



2	Kcal 899	3	Kcal 758	4	Kcal 587	5	Kcal 859	6	Kcal 664
LENTEJAS A LA JARDINERA/LENTILS AND VEGETABLES STEW		PAELLA VALENCIANA/VALENCIAN PAELLA		PURÉ DE CALABACÍN ECO/ECO ZUCCHINI PURÉE		TALLARINES NAPOLITANA/NOODLES WITH TOMATO SAUCE AND CHEESE		SOPA DE LETRAS/LETTER PASTA AND CHICKEN SOUP	
HAMBURGUESA DE AVE -AROS DE CEBOLLA/CHICKEN HAMBURGER AND ONION RINGS		CALAMARES REBOZADOS-ENSALADA/BATTERED SQUID-SALAD		POLLO CON VERDURAS-ENSALDA/ROASTED CHICKEN WITH VEGETABLES-SALAD		POTAJE DE PATATAS,PESCADO Y GAMBAS-ENSALADA/POTATOES,FISH AND PRAWN STEW-SALAD		TORTILLA DE JAMÓN YORK-ENSALADA CON QUESO/HAM OMELET-CHICKEN SALAD	
FRUTA/FRUIT		FRUTA/FRUIT		FRUTA/FRUIT		FRUTA/FRUIT		YOGUR/YOUGURT	
9		10	Kcal 863	11	Kcal 726	12		13	Kcal 985
		ARROZ A LA CUBANA/WHITE RICE WITH TOMATO SAUCE AND HARD-BOILED EGG		MACARRONES BOLOÑESA/MACARONI BOLOGNESE				ALUBIAS ESTOFADAS/STEWED BEANS	
		LONGANIZAS/ENSALADA-SAUSAGES/SALAD		BACALAO EN SALSA DE PIMIENTOS/COD IN PEPPER SAUCE				ALBÓNDIGAS JARDINERA-ENSALADA HAWAIANA/MEATBALLS IN VEGETABLE SAUCE-HAWAIAN SALAD	
		FRUTA/FRUIT		PERA ECO/ECO PEAR				ACTIMEL	
16	Kcal 750	17	Kcal 683	18	Kcal 674	19	Kcal 685	20	Kcal 828
HERVIDO VALENCIANO/VEGETABLES BOILED		SOPA DE PESCADO/SOUP FISH		LENTEJAS CASERAS/HOMEMADE LENTILS STEW		ARROZ AL HORNO/OVEN-BAKED RICE		MACARRONES POMODORO/POMODORO MACARONI	
GOULASH DE TERNERA CON VEGETALES-ENSALADA/GOULASH OF CALF WITH VEGETABLES-SALAD		ESCALOPE POLLO EMPANADO/ENSALADA-BREADED CHICKEN/SALAD		LOMO ADOBADO-ENSALADA DE MANZANA/MARINATED PORK LOIN-APPLE SALAD		ENSALADA DE QUESO FRESCO/SALAD WITH FRESH CHEESE		MERLUZA EN SALSA VERDE-ENSALADA/HAKE IN GREEN SAUCE-SALAD	
FRUTA/FRUIT		FRUTA/FRUIT		FRUTRA/FRUIT		FRUTA/FRUIT		NATILLA DE CHOCOLATE/CHOCOLATE CUSTARD	
23	Kcal 860	24	Kcal 777	25	Kcal 512	26	Kcal 884	27	Kcal 506
PATATAS CON MAGRO/PORK AND POTATOES STEW		ESPIRALES CON CHORIZO/PASTA WITH CHORIZO		CREMA DE LEGUMBRES CON VERDURA ECO/LEGUME PURÉE ECO		ARROZ "AMB FESOLS I NAPS"/RICE WITH BEANS AND TURNIPS		SOPA DE POLLO CON SÉMOLA/CHICKEN SOUP WITH WHEAT SEMOLINA	
JAMONCITO POLLO ASADO CON CIRUELAS-ENSALADA/GRILLED CHICKEN THIGH ROASTED WITH PLUMS-SALAD		CAELLA A LA VIZCAÍNA-ENSALADA/BLUE SHARK IN PEPPER SAUCE		GOULASH PAVO+PASAS Y ALMENDRAS-COUS COUS/GOULASH OF TURKEY WITH RAISINS AND ALMONDS-COUS COUS		VERDURAS EN TEMPURA-ENSALADA/VEGETABLE TEMPURA		LOMO AL AJILLO-ENSALADA TROPICAL/PORK LOIN IN GARLIC SAUCE	
FRUTA/FRUIT		FRUTA/FRUIT		FRUTA/FRUIT		FRUTA/FRUIT		YOGUR/YOUGURT	
30	Kcal 625	31	Kcal 857						
PAELLA DE MAGRO Y VERDURAS/RICE WITH PORK AND VEGETABLES		CREMA DE CALABAZA ECO/ECO PUMPKIN CREAM							
PANACHE DE JAMÓN Y LOMO/PORK LOIN AND COOKED HAM		PIZZA BARBACOA/BARBACUE PIZZA							
FRUTA/FRUIT		NATILLA DE VAINILLA/VAINILLA CUSTARD							



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