

| | LUNES | | | | MARTES | | | | MIÉRCOLES | | | | JUEVES | | | | VIERNES | | | |
|---|----------------------|------|------|------|-------------------------|------|------|------|-------------------------|------|------|------|---------------------|------|------|------|----------------------------------|------|------|------|
| PRIMEROS | ENSALADA CÉSAR | | | | JUDÍAS VERDES | | | | COLIFLOR AL AJO ARRIERO | | | | ACELGAS REHOGADAS | | | | ESPÁRRAGOS DOS SALSAS | | | |
| | PATATAS A LA RIOJANA | | | | HUEVOS RELLENOS DE ATÚN | | | | SOPA DE COCIDO | | | | LENTEJAS ESTOFADAS | | | | CREMA DE CALABACÍN | | | |
| | LASAÑA DE CARNE | | | | ESPIRALES CARBONARA | | | | TALLARINES CON CHORIZO | | | | FIDEUA MIXTA | | | | JUDÍAS BLANCAS | | | |
| Valoración nutricional para 100gr. de alimento. | Kcal | Prot | HdC | Lip | Kcal | Prot | HdC | Lip | Kcal | Prot | HdC | Lip | Kcal | Prot | HdC | Lip | Kcal | Prot | HdC | Lip |
| | 183 | 9.9 | 9.7 | 11.3 | 79 | 2.2 | 4.3 | 5.4 | 118 | 2.2 | 3 | 10.2 | 98 | 1.7 | 4.5 | 7.8 | 191 | 1.7 | 2.6 | 19.1 |
| | 122 | 3.9 | 7.9 | 7.7 | 147 | 10.7 | 2 | 10.6 | 170 | 4.2 | 17.5 | 8.7 | 134 | 7.6 | 14.4 | 3.8 | 75 | 1.2 | 1.3 | 7 |
| | 227 | 10.5 | 23.1 | 9.9 | 355 | 13.3 | 47.6 | 11.7 | 269 | 10 | 39.7 | 7.2 | 215 | 6.7 | 31.3 | 6.1 | 146 | 8.2 | 14.8 | 4 |
| SEGUNDOS | PERCA AL HORNO | | | | PALOMETA CON TOMATE | | | | CROQUETAS DE BACALAO | | | | MERLUZA A LA ROMANA | | | | BACALADITOS A LA ANDALUZA | | | |
| | COSTILLAS ASADAS | | | | ESCALOPE DE POLLO | | | | COCIDO COMPLETO | | | | LOMO CON HUEVO | | | | ALITAS DE POLLO CON SALSA DE AJO | | | |
| Valoración nutricional para 100gr. de alimento. | Kcal | Prot | HdC | Lip | Kcal | Prot | HdC | Lip | Kcal | Prot | HdC | Lip | Kcal | Prot | HdC | Lip | Kcal | Prot | HdC | Lip |
| | 132 | 17.6 | 0 | 6.9 | 161 | 11.8 | 4 | 10.8 | 192 | 7.8 | 10.2 | 13.2 | 132 | 11 | 2.4 | 8.7 | 156 | 15.7 | 4.8 | 8.2 |
| | 330 | 15.5 | 0 | 29.8 | 219 | 19.3 | 1.6 | 15 | 239 | 14.2 | 30.8 | 4.3 | 248 | 13.9 | 0 | 21.3 | 203 | 11.8 | 4 | 15.4 |
| POSTRES | FRUTA FRESCA | | | | YOGURT VARIADO | | | | POSTRES CASEROS | | | | | | | | | | | |