

SALON CELEBRACIONES "EL CORTIJO", S.L. – COMEDOR ESCOLAR COLECTIVO- Menú Intolerancia Fructosa, Celiacos y calabaza

| | LUNES 02/11 | MARTES 03/11 | MIERCOLES 04/11 | JUEVES 05/11 | VIERNES 06/11 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|--|---|--|--|--|-----|--------------|------|----------------|-----|------|-----|--|-------|---------------|------|--|---|------|-----|-------|----|-----|--------------|------|---------------|-----|------|-----|--|------|----------------|------|--|---|------|-----|-------|----|-----|---------------|------|---------------|-----|------|-----|--|------|---------------|------|--|--|------|-----|-------|----|-----|---------------|------|----------------|-----|------|-----|--|------|---------------|------|--|--|------|-----|-------|----|-----|---------------|------|---------------|-----|------|-----|--|------|---------------|------|
| Semana 40 | 1º Puré de patatas, coliflor y puerro. 2º Filete de pavo al horno 3º Yogurt natural (Pan blanco sin gluten y agua) | 1º Lentejas estofadas 2º Tortilla de patatas 3º Yogurt natural (Pan blanco sin gluten y agua) | 1º Ensalada de la huerta(lechuga, repollo y pepino) 2º Macarrones SIN GLUTEN en salsa de verde 3º Yogurt natural (Pan blanco sin gluten y agua) | 1º Ensalada de pasta SIN GLUTEN (huevo y atún) 2º Lentejas estofadas 3º Yogurt natural (Pan blanco sin gluten y agua) | 1º Salteado de arroz con potón 2º Salmón (pescado semigraso) a la plancha con ensalada de lechuga 3º Yogurt natural (Pan blanco sin gluten y agua) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 602 | 20.5 34% | 3.9 | 80.7 52% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10.4 | 21.9 13% | 3.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 578 | 14 30% | 1.5 | 85 58% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18 | 19.5 12% | 3.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14.4 | 15 12% | 1.7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 12.6 | 26 15% | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 633 | 20 30% | 4.4 | 79 58% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17.8 | 25 12% | 1.67 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Semana 41 | 1º Ensalada de la huerta(lechuga, repollo , pepino 2º Conejo guisado con patatas 3º Yogurt natural (Pan blanco sin gluten y agua) | 1º Puré de patatas, coliflor y puerro. 2º Lenguado al horno con ensalada de lechuga. 3º Yogurt natural (Pan blanco sin gluten y agua) | 1º Caracolas SIN GLUTEN con salsa de champiñones 2º Pollo guisado 3º Yogurt natural (Pan blanco SIN GLUTEN y agua) | 1º Ensalada de la huerta(lechuga, repollo y pepino) 2º Patatas al horno con huevos rotos. 3º Yogurt natural (Pan blanco SIN GLUTEN y agua) | 1º Salteado de arroz con pollo 2º Merluza salteada con champiñones y ensalada de lechuga 3º Yogurt natural (Pan blanco SIN GLUTEN y agua) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 550 | 26.3 40% | 5.48 | 61.31 44.6% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10.8 | 23.3 16.9% | 2.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 560 | 23.5 37% | 2.4 | 70 51.8% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18.6 | 22.13 16.3% | 2.4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 595 | 19.1 29% | 3.02 | 80.5 54% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13 | 19.7 13.2% | 1.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 595 | 18.8 28.5% | 2.64 | 83.6 56% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16.9 | 18.6 12.5% | 2.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 613 | 22.5 33% | 6.3 | 74.2 48.5% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9.7 | 28.2 18% | 1.9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Semana 42 | 1º Crema de patata y brócoli 2º Tortilla francesa y ensalada de lechuga. 3º Yogurt natural (Pan blanco sin gluten y agua) | 1º Coliflor salteada 2º Conejo guisado con patatas 3º Yogurt natural (Pan blanco sin gluten y agua) | 1º Ensalada de lechuga 2º Filete de pavo al horno con guarnición de arroz blanco 3º Yogurt natural (Pan blanco sin gluten y agua) | 1º Arroz salteado con gambas. 2º Fogonero horneado con berenjenas 3º Yogurt natural (Pan blanco sin gluten y agua) | 1º Lentejas estofadas 2º Bacalao guisado con salsa verde (ajo, harina de arroz y perejil) 3º Yogurt natural (Pan blanco sin gluten y agua) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | <table border="1"> <thead> <tr> <th>Kcal</th> <th>GR.</th> <th>G.Sat</th> <th>HC</th> </tr> </thead> <tbody> <tr> <td>560</td> <td>24.4 35%</td> <td>4.05</td> <td>60.6 43.2%</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th>Sal</th> <td></td> </tr> <tr> <td>10.8</td> <td>14 11%</td> <td>1.4</td> <td></td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 560 | 24.4 35% | 4.05 | 60.6 43.2% | Azc | Prot | Sal | | 10.8 | 14 11% | 1.4 | | <table border="1"> <thead> <tr> <th>Kcal</th> <th>GR.</th> <th>G.Sat</th> <th>HC</th> </tr> </thead> <tbody> <tr> <td>597</td> <td>14.04 21%</td> <td>0.67</td> <td>91.3 60%</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th>Sal</th> <td></td> </tr> <tr> <td>26.4</td> <td>16.5 11.5%</td> <td>1.00</td> <td></td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 597 | 14.04 21% | 0.67 | 91.3 60% | Azc | Prot | Sal | | 26.4 | 16.5 11.5% | 1.00 | | <table border="1"> <thead> <tr> <th>Kcal</th> <th>GR.</th> <th>G.Sat</th> <th>HC</th> </tr> </thead> <tbody> <tr> <td>585</td> <td>21.3 32.7%</td> <td>5.17</td> <td>72 50%</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th>Sal</th> <td></td> </tr> <tr> <td>11.8</td> <td>20.3 13.8%</td> <td>3.40</td> <td></td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 585 | 21.3 32.7% | 5.17 | 72 50% | Azc | Prot | Sal | | 11.8 | 20.3 13.8% | 3.40 | | <table border="1"> <thead> <tr> <th>Kcal</th> <th>GR.</th> <th>G.Sat</th> <th>HC</th> </tr> </thead> <tbody> <tr> <td>540</td> <td>13.8 24%</td> <td>0.7</td> <td>77.87 57.7%</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th>Sal</th> <td></td> </tr> <tr> <td>10.2</td> <td>25.3 18.7%</td> <td>2.40</td> <td></td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 540 | 13.8 24% | 0.7 | 77.87 57.7% | Azc | Prot | Sal | | 10.2 | 25.3 18.7% | 2.40 | | <table border="1"> <thead> <tr> <th>Kcal</th> <th>GR.</th> <th>G.Sat</th> <th>HC</th> </tr> </thead> <tbody> <tr> <td>603</td> <td>17.2 25.6%</td> <td>1.86</td> <td>85.4 56.6%</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th>Sal</th> <td></td> </tr> <tr> <td>16.9</td> <td>26.5 17.5%</td> <td>1.86</td> <td></td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 603 | 17.2 25.6% | 1.86 | 85.4 56.6% | Azc | Prot | Sal | | 16.9 | 26.5 17.5% | 1.86 |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 560 | 24.4 35% | 4.05 | 60.6 43.2% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10.8 | 14 11% | 1.4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 597 | 14.04 21% | 0.67 | 91.3 60% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 26.4 | 16.5 11.5% | 1.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 585 | 21.3 32.7% | 5.17 | 72 50% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11.8 | 20.3 13.8% | 3.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 540 | 13.8 24% | 0.7 | 77.87 57.7% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10.2 | 25.3 18.7% | 2.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 603 | 17.2 25.6% | 1.86 | 85.4 56.6% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16.9 | 26.5 17.5% | 1.86 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Semana 43 | 1º Ensalada de la huerta(lechuga, repollo y pepino) con huevo duro 2º Patatas estofadas con bacalao 3º Yogurt natural (Pan blanco SIN GLUTEN y agua) | 1º Crema de patata y brócoli 2º Espirales SIN GLUTEN salteados con champiñón y pavo. 3º Yogurt natural (Pan blanco SIN GLUTEN y agua) | 1º Arroz con champiñones 2º Muslito de pollo en salsa 3º Yogurt natural (Pan blanco SIN GLUTEN y agua) | 1º Lentejas estofadas 2º Tortilla francesa con perejil y ensalada de lechuga, pepino y repollo. 3º Yogurt natural (Pan blanco SIN GLUTEN y agua) | 1º Puré de patatas, coliflor y puerro 2º Merluza con salsa de puerros al horno 3º Yogurt natural (Pan blanco SIN GLUTEN y agua) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | <table border="1"> <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 31%</td> <td>2.58</td> <td>77 55%</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th>Sal</th> <td></td> </tr> <tr> <td>12.3</td> <td>20.2 14%</td> <td>1.92</td> <td></td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 579 | 18.26 31% | 2.58 | 77 55% | Azc | Prot | Sal | | 12.3 | 20.2 14% | 1.92 | | <table border="1"> <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 30%</td> <td>4.05</td> <td>82.7 55.6%</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th>Sal</th> <td></td> </tr> <tr> <td>22.5</td> <td>21.5 14.5%</td> <td>1.5</td> <td></td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 594 | 19.9 30% | 4.05 | 82.7 55.6% | Azc | Prot | Sal | | 22.5 | 21.5 14.5% | 1.5 | | <table border="1"> <thead> <tr> <th>Kcal</th> <th>GR.</th> <th>G.Sat</th> <th>HC</th> </tr> </thead> <tbody> <tr> <td>604</td> <td>19.45 29%</td> <td>2.37</td> <td>85.6 56.6%</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th>Sal</th> <td></td> </tr> <tr> <td>14.6</td> <td>20.8 13.7%</td> <td>1.52</td> <td></td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 604 | 19.45 29% | 2.37 | 85.6 56.6% | Azc | Prot | Sal | | 14.6 | 20.8 13.7% | 1.52 | | <table border="1"> <thead> <tr> <th>Kcal</th> <th>GR.</th> <th>G.Sat</th> <th>HC</th> </tr> </thead> <tbody> <tr> <td>603</td> <td>18.8 28%</td> <td>2.44</td> <td>85.6 56.6%</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th>Sal</th> <td></td> </tr> <tr> <td>17.9</td> <td>18.8 12.4%</td> <td>2.9</td> <td></td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 603 | 18.8 28% | 2.44 | 85.6 56.6% | Azc | Prot | Sal | | 17.9 | 18.8 12.4% | 2.9 | | <table border="1"> <thead> <tr> <th>Kcal</th> <th>GR.</th> <th>G.Sat</th> <th>HC</th> </tr> </thead> <tbody> <tr> <td>593</td> <td>19.5 29.5%</td> <td>2.53</td> <td>69.5 47.2%</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th>Sal</th> <td></td> </tr> <tr> <td>14.4</td> <td>23.4 15.7%</td> <td>2.10</td> <td></td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 593 | 19.5 29.5% | 2.53 | 69.5 47.2% | Azc | Prot | Sal | | 14.4 | 23.4 15.7% | 2.10 |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 579 | 18.26 31% | 2.58 | 77 55% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12.3 | 20.2 14% | 1.92 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 594 | 19.9 30% | 4.05 | 82.7 55.6% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 22.5 | 21.5 14.5% | 1.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 604 | 19.45 29% | 2.37 | 85.6 56.6% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14.6 | 20.8 13.7% | 1.52 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 603 | 18.8 28% | 2.44 | 85.6 56.6% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17.9 | 18.8 12.4% | 2.9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 593 | 19.5 29.5% | 2.53 | 69.5 47.2% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14.4 | 23.4 15.7% | 2.10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Semana 44 | 1º Puré de patatas, coliflor y puerro. 2º Filete de pavo al horno 3º Yogurt natural (Pan blanco sin gluten y agua) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 602 | 20.5g 34% | 3.9g | 80.7g 52% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10.4g | 21.9g 13% | 1.7g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |



SALON CELEBRACIONES “EL CORTIJO”, S.L. – RECOMENDACIÓN DE CENA - Menú Fructosa y Celiacos

| | LUNES 02/11 | MARTES 03/11 | MIÉRCOLES 04/11 | JUEVES 05/11 | VIERNES 06/11 |
|------------------|---|--|---|---|---|
| Semana 40 | Recomendación de cena: 1 pescado blanco + ensalada, pan sin gluten y 1 lácteo. (Agua) | Recomendación cena; Arroz cocido + pollo a la plancha, pan. (Agua) | Recomendación cena; Filete de pollo empanado + ensalada con queso fresco, pan sin gluten. (Agua) | Recomendación de cena: Crema de verduras + tortilla francesa con Pavo o jamón cocido, pan (Agua) | Recomendación de cena: 1 pescado blanco con patata cocida , pan y 1 fruta.(Agua) |
| Semana 41 | Recomendación de cena: Pescado plancha + arroz tres delicias , pan y fruta (Agua) | Recomendación de cena: Crema de verduras con patata y ternera, pan y 1 fruta. (Agua) | Recomendación de cena: 1 pescado blanco al horno + salteado de verduras, pan y lácteo. (Agua) | Recomendación de cena: Filete de pollo plancha + ensalada, pan y 1 lácteo. (Agua) | Recomendación de cena: Patata revuelta con huevo, pan + ensalada y 1 fruta.(Agua) |
| Semana 42 | Recomendación de cena: 1 pescado blanco salteado con verduras, pan + lácteo. (Agua) | Recomendación de cena: Tortilla francesa con jamón cocido, pan y 1 fruta. (Agua) | Recomendación de cena: Patata con pescado al horno + ensalada, pan y 1 fruta. (Agua) | Recomendación de cena: Pollo al horno + ensalada, pan y 1 fruta. (Agua) | Recomendación de cena: Revuelto de patata, huevo y bacalao, pan y 1 fruta. (Agua) |
| Semana 43 | Recomendación de cena: Arroz cocido con jamón cocido sin grasa + ensalada y pan (Agua) | Recomendación de cena: Tortilla francesa con queso fresco, pan y 1 fruta. (Agua) | Recomendación de cena: Filete de pollo, pan y 1 fruta. (Agua) | Recomendación de cena: Pescado al horno con arroz salteado, pan y 1 o fruta. (Agua) | Recomendación de cena: Salteado de verduras con pasta + filete de ternera, pan. (Agua) |
| Semana 44 | Recomendación de cena: 1 pescado blanco + ensalada, pan. (Agua) | | | | |



EL CORTIJO
CELEBRACIONES Y CATERING



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)