

# SALON CELEBRACIONES "EL CORTIJO", S.L. – COMEDOR ESCOLAR COLECTIVO- Menú MUSULMAN (SOLO CERDO)

|                  | LUNES 02/03  | MARTES 03/03  | MIERCOLES 04/03   | JUEVES 05/03   | VIERNES 06/03   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|------------------|--|---|---|--|---|-----|-------|------|------|--|-----|--|-----|-----|------|-----|--|------|------|------|--|--|-----|--|--|--|------|-----|-------|----|-----|------|------|------|--|-----|--|-----|-----|------|-----|--|------|-------|------|--|--|-----|--|--|--|------|-----|-------|----|-----|------|------|------|--|-------|--|-----|-----|------|-----|--|------|------|------|--|--|-------|--|--|--|------|-----|-------|----|-----|------|------|------|--|-----|--|-----|-----|------|-----|--|------|------|------|--|--|-----|--|--|---|------|-----|-------|----|-----|------|------|------|--|-----|--|-----|-----|------|-----|--|------|------|------|--|--|-----|--|--|
| <b>Semana 10</b> | <p>1º Ensalada de la huerta( lechuga, maíz, cebolla, repollo, pepino y zanahorias) y queso fresco</p> <p>2º Albóndigas de pollo al horno con patatas panaderadas</p> <p>3º Fruta de temporada ( Pan blanco y agua)</p>   | <p>1º Puré de patatas, zanahoria, calabaza, puerro.</p> <p>2º Merluza al horno con ensalada de lechuga, maíz, pepino y tomate</p> <p>3º Fruta de temporada ( Pan de trigo integral y agua)</p>  | <p>1º Caracolas con salsa de tomate frito.</p> <p>2º Huevo duro, queso fresco y lechuga</p> <p>3º Fruta de temporada (Pan blanco y agua)</p>                        | <p>1º Cocido de Garbanzos con habichuela, tomate, pimiento, cebolla, zanahoria y patata</p> <p>2º Tortilla de patatas y tomate aliñado</p> <p>3º Fruta de temporada ( Pan blanco y agua)</p>   | <p>1º Salteado de arroz con pollo</p> <p>2º Hamburguesa de Jibia con salsa zanahoria (zanahoria, ajo y cebolla) con lechuga, tomate y maíz.</p> <p>3º Postre Lácteo; Yogurt ( Pan blanco y agua)</p>  |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr><th>Kcal</th><th>GR.</th><th>G.Sat</th><th>HC</th></tr> </thead> <tbody> <tr><td>575</td><td>30</td><td>5.48</td><td>64</td></tr> <tr><td></td><td>35%</td><td></td><td>50%</td></tr> <tr><th>Azc</th><th>Prot</th><th>Sal</th><td></td></tr> <tr><td>10.8</td><td>23.3</td><td>2.5</td><td></td></tr> <tr><td></td><td>15%</td><td></td><td></td></tr> </tbody> </table>     | Kcal  | GR.   | G.Sat  | HC  | 575 | 30    | 5.48 | 64   |  | 35% |  | 50% | Azc | Prot | Sal |  | 10.8 | 23.3 | 2.5  |  |  | 15% |  |  | <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr><th>Kcal</th><th>GR.</th><th>G.Sat</th><th>HC</th></tr> </thead> <tbody> <tr><td>581</td><td>22</td><td>2.4</td><td>70</td></tr> <tr><td></td><td>34%</td><td></td><td>50%</td></tr> <tr><th>Azc</th><th>Prot</th><th>Sal</th><td></td></tr> <tr><td>18.6</td><td>22.13</td><td>2.4</td><td></td></tr> <tr><td></td><td>15%</td><td></td><td></td></tr> </tbody> </table>     | Kcal | GR. | G.Sat | HC | 581 | 22   | 2.4  | 70   |  | 34% |  | 50% | Azc | Prot | Sal |  | 18.6 | 22.13 | 2.4  |  |  | 15% |  |  | <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr><th>Kcal</th><th>GR.</th><th>G.Sat</th><th>HC</th></tr> </thead> <tbody> <tr><td>595</td><td>19.1</td><td>3.02</td><td>80.5</td></tr> <tr><td></td><td>30%</td><td></td><td>54%</td></tr> <tr><th>Azc</th><th>Prot</th><th>Sal</th><td></td></tr> <tr><td>13</td><td>19.7</td><td>1.2</td><td></td></tr> <tr><td></td><td>13%</td><td></td><td></td></tr> </tbody> </table>     | Kcal | GR. | G.Sat | HC | 595 | 19.1 | 3.02 | 80.5 |  | 30%   |  | 54% | Azc | Prot | Sal |  | 13   | 19.7 | 1.2  |  |  | 13%   |  |  | <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr><th>Kcal</th><th>GR.</th><th>G.Sat</th><th>HC</th></tr> </thead> <tbody> <tr><td>600</td><td>16.4</td><td>2</td><td>85</td></tr> <tr><td></td><td>30%</td><td></td><td>56%</td></tr> <tr><th>Azc</th><th>Prot</th><th>Sal</th><td></td></tr> <tr><td>19</td><td>17.6</td><td>2.96</td><td></td></tr> <tr><td></td><td>13%</td><td></td><td></td></tr> </tbody> </table>       | Kcal | GR. | G.Sat | HC | 600 | 16.4 | 2    | 85   |  | 30% |  | 56% | Azc | Prot | Sal |  | 19   | 17.6 | 2.96 |  |  | 13% |  |  | <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr><th>Kcal</th><th>GR.</th><th>G.Sat</th><th>HC</th></tr> </thead> <tbody> <tr><td>607</td><td>22.3</td><td>6.3</td><td>75.2</td></tr> <tr><td></td><td>31%</td><td></td><td>51%</td></tr> <tr><th>Azc</th><th>Prot</th><th>Sal</th><td></td></tr> <tr><td>8.2</td><td>23.3</td><td>1.9</td><td></td></tr> <tr><td></td><td>15%</td><td></td><td></td></tr> </tbody> </table>  | Kcal | GR. | G.Sat | HC | 607 | 22.3 | 6.3  | 75.2 |  | 31% |  | 51% | Azc | Prot | Sal |  | 8.2  | 23.3 | 1.9  |  |  | 15% |  |  |
|                  | Kcal   | GR.   | G.Sat   | HC   |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 575              | 30   | 5.48  | 64  |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 35%  |   | 50%   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| Azc              | Prot   | Sal   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 10.8             | 23.3   | 2.5   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 15%  |   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| Kcal             | GR.  | G.Sat   | HC  |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 581              | 22   | 2.4   | 70  |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 34%  |   | 50%   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| Azc              | Prot   | Sal   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 18.6             | 22.13  | 2.4   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 15%  |   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| Kcal             | GR.  | G.Sat   | HC  |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 595              | 19.1   | 3.02  | 80.5  |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 30%  |   | 54%   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| Azc              | Prot   | Sal   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 13               | 19.7   | 1.2   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 13%  |   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| Kcal             | GR.  | G.Sat   | HC  |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 600              | 16.4   | 2   | 85  |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 30%  |   | 56%   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| Azc              | Prot   | Sal   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 19               | 17.6   | 2.96  |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 13%  |   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| Kcal             | GR.  | G.Sat   | HC  |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 607              | 22.3   | 6.3   | 75.2  |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 31%  |   | 51%   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| Azc              | Prot   | Sal   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 8.2              | 23.3   | 1.9   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 15%  |   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| <b>Semana 11</b> | <p>1º Crema de patata y calabacín con queso en crema</p> <p>2º Tortilla francesa y ensalada de lechuga, zanahoria y maíz.</p> <p>3º Fruta de temporada ( Pan blanco y agua)</p>  | <p>1º Guiso de guisantes con carne de pavo ( ajo, laurel, cebolla, pimiento verde, pimiento rojo, patata, puerro y tomate)</p> <p>2º Abadejo homeado a la roteña ( salsa; ajo, cebolla, calabacín, pimiento, berenjena ) con arroz blanco</p> <p>3º Fruta de temporada (Pan de trigo integral y agua)</p> | <p>1º Ensalada de lechuga, maíz, zanahoria y tomate con queso fresco</p> <p>2º Macarrones con salsa de tomate</p> <p>3º Fruta de temporada ( Pan blanco y agua)</p> | <p>1º Arroz tres delicias (zanahorias, maíz, pimiento rojo y verde y guisantes)...</p> <p>2º Burger Meat de pollo al horno con guarnición lechuga</p> <p>3º Fruta de temporada ( Pan blanco y agua)</p>                                  | <p>1º Lentejas estofadas con verduras (patata, tomate, pimiento verde y zanahoria).</p> <p>2º Bacalao guisado con salsa verde (ajo, cebolla, harina de arroz y perejil) con ensalada de lechuga, maíz y tomate.</p> <p>3º Fruta de temporada ( Pan blanco y agua)</p> |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr><th>Kcal</th><th>GR.</th><th>G.Sat</th><th>HC</th></tr> </thead> <tbody> <tr><td>594</td><td>23.9</td><td>7.05</td><td>67</td></tr> <tr><td></td><td>36%</td><td></td><td>50%</td></tr> <tr><th>Azc</th><th>Prot</th><th>Sal</th><td></td></tr> <tr><td>8.8</td><td>16</td><td>1.4</td><td></td></tr> <tr><td></td><td>12%</td><td></td><td></td></tr> </tbody> </table>      | Kcal  | GR.   | G.Sat  | HC  | 594 | 23.9  | 7.05 | 67   |  | 36% |  | 50% | Azc | Prot | Sal |  | 8.8  | 16   | 1.4  |  |  | 12% |  |  | <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr><th>Kcal</th><th>GR.</th><th>G.Sat</th><th>HC</th></tr> </thead> <tbody> <tr><td>594</td><td>14.4</td><td>0.55</td><td>83.9</td></tr> <tr><td></td><td>30%</td><td></td><td>58%</td></tr> <tr><th>Azc</th><th>Prot</th><th>Sal</th><td></td></tr> <tr><td>24.4</td><td>29</td><td>1.00</td><td></td></tr> <tr><td></td><td>12%</td><td></td><td></td></tr> </tbody> </table>  | Kcal | GR. | G.Sat | HC | 594 | 14.4 | 0.55 | 83.9 |  | 30% |  | 58% | Azc | Prot | Sal |  | 24.4 | 29    | 1.00 |  |  | 12% |  |  | <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr><th>Kcal</th><th>GR.</th><th>G.Sat</th><th>HC</th></tr> </thead> <tbody> <tr><td>586</td><td>18.2</td><td>2.7</td><td>83</td></tr> <tr><td></td><td>32.7%</td><td></td><td>50%</td></tr> <tr><th>Azc</th><th>Prot</th><th>Sal</th><td></td></tr> <tr><td>15.5</td><td>14.7</td><td>3.40</td><td></td></tr> <tr><td></td><td>13.8%</td><td></td><td></td></tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 586 | 18.2 | 2.7  | 83   |  | 32.7% |  | 50% | Azc | Prot | Sal |  | 15.5 | 14.7 | 3.40 |  |  | 13.8% |  |  | <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr><th>Kcal</th><th>GR.</th><th>G.Sat</th><th>HC</th></tr> </thead> <tbody> <tr><td>601</td><td>20.5</td><td>3.7</td><td>75.2</td></tr> <tr><td></td><td>30%</td><td></td><td>57%</td></tr> <tr><th>Azc</th><th>Prot</th><th>Sal</th><td></td></tr> <tr><td>10.4</td><td>21.7</td><td>2.40</td><td></td></tr> <tr><td></td><td>12%</td><td></td><td></td></tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 601 | 20.5 | 3.7  | 75.2 |  | 30% |  | 57% | Azc | Prot | Sal |  | 10.4 | 21.7 | 2.40 |  |  | 12% |  |  | <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr><th>Kcal</th><th>GR.</th><th>G.Sat</th><th>HC</th></tr> </thead> <tbody> <tr><td>594</td><td>19</td><td>1.86</td><td>85.4</td></tr> <tr><td></td><td>30%</td><td></td><td>56%</td></tr> <tr><th>Azc</th><th>Prot</th><th>Sal</th><td></td></tr> <tr><td>16.9</td><td>24.6</td><td>1.86</td><td></td></tr> <tr><td></td><td>14%</td><td></td><td></td></tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 594 | 19   | 1.86 | 85.4 |  | 30% |  | 56% | Azc | Prot | Sal |  | 16.9 | 24.6 | 1.86 |  |  | 14% |  |  |
|                  | Kcal   | GR.   | G.Sat   | HC   |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 594              | 23.9   | 7.05  | 67  |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 36%  |   | 50%   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| Azc              | Prot   | Sal   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 8.8              | 16   | 1.4   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 12%  |   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| Kcal             | GR.  | G.Sat   | HC  |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 594              | 14.4   | 0.55  | 83.9  |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 30%  |   | 58%   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| Azc              | Prot   | Sal   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 24.4             | 29   | 1.00  |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 12%  |   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| Kcal             | GR.  | G.Sat   | HC  |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 586              | 18.2   | 2.7   | 83  |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 32.7%  |   | 50%   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| Azc              | Prot   | Sal   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 15.5             | 14.7   | 3.40  |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 13.8%  |   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| Kcal             | GR.  | G.Sat   | HC  |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 601              | 20.5   | 3.7   | 75.2  |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 30%  |   | 57%   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| Azc              | Prot   | Sal   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 10.4             | 21.7   | 2.40  |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 12%  |   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| Kcal             | GR.  | G.Sat   | HC  |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 594              | 19   | 1.86  | 85.4  |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 30%  |   | 56%   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| Azc              | Prot   | Sal   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 16.9             | 24.6   | 1.86  |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 14%  |   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| <b>Semana 12</b> | <p>1º Ensalada de la huerta( lechuga, , maíz, cebolla, repollo, pepino y zanahorias) con huevo duro</p> <p>2º Patatas estofadas con mejillones ( ajo, cebolla, pimiento verde, pimiento rojo, tomate y zanahoria)</p> <p>3º Fruta de temporada ( Pan blanco y agua)</p>  | <p>1º Espirales con carne picada de pollo</p> <p>2º Atún en conserva y queso fresco</p> <p>3º Fruta de temporada (Pan de trigo integral y agua)</p>   | <p>1º Arroz salteado con champiñones</p> <p>2º Muslito de pollo en salsa</p> <p>3º Fruta de temporada ( Pan blanco y agua)</p>                                      | <p>1º Cocido madrileño ( Garbanzos, , habichuela, tomate, pimiento, cebolla, zanahoria y patata)</p> <p>2º Tortilla de patatas y ensalada de lechuga, zanahoria, repollo y tomate.</p> <p>3º Fruta de temporada ( Pan blanco y agua)</p> | <p>1º Puré de puerro, zanahoria, calabaza y patata.</p> <p>2º Merluza con salsa de puerros al horno y lechuga y tomate</p> <p>3º Fruta de temporada (Pan blanco y agua)</p>   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr><th>Kcal</th><th>GR.</th><th>G.Sat</th><th>HC</th></tr> </thead> <tbody> <tr><td>579</td><td>18.26</td><td>2.58</td><td>77</td></tr> <tr><td></td><td>31%</td><td></td><td>55%</td></tr> <tr><th>Azc</th><th>Prot</th><th>Sal</th><td></td></tr> <tr><td>12.3</td><td>20.2</td><td>1.92</td><td></td></tr> <tr><td></td><td>14%</td><td></td><td></td></tr> </tbody> </table> | Kcal  | GR.   | G.Sat  | HC  | 579 | 18.26 | 2.58 | 77   |  | 31% |  | 55% | Azc | Prot | Sal |  | 12.3 | 20.2 | 1.92 |  |  | 14% |  |  | <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr><th>Kcal</th><th>GR.</th><th>G.Sat</th><th>HC</th></tr> </thead> <tbody> <tr><td>594</td><td>19.9</td><td>4.05</td><td>82.7</td></tr> <tr><td></td><td>30%</td><td></td><td>55%</td></tr> <tr><th>Azc</th><th>Prot</th><th>Sal</th><td></td></tr> <tr><td>22.5</td><td>21.5</td><td>1.5</td><td></td></tr> <tr><td></td><td>14%</td><td></td><td></td></tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 594 | 19.9 | 4.05 | 82.7 |  | 30% |  | 55% | Azc | Prot | Sal |  | 22.5 | 21.5  | 1.5  |  |  | 14% |  |  | <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr><th>Kcal</th><th>GR.</th><th>G.Sat</th><th>HC</th></tr> </thead> <tbody> <tr><td>588</td><td>15.4</td><td>1.88</td><td>81.3</td></tr> <tr><td></td><td>30%</td><td></td><td>57%</td></tr> <tr><th>Azc</th><th>Prot</th><th>Sal</th><td></td></tr> <tr><td>13</td><td>27.4</td><td>1.52</td><td></td></tr> <tr><td></td><td>13%</td><td></td><td></td></tr> </tbody> </table>    | Kcal | GR. | G.Sat | HC | 588 | 15.4 | 1.88 | 81.3 |  | 30%   |  | 57% | Azc | Prot | Sal |  | 13   | 27.4 | 1.52 |  |  | 13%   |  |  | <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr><th>Kcal</th><th>GR.</th><th>G.Sat</th><th>HC</th></tr> </thead> <tbody> <tr><td>604</td><td>16.4</td><td>2.44</td><td>87.7</td></tr> <tr><td></td><td>30%</td><td></td><td>57%</td></tr> <tr><th>Azc</th><th>Prot</th><th>Sal</th><td></td></tr> <tr><td>17.9</td><td>87.7</td><td>2.9</td><td></td></tr> <tr><td></td><td>12%</td><td></td><td></td></tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 604 | 16.4 | 2.44 | 87.7 |  | 30% |  | 57% | Azc | Prot | Sal |  | 17.9 | 87.7 | 2.9  |  |  | 12% |  |  | <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr><th>Kcal</th><th>GR.</th><th>G.Sat</th><th>HC</th></tr> </thead> <tbody> <tr><td>585</td><td>17.5</td><td>2.33</td><td>76</td></tr> <tr><td></td><td>30%</td><td></td><td>53%</td></tr> <tr><th>Azc</th><th>Prot</th><th>Sal</th><td></td></tr> <tr><td>14.4</td><td>18.4</td><td>2.10</td><td></td></tr> <tr><td></td><td>15%</td><td></td><td></td></tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 585 | 17.5 | 2.33 | 76   |  | 30% |  | 53% | Azc | Prot | Sal |  | 14.4 | 18.4 | 2.10 |  |  | 15% |  |  |
|                  | Kcal   | GR.   | G.Sat   | HC   |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 579              | 18.26  | 2.58  | 77  |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 31%  |   | 55%   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| Azc              | Prot   | Sal   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 12.3             | 20.2   | 1.92  |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 14%  |   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| Kcal             | GR.  | G.Sat   | HC  |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 594              | 19.9   | 4.05  | 82.7  |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 30%  |   | 55%   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| Azc              | Prot   | Sal   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 22.5             | 21.5   | 1.5   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 14%  |   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| Kcal             | GR.  | G.Sat   | HC  |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 588              | 15.4   | 1.88  | 81.3  |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 30%  |   | 57%   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| Azc              | Prot   | Sal   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 13               | 27.4   | 1.52  |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 13%  |   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| Kcal             | GR.  | G.Sat   | HC  |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 604              | 16.4   | 2.44  | 87.7  |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 30%  |   | 57%   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| Azc              | Prot   | Sal   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 17.9             | 87.7   | 2.9   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 12%  |   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| Kcal             | GR.  | G.Sat   | HC  |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 585              | 17.5   | 2.33  | 76  |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 30%  |   | 53%   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| Azc              | Prot   | Sal   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 14.4             | 18.4   | 2.10  |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 15%  |   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| <b>Semana 13</b> | <p>1º Crema de verduras tricolor ( guisantes, coliflor, judías verdes, zanahorias y patatas)</p> <p>2º Burger Meat de pollo al horno con lechuga, zanahoria y tomate.</p> <p>3º Fruta de temporada ( Pan blanco y agua)</p>  | <p>1º Potaje de alubias con verduras (Pimiento, ajo, cebolla, zanahoria, puerro y patata)</p> <p>2º Tortilla de patatas y cebolla</p> <p>3º Fruta de temporada ( Pan de trigo integral y agua)</p>  | <p>1º Ensalada con aceitunas ( lechuga, tomate, maíz, zanahorias)</p> <p>2º Macarrones en salsa de verde</p> <p>3º Fruta de temporada ( Pan blanco y agua)</p>      | <p>1º Ensalada de pasta (maíz, zanahoria, huevo y atún)</p> <p>2º Lentejas estofadas con verduras tomate, pimiento verde y zanahoria).</p> <p>3º Fruta de temporada ( Pan blanco y agua)</p>   | <p>1º Salteado de arroz con potón</p> <p>2º Salmón (pescado semigraso) a la plancha con ensalada de lechuga, zanahoria, repollo</p> <p>3º Fruta de temporada ( Pan blanco y agua)</p>   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr><th>Kcal</th><th>GR.</th><th>G.Sat</th><th>HC</th></tr> </thead> <tbody> <tr><td>612</td><td>21.6</td><td>3.9</td><td>80.7</td></tr> <tr><td></td><td>34%</td><td></td><td>52%</td></tr> <tr><th>Azc</th><th>Prot</th><th>Sal</th><td></td></tr> <tr><td>10.4</td><td>21.9</td><td>3.3</td><td></td></tr> <tr><td></td><td>13%</td><td></td><td></td></tr> </tbody> </table>  | Kcal  | GR.   | G.Sat  | HC  | 612 | 21.6  | 3.9  | 80.7 |  | 34% |  | 52% | Azc | Prot | Sal |  | 10.4 | 21.9 | 3.3  |  |  | 13% |  |  | <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr><th>Kcal</th><th>GR.</th><th>G.Sat</th><th>HC</th></tr> </thead> <tbody> <tr><td>578</td><td>14</td><td>1.5</td><td>85</td></tr> <tr><td></td><td>30%</td><td></td><td>58%</td></tr> <tr><th>Azc</th><th>Prot</th><th>Sal</th><td></td></tr> <tr><td>18</td><td>19.5</td><td>3.0</td><td></td></tr> <tr><td></td><td>12%</td><td></td><td></td></tr> </tbody> </table>        | Kcal | GR. | G.Sat | HC | 578 | 14   | 1.5  | 85   |  | 30% |  | 58% | Azc | Prot | Sal |  | 18   | 19.5  | 3.0  |  |  | 12% |  |  | <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr><th>Kcal</th><th>GR.</th><th>G.Sat</th><th>HC</th></tr> </thead> <tbody> <tr><td>580</td><td>20.4</td><td>2.6</td><td>82.7</td></tr> <tr><td></td><td>30%</td><td></td><td>56%</td></tr> <tr><th>Azc</th><th>Prot</th><th>Sal</th><td></td></tr> <tr><td>14.4</td><td>15</td><td>1.7</td><td></td></tr> <tr><td></td><td>12%</td><td></td><td></td></tr> </tbody> </table>      | Kcal | GR. | G.Sat | HC | 580 | 20.4 | 2.6  | 82.7 |  | 30%   |  | 56% | Azc | Prot | Sal |  | 14.4 | 15   | 1.7  |  |  | 12%   |  |  | <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr><th>Kcal</th><th>GR.</th><th>G.Sat</th><th>HC</th></tr> </thead> <tbody> <tr><td>609</td><td>20.5</td><td>3.8</td><td>83</td></tr> <tr><td></td><td>30%</td><td></td><td>52%</td></tr> <tr><th>Azc</th><th>Prot</th><th>Sal</th><td></td></tr> <tr><td>12.6</td><td>26</td><td>2</td><td></td></tr> <tr><td></td><td>15%</td><td></td><td></td></tr> </tbody> </table>        | Kcal | GR. | G.Sat | HC | 609 | 20.5 | 3.8  | 83   |  | 30% |  | 52% | Azc | Prot | Sal |  | 12.6 | 26   | 2    |  |  | 15% |  |  | <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr><th>Kcal</th><th>GR.</th><th>G.Sat</th><th>HC</th></tr> </thead> <tbody> <tr><td>582</td><td>18.9</td><td>1.48</td><td>83</td></tr> <tr><td></td><td>30%</td><td></td><td>58%</td></tr> <tr><th>Azc</th><th>Prot</th><th>Sal</th><td></td></tr> <tr><td>17.8</td><td>27</td><td>1.67</td><td></td></tr> <tr><td></td><td>12%</td><td></td><td></td></tr> </tbody> </table>   | Kcal | GR. | G.Sat | HC | 582 | 18.9 | 1.48 | 83   |  | 30% |  | 58% | Azc | Prot | Sal |  | 17.8 | 27   | 1.67 |  |  | 12% |  |  |
|                  | Kcal   | GR.   | G.Sat   | HC   |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 612              | 21.6   | 3.9   | 80.7  |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 34%  |   | 52%   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| Azc              | Prot   | Sal   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 10.4             | 21.9   | 3.3   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 13%  |   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| Kcal             | GR.  | G.Sat   | HC  |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 578              | 14   | 1.5   | 85  |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 30%  |   | 58%   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| Azc              | Prot   | Sal   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 18               | 19.5   | 3.0   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 12%  |   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| Kcal             | GR.  | G.Sat   | HC  |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 580              | 20.4   | 2.6   | 82.7  |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 30%  |   | 56%   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| Azc              | Prot   | Sal   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 14.4             | 15   | 1.7   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 12%  |   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| Kcal             | GR.  | G.Sat   | HC  |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 609              | 20.5   | 3.8   | 83  |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 30%  |   | 52%   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| Azc              | Prot   | Sal   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 12.6             | 26   | 2   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 15%  |   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| Kcal             | GR.  | G.Sat   | HC  |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 582              | 18.9   | 1.48  | 83  |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 30%  |   | 58%   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| Azc              | Prot   | Sal   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
| 17.8             | 27   | 1.67  |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |
|                  | 12%  |   |   |  |   |     |       |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |       |      |  |  |     |  |  |  |      |     |       |    |     |      |      |      |  |       |  |     |     |      |     |  |      |      |      |  |  |       |  |  |  |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |   |      |     |       |    |     |      |      |      |  |     |  |     |     |      |     |  |      |      |      |  |  |     |  |  |



**EL CORTIJO**  
CELEBRACIONES Y CATERING



Laboratorios  
**Pilas**

Empresa especializada en seguridad  
e higiene alimentaria, formación

# SALON CELEBRACIONES "EL CORTIJO", S.L. – RECOMENDACIÓN DE CENA - Menú MUSULMAN (SOLO CERDO)



EL CORTIJO  
CELEBRACIONES Y CATERING

|           | LUNES 02/03   | MARTES 03/03   | MIÉRCOLES 04/03   | JUEVES 05/03   | VIERNES 06/03   |
|-----------|---|--|---|--|---|
| Semana 10 | <b>Recomendación de cena:</b><br>Pescado plancha + arroz tres delicias , pan y fruta ( Agua)                          | <b>Recomendación de cena:</b><br>Crema de verduras con patata y ternera + queso fresco, pan y 1 fruta. (Agua).                             | <b>Recomendación de cena:</b><br>1 pescado blanco al horno + salteado de verduras, pan y lácteo. ( Agua)        | <b>Recomendación de cena:</b><br>Filete de pollo plancha con salsa de zanahoria + ensalada, pan y 1 lácteo. ( Agua)                | <b>Recomendación de cena:</b><br>Patata revuelta con huevo, pan + ensalada y 1 fruta.( Agua)                              |
|           |   |  |   |  |   |
|           | LUNES 09/03   | MARTES 10/03   | MIÉRCOLES 11/03   | JUEVES 12/03   | VIERNES 13/03   |
| Semana 11 | <b>Recomendación de cena:</b><br>1 pescado blanco salteado con verduras+ ensalada, pan + lácteo. ( Agua)              | <b>Recomendación de cena:</b><br>Tortilla francesa con jamón cocido + puré de verduras, pan y 1 fruta. ( Agua)                             | <b>Recomendación de cena:</b><br>Patata con pescado al horno + ensalada, pan y 1 fruta. ( Agua)                 | <b>Recomendación de cena:</b><br>Pollo al horno con berenjena + ensalada, pan y 1 fruta. ( Agua)                                   | <b>Recomendación de cena:</b><br>Revuelto de patata, huevo y bacalao+ queso fresco, pan y 1 fruta. ( Agua)                |
|           |   |  |   |  |   |
|           | LUNES 16/03   | MARTES 17/03   | MIÉRCOLES 18/03   | JUEVES 19/03   | VIERNES 20/03   |
| Semana 12 | <b>Recomendación de cena:</b><br>Arroz cocido con jamón cocido sin grasa + ensalada y pan sin gluten, lácteo. ( Agua) | <b>Recomendación de cena:</b><br>1 pescado blanco a la plancha + tortilla francesa con queso fresco, pan sin gluten y 1 fruta. ( Agua)     | <b>Recomendación de cena:</b><br>1 crema de guisantes + filete de pollo, pan sin gluten y 1 fruta. ( Agua)      | <b>Recomendación de cena:</b><br>Pescado al horno con arroz salteado + queso fresco, pan sin gluten y 1 o fruta. ( Agua)           | <b>Recomendación de cena:</b><br>Salteado de verduras con pasta sin gluten + filete de ternera, 1 lácteo. ( Agua)         |
|           |   |  |   |  |   |
|           | LUNES 23/03   | MARTES 24/03   | MIÉRCOLES 25/03   | JUEVES 26/03   | VIERNES 27/03   |
| Semana 13 | <b>Recomendación de cena:</b><br>1 pescado blanco + ensalada, pan sin gluten y 1 lácteo. ( Agua)                      | <b>Recomendación de cena;</b><br>Arroz cocido con salsa de zanahorias + pollo a la plancha, pan sin gluten, 1 macedonia de frutas. ( Agua) | <b>Recomendación de cena;</b><br>Filete de pollo + ensalada con queso fresco, pan sin gluten y 1 fruta. ( Agua) | <b>Recomendación de cena:</b><br>Crema de verduras + tortilla francesa con Pavo o jamón cocido, pan sin gluten y 1 lácteo. ( Agua) | <b>Recomendación de cena:</b><br>1 pescado blanco con patata cocida + calabacín saleado, pan sin gluten y 1 fruta.( Agua) |
|           |   |  |   |  |   |



Con el RD 126/2015, se informa que en caso de intolerancia o alergia solicite información al personal para elaboración de menú adaptado. En la elaboración de estos platos: **1. No se usan alimentos que contengan en su composición grasas trans o grasas hidrogenadas (margarinas, bollería industrial, galletería industrial...), excepto las que presenten de forma natural.** **2. No se usan alimentos que contengan aditivos potenciadores del sabor.** **3. La carne usada es de naturaleza magra (<10% materia grasa), incluido los preparados cárnicos.** **4. Los productos ecológicos que se utilizan en estos menús son: Aceite virgen extra de oliva, tomate, calabacín, pimientos rojos, zanahorias, peras, manzanas, naranjas, plátanos, pastas, lombardas, garbanzos, apio, puerro, patatas.**

PROGRAMA PARA EVALUACIÓN NUTRICIONAL: DIET SOURCE - Dña. María González Moreno (Técnico Superior en Dietética)

**LA FRUTA SERVIDA DURANTE EL MES DE MARZO SERA: NARANJA, PLATANO, MANZANA Y PERA**