

SEASONAL FRUITS: Cherry, Bananas, Peach, Apple, Pineapple, Watermelon, Melon


MONDAY / LUNES

TUESDAY / MARTES

WEDNESDAY / MIÉRCOLES

THURSDAY / JUEVES

FRIDAY / VIERNES

27  **Ensalada de lechugas variadas, aceitunas y cherrys**
Salad with assorted lettuce, olives and cherrys


Arroz a la cubana (tomate y huevo)
Cuban rice

Capricho de calamar con mayonesa
Whim of squid with mayonnaise

Fruta
Fruit

KCal 868,394 Prot 23,865g Ca 167,237mg Fe 5,624mg
HdC 114,570g Lip 35,385g VitA 0,514mg VitB12 1,247mg

CENA/DINNER:
Crema de calabaza/Carne roja magra/Fruta
Pumpkin cream/Lean red meat/Fruit

28  **Ensalada Tropical**
Tropical salad


Lentejas con verduras
Lentils with vegetables

Lomo de cerdo a la plancha con patatas
Loin escalope with potatoes

Fruta
Fruit

KCal 885,201 Prot 44,708g Ca 126,139mg Fe 10,826mg
HdC 98,281g Lip 46,399g VitA 0,620mg VitB12 1,656mg

CENA/DINNER:
Patatas cocidas/Pescado blanco /Fruta
Cooked potatoes/Whitefish/Fruit

29  **Hummus de garbanzos con nachos**
Chickpea hummus with nachos

Lacitos a la carbonara (bacon, champiñón, nata)
Pasta carbonara (bacon, mushrooms, cream)

Tortilla francesa con ensalada
French omelette with fresh vegetable salad

Lácteo
Dairy

KCal 822,913 Prot 35,465g Ca 356,007mg Fe 5,537mg
HdC 104,138g Lip 58,643g VitA 0,814mg VitB12 1,591mg

CENA/DINNER:
Chips de boniato al horno/Carne blanca/Fruta
Roasted sweet potato chips/White meat/Fruit

30  **Ensalada de verduras de temporada**
Seasonal vegetable salad


Fideuá de pescado y marisco (fondo de lonja)
Fideua of fish and seafood (fish market fund)

Longanizas con tomate frito
Sausages with tomato

Fruta
Fruit

KCal 822,913 Prot 35,465g Ca 356,007mg Fe 5,537mg
HdC 104,138g Lip 58,643g VitA 0,814mg VitB12 1,591mg

CENA/DINNER:
Calabacín a la plancha /Revuelto de verduras/Fruta
Grilled zucchini/Scrambled eggs with vegetables/Fruit

1  **Tomate natural y queso mozzarella**
Natural tomato and mozzarella cheese

Crema de verduras y legumbres con tostones
Creamed vegetables and legumes with croutons

Entremuslo de pollo plancha con patatas panadera
Grilled chicken and baked potatoes

Helado
Ice Cream

KCal 887,247 Prot 45,343g Ca 354,902mg Fe 6,726mg
HdC 67,020g Lip 48,539g VitA 1,136mg VitB12 4,921mg

CENA/DINNER:
Brócoli al vapor/Pescado blanco /Fruta
Steamed broccoli/Whitefish/Fruit

4  **Tosta de hummus**
Hummus toast


Caracolas boloñesa
Pasta bolognese

Boquerones a la andaluza (harina) con ensalada
Anchovies to the Andalusian (flour) with fresh vegetable salad

Fruta
Fruit

KCal 936,508 Prot 52,407g Ca 229,662mg Fe 8,387mg
HdC 105,949g Lip 46,786g VitA 1,277mg VitB12 25,214mg

CENA/DINNER:
Wok de verduras/Pavo con champiñones/Fruta
Vegetables wok/Turkey with mushrooms/Fruit

5  **J. GASTRONÓMICA MEJICANA**
Guacamole con nachos
MEXICAN GASTRONOMIC DAY Guacamole with nachos

Sopa de albondiguillas
Meatball soup

Fajitas de pollo con verduras
Chicken fajitas with vegetables

Postre
Dessert

KCal 802,124 Prot 36,175g Ca 74,921mg Fe 4,813mg
HdC 95,313g Lip 34,002g VitA 0,695mg VitB12 5,500mg

CENA/DINNER:
Judías verdes salteadas/Pescado azul/Fruta
Sautéed green beans/Bluefish/Fruit

6  **Berenjenas a la miel**
Eggplant and honey

Arroz al horno (garbanzo, costilla, patata, tomate, morcilla)
Baked rice (chickpea, ribs, potato, tomato, black pudding)

Tortilla de queso i pa amb tomaca
Cheese omelette and bread with tomato

Lácteo
Dairy

KCal 972,712 Prot 38,847g Ca 548,843mg Fe 5,989mg
HdC 89,372g Lip 51,179g VitA 1,420mg VitB12 2,163mg

CENA/DINNER:
Tomate relleno /Hamburguesa de soja/Fruta
Stuffed tomato/Soy burgers/Fruit

7  **Ensalada de espinacas, manzana y frutos secos**
Spinach, apple and dried fruit salad


Macarrones en salsa pomodoro (tomate, cebolla, zanahoria, apio y Macaroni in pomodoro sauce (tomato, onion, carrot, celery and basil)

Pollo asado al horno con verduras salteadas
Roasted chicken with sauteed vegetables

Fruta
Fruit

KCal 797,163 Prot 42,482g Ca 181,119mg Fe 6,557mg
HdC 107,679g Lip 22,318g VitA 2,714mg VitB12 13,200mg

CENA/DINNER:
Gaspacho/Sepia en salsa verde/Fruta
Gaspacho/Cuttlefish with green sause/Fruit

8  **Ensalada de verduras de temporada**
Seasonal vegetable salad

Crema de guisantes con mozzarella
Pea cream with mozzarella

Hamburguesa completa con tomate y queso con patatas fritas
Full burger with tomato and cheese with fries

Helado
Ice Cream

KCal 759,214 Prot 23,209g Ca 382,422mg Fe 3,896mg
HdC 85,431g Lip 36,216g VitA 1,175mg VitB12 0,178mg

CENA/DINNER:
Chips de boniato al horno/Tortilla de cebolla/Fruta
Roasted sweet potato chips/Onion omelet/Fruit

11 — **Ensalada de hojas tricolor y kiwi**
Tri-color leaf and kiwi salad

Tabulé de lentejas
Lentils with vegetables

Perrito caliente con patatas
Hot dog with potatoes

Fruta
Fruit

KCal 797,668 Prot 30,047g Ca 168,717mg Fe 7,162mg
HdC 99,782g Lip 31,817g VitA 1,688mg VitB12 0,610mg

CENA/DINNER:
Tostada de brotes con aguacate/Lubina a la sal/Fruta
Toast with avocado and lettuce/Sea bass with salt/Fruit

12 — **Ensalada de verduras de temporada**
Seasonal vegetable salad

Arroz a la milanesa
Milanese rice

Croquetas de la abuela con calabacín a la plancha
Grandma croquettes with grilled zucchini

Fruta
Fruit

KCal 870,457 Prot 22,083g Ca 91,738mg Fe 3,284mg
HdC 101,446g Lip 41,820g VitA 1,189mg VitB12 1,335mg

CENA/DINNER:
Espinacas salteadas/Huevo/Fruta
Sautéed spinach/Egg/Fruit

13 — **Tosta de hummus de garrofón valenciano**
Chickpea hummus toast

Caracolas genovesa
Genovese snails

Salmón a la plancha con patatas
Grilled salmon with potatoes

Lácteo
Dairy

KCal 857,591 Prot 35,216g Ca 220,286mg Fe 4,172mg
HdC 92,913g Lip 51,295g VitA 0,147mg VitB12 5,000mg

CENA/DINNER:
Champiñones gratinados/Albóndigas de pollo/Fruta
Mushroom gratin/Chicken meatballs/Fruit

14 — **Ensalada de lechugas variadas, aceitunas y cherrys**
Salad with assorted lettuce, olives and cherrys

Sopa de cocido (ternera, cerdo, ave) con verduras
Cooked soup (veal, pork, bird) with vegetables

Lomo empanado casero con cous cous
Breaded loin with cous cous

Fruta
Fruit

KCal 874,492 Prot 41,999g Ca 176,387mg Fe 9,048mg
HdC 90,091g Lip 60,020g VitA 1,019mg VitB12 2,289mg

CENA/DINNER:
Mazorca de maíz con sal/Habas rehogadas con ajos
Cob of corn with salt/Broad beans sautéed with tender

15 — **Ensalada de verduras de temporada**
Seasonal vegetable salad

Arroz del senyoret
Fish rice

Pechuga de pollo al ajillo con rodaja de berenjena asada
Chicken breast with garlic with eggplant

Helado
Ice Cream

KCal 826,156 Prot 46,048g Ca 186,570mg Fe 4,288mg
HdC 86,917g Lip 32,772g VitA 0,692mg VitB12 14,451mg

CENA/DINNER:
Crema de puerros/Salmón al papillote/Fruta
Leek cream/Papillote salmon/Fruit

18 — **Gazpacho andaluz con tostones**
"Gazpacho andaluz" with croutons

Ensalada de espirales (atún, maíz, huevo)
Spiral salad with tuna, corn and egg

Ragout de ternera con arroz pilaf
Ragout of meat with pilaf rice

Fruta
Fruit

KCal 966,684 Prot 43,013g Ca 101,142mg Fe 7,725mg
HdC 121,080g Lip 44,962g VitA 0,821mg VitB12 2,374mg

CENA/DINNER:
Zanahoria aliñada con guisantes/Revuelto de ajos
Carrot dressed with peas/Scrambled eggs with garlic/Fruit

19 — **Ensalada de manzana y piña**
Apple and pineapple Salad

Crema de verduras y legumbres
Creamed vegetables and legumes

Escalope de lomo plancha con queso fresco
Scallops back with fresh cheese

Fruta
Fruit

KCal 801,380 Prot 36,158g Ca 185,997mg Fe 8,169mg
HdC 72,532g Lip 57,310g VitA 1,405mg VitB12 2,542mg

CENA/DINNER:
Menestra salteada/Pescado blanco /Fruta
Sautéed mixed vegetable soup/Whitefish/Fruit

20 — **Léchuga, tomate, aceitunas, espárragos, zanahoria**
Lettuce, tomato, olives, asparagus, carrot

Arròs rossejat
"Rossejat" rice (pork, chickpeas, chorizo)

Filete de merluza al horno con verduras en tempura
Baked hake fillet with tempura vegetables

Lácteo
Dairy

KCal 857,673 Prot 37,523g Ca 320,194mg Fe 4,995mg
HdC 78,834g Lip 43,139g VitA 1,253mg VitB12 2,037mg

CENA/DINNER:
Crema de verduras/Berenjena rellena de soja
Creamed vegetables/Textured Soy Stuffed Eggplant/Fruit

21 — **Hummus de garbanzos con nachos**
Chickpea hummus with nachos

Fideuá de pescado y marisco (fondo de lonja)
Fideua of fish and seafood (fish market fund)

Fingers de queso
Cheese fingers

Fruta
Fruit

KCal 989,895 Prot 40,643g Ca 226,008mg Fe 7,178mg
HdC 160,313g Lip 53,550g VitA 0,853mg VitB12 0,403mg

CENA/DINNER:
Tajin de Verduras/Gambas salteadas con setas/Fruta
Vegetables Tagine/Sautéed prawns with mushrooms/Fruit

22 — **Ensalada de verduras de temporada**
Seasonal vegetable salad

Ensalada alemana
Kartoffelsalat

Bacalao rebozado con champiñones
Battered cod with mushrooms

Helado
Ice Cream

KCal 803,580 Prot 25,330g Ca 187,156mg Fe 4,688mg
HdC 89,546g Lip 39,162g VitA 1,061mg VitB12 0,645mg

CENA/DINNER:
Crema de calabacín/Carne blanca/Fruta
Zucchini cream/White meat/Fruit

25 — **Ensalada de lechugas variadas y cítricos**
Mixed lettuce and citrus salad

Noodles estilo japonés
Japonesse noodles

Merluza gratinado provenzal con gnocchis
Provençal hake au gratin with gnocchi

Fruta
Fruit

KCal 751,277 Prot 30,271g Ca 126,764mg Fe 4,246mg
HdC 134,991g Lip 19,935g VitA 0,409mg VitB12 0,576mg

CENA/DINNER:
Cous cous con especias/Espárragos con jamón/Fruta
Spiced cous cous/Asparagus with ham /Fruit

26 — **Ensalada de verduras de temporada**
Seasonal vegetable salad

Crema de verduras
Vegetables cream

Pechuga de pollo a la plancha con maíz salteado
Grilled chicken breast with sauteed corn

Fruta
Fruit

KCal 758,805 Prot 26,726g Ca 105,965mg Fe 4,364mg
HdC 76,503g Lip 39,458g VitA 1,155mg VitB12 8,800mg

CENA/DINNER:
Escalivada/Pescado al limón/Fruta
Escalivada/Grilled fish with lemon/Fruit

27 — **Gazpacho andaluz**
"Gazpacho andaluz"

Ens. completa: lechuga, canónigos, olivas, maíz, zanahoria y atún
Salad: lettuce, olives, corn, carrot and tuna

Hamburguesa completa con tomate y queso con patatas
Full burger with tomato and cheese with potatoes

Lácteo
Dairy

KCal 799,222 Prot 29,395g Ca 360,336mg Fe 4,594mg
HdC 90,907g Lip 35,135g VitA 1,402mg VitB12 2,133mg

CENA/DINNER:
Tomate relleno /Tortilla de verdura/Fruta
Stuffed tomato/Vegetable omelette/Fruit

28 — **Ensalada de verduras de temporada**
Seasonal vegetable salad

Raviolis en salsa 4 quesos
Raviolis with 4 cheeses sauce

Tortilla de patata y calabacín
Zucchini and Potato Omelette

Fruta
Fruit

KCal 823,165 Prot 32,615g Ca 401,151mg Fe 5,946mg
HdC 118,431g Lip 40,773g VitA 1,609mg VitB12 1,115mg

CENA/DINNER:
Brochetas de verduras/Carne blanca magra/Fruta
Vegetable skewers/Lean white meat/Fruit

29 — **Tomate y queso servilleta**
Tomato and cheese napkin

Panaché de fiambres
Variety of cold meats

Paella valenciana con pollo de campo
Valencian paella

Helado
Ice Cream

KCal 880,976 Prot 47,887g Ca 358,500mg Fe 4,341mg
HdC 82,437g Lip 39,823g VitA 0,374mg VitB12 7,770mg

CENA/DINNER:
Calabacín a la plancha /Hamburguesa de
Grilled zucchini/Hake burgers/Fruit