



Octubre
2025

Nota:

La fruta habitual corresponde a manzana, pera, naranja y plátano.

La Empresa se reserva el derecho a cambiar algún menú a lo largo del mes sin previo aviso, según las necesidades de producción

| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|---|--|----------|---------|--------|--------|--------|---------|--------|---------|--------|--------|-------------------|--------------------|---------------------|--------------------|---------------------|--|--|----------|---|----------|---------|--------|--------|--------|--------|--------|--------|--------|--------|-------------------|--------------------|---------------------|--------------------|---------------------|--|--|----------|--|----------|---------|--------|--------|--------|---------|--------|--------|--------|--------|-------------------|--------------------|---------------------|--------------------|---------------------|--|---|----------|---------|-----|--------|--------|-----|--------|---------|--------|--------|-------|-------|-------------------|--------------------|---------------------|--|--|--|---|----------|---------|-----|--------|--------|-----|--------|---------|--------|--------|-------|-------|-------------------|--------------------|---------------------|--|--|--|
|  |  | <p>01 SOPA DE POLLO Pasta de harina de maíz y harina de arroz, pechuga de pollo, patata, zanahoria. MERLUZA AL HORNO CON PISTO</p> <p>PAN BLANCO Sugerencia para Cena FRUTA ENSALADA+CARNE+FRUTA</p> <table border="1"> <tr><th>Proteína</th><th>H.Carb.</th><th>A.Z</th><th>Grasas</th><th>A.q.s.</th><th>Sal</th></tr> <tr><td>77,13g</td><td>152,90g</td><td>20,80g</td><td>18,51g</td><td>7,77g</td><td>3,61g</td></tr> <tr><td>3a8Años: 187 Kcal</td><td>9a13Años: 374 Kcal</td><td>14a18Años: 503 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | 77,13g | 152,90g | 20,80g | 18,51g | 7,77g | 3,61g | 3a8Años: 187 Kcal | 9a13Años: 374 Kcal | 14a18Años: 503 Kcal | | | | <p>02 LENTEJAS CON VERDURAS</p> <p>CROQUETAS DE MERLUZA CON TOMATE NAT Patata, merluza, tomate.</p> <p>PAN BLANCO Sugerencia para Cena FRUTA ENSALADA PASTA+QUESO FRESCO</p> <table border="1"> <tr><th>Proteína</th><th>H.Carb.</th><th>A.Z</th><th>Grasas</th><th>A.q.s.</th><th>Sal</th></tr> <tr><td>31,19g</td><td>85,37g</td><td>20,07g</td><td>10,55g</td><td>1,50g</td><td>1,00g</td></tr> <tr><td>3a8Años: 546 Kcal</td><td>9a13Años: 518 Kcal</td><td>14a18Años: 611 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | 31,19g | 85,37g | 20,07g | 10,55g | 1,50g | 1,00g | 3a8Años: 546 Kcal | 9a13Años: 518 Kcal | 14a18Años: 611 Kcal | | | | <p>03 MACARRONES DE MAIZ CON TOMATE Pasta de harina de maíz y harina de arroz, tomate, aceite de girasol, cebolla y ajos, pollo. SALMÓN EN SALSA CHAMPIÑÓN</p> <p>PAN INTEGRAL Sugerencia para Cena FRUTA SOPA+PESCADO +FRUTA</p> <table border="1"> <tr><th>Proteína</th><th>H.Carb.</th><th>A.Z</th><th>Grasas</th><th>A.q.s.</th><th>Sal</th></tr> <tr><td>21,78g</td><td>32,71g</td><td>15,23g</td><td>18,21g</td><td>2,94g</td><td>0,77g</td></tr> <tr><td>3a8Años: 383 Kcal</td><td>9a13Años: 455 Kcal</td><td>14a18Años: 544 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | 21,78g | 32,71g | 15,23g | 18,21g | 2,94g | 0,77g | 3a8Años: 383 Kcal | 9a13Años: 455 Kcal | 14a18Años: 544 Kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 77,13g | 152,90g | 20,80g | 18,51g | 7,77g | 3,61g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3a8Años: 187 Kcal | 9a13Años: 374 Kcal | 14a18Años: 503 Kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 31,19g | 85,37g | 20,07g | 10,55g | 1,50g | 1,00g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3a8Años: 546 Kcal | 9a13Años: 518 Kcal | 14a18Años: 611 Kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21,78g | 32,71g | 15,23g | 18,21g | 2,94g | 0,77g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3a8Años: 383 Kcal | 9a13Años: 455 Kcal | 14a18Años: 544 Kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>06 CREMA DE CALABACÍN (A)</p> <p>CARNE EN SALSA CON VERDURAS</p> <p>PAN BLANCO Sugerencia para Cena FRUTA ARROZ+PESCADO+FRUTA</p> <table border="1"> <tr><th>Proteína</th><th>H.Carb.</th><th>A.Z</th><th>Grasas</th><th>A.q.s.</th><th>Sal</th></tr> <tr><td>15,12g</td><td>69,27g</td><td>21,12g</td><td>18,13g</td><td>3,37g</td><td>2,11g</td></tr> <tr><td>3a8Años: 493 Kcal</td><td>9a13Años: 355 Kcal</td><td>14a18Años: 473 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | 15,12g | 69,27g | 21,12g | 18,13g | 3,37g | 2,11g | 3a8Años: 493 Kcal | 9a13Años: 355 Kcal | 14a18Años: 473 Kcal | | | | <p>07 ESTOFADO DE VERDURAS (A) Patatas, pimientos verdes, cebollas, tomate, ajos.</p> <p>BACALAO AL HORNO CON LECHUGA Y TOMA</p> <p>PAN INTEGRAL Sugerencia para Cena YOGUR VERDURA+HUEVO+YOGUR</p> <table border="1"> <tr><th>Proteína</th><th>H.Carb.</th><th>A.Z</th><th>Grasas</th><th>A.q.s.</th><th>Sal</th></tr> <tr><td>6,30g</td><td>30,30g</td><td>16,17g</td><td>2,86g</td><td>1,47g</td><td>0,66g</td></tr> <tr><td>3a8Años: 172 Kcal</td><td>9a13Años: 172 Kcal</td><td>14a18Años: 172 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | 6,30g | 30,30g | 16,17g | 2,86g | 1,47g | 0,66g | 3a8Años: 172 Kcal | 9a13Años: 172 Kcal | 14a18Años: 172 Kcal | | | | <p>08 ENSALADA DE TOMATE</p> <p>COCIDO ANDALUZ Garbanzos, patatas, pollo, huesos canilla, judía verdes,zanahoria.</p> <p>PAN BLANCO Sugerencia para Cena FRUTA VERDURA+PESCADO+FRUTA</p> <table border="1"> <tr><th>Proteína</th><th>H.Carb.</th><th>A.Z</th><th>Grasas</th><th>A.q.s.</th><th>Sal</th></tr> <tr><td>45,05g</td><td>117,00g</td><td>21,35g</td><td>11,95g</td><td>1,97g</td><td>1,48g</td></tr> <tr><td>3a8Años: 730 Kcal</td><td>9a13Años: 162 Kcal</td><td>14a18Años: 190 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | 45,05g | 117,00g | 21,35g | 11,95g | 1,97g | 1,48g | 3a8Años: 730 Kcal | 9a13Años: 162 Kcal | 14a18Años: 190 Kcal | | | | <p>09 SOPA DE CAZUELA Pescado, cebollas, tomate, pimientos verdes, pasta de harina de maíz y harina de arroz. POLLO AL AJILLO CON CHAMPIÑÓN</p> <p>PAN BLANCO Sugerencia para Cena FRUTA ARROZ+PESCADO+FRUTA</p> <table border="1"> <tr><th>Proteína</th><th>H.Carb.</th><th>A.Z</th><th>Grasas</th><th>A.q.s.</th><th>Sal</th></tr> <tr><td>41,46g</td><td>62,83g</td><td>20,15g</td><td>17,95g</td><td>3,68g</td><td>2,38g</td></tr> <tr><td>3a8Años: 604 Kcal</td><td>9a13Años: 410 Kcal</td><td>14a18Años: 475 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | 41,46g | 62,83g | 20,15g | 17,95g | 3,68g | 2,38g | 3a8Años: 604 Kcal | 9a13Años: 410 Kcal | 14a18Años: 475 Kcal | | | | <p>10 HABICHUELAS CON VERDURAS</p> <p>TILAPIA CON LIMÓN AL HORNO CON PATATA</p> <p>PAN INTEGRAL Sugerencia para Cena FRUTA ENSALADA+CARNE+FRUTA</p> <table border="1"> <tr><th>Proteína</th><th>H.Carb.</th><th>A.Z</th><th>Grasas</th><th>A.q.s.</th><th>Sal</th></tr> <tr><td>32,94g</td><td>109,11g</td><td>17,60g</td><td>14,24g</td><td>2,15g</td><td>1,97g</td></tr> <tr><td>3a8Años: 671 Kcal</td><td>9a13Años: 824 Kcal</td><td>14a18Años: 961 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | 32,94g | 109,11g | 17,60g | 14,24g | 2,15g | 1,97g | 3a8Años: 671 Kcal | 9a13Años: 824 Kcal | 14a18Años: 961 Kcal | | | |
| Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15,12g | 69,27g | 21,12g | 18,13g | 3,37g | 2,11g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3a8Años: 493 Kcal | 9a13Años: 355 Kcal | 14a18Años: 473 Kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6,30g | 30,30g | 16,17g | 2,86g | 1,47g | 0,66g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3a8Años: 172 Kcal | 9a13Años: 172 Kcal | 14a18Años: 172 Kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 45,05g | 117,00g | 21,35g | 11,95g | 1,97g | 1,48g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3a8Años: 730 Kcal | 9a13Años: 162 Kcal | 14a18Años: 190 Kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 41,46g | 62,83g | 20,15g | 17,95g | 3,68g | 2,38g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 3a8Años: 671 Kcal | 9a13Años: 824 Kcal | 14a18Años: 961 Kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>13 SOPA DE ARROZ</p> <p>PECHUGA DE POLLO EN SALSA (Pollo, patata, ajo)</p> <p>PAN BLANCO Sugerencia para Cena FRUTA ENSALADA+QUESO+YOGUR</p> <table border="1"> <tr><th>Proteína</th><th>H.Carb.</th><th>A.Z</th><th>Grasas</th><th>A.q.s.</th><th>Sal</th></tr> <tr><td>45,60g</td><td>59,33g</td><td>32,06g</td><td>11,99g</td><td>7,27g</td><td>2,80g</td></tr> <tr><td>3a8Años: 519 Kcal</td><td>9a13Años: 264 Kcal</td><td>14a18Años: 309 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | 45,60g | 59,33g | 32,06g | 11,99g | 7,27g | 2,80g | 3a8Años: 519 Kcal | 9a13Años: 264 Kcal | 14a18Años: 309 Kcal | | | | <p>14 LENTEJAS CON VERDURAS</p> <p>SALMÓN AL HORNO CON LECHUGA Y MAÍZ</p> <p>PAN INTEGRAL Sugerencia para Cena YOGUR PASTA+CARNE+FRUTA</p> <table border="1"> <tr><th>Proteína</th><th>H.Carb.</th><th>A.Z</th><th>Grasas</th><th>A.q.s.</th><th>Sal</th></tr> <tr><td>42,53g</td><td>81,67g</td><td>20,57g</td><td>21,68g</td><td>4,44g</td><td>2,19g</td></tr> <tr><td>3a8Años: 680 Kcal</td><td>9a13Años: 802 Kcal</td><td>14a18Años: 921 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | 42,53g | 81,67g | 20,57g | 21,68g | 4,44g | 2,19g | 3a8Años: 680 Kcal | 9a13Años: 802 Kcal | 14a18Años: 921 Kcal | | | | <p>15 CREMA DE ZANAHORIAS (A)</p> <p>LOMO ASADO CON JUDÍAS Cinta de lomo de cerdo, judías verdes.</p> <p>PAN BLANCO Sugerencia para Cena FRUTA ARROZ+HUEVO+FRUTA</p> <table border="1"> <tr><th>Proteína</th><th>H.Carb.</th><th>A.Z</th><th>Grasas</th><th>A.q.s.</th><th>Sal</th></tr> <tr><td>6,07g</td><td>57,28g</td><td>22,02g</td><td>19,25g</td><td>3,30g</td><td>1,39g</td></tr> <tr><td>3a8Años: 412 Kcal</td><td>9a13Años: 162 Kcal</td><td>14a18Años: 190 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | 6,07g | 57,28g | 22,02g | 19,25g | 3,30g | 1,39g | 3a8Años: 412 Kcal | 9a13Años: 162 Kcal | 14a18Años: 190 Kcal | | | | <p>16 COCIDO ANDALUZ Garbanzos, patatas, pollo, huesos canilla, judía verdes,zanahoria. BACALAO AL HORNO CON SALSA TOMATE</p> <p>PAN BLANCO Sugerencia para Cena FRUTA ENSALADA+CARNE+YOGUR</p> <table border="1"> <tr><th>Proteína</th><th>H.Carb.</th><th>A.Z</th><th>Grasas</th><th>A.q.s.</th><th>Sal</th></tr> <tr><td>70,55g</td><td>122,06g</td><td>23,50g</td><td>23,00g</td><td>3,35g</td><td>2,58g</td></tr> <tr><td>3a8Años: 897 Kcal</td><td>9a13Años: 367 Kcal</td><td>14a18Años: 418 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | 70,55g | 122,06g | 23,50g | 23,00g | 3,35g | 2,58g | 3a8Años: 897 Kcal | 9a13Años: 367 Kcal | 14a18Años: 418 Kcal | | | | <p>17 ENSALADA MIXTA (A) Lechuga, tomate natural, zanahoria, maíz, pescado.</p> <p>ESPAGUETIS MAIZ CON TOMATE Pasta de harina de maíz y arroz, tomate y pollo.</p> <p>PAN INTEGRAL Sugerencia para Cena FRUTA VERDURA+QUESO+FRUTA</p> <table border="1"> <tr><th>Proteína</th><th>H.Carb.</th><th>A.Z</th><th>Grasas</th><th>A.q.s.</th><th>Sal</th></tr> <tr><td>12,38g</td><td>76,82g</td><td>15,86g</td><td>4,08g</td><td>2,85g</td><td>1,61g</td></tr> <tr><td>3a8Años: 498 Kcal</td><td>9a13Años: 137 Kcal</td><td>14a18Años: 142 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | 12,38g | 76,82g | 15,86g | 4,08g | 2,85g | 1,61g | 3a8Años: 498 Kcal | 9a13Años: 137 Kcal | 14a18Años: 142 Kcal | | | |
| Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 45,60g | 59,33g | 32,06g | 11,99g | 7,27g | 2,80g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3a8Años: 519 Kcal | 9a13Años: 264 Kcal | 14a18Años: 309 Kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 42,53g | 81,67g | 20,57g | 21,68g | 4,44g | 2,19g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3a8Años: 680 Kcal | 9a13Años: 802 Kcal | 14a18Años: 921 Kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6,07g | 57,28g | 22,02g | 19,25g | 3,30g | 1,39g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3a8Años: 412 Kcal | 9a13Años: 162 Kcal | 14a18Años: 190 Kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 70,55g | 122,06g | 23,50g | 23,00g | 3,35g | 2,58g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3a8Años: 897 Kcal | 9a13Años: 367 Kcal | 14a18Años: 418 Kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12,38g | 76,82g | 15,86g | 4,08g | 2,85g | 1,61g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3a8Años: 498 Kcal | 9a13Años: 137 Kcal | 14a18Años: 142 Kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>20 ARROZ CON DELICIAS</p> <p>PECHUGA POLLO EN SALSA CON JUDÍAS</p> <p>PAN BLANCO Sugerencia para Cena FRUTA SOPA+PESCADO +FRUTA</p> <table border="1"> <tr><th>Proteína</th><th>H.Carb.</th><th>A.Z</th><th>Grasas</th><th>A.q.s.</th><th>Sal</th></tr> <tr><td>40,66g</td><td>167,96g</td><td>23,47g</td><td>31,84g</td><td>4,54g</td><td>2,79g</td></tr> <tr><td>3a8Años: 099 Kcal</td><td>9a13Años: 388 Kcal</td><td>14a18Años: 451 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | 40,66g | 167,96g | 23,47g | 31,84g | 4,54g | 2,79g | 3a8Años: 099 Kcal | 9a13Años: 388 Kcal | 14a18Años: 451 Kcal | | | | <p>21 CREMA DE CALABAZA (A)</p> <p>ROSADA HORNO CON AJITOS Y ESPINACA</p> <p>PAN INTEGRAL Sugerencia para Cena YOGUR PASTA+CARNE+FRUTA</p> <table border="1"> <tr><th>Proteína</th><th>H.Carb.</th><th>A.Z</th><th>Grasas</th><th>A.q.s.</th><th>Sal</th></tr> <tr><td>10,79g</td><td>57,49g</td><td>20,42g</td><td>21,43g</td><td>4,27g</td><td>1,98g</td></tr> <tr><td>3a8Años: 453 Kcal</td><td>9a13Años: 172 Kcal</td><td>14a18Años: 172 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | 10,79g | 57,49g | 20,42g | 21,43g | 4,27g | 1,98g | 3a8Años: 453 Kcal | 9a13Años: 172 Kcal | 14a18Años: 172 Kcal | | | | <p>22 ENSALADA PRIMAVERA (A)</p> <p>COCIDO ANDALUZ Garbanzos, patatas, pollo, huesos canilla, judía verdes,zanahoria.</p> <p>PAN BLANCO Sugerencia para Cena FRUTA ENSALADA+PESCADO+FRUTA</p> <table border="1"> <tr><th>Proteína</th><th>H.Carb.</th><th>A.Z</th><th>Grasas</th><th>A.q.s.</th><th>Sal</th></tr> <tr><td>45,05g</td><td>117,00g</td><td>21,35g</td><td>11,95g</td><td>1,97g</td><td>1,48g</td></tr> <tr><td>3a8Años: 730 Kcal</td><td>9a13Años: 162 Kcal</td><td>14a18Años: 190 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | 45,05g | 117,00g | 21,35g | 11,95g | 1,97g | 1,48g | 3a8Años: 730 Kcal | 9a13Años: 162 Kcal | 14a18Años: 190 Kcal | | | | <p>23 MACARRONES DE MAÍZ CON POLLO</p> <p>MERLUZA AL HORNO EN SALSA VERDE</p> <p>PAN BLANCO Sugerencia para Cena FRUTA SOPA +CARNE+FRUTA</p> <table border="1"> <tr><th>Proteína</th><th>H.Carb.</th><th>A.Z</th><th>Grasas</th><th>A.q.s.</th><th>Sal</th></tr> <tr><td>12,21g</td><td>34,42g</td><td>15,85g</td><td>8,64g</td><td>1,36g</td><td>1,18g</td></tr> <tr><td>3a8Años: 267 Kcal</td><td>9a13Años: 374 Kcal</td><td>14a18Años: 412 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | 12,21g | 34,42g | 15,85g | 8,64g | 1,36g | 1,18g | 3a8Años: 267 Kcal | 9a13Años: 374 Kcal | 14a18Años: 412 Kcal | | | | <p>24 SOPA DE PESCADO Pescado, cebollas, tomate, pimientos verdes</p> <p>SALCHICHAS DE POLLO CON ZANAHORIA (A) Salchicha (patata, pollo, ajo), zanahoria.</p> <p>PAN INTEGRAL Sugerencia para Cena FRUTA ENSALADA+HUEVO+YOGUR</p> <table border="1"> <tr><th>Proteína</th><th>H.Carb.</th><th>A.Z</th><th>Grasas</th><th>A.q.s.</th><th>Sal</th></tr> <tr><td>42,34g</td><td>90,58g</td><td>22,39g</td><td>40,51g</td><td>6,69g</td><td>2,84g</td></tr> <tr><td>3a8Años: 920 Kcal</td><td>9a13Años: 137 Kcal</td><td>14a18Años: 142 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | 42,34g | 90,58g | 22,39g | 40,51g | 6,69g | 2,84g | 3a8Años: 920 Kcal | 9a13Años: 137 Kcal | 14a18Años: 142 Kcal | | | |
| Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 40,66g | 167,96g | 23,47g | 31,84g | 4,54g | 2,79g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3a8Años: 099 Kcal | 9a13Años: 388 Kcal | 14a18Años: 451 Kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10,79g | 57,49g | 20,42g | 21,43g | 4,27g | 1,98g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3a8Años: 453 Kcal | 9a13Años: 172 Kcal | 14a18Años: 172 Kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 45,05g | 117,00g | 21,35g | 11,95g | 1,97g | 1,48g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3a8Años: 730 Kcal | 9a13Años: 162 Kcal | 14a18Años: 190 Kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12,21g | 34,42g | 15,85g | 8,64g | 1,36g | 1,18g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3a8Años: 267 Kcal | 9a13Años: 374 Kcal | 14a18Años: 412 Kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 42,34g | 90,58g | 22,39g | 40,51g | 6,69g | 2,84g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3a8Años: 920 Kcal | 9a13Años: 137 Kcal | 14a18Años: 142 Kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>27 PATATA GUISADA C/ POLLO Patatas, pollo, zanahoria, pimientos, tomate, cebollas, ajos. PEZ A LA CORDOBESA</p> <p>PAN BLANCO Sugerencia para Cena FRUTA ENSALADA+HUEVO+FRUTA</p> <table border="1"> <tr><th>Proteína</th><th>H.Carb.</th><th>A.Z</th><th>Grasas</th><th>A.q.s.</th><th>Sal</th></tr> <tr><td>33,33g</td><td>57,32g</td><td>17,24g</td><td>44,32g</td><td>13,10g</td><td>1,85g</td></tr> <tr><td>3a8Años: 746 Kcal</td><td>9a13Años: 434 Kcal</td><td>14a18Años: 493 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | 33,33g | 57,32g | 17,24g | 44,32g | 13,10g | 1,85g | 3a8Años: 746 Kcal | 9a13Años: 434 Kcal | 14a18Años: 493 Kcal | | | | <p>28 LENTEJAS CON VERDURAS</p> <p>CHULETAS A LA RIOJANA</p> <p>PAN INTEGRAL Sugerencia para Cena YOGUR VERDURA+PESCADO+FRUTA</p> <table border="1"> <tr><th>Proteína</th><th>H.Carb.</th><th>A.Z</th><th>Grasas</th><th>A.q.s.</th><th>Sal</th></tr> <tr><td>24,26g</td><td>81,23g</td><td>20,16g</td><td>7,68g</td><td>2,10g</td><td>1,00g</td></tr> <tr><td>3a8Años: 480 Kcal</td><td>9a13Años: 529 Kcal</td><td>14a18Años: 593 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | 24,26g | 81,23g | 20,16g | 7,68g | 2,10g | 1,00g | 3a8Años: 480 Kcal | 9a13Años: 529 Kcal | 14a18Años: 593 Kcal | | | | <p>29 ARROZ BLANCO CON TOMATE</p> <p>ALBÓNDIGAS DE POLLO EN SALSA (A) Albóndiga (patata, pollo, ajo), tomate y zanahoria.</p> <p>PAN BLANCO Sugerencia para Cena FRUTA SOPA PASTA+QUESO+FRUTA</p> <table border="1"> <tr><th>Proteína</th><th>H.Carb.</th><th>A.Z</th><th>Grasas</th><th>A.q.s.</th><th>Sal</th></tr> <tr><td>19,79g</td><td>93,17g</td><td>21,90g</td><td>31,53g</td><td>4,25g</td><td>3,04g</td></tr> <tr><td>3a8Años: 721 Kcal</td><td>9a13Años: 505 Kcal</td><td>14a18Años: 625 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | 19,79g | 93,17g | 21,90g | 31,53g | 4,25g | 3,04g | 3a8Años: 721 Kcal | 9a13Años: 505 Kcal | 14a18Años: 625 Kcal | | | | <p>30 POTAJE DE GARBANZOS</p> <p>BACALAO AL HORNO CON SALSA TOMATE</p> <p>PAN BLANCO Sugerencia para Cena FRUTA ARROZ+CARNE+FRUTA</p> <table border="1"> <tr><th>Proteína</th><th>H.Carb.</th><th>A.Z</th><th>Grasas</th><th>A.q.s.</th><th>Sal</th></tr> <tr><td>42,94g</td><td>80,24g</td><td>21,33g</td><td>19,84g</td><td>2,41g</td><td>2,43g</td></tr> <tr><td>3a8Años: 611 Kcal</td><td>9a13Años: 734 Kcal</td><td>14a18Años: 838 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | 42,94g | 80,24g | 21,33g | 19,84g | 2,41g | 2,43g | 3a8Años: 611 Kcal | 9a13Años: 734 Kcal | 14a18Años: 838 Kcal | | | | <p>31 ENSALADA MIXTA (A) Lechuga, tomate natural, zanahoria, maíz, pescado.</p> <p>MACARRONES DE MAIZ CON TOMATE Pasta de harina de maíz y harina de arroz, tomate, aceite de girasol, cebolla y ajos, pollo.</p> <p>PAN INTEGRAL Sugerencia para Cena FRUTA ARROZ+CARNE+FRUTA</p> <table border="1"> <tr><th>Proteína</th><th>H.Carb.</th><th>A.Z</th><th>Grasas</th><th>A.q.s.</th><th>Sal</th></tr> <tr><td>3,07g</td><td>29,23g</td><td>15,10g</td><td>0,61g</td><td>0,09g</td><td>0,53g</td></tr> <tr><td>3a8Años: 128 Kcal</td><td>9a13Años: 137 Kcal</td><td>14a18Años: 142 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | 3,07g | 29,23g | 15,10g | 0,61g | 0,09g | 0,53g | 3a8Años: 128 Kcal | 9a13Años: 137 Kcal | 14a18Años: 142 Kcal | | | |
| Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 33,33g | 57,32g | 17,24g | 44,32g | 13,10g | 1,85g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3a8Años: 746 Kcal | 9a13Años: 434 Kcal | 14a18Años: 493 Kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 24,26g | 81,23g | 20,16g | 7,68g | 2,10g | 1,00g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3a8Años: 480 Kcal | 9a13Años: 529 Kcal | 14a18Años: 593 Kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19,79g | 93,17g | 21,90g | 31,53g | 4,25g | 3,04g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3a8Años: 721 Kcal | 9a13Años: 505 Kcal | 14a18Años: 625 Kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 42,94g | 80,24g | 21,33g | 19,84g | 2,41g | 2,43g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3a8Años: 611 Kcal | 9a13Años: 734 Kcal | 14a18Años: 838 Kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Proteína | H.Carb. | A.Z | Grasas | A.q.s. | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3,07g | 29,23g | 15,10g | 0,61g | 0,09g | 0,53g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3a8Años: 128 Kcal | 9a13Años: 137 Kcal | 14a18Años: 142 Kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |