



C. Madre de Dios

SEPTIEMBRE 2010

Lunes
Monday

Martes
Tuesday

Miércoles
Wednesday

Jueves
Thursday

Viernes
Friday

6
ESPIRALES A LA NAPOLITANA
NEAPOLITAN SPIRALS

VARITAS DE MERLUZA CON CALABACIN
BAKED HOKI WITH COURGETTE

LACTEO-LACTEAL
PAN BREAD

461 Kcal

13
CREMA DE PUERROS
LEEK CREAM

CINTA DE LOMO EN SALSA CON ZANAHORIA
LOMO TAPE IN SAUCE WITH CARROTS

LACTEO-LACTEAL
PAN - BREAD

626 Kcal

20
PURRUSALDA
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SALCHICHAS FRANKFURT CON MAIZ
PORK SAUSAGE WITH CORN

LACTEO-LACTEAL
PAN - BREAD

625 Kcal

27
CREMA DE ESPINACAS
CREAM OF SPINACH

FILETES RUSOS CON SALSA DE TOMATE
HAMBURGUER WITH NATURAL TOMATO

LACTEO-LACTEAL
PAN - BREAD

625 Kcal

7
LENTEJAS GUISADAS CON VERDURAS
LENTILS COOKED WITH VEGETABLES

MUSLITOS DE POLLO EN PEPIORIA CON ARROZ
CHICKEN STEAK WITH NATURAL TOMATO

FRUTA-FRUIT
PAN-BREAD

449 Kcal

14
CODITOS CON TOMATE Y CHORIZO
NOODLE WITH TOMATE AND SAUSAGE

ROMBOS DE MERLUZA CON ENSALADA
PIECE HAKE WITH SALAD

FRUTA-FRUIT
PAN - BREAD

626 Kcal

21
FIDEUA CON VERDURAS Y POLLO
FIDEUA WITH VEGETABLES AND CHICKEN

TORTILLA FRANCESA CON CALABACIN
COURGETTE OMELETTE

FRUTA-FRUIT
PAN - BREAD

625 Kcal

28
ARROZ CON TOMATE
RICE WITH TOMATO

ESCALOPE DE POLLO CON ENSALADA
CHIKEN STEAK IN BREADCRUMBS WITH SALAD

FRUTA-FRUIT
PAN - BREAD

625 Kcal

1
FIDEUA CON CALAMAR Y MEJILLONES
FIDEUA WITH SQUIDS AND MUSSELS

SAN JACOBO DE JAMÓN Y QUESO CON VERDURAS
HAM AND CHEESE "SAN JACOBO"

FRUTA FRUIT
PAN BREAD

694 Kcal.

8
JUDIAS VERDES CON SALSA DE TOMATE (PURE)
GREEN BEANS WITH TOMATO SAUCE

TORTILLA PATATA CON YORK
SPANISH OMELET WITH COOKED HAM

FRUTA - FRUIT
PAN BREAD

521 Kcal.
617 Kcal. 461 Kcal. 460 Kcal.

15
LENTEJAS CON CHORIZO
LENTILS WITH SAUSAGES

POLLO A ASADO AL LIMON CON PATATA CUADRO
ROASTED LEMON CHICKEN WITH POTATOE

FRUTA - FRUIT
PAN - BREAD

644 Kcal

22
SOPA DE COCIDO
STEW SOUP

COCIDO COMPLETO

FRUTA - FRUIT
PAN - BREAD

648 Kcal.

29
PATATAS A LA RIOJANA
POTATOES A LA RIOJANA

CROQUETAS DE BACALAO CON CALABACIN
BAKED HOKI WITH COURGETTE

FRUTA - FRUIT
PAN - BREAD

673 Kcal.

2
JUDIAS BLANCAS CON PATATAS, ZANAHORIAS Y CHORIZO
STEWED HARICOT BEANS

PORCIÓN DE MERLUZA REBOZADA Y GUISANTES
BAKED COD FILLET WITH PEAS AND CARROTS

LACTEO LACTEAL
PAN BREAD

458 Kcal.

9
SOPA DE LETRAS
STEW SOUP

HAMBURGUESA EN SALSA CON ENSALADA
HAMBURGUER IN SAUCE WITH SALAD

LACTEO-LACTEAL
PAN BREAD

603 KCAL

16
ARROZ CON TOMATE
RICE WITH TOMATO

SAN JACOBO C/ CHIPS
HAM & CHEESE "SAN JACOBO"

LACTEO-LACTEAL
PAN - BREAD

748 Kcal

23
CREMA DE VERDURAS
CREAM OF VEGETABLES

VARITAS DE MERLUZA CON PATATAS
HAKE IN BREADCRUMBS WITH POTATOES

LACTEO - LACTEAL
PAN - BREAD

673 Kcal

30
JUDIAS PINTAS CON VERDURAS

CINTA DE LOMO EN SALSA CON PATATA CUADRO
PORK LOIN SLICES SAUCE WITH POTATOE

LACTEO - LACTEAL
PAN - BREAD

662 Kcal.

3
SOPA DE PICADILLO
PICADILLO SOUP (WITH HAM, CHIKEN)

ALBONDIGAS EN SALSA CON PATATA Y VERDURA
MEATBALL IN SAUCE WITH VEGETABLES AND POTATOES

FRUTA FRUIT
PAN BREAD

453 Kcal.

10
CREMA DE VERDURAS
VEGETABLES CREAM

SALCHICHAS FRESCAS CON PURE DE PATATAS
SAUSAGE WITH POTATOES PUREE

FRUTA- FRUIT
PAN BREAD

563 Kcal.

17
MENESTRA DE VERDURAS (PURE)

PORCIONES MERLUZA CON TOMATE NATURAL
TUNA WITH TOMATOE

FRUTA - FRUIT
PAN - BREAD

621 Kcal

24
MACARRONES CON TOMATE
MACARONI WITH TOMATO

JAMONCITOS DE POLLO CON VERDURAS
CHIKEN HAMS WITH VEGETABLES

FRUTA - FRUIT
PAN - BREAD

673 Kcal

