria				
Veal meatballs with carrot sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

24 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	438	20	6	49
Alubias estofadas ecológicas				
Organic beans stew				
Merluza a la riojana				
Hake with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

25 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	637	43	4	60
Coditos con salsa aurora				
Pasta with tomato and bechamel sauce				
Pollo guisado con verduritas				
Chicken stew with vegetables				
Fruta fresca de temporada				
Fresh seasonal fruit				

26 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de Cocido				
"Cocido soup"				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, sausage and veal				
Fruta fresca de temporada				
Fresh seasonal fruit				

27 Viernes	VACACIONES DE SEMANA SANTA			
Friday				

02 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	735	40	4	72
Crema de coliflor y zanahoria				
Carrot and cauliflower creamy soup				
Cinta de sajonia con ensalada				
Kassler with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

09 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	554	30	16	40
Crema de calabacín				
Courgette cream				
Huevos revueltos con chorizo				
Scrambled eggs with sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

16 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	630	19	13	27
Lentejas ecológicas con verduras				
Lentils stew with sausage				
Magro Estofado				
Pork stew				
Fruta fresca de temporada				
Fresh seasonal fruit				

23 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	413	16	15	32
Crema de hortalizas				
Vegetable cream				
Albóndigas de ternera en salsa de zanahoria				
Veal meatballs with carrot sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

03 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	705	39	28	62
Lentejas ecológicas a la Riojana				
Organic lentils stew with sausage				
Tortilla francesa con ensalada				
Omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

10 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	485	10	17	34
Alubias estofadas ecológicas				
Organic beans stew				
Cordon Bleu de pollo con ensalada				
Chicken Cordon Bleu with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

17 Martes	Kcal.	Prot.	Lip.	HC
Tuesday	443	19	17	31
ST. PATRICK'S DAY				
Soup of the day				
Fish & chips				
Fresh seasonal fruit				

24 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	438	20	6	49
Alubias estofadas ecológicas				
Organic beans stew				
Merluza a la riojana				
Hake with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

04 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	431	14	9	48
Arroz tres delicias				
Fried rice				
Salmón en salsa con tomate y pimiento rojo				
Salmon with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

11 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	680	29	2	32
Arroz integral con salsa de tomate				
Brown rice with tomato sauce				
Merluza al horno				
Roast hake				
Fruta fresca de temporada				
Fresh seasonal fruit				

18 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	427	42	12	37
Crema de zanahoria				
Carrot creamy soup				
Pollo con tomate al horno				
Roasted chicken with tomatoes				
Fruta fresca de temporada				
Fresh seasonal fruit				

25 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	637	43	4	60
Coditos con salsa aurora				
Pasta with tomato and bechamel sauce				
Pollo guisado con verduritas				
Chicken stew with vegetables				
Fruta fresca de temporada				
Fresh seasonal fruit				

05 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	612	36	5	32
Judías verdes rehogadas				
Sautéed green beans				
Pollo asado con ensalada				
Roast chicken with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

12 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de Cocido				
"Cocido soup"				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, sausage and veal				
Fruta fresca de temporada				
Fresh seasonal fruit				

19 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	698	40	29	59
Judías pintas con arroz integral				
Beans stew with brown rice				
Tortilla de patatas con ensalada				
Spanish omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

26 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de Cocido				
"Cocido soup"				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, sausage and veal				
Fruta fresca de temporada				
Fresh seasonal fruit				

06 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	460	59	11	33
Pasta integral a la napolitana				
Wholemeal pasta alla napoletana				
Merluza en salsa verde				
Hake in green sauce				
Yogur				
Yogurt				

13 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	491	28	13	29
Guisantes rehogados				
Sautéed peas				
Tortilla francesa con atún y ensalada				
Omelette with tuna and salad				
Yogur				
Yogurt				

20 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	633	29	21	21
Lacitos con salsa de tomate y queso				
Pasta with tomato sauce and cheese				
Merluza al limón				
Hake in lemon sauce				
Yogur				
Yogurt				

27 Viernes				
Friday				
VACACIONES DE SEMANA SANTA				

02 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	735	40	4	72
Crema de coliflor y zanahoria				
Carrot and cauliflower creamy soup				
Cinta de sajonia con ensalada				
Kassler with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

09 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	554	30	16	40
Crema de calabacín				
Courgette cream				
Huevos revueltos con chorizo				
Scrambled eggs with sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

16 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	630	19	13	27
Lentejas ecológicas con verduras				
Lentils stew with sausage				
Magro Estofado				
Pork stew				
Fruta fresca de temporada				
Fresh seasonal fruit				

23 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	413	16	15	32
Crema de hortalizas				
Vegetable cream				
Albóndigas de ternera en salsa de zanahoria				
Veal meatballs with carrot sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

03 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	705	39	28	62
Lentejas ecológicas a la Riojana				
Organic lentils stew with sausage				
Tortilla francesa con ensalada				
Omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

10 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	485	10	17	34
Alubias estofadas ecológicas				
Organic beans stew				
Cordon Bleu de pollo con ensalada				
Chicken Cordon Bleu with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

17 Martes	Kcal.	Prot.	Lip.	HC
Tuesday	443	19	17	31
ST. PATRICK'S DAY				
Soup of the day				
Fish & chips				
Fresh seasonal fruit				

24 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	438	20	6	49
Alubias estofadas ecológicas				
Organic beans stew				
Merluza a la riojana				
Hake with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

04 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	431	14	9	48
Arroz tres delicias				
Fried rice				
Salmón en salsa con tomate y pimiento rojo				
Salmon with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

11 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	680	29	2	32
Arroz integral con salsa de tomate				
Brown rice with tomato sauce				
Merluza al horno				
Roast hake				
Fruta fresca de temporada				
Fresh seasonal fruit				

18 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	427	42	12	37
Crema de zanahoria				
Carrot creamy soup				
Pollo con tomate al horno				
Roasted chicken with tomatoes				
Fruta fresca de temporada				
Fresh seasonal fruit				

25 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	637	43	4	60
Coditos con salsa aurora				
Pasta with tomato and bechamel sauce				
Pollo guisado con verduritas				
Chicken stew with vegetables				
Fruta fresca de temporada				
Fresh seasonal fruit				

05 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	612	36	5	32
Judías verdes rehogadas				
Sautéed green beans				
Pollo asado con ensalada				
Roast chicken with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

12 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de Cocido				
"Cocido soup"				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, sausage and veal				
Fruta fresca de temporada				
Fresh seasonal fruit				

19 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	698	40	29	59
Judías pintas con arroz integral				
Beans stew with brown rice				
Tortilla de patatas con ensalada				
Spanish omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

26 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de Cocido				
"Cocido soup"				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, sausage and veal				
Fruta fresca de temporada				
Fresh seasonal fruit				

06 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	460	59	11	33
Pasta integral a la napolitana				
Wholemeal pasta alla napoletana				
Merluza en salsa verde				
Hake in green sauce				
Yogur				
Yogurt				

13 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	491	28	13	29
Guisantes rehogados				
Sautéed peas				
Tortilla francesa con atún y ensalada				
Omelette with tuna and salad				
Yogur				
Yogurt				

20 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	633	29	21	21
Lacitos con salsa de tomate y queso				
Pasta with tomato sauce and cheese				
Merluza al limón				
Hake in lemon sauce				
Yogur				
Yogurt				

27 Viernes	VACACIONES DE SEMANA SANTA			
Friday				

02 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	735	40	4	72
Crema de coliflor y zanahoria				
Carrot and cauliflower creamy soup				
Cinta de sajonia con ensalada				
Kassler with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

09 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	554	30	16	40
Crema de calabacín				
Courgette cream				
Huevos revueltos con chorizo				
Scrambled eggs with sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

16 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	630	19	13	27
Lentejas ecológicas con verduras				
Lentils stew with sausage				
Magro Estofado				
Pork stew				
Fruta fresca de temporada				
Fresh seasonal fruit				

23 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	413	16	15	32
Crema de hortalizas				
Vegetable cream				
Albóndigas de ternera en salsa de zanahoria				
Veal meatballs with carrot sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

03 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	705	39	28	62
Lentejas ecológicas a la Riojana				
Organic lentils stew with sausage				
Tortilla francesa con ensalada				
Omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

10 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	485	10	17	34
Alubias estofadas ecológicas				
Organic beans stew				
Cordon Bleu de pollo con ensalada				
Chicken Cordon Bleu with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

17 Martes	Kcal.	Prot.	Lip.	HC
Tuesday	443	19	17	31
ST. PATRICK'S DAY				
Soup of the day				
Fish & chips				
Fresh seasonal fruit				

24 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	438	20	6	49
Alubias estofadas ecológicas				
Organic beans stew				
Merluza a la riojana				
Hake with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

04 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	431	14	9	48
Arroz tres delicias				
Fried rice				
Salmón en salsa con tomate y pimiento rojo				
Salmon with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

11 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	680	29	2	32
Arroz integral con salsa de tomate				
Brown rice with tomato sauce				
Merluza al horno				
Roast hake				
Fruta fresca de temporada				
Fresh seasonal fruit				

18 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	427	42	12	37
Crema de zanahoria				
Carrot creamy soup				
Pollo con tomate al horno				
Roasted chicken with tomatoes				
Fruta fresca de temporada				
Fresh seasonal fruit				

25 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	637	43	4	60
Coditos con salsa aurora				
Pasta with tomato and bechamel sauce				
Pollo guisado con verduritas				
Chicken stew with vegetables				
Fruta fresca de temporada				
Fresh seasonal fruit				

05 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	612	36	5	32
Judías verdes rehogadas				
Sautéed green beans				
Pollo asado con ensalada				
Roast chicken with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

12 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de Cocido				
"Cocido soup"				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, sausage and veal				
Fruta fresca de temporada				
Fresh seasonal fruit				

19 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	698	40	29	59
Judías pintas con arroz integral				
Beans stew with brown rice				
Tortilla de patatas con ensalada				
Spanish omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

26 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de Cocido				
"Cocido soup"				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, sausage and veal				
Fruta fresca de temporada				
Fresh seasonal fruit				

06 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	460	59	11	33
Pasta integral a la napolitana				
Wholemeal pasta alla napoletana				
Merluza en salsa verde				
Hake in green sauce				
Yogur				
Yogurt				

13 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	491	28	13	29
Guisantes rehogados				
Sautéed peas				
Tortilla francesa con atún y ensalada				
Omelette with tuna and salad				
Yogur				
Yogurt				

20 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	633	29	21	21
Lacitos con salsa de tomate y queso				
Pasta with tomato sauce and cheese				
Merluza al limón				
Hake in lemon sauce				
Yogur				
Yogurt				

27 Viernes	VACACIONES DE SEMANA SANTA			
Friday				

02 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	735	40	4	72
Crema de coliflor y zanahoria				
Carrot and cauliflower creamy soup				
Cinta de sajonia con ensalada				
Kassler with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

09 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	554	30	16	40
Crema de calabacín				
Courgette cream				
Huevos revueltos con chorizo				
Scrambled eggs with sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

16 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	630	19	13	27
Lentejas ecológicas con verduras				
Lentils stew with sausage				
Magro Estofado				
Pork stew				
Fruta fresca de temporada				
Fresh seasonal fruit				

23 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	413	16	15	32
Crema de hortalizas				
Vegetable cream				
Albóndigas de ternera en salsa de zanahoria				
Veal meatballs with carrot sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

03 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	705	39	28	62
Lentejas ecológicas a la Riojana				
Organic lentils stew with sausage				
Tortilla francesa con ensalada				
Omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

10 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	485	10	17	34
Alubias estofadas ecológicas				
Organic beans stew				
Cordon Bleu de pollo con ensalada				
Chicken Cordon Bleu with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

17 Martes	Kcal.	Prot.	Lip.	HC
Tuesday	443	19	17	31
ST. PATRICK'S DAY				
Soup of the day				
Fish & chips				
Fresh seasonal fruit				

24 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	438	20	6	49
Alubias estofadas ecológicas				
Organic beans stew				
Merluza a la riojana				
Hake with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

04 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	431	14	9	48
Arroz tres delicias				
Fried rice				
Salmón en salsa con tomate y pimiento rojo				
Salmon with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

11 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	680	29	2	32
Arroz integral con salsa de tomate				
Brown rice with tomato sauce				
Merluza al horno				
Roast hake				
Fruta fresca de temporada				
Fresh seasonal fruit				

18 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	427	42	12	37
Crema de zanahoria				
Carrot creamy soup				
Pollo con tomate al horno				
Roasted chicken with tomatoes				
Fruta fresca de temporada				
Fresh seasonal fruit				

25 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	637	43	4	60
Coditos con salsa aurora				
Pasta with tomato and bechamel sauce				
Pollo guisado con verduritas				
Chicken stew with vegetables				
Fruta fresca de temporada				
Fresh seasonal fruit				

05 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	612	36	5	32
Judías verdes rehogadas				
Sautéed green beans				
Pollo asado con ensalada				
Roast chicken with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

12 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de Cocido				
"Cocido soup"				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, sausage and veal				
Fruta fresca de temporada				
Fresh seasonal fruit				

19 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	698	40	29	59
Judías pintas con arroz integral				
Beans stew with brown rice				
Tortilla de patatas con ensalada				
Spanish omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

26 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de Cocido				
"Cocido soup"				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, sausage and veal				
Fruta fresca de temporada				
Fresh seasonal fruit				

06 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	460	59	11	33
Pasta integral a la napolitana				
Wholemeal pasta alla napoletana				
Merluza en salsa verde				
Hake in green sauce				
Yogur				
Yogurt				

13 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	491	28	13	29
Guisantes rehogados				
Sautéed peas				
Tortilla francesa con atún y ensalada				
Omelette with tuna and salad				
Yogur				
Yogurt				

20 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	633	29	21	21
Lacitos con salsa de tomate y queso				
Pasta with tomato sauce and cheese				
Merluza al limón				
Hake in lemon sauce				
Yogur				
Yogurt				

27 Viernes	VACACIONES DE SEMANA SANTA			
Friday				

02 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	735	40	4	72
Crema de coliflor y zanahoria				
Carrot and cauliflower creamy soup				
Cinta de sajonia con ensalada				
Kassler with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

09 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	554	30	16	40
Crema de calabacín				
Courgette cream				
Huevos revueltos con chorizo				
Scrambled eggs with sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

16 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	630	19	13	27
Lentejas ecológicas con verduras				
Lentils stew with sausage				
Magro Estofado				
Pork stew				
Fruta fresca de temporada				
Fresh seasonal fruit				

23 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	413	16	15	32
Crema de hortalizas				
Vegetable cream				
Albóndigas de ternera en salsa de zanahoria				
Veal meatballs with carrot sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

03 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	705	39	28	62
Lentejas ecológicas a la Riojana				
Organic lentils stew with sausage				
Tortilla francesa con ensalada				
Omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

10 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	485	10	17	34
Alubias estofadas ecológicas				
Organic beans stew				
Cordon Bleu de pollo con ensalada				
Chicken Cordon Bleu with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

17 Martes	Kcal.	Prot.	Lip.	HC
Tuesday	443	19	17	31
ST. PATRICK'S DAY				
Soup of the day				
Fish & chips				
Fresh seasonal fruit				

24 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	438	20	6	49
Alubias estofadas ecológicas				
Organic beans stew				
Merluza a la riojana				
Hake with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

04 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	431	14	9	48
Arroz tres delicias				
Fried rice				
Salmón en salsa con tomate y pimiento rojo				
Salmon with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

11 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	680	29	2	32
Arroz integral con salsa de tomate				
Brown rice with tomato sauce				
Merluza al horno				
Roast hake				
Fruta fresca de temporada				
Fresh seasonal fruit				

18 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	427	42	12	37
Crema de zanahoria				
Carrot creamy soup				
Pollo con tomate al horno				
Roasted chicken with tomatoes				
Fruta fresca de temporada				
Fresh seasonal fruit				

25 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	637	43	4	60
Coditos con salsa aurora				
Pasta with tomato and bechamel sauce				
Pollo guisado con verduritas				
Chicken stew with vegetables				
Fruta fresca de temporada				
Fresh seasonal fruit				

05 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	612	36	5	32
Judías verdes rehogadas				
Sautéed green beans				
Pollo asado con ensalada				
Roast chicken with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

12 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de Cocido				
"Cocido soup"				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, sausage and veal				
Fruta fresca de temporada				
Fresh seasonal fruit				

19 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	698	40	29	59
Judías pintas con arroz integral				
Beans stew with brown rice				
Tortilla de patatas con ensalada				
Spanish omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

26 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de Cocido				
"Cocido soup"				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, sausage and veal				
Fruta fresca de temporada				
Fresh seasonal fruit				

06 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	460	59	11	33
Pasta integral a la napolitana				
Wholemeal pasta alla napoletana				
Merluza en salsa verde				
Hake in green sauce				
Yogur				
Yogurt				

13 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	491	28	13	29
Guisantes rehogados				
Sautéed peas				
Tortilla francesa con atún y ensalada				
Omelette with tuna and salad				
Yogur				
Yogurt				

20 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	633	29	21	21
Lacitos con salsa de tomate y queso				
Pasta with tomato sauce and cheese				
Merluza al limón				
Hake in lemon sauce				
Yogur				
Yogurt				

27 Viernes				
Friday				
VACACIONES DE SEMANA SANTA				

02 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	735	40	4	72
Crema de coliflor y zanahoria				
Carrot and cauliflower creamy soup				
Cinta de sajonia con ensalada				
Kassler with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

03 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	705	39	28	62
Lentejas ecológicas a la Riojana				
Organic lentils stew with sausage				
Tortilla francesa con ensalada				
Omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

04 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	431	14	9	48
Arroz tres delicias				
Fried rice				
Salmón en salsa con tomate y pimiento rojo				
Salmon with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

05 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	612	36	5	32
Judías verdes rehogadas				
Sautéed green beans				
Pollo asado con ensalada				
Roast chicken with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

06 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	460	59	11	33
Pasta integral a la napolitana				
Wholemeal pasta alla napoletana				
Merluza en salsa verde				
Hake in green sauce				
Yogur				
Yogurt				

09 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	554	30	16	40
Crema de calabacín				
Courgette cream				
Huevos revueltos con chorizo				
Scrambled eggs with sausage				
Fruta fresca de temporada				
Fresh seasonal fruit				

10 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	485	10	17	34
Alubias estofadas ecológicas				
Organic beans stew				
Cordon Bleu de pollo con ensalada				
Chicken Cordon Bleu with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

11 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	680	29	2	32
Arroz integral con salsa de tomate				
Brown rice with tomato sauce				
Merluza al horno				
Roast hake				
Fruta fresca de temporada				
Fresh seasonal fruit				

12 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de Cocido				
"Cocido soup"				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, sausage and veal				
Fruta fresca de temporada				
Fresh seasonal fruit				

13 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	491	28	13	29
Guisantes rehogados				
Sautéed peas				
Tortilla francesa con atún y ensalada				
Omelette with tuna and salad				
Yogur				
Yogurt				

16 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	630	19	13	27
Lentejas ecológicas con verduras				
Lentils stew with sausage				
Magro Estofado				
Pork stew				
Fruta fresca de temporada				
Fresh seasonal fruit				

17 Martes	Kcal.	Prot.	Lip.	HC
Tuesday	443	19	17	31
ST. PATRICK'S DAY				
Soup of the day				
Fish & chips				
Fresh seasonal fruit				

18 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	427	42	12	37
Crema de zanahoria				
Carrot creamy soup				
Pollo con tomate al horno				
Roasted chicken with tomatoes				
Fruta fresca de temporada				
Fresh seasonal fruit				

19 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	698	40	29	59
Judías pintas con arroz integral				
Beans stew with brown rice				
Tortilla de patatas con ensalada				
Spanish omelette with salad				
Fruta fresca de temporada				
Fresh seasonal fruit				

20 Viernes	Kcal.	Prot.	Lip.	H.C.
Friday	633	29	21	21
Lacitos con salsa de tomate y queso				
Pasta with tomato sauce and cheese				
Merluza al limón				
Hake in lemon sauce				
Yogur				
Yogurt				

23 Lunes	Kcal.	Prot.	Lip.	H.C.
Monday	413	16	15	32
Crema de hortalizas				
Vegetable cream				
Albóndigas de ternera en salsa de zanahoria				
Veal meatballs with carrot sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

24 Martes	Kcal.	Prot.	Lip.	H.C.
Tuesday	438	20	6	49
Alubias estofadas ecológicas				
Organic beans stew				
Merluza a la riojana				
Hake with tomato and pepper sauce				
Fruta fresca de temporada				
Fresh seasonal fruit				

25 Miércoles	Kcal.	Prot.	Lip.	H.C.
Wednesday	637	43	4	60
Coditos con salsa aurora				
Pasta with tomato and bechamel sauce				
Pollo guisado con verduritas				
Chicken stew with vegetables				
Fruta fresca de temporada				
Fresh seasonal fruit				

26 Jueves	Kcal.	Prot.	Lip.	H.C.
Thursday	420	19	15	36
Sopa de Cocido				
"Cocido soup"				
Cocido completo				
Chickpeas stew with carrot, potatoes, chicken, sausage and veal				
Fruta fresca de temporada				
Fresh seasonal fruit				

27 Viernes				
Friday	VACACIONES DE SEMANA SANTA			