



C. Madre de Dios

MARZO 2011

Lunes

Martes

Miércoles

Jueves

Viernes

1
ARROZ A LA MURCINA
MURCIANA RICE
FILETE RUSO EN SALSA CD N
PATATA DADO FRUTA
MINCED STEAKS COATED IN
EGG & BREADCRUMBS AND
FRIED POTATOES
FRUTA-FRUIT
PAN-BREAD
687 Kcal.
P: 31 H: 48 L: 26 G: 5

2
CREMA DE CALABACIN
COURGLETTE CREAM
VARITAS CD N ZANAHORJAS
FISH FINGERS WITH CARROTS
FRUTA-FRUIT
PAN-BREAD
676 Kcal.
P: 28 H: 45 L: 28 G: 5

3
JUDIAS VERDES A LA
PORTUGUESA
PORTUGUESA GREEN BEANS
JAMO NCITOS DE POLLO AL
CURRY CD N PATATA COCIDA
CURRIED CHIKEN HAMS WITH
BOILED POTATOES
YOGURT-YOGURT
PAN-BREAD
699 Kcal.
P: 19 H: 37 L: 46 G: 10

4
MACARRONES CD N ATUN
MACARONI WITH TUNA
PO RCIÓN DE MERLUZA CD N
VERDURAS
HAKE WITH VEGETABLES
FRUTA-FRUIT
PAN-BREAD
651 Kcal.
P: 12 H: 56 L: 30 G: 6

7
CREMA SANGERMAN
SANGERMAN CREAM
SALCHICHAS FRANKFURT CD N
TOMATE Y ZANAHORIA
FRANKFURT SAUSAGE WITH
TOMATO AND CARROT
FLAN-CARAMEL
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 CHIKEN WITH
POTATOES
FRUTA-FRUIT
PAN-BREAD
688 Kcal.
P: 20 H: 37 P: 20 G: 9

9
JUDIAS BLANCAS CD N
VERDURAS
HARICOT BEANS WITH
VEGETABLES
EMPANADILLAS DE ATUN CD N
ENSALADA
TUNA PATTIES WITH SALAD
FRUTA-FRUIT
PAN-BREAD
688 Kcal.
P: 19 H: 37 L: 42 G: 12

10
PATATAS GUISADAS A LA
RIOJANA
POTATOES COOKED
ALBONDIGAS A LA JARDINERA
MEATBALLS WITH VEGETABLES
NATI LLAS CUSTARD
PAN-BREAD
690 Kcal.
P: 18 H: 51 L: 27 G: 7

11
ESPINACAS CD N TOMATE Y
QUESO
PASTA WITH TOMATO SAUCE
AND CHEESE
ROMBO DE MERLUZA CD N
PATATA ESPAÑOLA
RICE OF HAKE WITH SPANISH
POTATOES
FRUTA-FRUIT
PAN-BREAD
698 Kcal.
P: 16 H: 38 L: 42 G: 10

14
FIDEUA ALICANTINA
FIDEUA
TORTILLA ESPAÑOLA GUISADA
SPANISH OMELETTE
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
HAMBURGER IN SAUCE WITH
BOILED POTATOES
FRUTA-FRUIT
PAN-BREAD
688 Kcal.
P: 20 H: 37 L: 20 G: 9

16
ARROZ CON VERDURAS
RICE WITH VEGETABLES
CROQUETAS DE BACALAO CD N
PATATA DADO
CROQUETTES 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,
MORCILLO, PATATA Y
VERDURA.
STEW WITH CHICK PENS,
CHORIZO, MEAT AND POTATO
FLAN-CARAMEL
PAN-BREAD
698 Kcal.
P: 18 H: 44 L: 36 G: 9

18
MENESTRA DE VERDURAS
MIXED VEGETABLES
RODAJA DE MERLUZA
REBOZADA CD N CACHEIRO
GALLBLGA
BATTERED HAKE WITH POTATO
FRUTA-FRUIT
PAN-BREAD
693 Kcal.
P: 17 H: 40 L: 39 G: 8

21
LENTEJAS CD N VERDURAS
LENTILS WITH VEGETABLES
MUSITOS DE POLLO AL AJILLO
CON ZANAHORJAS
GARLIC CHIKEN HAMS WITH
CARROTS
NATI LLAS CUSTARD
PAN-BREAD
632 Kcal.
P: 16 H: 56 L: 26 G: 4

22
ARROZ CUATRO DELICIAS
RICE
ROMBOS DE MERLUZA CD N
DADOS DE CALABACIN
HAKE WITH COURGLETTE
FRUTA-FRUIT
PAN-BREAD
697 Kcal.
P: 20 H: 47 L: 30 G: 9

23
COCIDOS A LA BOLONESA
PASTA WITH TOMATO SAUCE
CINTA DE LOMO AL HORNO
CD N PATATA VARDA
BAKED PORK LOIN SLICES
WITH BOILED POTATOES
FRUTA-FRUIT
PAN-BREAD
682 Kcal.
P: 16 H: 51 L: 31 G: 7

24
JUDIAS VERDES CD N TOMATE
GREEN BEANS WITH TOMATO
SAUCE
TORTILLA ESPAÑOLA 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
VARITAS CD N PATATA
ESPANOLA
FISH FINGERS WITH SPANISH
POTATO
FRUTA-FRUIT
PAN-BREAD
639 Kcal.
P: 10 H: 50 L: 40 G: 10

28
MARJITAO
MARJITAO
ALBONDIGAS CD N VERDURAS
MEATBALLS WITH VEGETABLES
FLAN-CARAMEL
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 RACIUT WITH
POTATOES
FRUTA-FRUIT
PAN-BREAD
638 Kcal.
P: 16 H: 56 L: 26 G: 4

30
CREMA DE CALABACIN
COURGLETTE CREAM
PO RCIÓN DE MERLUZA CON
DADOS DE CALABACIN
HAKE WITH COURGLETTE
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,
MORCILLO, PATATA Y
VERDURA.
STEW WITH CHICK PENS,
CHORIZO, MEAT AND POTATO
NATI LLAS CUSTARD
PAN-BREAD
698 Kcal.
P: 18 H: 44 L: 36 G: 9