

LUNES/MONDAY		MARTES/TUESDAY		MIÉRCOLES/WEDNESDAY		JUEVES/THURSDAY		VIERNES/FRIDAY	
1		2		3		4		5	
 GGG Gorgina S.G - Dpto. Nutrición				¡Feliz vuelta al cole! ¡Bienvenidos!					
7		8		9		10		11	
Arroz 3 delicias (guisantes, jamón york y zanahoria) Limanda al horno con ensalada de lechuga y tomate 4 Fruta natural y pan integral 1 Three delights rice with peas, ham and carrot Baked lemon sole with lettuce and tomato salad Fresh fruit and wholemeal bread 805 Kcal/ 36.5 Gr/ 31.2 Prot/ 82.4 HC		Garbanzos estofados con verduras Muslitos de pollo en su jugo con ensalada de lechuga, tomate y zanahoria rallada Fruta natural y pan 1 Stewed chickpeas with vegetables Chicken drumsticks in their own juices with a salad of lettuce, tomato, and grated carrot Fresh fruit and bread 591 Kcal/ 26.5 Gr/ 26.2 Prot/ 57.4 HC		Crema parmentier con picatostes 1-2-10 Merluza al pil pil con patatas asadas 4 Fruta natural y pan 1 Parmentier cream with croutons Pil pil hake with backed potato Fresh fruit and bread 635 Kcal/ 29.5 Gr/ 25.2 Prot/ 62.4 HC		Lentejas ecológicas estofadas con patata 1t Tortilla francesa con queso y ensalada de tomate, lechuga y remolacha 2-3 Fruta natural y pan integral 1 Stewed organic lentils with vegetables French omelet with cheese and a salad of tomato, lettuce and beetroot Fresh fruit and wholemeal bread 668 Kcal/ 33 Gr/ 28.7 Prot/ 60.4 HC		Sopa de cocido Complemento de cocido con garbanzos, pollo, carne, zanahoria, patata y repollo Yogur natural sin azúcar y pan 1-2 Stew soup A side dish with chickpeas, chicken, beef, carrots, potatoes, and cabbage Plain yogurt and bread 630 Kcal/ 31 Gr/ 30 Prot/ 51 HC	
14		15		16		17		18	
Hervido de verduras con huevo 3 Magro de cerdo en su jugo con patatas asadas Fruta natural y pan integral 1 Boiled vegetables with eggs Pork loin in it's juice with backed potato Fresh fruit and wholemeal bread 607 Kcal/ 29.5 Gr/ 28.2 Prot/ 50.4 HC		Pasta integral a la marinera 1-3t-4t-5-6-13 Abadejo al horno con ensalada de lechuga, tomate y zanahoria 4 Fruta natural y pan 1 Whole wheat seafood pasta Baked pollock with lettuce, tomato and carrot salad Fresh fruit and bread 699 Kcal/ 24.8 Gr/ 38.2 Prot/ 75.4 HC		Lentejas ecológicas estofadas con patata 1t Tortilla francesa con ensalada de lechuga, tomate y maíz 3 Fruta natural y pan 1 Organic lentil stew with potatoes French omelet with lettuce, tomato, and corn salad Fresh fruit and bread 634 Kcal/ 29.5 Gr/ 26.2 Prot/ 60.4 HC		Arroz con salsa de tomate y atún 4 Ensalada de garbanzos con verduritas Fruta natural y pan integral 1 Rice with tomato sauce and tuna Chickpea salad with vegetables Fresh fruit and whole-wheat bread 809 Kcal/ 26.5 Gr/ 21.2 Prot/ 114.4 HC		Crema de verduras con picatostes y huevo 1-3-10 Ragout de pollo con verduras Yogur natural sin azúcar y pan 1-2 Vegetables cream with croutons and egg Chicken ragout with croutons Plain yogurt and bread 528 Kcal/ 24 Gr/ 24 Prot/ 46 HC	
21		22		23		24		25	
Ensalada de pasta integral con jamón york, zanahoria y guisantes 1-3t Merluza PBO al horno con ensalada de lechuga, tomate y remolacha 4 Fruta natural y pan integral 1 Wholemeal pasta salad with ham, carrots, and peas Baked hake with lettuce, tomato, and beet salad Fresh fruit and wholemeal bread 681 Kcal/ 25.5 Gr/ 32.2 Prot/ 76.4 HC		Alubias blancas estofadas con verduras Tortilla de patata con ensalada de lechuga, tomate y pepino 3 Fruta natural y pan 1 Stewed white beans with vegetables Potato omelet with lettuce, tomato, and cucumber salad Fresh fruit and bread 642 Kcal/ 30.5 Gr/ 15.2 Prot/ 63.4 HC		Crema de verduras de calabaza, calabacín y puerro con huevo picado 3 Hamburguesa vegetal con patatas al horno 1-2-3-10 Fruta natural y pan 1 Cream of vegetable soup with pumpkin, zucchini, and leek, topped with chopped egg Vegetarian burger with baked potatoes Fresh fruit and bread 694 Kcal/ 33.5 Gr/ 22.2 Prot/ 80.4 HC		Garbanzos estofados con verduras Filete de limanda en salsa con champiñón 1-4 Fruta natural y pan integral 1 Stewed chickpeas with vegetables Baked lemon sole with mushroom sauce Fresh fruit and whole-wheat bread 686 Kcal/ 25.5 Gr/ 27.2 Prot/ 59.4 HC		Menú elaborado conforme a las directrices del Real Decreto 315/2025, de 15 de abril, por el que se establecen normas de desarrollo de la Ley 17/2011, de 5 de julio, de seguridad alimentaria y nutrición, para el fomento de una alimentación saludable y sostenible en centros educativos.	
28		29		30					
Judías verdes rehogadas con patata y zanahoria Cinta de lomo con berenjena Fruta natural y pan integral 1 Sautéed green beans with potatoes and carrots Pork loin with eggplant Fresh fruit and whole-wheat bread 590 Kcal/ 26.5 Gr/ 19.2 Prot/ 49.4 HC		Fideuá ecológica con calamares, mejillones y verduras 1-3t-4t-5-6-8t-11t-13 Tortilla francesa con ensalada de lechuga, tomate y pepino 3 Fruta natural y pan 1 Organic fideuá with squid, mussels, and vegetables French omelet with lettuce, tomato, and cucumber salad Fresh fruit and bread 688 Kcal/ 29.5 Gr/ 24.2 Prot/ 74.4 HC		Sopa de cocido Complemento de cocido con garbanzos, pollo, carne, zanahoria, patata y repollo Fruta natural y pan 1 Stew soup A side dish with chickpeas, chicken, beef, carrots, potatoes, and cabbage Fresh fruit and bread 620 Kcal/ 30.5 Gr/ 23.2 Prot/ 59.4 HC					