



MENÚ

BASAL MENU

SEPTEMBER

Lunes SPINACH SOUP SPANISH OMELETE (3) WITH HAM (7) FRUIT WHOLEMEAL BREAD* (1) 747 Kcal 75CH 35L 52P	2 Martes DOMINGUERA SOUP (1) NUGGETS (1, 3, 7) WITH SALAD (4) FRUIT WITHE BREAD (1) 666 Kcal HC 77 L 32 P 36	3 Miércoles LENTIL SOUP FISH WITH "MOJO ROJO" (4) POTATOES BANANA WHOLEMEAL BREAD* (1) 819 Kcal 115CH 27L 28P	4 Jueves FISH SOUP WITH RICE (4) CHICKEN WITH "CHILINDRON" SAUCE SALAD YOGUR (7) WITHE BREAD (1) 631 Kcal 73CH 21L 39P	5 Viernes ZUCCHINI SOUP MEAT "PAELLA" FRUIT WHOLEMEAL BREAD* (1) 939Kcal 136CH 25L 26P
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Lunes PUMPKIN SOUP FRICADELLE WITH TOMATOIE SAUCE (1,6,12) RICE FRUIT WHOLEMEAL BREAD* (1) 827Kcal 109CH 13L 22P	9 Martes VEGETABLES SOUP PASTA WITH TOMATOIE AND SAUSAGE (1, 7) FRUIT WITHE BREAD (1) 698Kcal 79CH 19L 50P	10 Miércoles "RANCHO CANARIO"(1) CHICKEN WITH "ADOBO CANARIO" SALAD BANANA WHOLEMEAL BREAD* (1) 563 Kcal 66CH 11L 23P	11 Jueves CHICKEN SOUP WITH NOODELS (1) PORK LOIN WITH "MOJO CILANTRO" POTATOES YOGUR (7) WITHE BREAD (1) 665 Kcal HC 59 L 25 P 50	12 Viernes 13 CHARD SOUP BREADED FISH (1, 3, 4, 7) TROPICAL SALAD FRUIT WHOLEMEAL BREAD* (1) 668 Kcal 72CH 17L 33P
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Lunes CARROT SOUP MEDITERRANEAN "PAELLA" (4) FRUIT WHOLEMEAL BREAD* (1) 819 Kcal 115CH 27L 28P	16 Martes LENTIL SOUP TUNA WITH "ADOBO" (4) POTATOES FRUIT WITHE BREAD (1) 952 Kcal 80CH 39L 44P	17 Miércoles SPINACH SOUP SPANISH OMELETE (3) WITH SALAD BANANA WHOLEMEAL BREAD* (1) 855Kcal 100CH 26L 30P	18 Jueves 19 CHICKEN SOUP WITH NOODELS (1) HAMBURGUER WITH TOMATOIE SAUCE (1,6,7,12) RICE YOGUR (7) WITHE BREAD (1) 737 Kcal HC 69 L 33 P 55	19 Viernes 20 VEGETABLES SOUP CHICKEN WITH "RIOJANA" SAUCE POTATOES FRUIT WHOLEMEAL BREAD* (1) 639 Kcal HC 103 L 15 P 24
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Lunes FISH SOUP WITH RICE (4) PORK LOIN SALAD FRUIT WHOLEMEAL BREAD* (1) 707 Kcal HC 83 L 19 P 17	23 Martes WATERCRESS SOUP FISH WITH "MOJO VERDE" (4) POTATOES FRUIT WITHE BREAD (1) 683 Kcal HC 100 L 13 P 44	24 Miércoles ZUCCHINI SOUP BEANS WITH RICE BANANA WHOLEMEAL BREAD* (1) 939Kcal 136CH 25L 26P	25 Jueves 26 DOMINGUERA SOUP (1) CORDON BLEU (1, 3, 7) SALAD YOGUR (7) WITHE BREAD (1) 630 Kcal HC 66 L 20 P 10	26 Viernes 27 PUMPKIN SOUP PASTA BOLOGNESE (1) FRUIT WHOLEMEAL BREAD* (1) 646 Kcal HC 54 L 18 P 37
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Lunes 30 CHICKEN SOUP WITH NOODELS (1) "CHIPIRONES" (1, 3, 4, 14) TROPICAL SALAD FRUIT WHOLEMEAL BREAD* (1) 538 Kcal HC 60 L 13 P 42	Martes	Miércoles	Jueves	Viernes
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** INFORMATION REGARDING ALLERGENS ON THE BACKSIDE OF THE MENU

WHOLEMEAL BREAD 11%

The fresh fruit may vary depending on the ripeness of each type.

The fish used in these menus are the following: Coalfish, Hake, Tuna and Pollock .

In compliance with the Law 17/2011 on Food Safety and Nutrition and with the EU Regulation 1169/2011 on food information provided to the consumer, the educational center has access to the full description of ingredients used and allergens that may be included in each menu item. Request more information in your Educational center if needed.

