

| 02 | Lunes | 03 | martes | 04 | miércoles | 05 | Jueves | 06 | viernes |
|---|-------|--|--------|--|-----------|--|--------|--|---------|
| • Macarrones con tomate | | • Puré de verduras | | • Ensalada de arroz | | • Lentejas a la hortelana | | • Sopa de pescado | |
| • Filete de granadero rebozado <i>Lechuga</i> | | • Filete de ternera en salsa | | • Lomo en salsa de verduras | | • Filete de ternera al ajorrero | | • Albóndigas con tomate | |
| • Fruta | | • Fruta | | • Fruta | | • Fruta | | • Fruta | |
| Prot: 34 g - Gras: 28 g - Hidr: 100 g - Kcal: 762 | | Prot: 31 g - Gras: 26 g - Hidr: 63 g - Kcal: 591 | | Prot: 33 g - Gras: 34 g - Hidr: 80 g - Kcal: 745 | | Prot: 38 g - Gras: 18 g - Hidr: 82 g - Kcal: 623 | | Prot: 36 g - Gras: 35 g - Hidr: 63 g - Kcal: 703 | |

| 09 | Lunes | 10 | martes | 11 | miércoles | 12 | Jueves | 13 | viernes |
|--|-------|--|--------|---|-----------|--|--------|--|---------|
| • Acelga con refrito | | • Garbanzos con zanahoria y refrito de ajo | | • Arroz tres delicias | | • Arroz con tomate | | • Crema de calabacín | |
| • Guisado ribereña | | • Filete de merluza en salsa de piquillos | | • Muslo de pollo asado | | • Filete de limanda rebozada | | • Filete de merluza rebozada | |
| • Fruta | | • Fruta | | • Helado | | • Fruta | | • Fruta | |
| Prot: 25 g - Gras: 29 g - Hidr: 54 g - Kcal: 566 | | Prot: 30 g - Gras: 24 g - Hidr: 69 g - Kcal: 591 | | Prot: 29 g - Gras: 25 g - Hidr: 100 g - Kcal: 712 | | Prot: 37 g - Gras: 25 g - Hidr: 82 g - Kcal: 684 | | Prot: 30 g - Gras: 24 g - Hidr: 69 g - Kcal: 591 | |

| 16 | Lunes | 17 | martes | 18 | miércoles | 19 | Jueves | 20 | viernes |
|--|-------|--|--------|--|-----------|--|--------|--|---------|
| • Ensalada de patata y atún | | • Espaguëtis con tomate | | • Crema de calabacín y puerro | | • Alubia blanca estilo pocha | | • Judía verde con patata | |
| • Lentejas con arroz | | • Filete de merluza al horno | | • Tortilla de patata | | • Escalopín de cerdo a la naranja | | • Filete de limanda rebozada | |
| • Yogur | | • Fruta | | • <i>Lechuga</i> | | • Fruta | | • <i>Lechuga y maíz</i> | |
| Prot: 25 g - Gras: 21 g - Hidr: 87 g - Kcal: 622 | | Prot: 25 g - Gras: 18 g - Hidr: 95 g - Kcal: 619 | | Prot: 17 g - Gras: 32 g - Hidr: 63 g - Kcal: 604 | | Prot: 37 g - Gras: 25 g - Hidr: 82 g - Kcal: 684 | | Prot: 27 g - Gras: 39 g - Hidr: 58 g - Kcal: 610 | |

| 23 | Lunes | 24 | martes | 25 | miércoles | 26 | Jueves | 27 | viernes |
|--|-------|--|--------|--|-----------|--|--------|---|---------|
| • Borraja con refrito | | • Garbanzos viudos | | • Crema de zanahoria | | • Patatas a la riojana | | • Arroz con tomate | |
| • Croquetas de bacalao | | • Lomo con tomate casero | | • Guisado de ternera | | • Filete de merluza estilo | | • Pollo a la hortelana | |
| • <i>Lechuga y aceitunas</i> | | • Fruta | | • <i>Lechuga</i> | | • Fruta | | • Fruta | |
| • Yogur | | • Fruta | | • Fruta | | • Fruta | | • Fruta | |
| Prot: 19 g - Gras: 33 g - Hidr: 83 g - Kcal: 685 | | Prot: 36 g - Gras: 25 g - Hidr: 74 g - Kcal: 646 | | Prot: 23 g - Gras: 29 g - Hidr: 68 g - Kcal: 607 | | Prot: 38 g - Gras: 31 g - Hidr: 65 g - Kcal: 676 | | Prot: 27 g - Gras: 18 g - Hidr: 109 g - Kcal: 685 | |

| 30 | Lunes | 31 | martes |
|--|-------|--|--------|
| • Sopa de cocido | | • Coditos con atún | |
| • Filete de abadejo rebozado <i>Mahonesa</i> | | • Salchichas frescas | |
| • Bizcocho de mermelada | | • <i>Lechuga</i> | |
| Prot: 31 g - Gras: 39 g - Hidr: 60 g - Kcal: 704 | | Prot: 34 g - Gras: 27 g - Hidr: 95 g - Kcal: 735 | |



| 02 | monday | 03 | tuesday | 04 | wednesday | 05 | thursday | 06 | friday |
|--|--------|---|---------|---|-----------|---|----------|---|--------|
| • Macaroni with Tomato Sauce | | • Vegetable Purée | | • Rice Salad | | • Lentils with Vegetables | | • Fish Soup | |
| • Batter-Coated Grenadier Fillet | | • Veal Steak in Sauce | | • Pork Loin in Vegetable Sauce | | • Ajoarriero Cod | | • Garlic Breaded Chicken Fillet | |
| • <i>Lettuce</i> | | • Fruit | | • Fruit | | • Fruit | | • Yoghurt | |
| Prot: 34 g - Fat: 28 g - Carb: 100 g - Kcal: 762 | | Prot: 31 g - Fat: 26 g - Carb: 63 g - Kcal: 591 | | Prot: 33 g - Fat: 34 g - Carb: 80 g - Kcal: 745 | | Prot: 38 g - Fat: 18 g - Carb: 82 g - Kcal: 623 | | Prot: 38 g - Fat: 35 g - Carb: 63 g - Kcal: 703 | |

| 09 | monday | 10 | tuesday | 11 | wednesday | 12 | thursday | 13 | friday |
|---|--------|---|---------|--|-----------|---|----------|---|--------|
| • Swiss-Chard with Sauté | | • Chickpeas with Carrot and Garlic Sauté | | • Yang Zhou Rice | | • Round Green Beans with Potatoes | | • White Beans with Pepper and Carrot | |
| • Ribereña Stew | | • Hake Fillet in Piquillo-Pepper Sauce | | • Roast Chicken Leg | | • Veal Steak in Hunter Sauce | | • Batter-Coated Hake Fillet | |
| • Fruit | | • Fruit | | • Ice Cream | | • Yoghurt | | • <i>Lettuce and Corn</i> | |
| Prot: 25 g - Fat: 29 g - Carb: 54 g - Kcal: 566 | | Prot: 30 g - Fat: 24 g - Carb: 69 g - Kcal: 591 | | Prot: 29 g - Fat: 25 g - Carb: 100 g - Kcal: 712 | | Prot: 32 g - Fat: 37 g - Carb: 58 g - Kcal: 678 | | Prot: 33 g - Fat: 23 g - Carb: 83 g - Kcal: 651 | |

| 16 | monday | 17 | tuesday | 18 | wednesday | 19 | thursday | 20 | friday |
|---|--------|---|---------|---|-----------|---|----------|---|--------|
| • Potatoe and Tuna Salad | | • Spaghetti with Tomato Sauce | | • Zucchini and Leek Cream Soup | | • White Beans Pocha Style | | • Green Beans with Potatoes | |
| • Lentils with Rice | | • Oven-Baked Hake Fillet | | • Spanish Omelette | | • Pork Loin in Orange Sauce | | • Batter-Coated Dab Fillet | |
| • Yoghurt | | • <i>Vegetables</i> | | • Fruit | | • Fruit | | • <i>Lettuce and Corn</i> | |
| Prot: 25 g - Fat: 21 g - Carb: 87 g - Kcal: 622 | | Prot: 25 g - Fat: 18 g - Carb: 95 g - Kcal: 619 | | Prot: 17 g - Fat: 32 g - Carb: 63 g - Kcal: 604 | | Prot: 37 g - Fat: 25 g - Carb: 82 g - Kcal: 684 | | Prot: 32 g - Fat: 39 g - Carb: 58 g - Kcal: 610 | |

| 23 | monday | 24 | tuesday | 25 | wednesday | 26 | thursday | 27 | friday |
|---|--------|---|---------|---|-----------|---|----------|--|--------|
| • Borage with Sauté | | • Simple Chickpeas | | • Carrot Cream Soup | | • Potatoes Riojana Style | | • Rice with Tomato Sauce | |
| • Cod Croquettes | | • Pork Loin with Homemade Tomato Sauce | | • Veal Stew | | • Hake Fillet | | • Chicken with Vegetables | |
| • <i>Lechuga and Olives</i> | | • Fruit | | • Fruit | | • Fruit | | • Fruit | |
| • Yoghurt | | • Fruit | | • Fruit | | • Fruit | | • Fruit | |
| Prot: 19 g - Fat: 33 g - Carb: 83 g - Kcal: 685 | | Prot: 36 g - Fat: 25 g - Carb: 74 g - Kcal: 646 | | Prot: 23 g - Fat: 29 g - Carb: 68 g - Kcal: 607 | | Prot: 38 g - Fat: 31 g - Carb: 65 g - Kcal: 676 | | Prot: 27 g - Fat: 18 g - Carb: 109 g - Kcal: 685 | |

| 30 | monday | 31 | tuesday |
|---|--------|---|---------|
| • Stew Soup | | • Elbow Pasta with Tomato Sauce | |
| • Batter-Coated Pollock Fillet | | • Fresh Sausages | |
| • <i>Mayonnaise</i> | | • <i>Lettuce</i> | |
| • Jam Cake | | • Fruit | |
| Prot: 31 g - Fat: 39 g - Carb: 60 g - Kcal: 704 | | Prot: 34 g - Fat: 27 g - Carb: 95 g - Kcal: 735 | |



Estos menús han sido revisados y aprobados por profesionales con formación en Nutrición Humana y Dietética. La calibración nutricional expresada aquí corresponde a las raciones servidas a niños de 7 a 12 años. En el comedor se sirven las cantidades acordadas a niños menores y mayores, lo cual modifica la calibración de cada franja de edad ajustándose así a sus necesidades. El menú incluye agua y pan.

| 06 | Lunes | 07 | martes | 08 | miércoles | 09 | Jueves | 10 | viernes |
|--|-------|--|--------|--|-----------|---|--------|--|---------|
| • Lentejas con puerro y zanahoria | | • Judía verde redonda con patatas | | • Alubia blanca con pimiento y zanahoria | | • Crema de verduras | | • Espirales con tomate | |
| • Bacalao al ajoarriero | | • Filete de ternera en salsa cazadora | | • Filete de merluza rebozado | | • Paella de pollo | | • Lomo en salsa de verduras | |
| • Fruta | | • Fruta | | • Fruta | | • Fruta | | • Fruta | |
| Prot: 37 g - Gras: 27 g - Hidr: 78 g - Kcal: 681 | | Prot: 32 g - Gras: 37 g - Hidr: 58 g - Kcal: 678 | | Prot: 33 g - Gras: 23 g - Hidr: 83 g - Kcal: 651 | | Prot: 21 g - Gras: 18 g - Hidr: 102 g - Kcal: 632 | | Prot: 30 g - Gras: 26 g - Hidr: 86 g - Kcal: 692 | |

| 13 | Lunes | 14 | martes | 15 | miércoles | 16 | Jueves | 17 | viernes |
|--|-------|---|--------|--|-----------|--|--------|--|---------|
| • Crema de calabacín | | • Arroz con tomate | | • Garbanzos con zanahoria y refrito de ajo | | • Sopa de pollo con fideos ecológicos | | • Borraja con refrito | |
| • San Marino | | • Pollo en salsa de ciruelas | | • Filete de merluza en salsa de piquillos | | • Escalope | | • Filete ruso con champiñones | |
| • Piña en su jugo | | • Fruta | | • Fruta | | • Actimel | | • Fruta | |
| Prot: 15 g - Gras: 35 g - Hidr: 70 g - Kcal: 648 | | Prot: 28 g - Gras: 22 g - Hidr: 106 g - Kcal: 709 | | Prot: 30 g - Gras: 24 g - Hidr: 69 g - Kcal: 591 | | Prot: 30 g - Gras: 28 g - Hidr: 54 g - Kcal: 578 | | Prot: 25 g - Gras: 29 g - Hidr: 54 g - Kcal: 571 | |

| 20 | Lunes | 21 | martes | 22 | miércoles | 23 | Jueves | 24 | viernes |
|--|-------|--|--------|--|-----------|--|--------|---|---------|
| • Judía verde casera | | • Lentejas estofadas | | • Puré de verduras | | • Alubia pinta con verduras | | • Macarrones integrales con tomate | |
| • Bonito con tomate | | • Lomo empanado | | • Guisado de ternera | | • Muslo de pollo asado | | • Filete de granadero rebozado | |
| • Fruta | | • <i>Lechuga</i> | | • Fruta | | • <i>Lechuga</i> | | • <i>Lechuga</i> | |
| Prot: 22 g - Gras: 28 g - Hidr: 59 g - Kcal: 570 | | Prot: 38 g - Gras: 28 g - Hidr: 80 g - Kcal: 717 | | Prot: 37 g - Gras: 35 g - Hidr: 68 g - Kcal: 724 | | Prot: 48 g - Gras: 18 g - Hidr: 78 g - Kcal: 647 | | Prot: 29 g - Gras: 29 g - Hidr: 106 g - Kcal: 774 | |

| 27 | Lunes | 28 | martes | 29 | miércoles | 30 | Jueves |
|--|-------|---|--------|--|-----------|----------------------|--------|
| • Patatas en salsa verde | | • Arroz tres delicias | | • Puré de verduras | | • Garbanzos viudos | |
| • Filete braseado | | • Filete de merluza al horno | | • Guisado de ternera | | • Croquetas de jamón | |
| • <i>Lechuga</i> | | • <i>Verduras</i> | | • Fruta | | • <i>Lechuga</i> | |
| • Fruta | | • Fruta | | • Fruta | | • Fruta | |
| Prot: 31 g - Gras: 21 g - Hidr: 72 g - Kcal: 588 | | Prot: 24 g - Gras: 17 g - Hidr: 104 g - Kcal: 642 | | Prot: 15 g - Gras: 44 g - Hidr: 87 g - Kcal: 790 | | | |



| 06 | monday | 07 | tuesday | 08 | wednesday | 09 | thursday | 10 | friday |
|---|--------|---|---------|---|-----------|--|----------|---|--------|
| • Lentils with Leeks and Carrot | | • Round Green Beans with Potatoes | | • White Beans with Pepper and Carrot | | • Vegetable Cream Soup | | • Spiral with Tomato Sauce | |
| • Ajoarriero Cod | | • Veal Steak in Hunter Sauce | | • Batter-Coated Hake Fillet | | • Chicken Paella | | • Pork Loin in Vegetable Sauce | |
| • Fruit | | • Yoghurt | | • Fruit | | • Fruit | | • Fruit | |
| Prot: 37 g - Fat: 27 - Carb: 78 g - Kcal: 681 | | Prot: 32 g - Fat: 37 g - Carb: 58 g - Kcal: 678 | | Prot: 33 g - Fat: 23 g - Carb: 83 g - Kcal: 651 | | Prot: 21 g - Fat: 18 g - Carb: 102 g - Kcal: 632 | | Prot: 30 g - Fat: 26 g - Carb: 86 g - Kcal: 692 | |

| 13 | monday | 14 | tuesday | 15 | wednesday | 16 | thursday | 17 | friday |
|---|--------|--|---------|---|-----------|---|----------|---|--------|
| • Zucchini Cream Soup | | • Rice with Tomato Sauce | | • Chickpeas with Carrot and Garlic Sauté | | • Chicken Soup with Organic Noodles | | • Borage with Sauté | |
| • San Marino | | • Chicken in Plum Sauce | | • Hake Fillet in Piquillo-Pepper Sauce | | • Escalope | | • Russian Steak with Mushrooms | |
| • Pineapple in its own juice | | • Fruit | | • Fruit | | • <i>Red Peppers</i> | | • Fruit | |
| Prot: 15 g - Fat: 35 g - Carb: 70 g - Kcal: 648 | | Prot: 28 g - Fat: 22 g - Carb: 106 g - Kcal: 709 | | Prot: 30 g - Fat: 24 g - Carb: 69 g - Kcal: 591 | | Prot: 30 g - Fat: 28 g - Carb: 54 g - Kcal: 578 | | Prot: 25 g - Fat: 29 g - Carb: 54 g - Kcal: 571 | |

| 20 | monday | 21 | tuesday | 22 | wednesday | 23 | thursday | 24 | friday |
|---|--------|---|---------|---|-----------|---|----------|--|--------|
| • Homemade Green Beans | | • Stewed Lentils | | • Vegetable Purée | | • Red Beans with Vegetables | | • Whole Macaroni with Tomato Sauce | |
| • Tuna with Tomato Sauce | | • Breaded Pork Loin | | • Veal Stew | | • Batter-Coated Grenadier Fillet | | • Batter-Coated Grenadier Fillet | |
| • Fruit | | • <i>Lettuce</i> | | • Fruit | | • Yoghurt | | • Fruit | |
| Prot: 22 g - Fat: 28 g - Carb: 59 g - Kcal: 570 | | Prot: 38 g - Fat: 28 g - Carb: 80 g - Kcal: 717 | | Prot: 37 g - Fat: 35 g - Carb: 68 g - Kcal: 724 | | Prot: 48 g - Fat: 18 g - Carb: 78 g - Kcal: 647 | | Prot: 29 g - Fat: 29 g - Carb: 106 g - Kcal: 774 | |

| 27 | monday | 28 | tuesday | 29 | wednesday | 30 | thursday |
|---|--------|--|---------|--|-----------|--------------------|----------|
| • Potatoes in Green Sauce | | • Yang Zhou Rice | | • Puré de verduras | | • Simple Chickpeas | |
| • Braised Fillet | | • Oven-Baked Hake Fillet | | • Guisado de ternera | | • Ham Croquettes | |
| • <i>Lettuce</i> | | • <i>Vegetables</i> | | • Fruta | | • <i>Lettuce</i> | |
| • Fruit | | • Fruit | | • Fruit | | • Fruit | |
| Prot: 31 g - Fat: 21 g - Carb: 72 g - Kcal: 588 | | Prot: 24 g - Fat: 17 g - Carb: 104 g - Kcal: 642 | | Prot: 15 g - Gras: 44 g - Carb: 87 g - Kcal: 790 | | | |

These menus have been revised and approved by professionals trained in Human Nutrition and Dietetics. The nutritional values expressed correspond to the portions served to children aged 7 to 12. In the dining-room, quantities are served depending on whether the children are younger or older, which therefore modifies the calibration of each age group, adapting to their needs. The menu includes water and bread.

| 04 | Lunes | 05 | martes | 06 | miércoles | 07 | Jueves | 08 | viernes |
|--|-------|--|--------|--|-----------|--|--------|--|---------|
| • Alubia pinta | | • Judía verde con patatas | | • Lentejas Pardinas | | • Crema de brocoli | | • Garbanzos con zanahoria y refrito de ajo | |
| • Pollo al ajillo | | • Filete de pollo en salsa | | • Escalope | | • Hamburguesas con tomate | | • Bacalao al ajoarriero | |
| • <i>Patatas chips</i> | | • Fruta | | • <i>Pimientos rojos</i> | | • Yogur | | • <i>Lechuga</i> | |
| • Fruta | | • Fruta | | • Fruta | | • Fruta | | • Fruta | |
| Prot: 37 g - Gras: 21 g - Hidr: 81 g - Kcal: 646 | | Prot: 35 g - Gras: 33 g - Hidr: 56 g - Kcal: 651 | | Prot: 40 g - Gras: 24 g - Hidr: 76 g - Kcal: 657 | | Prot: 29 g - Gras: 39 g - Hidr: 67 g - Kcal: 724 | | Prot: 37 g - Gras: 33 g - Hidr: 85 g - Kcal: 762 | |

| 11 | Lunes | 12 | martes | 13 | miércoles |
|----|-------|----|--------|----|-----------|
|----|-------|----|--------|----|-----------|