

SEASONAL FRUITS: Pear, Persimmon, Tangerine, Apple, Orange, Banana, Kiwi, The natural juice is back!!

**MONDAY / LUNES**

**TUESDAY / MARTES**

**WEDNESDAY / MIÉRCOLES**

**THURSDAY / JUEVES**

**FRIDAY / VIERNES**



**1** **Ensalada fresca ecológica**  
Fresh organic salad

**Pasta con tomate y pollo**  
Pasta with tomato sauce and chicken

**Gallo San Pedro a la meuniere con verduras**  
San Pedro rooster with vegetables

**Fruta ECO**  
Fruit ECO

**2** **Lechuga, tomate, aceitunas, espárragos, zanahoria**  
Lettuce, tomato, olives, asparagus, carrot

**Alubias blancas con verduras**  
White beans with vegetables

**Solomillo de cerdo a la plancha con cous cous**  
Grilled pork tenderloin with cous cous

**Yogur Artesano**  
Artisan Yogurt

KCal 845,723 Prot 30,844g Ca 256,838mg Fe 5,518mg  
HdC 108,195g Lip 34,198g VitA 3,026mg VitB12 3,714mg

KCal 782,615 Prot 41,255g Ca 317,901mg Fe 7,314mg  
HdC 92,620g Lip 29,781g VitA 1,555mg VitB12 3,500mg

CENA/DINNER:

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CENA/DINNER:  
**Brochetas de verduras/Carne de ave/Fruta**  
Vegetable skewers/Poultry/Fruit

CENA/DINNER:  
**Calabacín a la plancha /Pescado azul/Fruta**  
Grilled zucchini/Bluefish/Fruit

**5**

**Festivo**  
Holiday

**6**

**Festivo**  
Holiday

**7** **Lechuga, tomate, cebolla, pepino, zanahoria**  
Lettuce, tomato, onion, cucumber, carrot

**Lentejas con verduras y jamón**  
Lentils with vegetables and ham

**Albóndigas en salsa con puré de patatas**  
Meatballs with mashed potatoes

**Fruta**  
Fruit

**8**

**Festivo**  
Holiday

**9** **Ensalada valenciana**  
Valencian salad

**Arroz a la cubana (tomate y huevo)**  
White rice with tomato and egg

**Salmón fresco a la plancha con maíz salteado**  
Fresh grilled salmon with sauteed corn

**Lácteo**  
Dairy

KCal 833,240 Prot 32,547g Ca 136,929mg Fe 9,020mg  
HdC 108,078g Lip 30,466g VitA 1,891mg VitB12 0,282mg

KCal 810,127 Prot 33,967g Ca 231,827mg Fe 4,069mg  
HdC 80,628g Lip 39,109g VitA 0,359mg VitB12 5,723mg

CENA/DINNER:

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CENA/DINNER:  
**Cebolleta y pimiento rojo plancha/Sandwich**  
Grilled onion tender and red pepper/Sandwich with

CENA/DINNER:

CENA/DINNER:  
**Crema de verduras/Patatas al gratén/Fruta**  
Creamed vegetables/Gratin potatoes/Fruit

12 **Lechuga, tomate, aceitunas, espárragos, zanahoria**  
Lettuce, tomato, olives, asparagus, carrot

**Fideuà de verduras y setas**  
Vegetables and mushrooms "Fideua"

**Huevos al gratén**  
Gratin eggs

**Fruta**  
Fruit

KCal 809,837 Prot 29,960g Ca 198,083mg Fe 6,024mg  
HdC 125,295g Lip 40,068g VitA 1,395mg VitB12 1,086mg

CENA/DINNER:  
**Guisantes con cebolla y jamón/Pavo a tacos con**  
Peas with ham and onion/Diced turkey with zucchini/Fruit

13 **Ensalada fresca ecológica**  
Fresh organic salad

**Sopa de cocido (ternera, cerdo, ave) con verduras ECO**  
Soup (veal, pork, chicken) with ORGANIC vegetables

**Contramuslo a la italiana con patatas**  
Italian chicken thigh with potatoes

**Fruta ECO**  
Fruit ECO

KCal 937,368 Prot 52,511g Ca 243,966mg Fe 9,458mg  
HdC 99,942g Lip 41,247g VitA 2,355mg VitB12 9,925mg

CENA/DINNER:  
**Escalivada/Quiche de verduras/Fruta**  
Escalivada/Vegetable quiche/Fruit

14 **Nachos con queso**  
Nachos with cheese

**Arroz al horno**  
Baked rice

**Filete de merluza a la provenzal con brócoli ECO**  
Gratined hake provençal with ORGANIC broccoli

**Fruta**  
Fruit

KCal 941,573 Prot 44,674g Ca 306,757mg Fe 10,492mg  
HdC 108,267g Lip 37,185g VitA 1,094mg VitB12 0,996mg

CENA/DINNER:  
**Wok de verduras/Revuelto de ajos tiernos/Fruta**  
Vegetables wok/Scrambled eggs with garlic/Fruit

15 **Ensalada de colirábano y naranja**  
Kohlrabi and orange salad

**Lasaña casera (magro, verdura, leche, harina, queso)**  
Homemade lasagna (lean, vegetables, milk, flour, cheese)

**Albóndigas de bacalao con zanahoria**  
Cod balls with carrot

**Fruta**  
Fruit

KCal 883,709 Prot 28,774g Ca 210,656mg Fe 5,573mg  
HdC 120,697g Lip 45,067g VitA 2,898mg VitB12 1,590mg

CENA/DINNER:  
**Mazorca de maíz con sal/Crepe de verduras/Fruta**  
Cob of corn with salt/Vegetable crepe/Fruit

16 **Lechuga, tomate, aceitunas, maíz, zanahoria**  
Lettuce, tomato, olives, corn, carrot

**Potaje de garbanzos con boniato**  
Chickpea stew with sweet potato

**Pizza casera artesana (pizzero)**  
Homemade pizza

**Yogur natural valenciano**  
Valencian natural yogurt

KCal 932,380 Prot 44,994g Ca 509,533mg Fe 8,988mg  
HdC 110,106g Lip 33,789g VitA 2,458mg VitB12 1,398mg

CENA/DINNER:  
**Champiñones gratinados/Pescado al limón/Fruta**  
Mushroom gratin/Grilled fish with lemon/Fruit

19 **Lechuga, tomate, cebolla, pepino, zanahoria**  
Lettuce, tomato, onion, cucumber, carrot

**Lentejas con verduras**  
Lentils with vegetables

**Revuelto de huevo con patata y jamón**  
Scrambled eggs with potato and ham

**Fruta**  
Fruit

KCal 813,650 Prot 40,147g Ca 146,286mg Fe 10,484mg  
HdC 87,733g Lip 33,656g VitA 1,217mg VitB12 1,274mg

CENA/DINNER:  
**Menestra salteada/Carne blanca/Fruta**  
Sautéed mixed vegetable soup/White meat/Fruit

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

**Puré de calabaza**  
Pumpkin soup

**Goulash de magro con arroz pilaf**  
Lean goulash with pilaf rice

**Fruta**  
Fruit

KCal 872,912 Prot 29,560g Ca 133,834mg Fe 5,362mg  
HdC 97,890g Lip 41,262g VitA 1,144mg VitB12 2,700mg

CENA/DINNER:  
**Ensalada completa/Pescado al papillote/Fruta**  
Full salad/Steamed fish/Fruit

21 **Lechuga, tomate, maíz, pepino, manzana**  
Lettuce, tomato, corn, cucumber, apple

**Espaguetis integrales con atún, tomate y queso**  
Whole spaghetti with tuna, tomato and cheese

**Corvina a la plancha con salteado thai**  
Grilled sea bass with sautéed thai

**Fruta**  
Fruit

KCal 760,125 Prot 34,264g Ca 268,140mg Fe 6,633mg  
HdC 110,174g Lip 20,715g VitA 0,550mg VitB12 2,072mg

CENA/DINNER:  
**Judías verdes salteadas/Tortilla de espinacas/Fruta**  
Sautéed green beans/Spinach omelet/Fruit

22 **MENÚ ESPECIAL DE NAVIDAD**  
SPECIAL CHRISTMAS MENU

CENA/DINNER:

23

CENA/DINNER:

26

CENA/DINNER:

27

CENA/DINNER:

28

CENA/DINNER:

29

CENA/DINNER:

30

CENA/DINNER:

**SECONDARY**  
PRIMERA OPCIÓN/FIRST OPTION

SEASONAL FRUITS: Pear, Persimmon, Tangerine, Apple, Orange, Banana, Kiwi, The natural juice is back!!

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**WEDNESDAY / MIÉRCOLES**

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**FRIDAY / VIERNES**



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Fresh organic salad

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San Pedro rooster with vegetables

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Fruit ECO

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White beans with vegetables

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Vegetable skewers/Poultry/Fruit

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**Calabacín a la plancha /Pescado azul/Fruta**  
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**5 Festivo**  
Holiday

**6 Festivo**  
Holiday

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**Lentejas con verduras y jamón**  
Lentils with vegetables and ham

**Albóndigas en salsa con puré de patatas**  
Meatballs with mashed potatoes

**Fruta**  
Fruit

**8 Festivo**  
Holiday

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Lentils with vegetables

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Pumpkin soup

**Goulash de magro con arroz pilaf**  
Lean goulash with pilaf rice

**Fruta**  
Fruit

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Full salad/Steamed fish/Fruit

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Lettuce, tomato, corn, cucumber, apple

**Espaguetis integrales con atún, tomate y queso**  
Whole spaghetti with tuna, tomato and cheese

**Corvina a la plancha con salteado thai**  
Grilled sea bass with sautéed thai

**Fruta**  
Fruit

KCal 760,125 Prot 34,264g Ca 268,140mg Fe 6,633mg  
HdC 110,174g Lip 20,715g VitA 0,550mg VitB12 2,072mg

CENA/DINNER:  
**Judías verdes salteadas/Tortilla de espinacas/Fruta**  
Sautéed green beans/Spinach omelet/Fruit

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SPECIAL CHRISTMAS MENU

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CENA/DINNER:

26

CENA/DINNER:

27

CENA/DINNER:

28

CENA/DINNER:

29

CENA/DINNER:

30

CENA/DINNER:

**SECONDARY**  
SEGUNDA OPCIÓN/SECOND OPTION

SEASONAL FRUITS: Pear, Persimmon, Tangerine, Apple, Orange, Banana, Kiwi, The natural juice is back!!

**MONDAY / LUNES**

**TUESDAY / MARTES**

**WEDNESDAY / MIÉRCOLES**

**THURSDAY / JUEVES**

**FRIDAY / VIERNES**



**1 Ensalada fresca ecológica**  
Fresh organic salad

**Menestra de verduras**  
Stir fried vegetables

**Pollo teriyaki**  
Teriyaki chicken

**Fruta ECO**  
Fruit ECO

KCal 295,720 Prot 3,724g Ca 103,400mg Fe 3,321mg  
HdC 53,374g Lip 7,836g VitA 3,335mg VitB12 0,000mg

**2 Lechuga, tomate, aceitunas, espárragos, zanahoria**  
Lettuce, tomato, olives, asparagus, carrot

**Verduras gratinadas**  
Gratin vegetables

**Merluza en salsa verde**  
Hake in green sauce

**Yogur Artesano**  
Artisan Yogurt

KCal 242,726 Prot 10,275g Ca 369,335mg Fe 1,340mg  
HdC 18,017g Lip 13,488g VitA 1,179mg VitB12 1,000mg

CENA/DINNER:

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CENA/DINNER:  
**Brochetas de verduras/Carne de ave/Fruta**  
Vegetable skewers/Poultry/Fruit

CENA/DINNER:  
**Calabacín a la plancha /Pescado azul/Fruta**  
Grilled zucchini/Bluefish/Fruit

**5 Festivo**  
Holiday

**6 Festivo**  
Holiday

**7 Lechuga, tomate, cebolla, pepino, zanahoria**  
Lettuce, tomato, onion, cucumber, carrot

**Macarrones con olivas negras**  
Macaroni with black olives

**Enchilada vegetal**  
Vegetable enchilada

**Fruta**  
Fruit

KCal 185,646 Prot 2,353g Ca 57,338mg Fe 2,021mg  
HdC 37,183g Lip 3,240g VitA 1,130mg VitB12 0,000mg

**8 Festivo**  
Holiday

**9 Ensalada valenciana**  
Valencian salad

**Guisantes salteados**  
Sautéed peas

**Panaché de fiambres con picos de pan**  
Variety of cold meats with bread peaks

**Lácteo**  
Dairy

KCal 320,034 Prot 18,337g Ca 372,504mg Fe 2,032mg  
HdC 16,068g Lip 19,327g VitA 0,381mg VitB12 2,449mg

CENA/DINNER:

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**Cebolleta y pimiento rojo plancha/Sandwich**  
Grilled onion tender and red pepper/Sandwich with

CENA/DINNER:

CENA/DINNER:  
**Crema de verduras/Patatas al gratén/Fruta**  
Creamed vegetables/Gratin potatoes/Fruit

**12 — Lechuga, tomate, aceitunas, espárragos, zanahoria**  
Lettuce, tomato, olives, asparagus, carrot

**Hervido valenciano**  
Valencian boiled

**Verduras en tempura**  
Tempura vegetables

**Fruta**  
Fruit

KCal 218,766 Prot 2,531g Ca 79,455mg Fe 2,348mg  
HdC 38,257g Lip 6,370g VitA 1,155mg VitB12 0,000mg

CENA/DINNER:  
**Guisantes con cebolla y jamón/Pavo a tacos con**  
Peas with ham and onion/Diced turkey with zucchini/Fruit

**13 — Ensalada fresca ecológica**  
Fresh organic salad

**Menestra de verduras**  
Stir fried vegetables

**Gallineta en salsa**  
Redfish in sauce

**Fruta ECO**  
Fruit ECO

KCal 295,720 Prot 3,724g Ca 103,400mg Fe 3,321mg  
HdC 53,374g Lip 7,836g VitA 3,335mg VitB12 0,000mg

CENA/DINNER:  
**Escalivada/Quiche de verduras/Fruta**  
Escalivada/Vegetable quiche/Fruit

**14 — Nachos con queso**  
Nachos with cheese

**Coliflor gratinada**  
Grated cauliflower

**Hamburguesa a la plancha**  
Grilled burger

**Fruta**  
Fruit

KCal 334,340 Prot 21,928g Ca 38,200mg Fe 6,708mg  
HdC 45,720g Lip 15,662g VitA 0,076mg VitB12 0,000mg

CENA/DINNER:  
**Wok de verduras/Revuelto de ajos tiernos/Fruta**  
Vegetables wok/Scrambled eggs with garlic/Fruit

**15 — Ensalada de colirábano y naranja**  
Kohlrabi and orange salad

**Caracolas a la italiana**  
Italian snails

**Revuelto de verduras**  
Scrambled eggs with vegetables

**Fruta**  
Fruit

KCal 274,376 Prot 2,913g Ca 87,460mg Fe 2,186mg  
HdC 62,689g Lip 1,247g VitA 1,283mg VitB12 0,000mg

CENA/DINNER:  
**Mazorca de maíz con sal/Crepe de verduras/Fruta**  
Cob of corn with salt/Vegetable crepe/Fruit

**16 — Lechuga, tomate, aceitunas, maíz, zanahoria**  
Lettuce, tomato, olives, corn, carrot

**Tabulé de cous cous**  
Tabulé

**Pizza casera artesana (pizzero)**  
Homemade pizza

**Yogur natural valenciano**  
Valencian natural yogurt

KCal 238,672 Prot 10,189g Ca 356,318mg Fe 1,203mg  
HdC 19,818g Lip 12,244g VitA 1,176mg VitB12 1,000mg

CENA/DINNER:  
**Champiñones gratinados/Pescado al limón/Fruta**  
Mushroom gratin/Grilled fish with lemon/Fruit

**19 — Lechuga, tomate, cebolla, pepino, zanahoria**  
Lettuce, tomato, onion, cucumber, carrot

**Ensalada César**  
Caesar salad

**Merluza a la plancha con champiñones**  
Grilled hake with mushrooms

**Fruta**  
Fruit

KCal 185,646 Prot 2,353g Ca 57,338mg Fe 2,021mg  
HdC 37,183g Lip 3,240g VitA 1,130mg VitB12 0,000mg

CENA/DINNER:  
**Menestra salteada/Carne blanca/Fruta**  
Sautéed mixed vegetable soup/White meat/Fruit

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

**Espinacas gratinadas**  
Gratin spinachs

**Bacalao al ajo**  
Cod to garlic

**Fruta**  
Fruit

KCal 218,766 Prot 2,531g Ca 79,455mg Fe 2,348mg  
HdC 38,257g Lip 6,370g VitA 1,155mg VitB12 0,000mg

CENA/DINNER:  
**Ensalada completa/Pescado al papillote/Fruta**  
Full salad/Steamed fish/Fruit

**21 — Lechuga, tomate, maíz, pepino, manzana**  
Lettuce, tomato, corn, cucumber, apple

**Guisantes a la francesa**  
French peas

**Alitas de pollo**  
Chicken wings

**Fruta**  
Fruit

KCal 224,568 Prot 3,093g Ca 63,956mg Fe 2,112mg  
HdC 45,703g Lip 3,404g VitA 0,258mg VitB12 0,000mg

CENA/DINNER:  
**Judías verdes salteadas/Tortilla de espinacas/Fruta**  
Sautéed green beans/Spinach omelet/Fruit

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