

MENÚ NOVIEMBRE 2021



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INTEGRAL

ECOLÓGICO

NUEVA RECETA

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES																																																		
1 FIESTA DE TODOS LOS SANTOS <table border="1"> <thead> <tr> <th>Kcal.</th> <th>Prot.(g)</th> <th>Lip.(g)</th> <th>H.C.(g)</th> <th>A.G.S.(g)</th> </tr> </thead> <tbody> <tr> <td>601</td> <td>27</td> <td>32</td> <td>52</td> <td>5</td> </tr> </tbody> </table>	Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)	601	27	32	52	5	2 CREMA DE VERDURAS Y HORTALIZAS NATURALES LOMO AL HORNO CON PATATAS HORNEADAS FRUTA DE TEMPORADA <table border="1"> <thead> <tr> <th>Kcal.</th> <th>Prot.(g)</th> <th>Lip.(g)</th> <th>H.C.(g)</th> <th>A.G.S.(g)</th> </tr> </thead> <tbody> <tr> <td>601</td> <td>27</td> <td>32</td> <td>52</td> <td>5</td> </tr> </tbody> </table>	Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)	601	27	32	52	5	3 PAJARITAS BOLOÑESA MERLUZA CON ENSALADA MIXTA FRUTA DE TEMPORADA <table border="1"> <thead> <tr> <th>Kcal.</th> <th>Prot.(g)</th> <th>Lip.(g)</th> <th>H.C.(g)</th> <th>A.G.S.(g)</th> </tr> </thead> <tbody> <tr> <td>647</td> <td>27</td> <td>23</td> <td>86</td> <td>2</td> </tr> </tbody> </table>	Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)	647	27	23	86	2	4 LENTEJAS CASERAS HUEVO FRITO CON RATATOUILLE NATURAL Y PATATAS A CUADRITOS YOGUR <table border="1"> <thead> <tr> <th>Kcal.</th> <th>Prot.(g)</th> <th>Lip.(g)</th> <th>H.C.(g)</th> <th>A.G.S.(g)</th> </tr> </thead> <tbody> <tr> <td>637</td> <td>33</td> <td>14</td> <td>98</td> <td>2</td> </tr> </tbody> </table>	Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)	637	33	14	98	2	5 SALTEADO DE JUDIAS VERDES Y ZANAHORIAS POLLO TIKKA MASALA CON ARROZ INTEGRAL FRUTA DE TEMPORADA <table border="1"> <thead> <tr> <th>Kcal.</th> <th>Prot.(g)</th> <th>Lip.(g)</th> <th>H.C.(g)</th> <th>A.G.S.(g)</th> </tr> </thead> <tbody> <tr> <td>610</td> <td>31</td> <td>13</td> <td>96</td> <td>3</td> </tr> </tbody> </table>	Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)	610	31	13	96	3
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Nuestros menús incluyen PAN BLANCO e INTEGRAL y la bebida es AGUA.