

LUNES/MONDAY

MARTES/TUESDAY

MIÉRCOLES/WEDNESDAY

JUEVES/THURSDAY

VIERNES/FRIDAY

Tras las fiestas Navideñas, es momento de que los niños y niñas vuelvan a la rutina con energía renovada y ganas de empezar el año nuevo.



GSG S.G - Dpto. Nutrición



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Pasta con tomate y atún **1-3t-4**
Cinta de lomo adobada con berenjena
Fruta natural y pan **1**

Pasta with tomato and tuna
Marinated pork loin with eggplant
Fresh fruit and white and bread

698 Kcal/ 30.5 Gr/ 27.2 Prot/ 78.4 HC

Patatas guisadas con verduras, cebolla y pimiento
Abadejo al horno con tomate **4**
Yogurt y pan **1-2**
Stewed potatoes with vegetables, onion, and bell pepper
Baked pollock with tomato
Yogurt and bread
678 Kcal/ 31 Gr/ 27 Prot/ 64 HC

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Judías verdes con patata y zanahoria
Merluza PBO con salsa de verduras **4**
Fruta natural y pan blanco e integral **1**

Green beans with potato and carrot
Hake with vegetable sauce
Fresh fruit and white and wholemeal bread

564 Kcal/ 31.5 Gr/ 18.2 Prot/ 40.4 HC

Alubias blancas con arroz y magro
Tortilla de patata con menestra **3**
Fruta natural y pan **1**

White beans with rice and lean meat
Potato omelet with mixed vegetables
Fresh fruit and bread

776 Kcal/ 34.5 Gr/ 26.7 Prot/ 83.4 HC

Arroz caldoso de pescado **4-5t-6t**
Escalope San Jacobo con lechuga y aceitunas **1-2-3t-4t-5t-6t-8-10t-11t**
Fruta natural y pan **1**

Fish and rice stew
Breaded veal cutlet with lettuce and olives
Fresh fruit and bread

780 Kcal/ 27.5 Gr/ 24.2 Prot/ 101.4 HC

Sopa de cocido con fideos ecológicos **1-3t**
Cocido de garbanzos, pollo y verduras
Fruta natural y pan **1**

Stew soup with organic noodles
Chickpea, chicken, and vegetable stew
Fresh fruit and bread

683 Kcal/ 24.5 Gr/ 24.2 Prot/ 86.4 HC

Macarrones integrales a la boloñesa con queso **1-2-3t**
Muslitos de pollo con cebolla y pimiento verde
Yogurt y pan **1-2**
Brown macaroni Bolognese with cheese
Chicken drumsticks with onion and green pepper
Yogurt and bread
726 Kcal/ 29 Gr/ 39 Prot/ 72 HC

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Puré de zanahoria con picatostes **1**
Albóndigas búrguer meat mixtas a la jardinera **8-13**
Fruta natural y pan blanco e integral **1**

Carrot puree with croutons
Mixed meat burgers with vegetables
Fresh fruit and white and whole-wheat bread

694 Kcal/ 34.5 Gr/ 24.2 Prot/ 67.4 HC

Lentejas estofadas con hortalizas **1t**
Salmón al horno con lechuga y tomate **4**
Fruta natural y pan **1**

Lentil stew with vegetables
Baked salmon with lettuce and tomato
Fresh fruit and bread

627 Kcal/ 30.5 Gr/ 27.2 Prot/ 53.4 HC

Arroz a la marinera **5-6**
Ragout de pollo en salsa
Fruta natural y pan **1**

Seafood rice
Chicken ragout in sauce
Fresh fruit and bread

745 Kcal/ 29.5 Gr/ 38.2 Prot/ 76.4 HC

Alubias blancas con patata, chorizo, tomate y zanahoria **2-8**
Tortilla de calabacín **3**
Fruta natural y pan **1**

White beans with potato, chorizo, tomato, and carrot
Zucchini omelet
Fresh fruit and bread

760 Kcal/ 33.5 Gr/ 24.2 Prot/ 85.4 HC

Caracolas integrales (pasta) con bechamel **1-2-3t**
Merluza Orly con berenjena **1-3-4**
Yogurt y pan **1-2**

Brown pasta shells with béchamel sauce
Oly hake with eggplant
Yogurt and bread

750 Kcal/ 33 Gr/ 24 Prot/ 79 HC

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Macarrones integrales con salsa de tomate **1-3t**
Cinta de lomo a la plancha con arroz ecológico salteado
Fruta natural y pan blanco e integral **1**
Wholemeal macaroni with tomato sauce
Grilled pork loin with sautéed organic rice
Fresh fruit and white and wholemeal bread

797 Kcal/ 32.5 Gr/ 25.2 Prot/ 116.4 HC

Crema de calabacín con guisantes y calabaza
Merluza al horno al estilo murciano **4**
Fruta natural y pan **1**

Cream of zucchini soup with peas and pumpkin
Baked hake, Murcian style
Fresh fruit and bread

592 Kcal/ 33.5 Gr/ 19.2 Prot/ 48.4 HC

Sopa de cocido con fideos ecológicos **1-3t**
Cocido de garbanzos, pollo y verduras
Fruta natural y pan **1**

Stew soup with organic noodles
Chickpea, chicken, and vegetable stew
Fresh fruit and bread

683 Kcal/ 24.5 Gr/ 24.2 Prot/ 86.4 HC

Arroz caldoso de fiambre de pavo y verduras **8**
Abadejo con pata vapor **4**
Fruta natural y pan **1**

Rice stew with turkey ham and vegetables
Steamed pollock with leg
Fresh fruit and bread

718 Kcal/ 32.5 Gr/ 24.2 Prot/ 76.4 HC

Lentejas con verduras **1t**
Tortilla francesa con jamón york y ensalada de tomate **3**
Yogurt y pan **1-2**

Lentils with vegetables
French omelet with ham and tomato salad
Yogurt and bread
664 Kcal/ 30 Gr/ 26 Prot/ 68 HC