



SAN FRANCISCO DE ASIS - ABRIL-2019

Lunes  
Monday

Tuesday  
Martes

Wednesday  
Miércoles

Thursday  
Jueves

A

Friday  
Viernes

**01/04/2019**  
Espaguetis con tomate  
Spaghetti with tomato  
Lomo adobado con ensalada  
Prepared loin with salad  
Zumó  
Fruit juice  
Hid. 85 Prot. 41 Lip. 17 Kcal. 657

**08/04/2019**  
Judías verdes rehogadas  
Sautéed green beans  
Escalope con ensalada  
Scallop with salad  
Fruta en su jugo  
Fruit in its juice  
Hid. 51 Prot. 40 Lip. 29 Kcal. 627

**02/04/2019**  
Crema de puerro y zanahoria  
Cream of leek and carrot  
Albóndigas con tomate  
Meatballs with tomato  
Fruta  
Fruit  
Hid. 87 Prot. 28 Lip. 40 Kcal. 837

**09/04/2019**  
Garbanzos estofados  
Chickpeas stew  
Filete de merluza con ensalada  
Hake fillet and salad  
Lácteo  
Lacteal  
Hid. 72 Prot. 55 Lip. 32 Kcal. 796

**03/04/2019**  
Lentejas con chorizo  
Lentils with sausage  
Jamón asado con guisantes  
Roast Ham with peas  
Lácteo  
Lacteal  
Hid. 75 Prot. 62 Lip. 36 Kcal. 874

**10/04/2019**  
Sopa de fideos  
Noodles soup  
Librillos de jamón y queso  
Booklets of ham and cheese  
Fruta  
Fruit  
Hid. 71 Prot. 29 Lip. 41 Kcal. 765

**04/04/2019**  
Patatas a la riojana  
Potatoes riojana style  
Merluza a la romana con ensalada  
Roman hake with salad  
Fruta  
Fruit  
Hid. 64 Prot. 40 Lip. 23 Kcal. 626

**11/04/2019**  
Macarrones con picadillo  
Macaroni with mince  
Muslo de pollo asado con ensalada  
Roast chicken leg with salad  
Lácteo  
Lacteal  
Hid. 72 Prot. 48 Lip. 33 Kcal. 782

**05/04/2019**  
Arroz con tomate  
Tomato rice  
Tortilla española con ensalada  
Spanish omelette with salad  
Lácteo  
Lacteal  
Hid. 121 Prot. 37 Lip. 46 Kcal. 999

**12/04/2019**  
VACACIONES  
SEMANA SANTA

**15/04/2019**

**16/04/2019**

**17/04/2019**

**18/04/2019**

**19/04/2019**

**22/04/2019**

**23/04/2019**  
FESTIVO

**24/04/2019**  
Lentejas con chorizo  
Lentils with sausage  
Albóndigas en salsa verde  
Meatballs in green sauce  
Lácteo  
Lacteal  
Hid. 103 Prot. 51 Lip. 52 Kcal. 999

**25/04/2019**  
Coditos a la boloñesa  
Coditos with bolognese sauce  
Filete de merluza con ensalada  
Hake fillet and salad  
Fruta  
Fruit  
Hid. 85 Prot. 37 Lip. 25 Kcal. 715

**26/04/2019**  
Puré de Verduras  
Puree vegetable  
Pechuga de pollo con ensalada  
Bread breast of chicken with salad  
Lácteo  
Lacteal  
Hid. 47 Prot. 47 Lip. 26 Kcal. 607

**29/04/2019**  
Arroz con tomate  
Tomato rice  
Lomo adobado con ensalada  
Prepared loin with salad  
Zumó  
Fruit juice  
Hid. 91 Prot. 38 Lip. 17 Kcal. 665

**30/04/2019**  
Judías blancas estofadas  
Beans with sausage  
Tortilla española con ensalada  
Spanish omelette with salad  
Fruta  
Fruit  
Hid. 116 Prot. 34 Lip. 36 Kcal. 923

Media azúcar: 17,9 g  
Media AGS: 7 g  
Media sal: 1,3 g

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