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| <p><b>01</b></p> <p><b>08</b></p> <p>Lentejas a la castellana<br/>Huevos revueltos con jamón<br/>Calabacín salteado<br/>Fruta fresca<br/>Pan blanco</p> <p>En:472kcal/1977Kj; Gr:22g; GrSat:3g; HC:26g; Az:15g; Fib:3g; Pr:41g; Sal:2g;</p> <p>A:                                                                                                                                                                                                                                                                                                                                                                                                                                   </p> |        |           |        |         |

## CENAS RECOMENDADAS



**Lunes**

8 Sandwich integral de pollo y aguacate con tomates cherry. Fruta

15 Hamburguesa de lentejas con avena y chips de boniato Fruta

22 Albóndigas de ternera y calabaza y puré de patata y coliflor. Fruta

29 Brocheta de salmón con cous cous integral de verduras Fruta

**Martes**

9 Pavo salteado con zanahoria y hummus de garbanzos Fruta

16 Boquerones fritos con pisto y arroz hervido. Fruta

23 Sardinas a la plancha con alubias vinagreta. Fruta

30 Lasaña de berenjena con boloñesa de ternera Fruta

**Miércoles**

10 Tortilla paisana con picadillo de tomate Fruta

17 Crepes integrales rellenos de espinacas, ricotta y pavo. Fruta

24 Zarzuela de pescado y mariscos con guisantes Fruta

**Jueves**

11 Pizza en pan de pita integral con toppings de champiñones, pimiento y calabacín. Fruta

18 Sopa de pollo, repollo y zanahorias. Fruta

25 Salmorejo con atún y tortilla de patata. Fruta

**Viernes**

12 Crema de calabaza y zanahorias + queso feta y pollo. Fruta

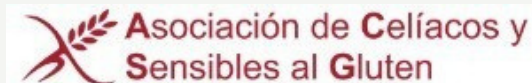
19 Bacalao al horno con cama de patatas, cebolla y tomate. Fruta

26 Fajitas integrales de pavo y verduras Fruta

### Ocio y Tiempo Libre

Comenzamos el curso escolar 25-26 con toda la ilusión y nuevas actividades, volvemos con más energía para divertirnos juntos.  
¡Aprendemos jugando, crecemos disfrutando!

### Empresa colaboradora con:



# SEPTEMBER BASAL MENU

| Monday                                                                                                                                                                                                                        | Tuesday                                                                                                                                                                                                                                            | Wednesday                                                                                                                                                                                                     | Thursday                                                                                                                                                                                           | Friday                                                                                                                                                                                                   |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                    | 01<br>Festivo                                                                                                                                                                                                 | 02<br>Festivo                                                                                                                                                                                      | 03<br>Festivo                                                                                                                                                                                            |
| 06<br>Festivo                                                                                                                                                                                                                 | 07<br>Festivo                                                                                                                                                                                                                                      | 08<br>Lentils stewed with chorizo<br>Cod cubes battered Madrid style<br>sauteed pea<br>Custard<br>Wheat Bread<br>En:924kcal/3864KJ; Gr:50g; GrSat:5g; HC:62g; Az:17g; Fib:1g; Pr:56g; Sal:2g;<br>A:      T:   | 09<br>Green beans with tomato<br>Oven-Roasted Chicken with Potatoes<br>Fresh fruit<br>Wheat Bread<br>En:575kcal/2406KJ; Gr:29g; HC:27g; Az:12g; Fib:3g; Pr:50g; Sal:2g;<br>A:    T:                | 10<br>Vegetables cream<br>Homemade San Jacobo<br>Lettuce and corn salad<br>Fresh fruit<br>Whole bread<br>En:562kcal/2359KJ; Gr:22g; GrSat:3g; HC:69g; Az:14g; Fib:4g; Pr:20g; Sal:2g;<br>A:      T:      |
| 13<br>Rice with tomato and sausages<br>Hake in green sauce<br>Fresh fruit<br>Wheat Bread<br>En:687kcal/2904KJ; Gr:11g; GrSat:1g; HC:116g; Az:113g; Fib:4g; Pr:29g; Sal:2g;<br>A:    T:                                        | 14<br>White beans stewed only with various vegetables<br>Marinated pork loin baked / grilled<br>Lettuce and corn salad<br>Fresh fruit<br>Whole bread<br>En:514kcal/2160KJ; Gr:18g; GrSat:4g; HC:51g; Az:15g; Fib:4g; Pr:35g; Sal:3g;<br>A:      T: | 15<br>Cream of zucchini<br>Veal ragout with vegetables / vegetable stew<br>potato bread<br>Yogur<br>Wheat Bread<br>En:577kcal/2422KJ; Gr:21g; GrSat:4g; HC:57g; Az:31g; Fib:8g; Pr:36g; Sal:1g;<br>A:      T: | 16<br>Seafood Fideua<br>Homemade breaded chicken fillet<br>Mixed salad<br>Fresh fruit<br>Wheat Bread<br>En:748kcal/3149KJ; Gr:22g; GrSat:2g; HC:92g; Az:16g; Fib:5g; Pr:43g; Sal:3g;<br>A:      T: | 17<br>Full-boiled soup<br>Second course of full stew<br>Fresh fruit<br>Wheat Bread<br>En:609kcal/2551KJ; Gr:29g; GrSat:1g; HC:43g; Az:12g; Fib:2g; Pr:43g; Sal:1g;<br>A:      T:                         |
| 20<br>Stewed lentils with various vegetables<br>Cinta de lomo en salsa española con patata panadera<br>Fresh fruit<br>Wheat Bread<br>En:366kcal/1541KJ; Gr:10g; GrSat:2g; HC:32g; Az:16g; Fib:4g; Pr:35g; Sal:2g;<br>A:    T: | 21<br>Rice with chicken and vegetables<br>Homemade breaded hake<br>Lettuce and olive salad<br>Fruit jelly<br>Wheat Bread<br>En:718kcal/3023KJ; Gr:22g; GrSat:1g; HC:99g; Az:89g; Fib:2g; Pr:30g; Sal:3g;<br>A:      T:                             | 22<br>Broccoli cream soup<br>Garlic chicken with fries<br>Fresh fruit<br>Wheat Bread<br>En:441kcal/1852KJ; Gr:15g; HC:42g; Az:13g; Fib:7g; Pr:31g; Sal:1g;<br>A:    T:                                        | 23<br>Pasta Bolognese<br>Spanish potato omelette<br>Mixed salad<br>Fresh fruit<br>Whole bread<br>En:770kcal/3234KJ; Gr:28g; GrSat:8g; HC:89g; Az:18g; Fib:7g; Pr:37g; Sal:4g;<br>A:      T:        | 24<br>Chickpeas in sailor style<br>Hamburguer in sauce<br>Slice of cheese<br>Fresh fruit<br>Wheat Bread<br>En:701kcal/2921KJ; Gr:45g; GrSat:15g; HC:30g; Az:16g; Fib:4g; Pr:42g; Sal:5g;<br>A:        T: |
| 27<br>Green beans with tomato<br>Merluza al horno / a la plancha<br>potato bread<br>Fresh fruit<br>Wheat Bread<br>En:432kcal/1802KJ; Gr:26g; GrSat:1g; HC:18g; Az:13g; Fib:3g; Pr:30g; Sal:2g;<br>A:      T:                  | 28<br>Potatoes with cod<br>Albóndigas a la hortelana<br>Fresh fruit<br>Wheat Bread<br>En:353kcal/1487KJ; Gr:5g; HC:56g; Az:23g; Fib:14g; Pr:14g;<br>A:    T:                                                                                       | 29<br>Pasta Carbonara<br>Homemade San Jacobo<br>Lettuce and olive salad<br>Fresh fruit<br>Whole bread<br>En:697kcal/2929KJ; Gr:25g; GrSat:10g; HC:87g; Az:24g; Fib:4g; Pr:29g; Sal:4g;<br>A:      T:          | 30<br>Full-boiled soup<br>Second course of full stew<br>Fresh fruit<br>Wheat Bread<br>En:609kcal/2551KJ; Gr:29g; GrSat:1g; HC:43g; Az:12g; Fib:2g; Pr:43g; Sal:1g;<br>A:      T:                   | 31<br>Milanese rice<br>Baked Salmon<br>Pisto<br>Fresh fruit<br>Wheat Bread<br>En:740kcal/3130KJ; Gr:10g; GrSat:2g; HC:120g; Az:101g; Fib:5g; Pr:40g; Sal:3g;<br>A:        T:                             |