



C. Madre de Dios

MARZO 2011

Lunes

Martes

Miércoles

Jueves

Viernes

1
ARROZ A LA MURCIANA
RICE MURCIANA

FILETE RUSO EN SALSA CD N
PATATA DADO FRUTA
HAM BURGER JIN SAUCE WITH
POTATOES

FRUTA-FRUIT
PAN-BREAD

687 Kcal.
P: 31 H: 48 L: 26 G: 5

2
CREMA DE CALABACIN
COURGLETTE CREAM

ATUN ENCEBO LIADO CD N
ZANA-HORJAS
TUNA WITH ONIONS AND
CARROTS

FRUTA-FRUIT
PAN-BREAD

676 Kcal.
P: 28 H: 45 L: 28 G: 5

3
JUDIAS VERDES A LA
PORTUGUESA
GREEN BEANS PORTUGUESA

JAHONCITOS DE POLLO AL
CURRY CD N PATATA COCIDA
CHICKEN WITH CURRY AND
BOILED POTATOE

YOGURT-YOGURT
PAN-BREAD

699 Kcal.
P: 14 H: 37 L: 46 G: 10

4
MACARRONES CD NATUN
MACARONI WITH TUNA

MERO EN SALSA CD N
VERDURAS
MERO JIN SAUCE WITH
VEGETABLES

FRUTA-FRUIT
PAN-BREAD

651 Kcal.
P: 12 H: 56 L: 30 G: 6

7
CREMA SAN GERMAN
SANGERMAN CREAM

SALCHICHAS FRANKFURT CD N
TOMATE Y ZANA-HORJA
FRANKFURT SAUSAGE WITH
TOMATO AND CARROT

FLAN-FLAN
PAN-BREAD

688 Kcal.
P: 9 H: 55 L: 33 G: 5

11
ARROZ CON TOMATE
RICE WITH TOMATO SAUCE

POLLO ASADO CD N PATATAS
ROAST CHICKEN WITH
POTATOES

FRUTA-FRUIT
PAN-BREAD

668 Kcal.
P: 20 HC: 37 P: 20 G: 9

9
JUDIAS BLANCAS CD N
VERDURAS
HARICOT BEANS WITH
VEGETABLES

EM PANADILLAS DE ATUN CD N
ENSALADA
TUNA PASTIES WITH SALAD

FRUTA-FRUIT
PAN-BREAD

668 Kcal.
P: 19 H: 37 L: 42 G: 12

10
PATATAS GUISADAS A LA
RIOJANA
BAKED POTATOES

ALBONDIGAS A LA JARDINERA
MEATBALLS WITH VEGETABLES

NATILLAS-NATILLAS
PAN-BREAD

690 Kcal.
P: 18 H: 51 L: 27 G: 7

11
ESPINACAS CD N TOMATE Y
QUESO
PASTA WITH TOMATO AND
CHEESE

FILETE DE MERLUZA AL HORNO
CD N PATATA ESPANOLA
BAKED HAKE FILLET WITH
SPANISH POTATOE

FRUTA-FRUIT
PAN-BREAD

698 Kcal.
P: 16,5 H: 39,7 L: 42,4 G: 10

14
FIDEUA AJICANTINA
FIDEUA AJICANTINA

TORTILLA ESPANOLA GUISADA
SPANISH OMELETTE JIN SAUCE

YOGURT-YOGURT
PAN-BREAD

630 Kcal.
P: 18 H: 51 L: 27 G: 7

15
CREMA DE VERDURAS
VEGETABLES CREAM

HAMBURGUESA EN SALSA CD N
PATATA DADO HERVIDA
HAM BURGER JIN SAUCE WITH
BOILED POTATOE

FRUTA-FRUIT
PAN-BREAD

668 Kcal.
P: 20 H: 37 L: 20 G: 9

16
ARROZ CON VERDURAS
RICE WITH VEGETABLES

PANGA AL HORNO CD N
VERDURAS
BAKED FISH WITH VEGETABLES

FRUTA-FRUIT
PAN-BREAD

693 Kcal.
P: 18 H: 46 L: 30 G: 5

17
SO PA DE COCIDO
STEW SOUP

COCIDO COMPLETO CD N
GARBANZOS, CHORIZO,
MORCILLON, PATATA Y
VERDURA,
STEW WITH CHICK PEBAS,
CHORIZO, MEAT AND POTATOE

FLAN-FLAN
PAN-BREAD

648 Kcal.
P: 18 HC: 44 L: 36 G: 9

18
MENESTRA DE VERDURAS
MIXED VEGETABLES

RODAJA DE MERLUZA
REBOZADA CD N CACHEIRO
GALLBGA
HAKES JUICE WITH POTATOE

FRUTA-FRUIT
PAN-BREAD

643 Kcal.
P: 17 H: 40 L: 33 G: 8

21
LENTEJAS CD N VERDURAS
LENTILS WITH VEGETABLES

MUSITOS DE POLLO AL AJILLO
CD N ZANA-HORJAS
CHICKEN WITH GARLIC AND
CARROTS

NATILLAS-NATILLAS
PAN-BREAD

638 Kcal.
P: 16 H: 56 L: 26 G: 4

22
ARROZ CUATRO DELICIAS
CHINESE RICE

ROMBOS DE MERLUZA CD N
DADOS DE CALABACIN
HAKE JIN BREADCRUMBS WITH
COURGLETTE

FRUTA-FRUIT
PAN-BREAD

697 Kcal.
P: 20 H: 47 L: 30 G: 9

23
COCIDITOS A LA BOLONESA
PASTA WITH TOMATO SAUCE

CINTA DE LOMO AL HORNO
CD N PATATA VAPOR
PORK WITH BOILED POTATOE

FRUTA-FRUIT
PAN-BREAD

662 Kcal.
P: 16 H: 51 L: 31 G: 7

24
JUDIAS VERDES CD N TOMATE
GREEN BEANS WITH TOMATO

TORTILLA ESPANOLA CD N
VERDURAS
SPANISH OMELETTE WITH
VEGETABLES

YOGURT-YOGURT
PAN-BREAD

695 Kcal.
P: 20 H: 44 L: 33 G: 7

25
SO PA DE LLUVIA
SOUP COOKED

FILETE DE POGONERO AL
HORNO CD N PATATA ESPANOLA
FISH WITH SPANISH POTATOE

FRUTA-FRUIT
PAN-BREAD

639 Kcal.
P: 10 H: 50 L: 40 G: 10

28
MARITAKO
MARITAKO

ALBONDIGAS CD N VERDURAS
MEATBALLS WITH VEGETABLES

FLAN-FLAN
PAN-BREAD

693 Kcal.
P: 20 H: 50 L: 30 G: 10

29
LENTEJAS CD N CHORIZO
LENTILS WITH SAUSAGE

ROTTI DE PAVO CD N PATATAS
TURKEY RACED UP WITH
POTATOES

FRUTA-FRUIT
PAN-BREAD

638 Kcal.
P: 16 H: 56 L: 26 G: 4

30
CREMA DE CALABACIN
COURGLETTE CREAM

PANGA A LA MARINERA
FISH WITH SOUES

FRUTA-FRUIT
PAN-BREAD

630 Kcal.
P: 18 H: 51 L: 27 G: 7

31
SO PA DE COCIDO
STEW SOUP

COCIDO COMPLETO CD N
GARBANZOS, CHORIZO,
MORCILLON, PATATA Y
VERDURA,
STEW WITH CHICK PEBAS,
CHORIZO, MEAT AND POTATOE

NATILLAS-NATILLAS
PAN-BREAD

648 Kcal.
P: 18 HC: 44 L: 36 G: 9