

SALON CELEBRACIONES "EL CORTIJO", S.L. – COMEDOR ESCOLAR COLECTIVO- Menú Alérgico Pescado y Lentejas

| | LUNES 01/02 | MARTES 02/02 | MIÉRCOLES 03/02 | JUEVES 04/02 | VIERNES 05/02 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|---|---|--|--|---|------|--------------|-------|--------------|-----|------|-----|--|-------|--------------|-------|--|--|------|-----|-------|----|-----|--------------|-------|--------------|-----|------|-----|--|-------|--------------|------|--|---|------|-----|-------|----|-----|--------------|-------|--------------|-----|------|-----|--|-------|--------------|-------|--|--|------|-----|-------|----|-------|---------------|-------|--------------|-----|------|-----|--|-------|--------------|------|--|--|------|-----|-------|----|-----|--------------|-------|--------------|-----|------|-----|--|-------|--------------|-------|--|
| Semana 6 | <p>1º Crema de patata y calabacín 2º Tortilla francesa a la plancha y ensalada de lechuga, zanahoria y maíz. 3º Fruta de temporada (Pan blanco y agua)</p> <table border="1"> <thead> <tr> <th>Kcal</th> <th>GR.</th> <th>G.Sat</th> <th>HC</th> </tr> </thead> <tbody> <tr> <td>605g</td> <td>28g 35%</td> <td>7.05g</td> <td>67g 50%</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th colspan="2">Sal</th> </tr> <tr> <td>9.4g</td> <td>17g 12%</td> <td colspan="2">1.5g</td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 605g | 28g 35% | 7.05g | 67g 50% | Azc | Prot | Sal | | 9.4g | 17g 12% | 1.5g | | <p>1º Guisantes con carne de pavo (ajo, laurel, cebolla, pimiento verde, pimiento rojo, patata, puerro y tomate) 2º Filete de pollo a la plancha con ensalada de lechuga, tomate y zanahoria. 3º Fruta de temporada (Pan de trigo integral y agua)</p> <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>14.4g 30%</td> <td>0.77g</td> <td>82g 58%</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th colspan="2">Sal</th> </tr> <tr> <td>16.2g</td> <td>26g 12%</td> <td colspan="2">1.5g</td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 594 | 14.4g 30% | 0.77g | 82g 58% | Azc | Prot | Sal | | 16.2g | 26g 12% | 1.5g | | <p>1º Ensalada de lechugas, zanahoria y tomate con queso fresco 2º Macarrones con salsa de tomate 3º Fruta de temporada (Pan blanco y agua)</p> <table border="1"> <thead> <tr> <th>Kcal</th> <th>GR.</th> <th>G.Sat</th> <th>HC</th> </tr> </thead> <tbody> <tr> <td>591</td> <td>18.2g 32%</td> <td>2.7g</td> <td>83g 55%</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th colspan="2">Sal</th> </tr> <tr> <td>15.5g</td> <td>14.7g 13%</td> <td colspan="2">1.30g</td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 591 | 18.2g 32% | 2.7g | 83g 55% | Azc | Prot | Sal | | 15.5g | 14.7g 13% | 1.30g | | <p>1º Arroz tres delicias (zanahorias, maíz, pimiento rojo y verde). 2º Burger Meat de pollo al horno con guarnición lechuga 3º Fruta de temporada (Pan blanco y agua)</p> <table border="1"> <thead> <tr> <th>Kcal</th> <th>GR.</th> <th>G.Sat</th> <th>HC</th> </tr> </thead> <tbody> <tr> <td>593.7</td> <td>18.45g 30%</td> <td>2.59g</td> <td>77.9g 58%</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th colspan="2">Sal</th> </tr> <tr> <td>11.5g</td> <td>22g 12%</td> <td colspan="2">1.7g</td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 593.7 | 18.45g 30% | 2.59g | 77.9g 58% | Azc | Prot | Sal | | 11.5g | 22g 12% | 1.7g | | <p>1º Potaje de alubias con verduras (Pimiento, ajo, cebolla, zanahoria, puerro y patata) 2º Tortilla de patatas con ensalada de lechuga, maíz, pepino y tomate 3º Fruta de temporada (Pan blanco y agua)</p> <table border="1"> <thead> <tr> <th>Kcal</th> <th>GR.</th> <th>G.Sat</th> <th>HC</th> </tr> </thead> <tbody> <tr> <td>592</td> <td>17g 30%</td> <td>1.86g</td> <td>83.8g 56%</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th colspan="2">Sal</th> </tr> <tr> <td>15.3g</td> <td>26.4g 14%</td> <td colspan="2">1.46g</td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 592 | 17g 30% | 1.86g | 83.8g 56% | Azc | Prot | Sal | | 15.3g | 26.4g 14% | 1.46g | |
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| 605g | 28g 35% | 7.05g | 67g 50% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9.4g | 17g 12% | 1.5g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 16.2g | 26g 12% | 1.5g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 591 | 18.2g 32% | 2.7g | 83g 55% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 592 | 17g 30% | 1.86g | 83.8g 56% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 15.3g | 26.4g 14% | 1.46g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Semana 7 | <p>1º Ensalada de la huerta (lechuga, maíz, cebolla, repollo, pepino y zanahorias) con huevo duro 2º Patatas estofadas con magro (ajo, cebolla, pimiento verde, pimiento rojo, tomate y zanahoria) 3º Fruta de temporada (Pan blanco y agua)</p> <table border="1"> <thead> <tr> <th>Kcal</th> <th>GR.</th> <th>G.Sat</th> <th>HC</th> </tr> </thead> <tbody> <tr> <td>583</td> <td>19g 29%</td> <td>2.58g</td> <td>77g 53%</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th colspan="2">Sal</th> </tr> <tr> <td>12.3g</td> <td>20.2g 14%</td> <td colspan="2">1.92g</td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 583 | 19g 29% | 2.58g | 77g 53% | Azc | Prot | Sal | | 12.3g | 20.2g 14% | 1.92g | | <p>1º Crema de patata y calabacín 2º Salleado de espirales con verduras (calabacín, zanahoria, cebolla y pimiento) 3º Fruta de temporada (Pan de trigo integral y agua)</p> <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>19.9g 30%</td> <td>4.05g</td> <td>82.7g 55%</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th colspan="2">Sal</th> </tr> <tr> <td>22.5g</td> <td>21.5g 14%</td> <td colspan="2">1.5g</td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 594 | 19.9g 30% | 4.05g | 82.7g 55% | Azc | Prot | Sal | | 22.5g | 21.5g 14% | 1.5g | | <p>1º Arroz salteado con champiñones 2º Muslito de pollo salsa de cebolla 3º Fruta de temporada (Pan blanco y agua)</p> <table border="1"> <thead> <tr> <th>Kcal</th> <th>GR.</th> <th>G.Sat</th> <th>HC</th> </tr> </thead> <tbody> <tr> <td>595</td> <td>15.4g 24%</td> <td>1.88g</td> <td>80g 56%</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th colspan="2">Sal</th> </tr> <tr> <td>13g</td> <td>20g 17%</td> <td colspan="2">1.52g</td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 595 | 15.4g 24% | 1.88g | 80g 56% | Azc | Prot | Sal | | 13g | 20g 17% | 1.52g | | <p>1º Cocido madrileño (Garbanzos, habichuela, tomate, pimiento, cebolla, zanahoria) 2º Tortilla de patatas cocidas y guarnición de tomate, pimiento y cebolla 3º Fruta de temporada (Pan blanco y agua)</p> <table border="1"> <thead> <tr> <th>Kcal</th> <th>GR.</th> <th>G.Sat</th> <th>HC</th> </tr> </thead> <tbody> <tr> <td>601</td> <td>16.4g 26%</td> <td>2.44g</td> <td>87.7g 59%</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th colspan="2">Sal</th> </tr> <tr> <td>17.9g</td> <td>17.7g 12%</td> <td colspan="2">1.8g</td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 601 | 16.4g 26% | 2.44g | 87.7g 59% | Azc | Prot | Sal | | 17.9g | 17.7g 12% | 1.8g | | <p>1º Puré de puerro, zanahoria, calabaza y patata. 2º Arroz salteado con verduras 3º Fruta de temporada (Pan blanco y agua)</p> <table border="1"> <thead> <tr> <th>Kcal</th> <th>GR.</th> <th>G.Sat</th> <th>HC</th> </tr> </thead> <tbody> <tr> <td>598</td> <td>17.5g 30%</td> <td>2.33g</td> <td>79g 53%</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th colspan="2">Sal</th> </tr> <tr> <td>14.4g</td> <td>18.4g 15%</td> <td colspan="2">1.8g</td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 598 | 17.5g 30% | 2.33g | 79g 53% | Azc | Prot | Sal | | 14.4g | 18.4g 15% | 1.8g | |
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| 583 | 19g 29% | 2.58g | 77g 53% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12.3g | 20.2g 14% | 1.92g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 594 | 19.9g 30% | 4.05g | 82.7g 55% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 22.5g | 21.5g 14% | 1.5g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 13g | 20g 17% | 1.52g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 601 | 16.4g 26% | 2.44g | 87.7g 59% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 17.9g | 17.7g 12% | 1.8g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 598 | 17.5g 30% | 2.33g | 79g 53% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14.4g | 18.4g 15% | 1.8g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Semana 8 | <p>1º Crema de verduras tricolor hervidas (guisantes, coliflor, judías verdes, zanahorias y patatas) 2º Longanizas de pollo y cerdo al horno con lechuga, zanahoria y pepino 3º Fruta de temporada (Pan blanco y agua)</p> <table border="1"> <thead> <tr> <th>Kcal</th> <th>GR.</th> <th>G.Sat</th> <th>HC</th> </tr> </thead> <tbody> <tr> <td>602</td> <td>20.5g 34%</td> <td>3.9g</td> <td>80.7g 52%</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th colspan="2">Sal</th> </tr> <tr> <td>10.4g</td> <td>21.9g 13%</td> <td colspan="2">1.7g</td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 602 | 20.5g 34% | 3.9g | 80.7g 52% | Azc | Prot | Sal | | 10.4g | 21.9g 13% | 1.7g | | <p>1º Potaje de alubias con verduras (Pimiento, ajo, cebolla, zanahoria, puerro y patata) 2º Tortilla de patatas y cebolla 3º Fruta de temporada (Pan de trigo integral y agua)</p> <table border="1"> <thead> <tr> <th>Kcal</th> <th>GR.</th> <th>G.Sat</th> <th>HC</th> </tr> </thead> <tbody> <tr> <td>578</td> <td>14g 30%</td> <td>1.5g</td> <td>85g 58%</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th colspan="2">Sal</th> </tr> <tr> <td>18g</td> <td>19.5g 12%</td> <td colspan="2">3.0g</td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 578 | 14g 30% | 1.5g | 85g 58% | Azc | Prot | Sal | | 18g | 19.5g 12% | 3.0g | | <p>1º Ensalada de escarolas (tomate, zanahoria y pepino) 2º Macarrones en salsa de verde 3º Fruta de temporada (Pan blanco y agua)</p> <table border="1"> <thead> <tr> <th>Kcal</th> <th>GR.</th> <th>G.Sat</th> <th>HC</th> </tr> </thead> <tbody> <tr> <td>590</td> <td>20.4g 30%</td> <td>2.6g</td> <td>82.7g 56%</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th colspan="2">Sal</th> </tr> <tr> <td>14.4g</td> <td>15g 12%</td> <td colspan="2">1.7g</td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 590 | 20.4g 30% | 2.6g | 82.7g 56% | Azc | Prot | Sal | | 14.4g | 15g 12% | 1.7g | | <p>1º Ensalada de pasta (maíz, zanahoria, huevo) 2º Cocido madrileño (Garbanzos, habichuela, tomate, pimiento, cebolla, zanahoria) 3º Fruta de temporada (Pan blanco y agua)</p> <table border="1"> <thead> <tr> <th>Kcal</th> <th>GR.</th> <th>G.Sat</th> <th>HC</th> </tr> </thead> <tbody> <tr> <td>609</td> <td>20.5g 30%</td> <td>3.8g</td> <td>83g 52%</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th colspan="2">Sal</th> </tr> <tr> <td>12.6g</td> <td>26g 15%</td> <td colspan="2">2g</td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 609 | 20.5g 30% | 3.8g | 83g 52% | Azc | Prot | Sal | | 12.6g | 26g 15% | 2g | | <p>1º Salleado de arroz con pollo 2º Puré de puerro, zanahoria, calabaza y patata. 3º Fruta de temporada (Pan blanco y agua)</p> <table border="1"> <thead> <tr> <th>Kcal</th> <th>GR.</th> <th>G.Sat</th> <th>HC</th> </tr> </thead> <tbody> <tr> <td>633</td> <td>20g 30%</td> <td>4.4g</td> <td>79g 58%</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th colspan="2">Sal</th> </tr> <tr> <td>17.8g</td> <td>25g 12%</td> <td colspan="2">1.67g</td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 633 | 20g 30% | 4.4g | 79g 58% | Azc | Prot | Sal | | 17.8g | 25g 12% | 1.67g | |
| | Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 602 | 20.5g 34% | 3.9g | 80.7g 52% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10.4g | 21.9g 13% | 1.7g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 578 | 14g 30% | 1.5g | 85g 58% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18g | 19.5g 12% | 3.0g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 590 | 20.4g 30% | 2.6g | 82.7g 56% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14.4g | 15g 12% | 1.7g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 609 | 20.5g 30% | 3.8g | 83g 52% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12.6g | 26g 15% | 2g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 633 | 20g 30% | 4.4g | 79g 58% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17.8g | 25g 12% | 1.67g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Semana 9 | <p>1º Ensalada de la huerta (lechuga, maíz, cebolla, repollo, pepino y zanahorias) 2º Albóndigas de pollo al horno (tomate, pimiento, zanahoria y puerro) con guarnición de arroz 3º Fruta de temporada (Pan blanco y agua)</p> | <p>1º Puré de patatas, zanahoria, calabaza, puerro. 2º Filete de pollo a la plancha con lechuga, maíz, pepino y tomate 3º Fruta de temporada (Pan de trigo integral y agua)</p> | <p>1º Huevo duro, queso fresco y lechuga 2º Caracolas con salsa de tomate frito. 3º Fruta de temporada (Pan blanco y agua)</p> | <p>1º Cocido de Garbanzos con habichuela, tomate, pimiento, cebolla, zanahoria 2º Tortilla de patatas cocidas y tomate aliñado 3º Fruta de temporada (Pan blanco y agua)</p> | <p>1º Arroz salteado con magro de cerdo 2º Burger Meat de pollo con lechuga, tomate y maíz 3º Postre Lácteo; Yogurt (Pan blanco y agua)</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |



SALON CELEBRACIONES “EL CORTIJO”, S.L. – RECOMENDACIÓN DE CENA - Menú Alérgico Pescado y Lentejas

| | LUNES 01/02 | MARTES 02/02 | MIÉRCOLES 03/02 | JUEVES 04/02 | VIERNES 05/02 |
|-----------------|--|--|---|---|---|
| Semana 6 | Recomendación de cena: Salteado con verduras+ pollo, pan + lácteo. (Agua) | Recomendación de cena: Tortilla francesa con jamón cocido + puré de verduras, pan y 1 fruta. (Agua) | Recomendación de cena: Tortilla de patatas al horno + ensalada, pan y 1 fruta. (Agua) | Recomendación de cena: Pollo al horno con berenjena + ensalada, pan y 1 fruta. (Agua) | Recomendación de cena: Tortilla francesa + queso fresco, pan y 1 fruta. (Agua) |
| | LUNES 08/02 | MARTES 09/02 | MIÉRCOLES 10/02 | JUEVES 11/02 | VIERNES 12/02 |
| Semana 7 | Recomendación de cena: Arroz cocido con jamón cocido sin grasa + ensalada y pan, lácteo. (Agua) | Recomendación de cena: Tortilla francesa con queso fresco, pan y 1 fruta. (Agua) | Recomendación de cena: 1 crema de guisantes + filete de pollo, pan y 1 fruta. (Agua) | Recomendación de cena: Arroz salteado con verduras, pan y 1 o fruta. (Agua) | Recomendación de cena: Salteado de verduras con pasta + filete de ternera, pan, 1 lácteo. (Agua) |
| | LUNES 15/02 | MARTES 16/02 | MIÉRCOLES 17/02 | JUEVES 18/02 | VIERNES 19/02 |
| Semana 8 | Recomendación de cena: Sopa de verduras con patata y zanahoria, pan y 1 lácteo. (Agua) | Recomendación de cena: Arroz cocido con salsa de zanahorias, pan ,1 macedonia de frutas. (Agua) | Recomendación de cena: Filete de pollo empanado + ensalada con queso fresco, pan y 1 fruta. (Agua) | Recomendación de cena: Crema de verduras + tortilla francesa con Pavo o jamón cocido, pan y 1 lácteo. (Agua) | Recomendación de cena: Tortilla de patatas cocidas + queso fresco, pan y 1 fruta. (Agua) |
| | LUNES 22/02 | MARTES 23/02 | MIÉRCOLES 24/02 | JUEVES 25/02 | VIERNES 26/02 |
| Semana 9 | Recomendación de cena: Arroz tres delicias y ensalada , pan y fruta (Agua) | Recomendación de cena: Crema de verduras con patata y ternera + queso fresco, pan y 1 fruta. (Agua) | Recomendación de cena: Salteado de verduras con pasta, pan y lácteo. (Agua) | Recomendación de cena: Filete de pollo plancha con salsa de zanahoria + ensalada, pan y 1 lácteo. (Agua) | Recomendación de cena: Patata revuelta con huevo, pan + ensalada 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 FEBRERO: MANZANA , PERA , NARANJA Y KIWI