

San Pedro Pascual

usuari: san_pedro_pascual
 contraseña: 20_san_pedro_pascual

Setembre - 2021 SAP

FRUITES DE TEMPORADA:

Meló d'alger i tot l'any
 pruna, pera blanquilla
 pera limonera i poma golden

DESCARREGA'T
 LA NOSTRA APP



EL TEU CODI DE CENTRE ÉS: 56

VALOR DIFERENCIADOR



AL·LÈRGENS



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| <p>1</p> <p>E</p> <p>1º</p> <p>2º</p> <p>P</p> <p>S</p> | <p>E</p> <p>1º</p> <p>2º</p> <p>P</p> <p>S</p> | <p>1</p> <p>E</p> <p>1º</p> <p>2º</p> <p>P</p> <p>S</p> | <p>2</p> <p>E</p> <p>1º</p> <p>2º</p> <p>P</p> <p>S</p> | <p>3</p> <p>E</p> <p>1º</p> <p>2º</p> <p>P</p> <p>S</p> |
| <p>6</p> <p>E</p> <p>1º</p> <p>2º</p> <p>P</p> <p>S</p> | <p>7</p> <p>E</p> <p>1º</p> <p>2º</p> <p>P</p> <p>S</p> | <p>8</p> <p>E</p> <p>1º</p> <p>2º</p> <p>P</p> <p>S</p> | <p>9</p> <p>E</p> <p>1º</p> <p>2º</p> <p>P</p> <p>S</p> | <p>10</p> <p>E</p> <p>1º</p> <p>2º</p> <p>P</p> <p>S</p> |
| <p>13</p> <p>E</p> <p>1º</p> <p>2º</p> <p>P</p> <p>S</p> | <p>14</p> <p>E</p> <p>1º</p> <p>2º</p> <p>P</p> <p>S</p> | <p>15</p> <p>E</p> <p>1º</p> <p>2º</p> <p>P</p> <p>S</p> | <p>16</p> <p>E</p> <p>1º</p> <p>2º</p> <p>P</p> <p>S</p> | <p>17</p> <p>E</p> <p>1º</p> <p>2º</p> <p>P</p> <p>S</p> |
| <p>20</p> <p>E</p> <p>1º</p> <p>2º</p> <p>P</p> <p>S</p> | <p>21</p> <p>E</p> <p>1º</p> <p>2º</p> <p>P</p> <p>S</p> | <p>22</p> <p>E</p> <p>1º</p> <p>2º</p> <p>P</p> <p>S</p> | <p>23</p> <p>E</p> <p>1º</p> <p>2º</p> <p>P</p> <p>S</p> | <p>24</p> <p>E</p> <p>1º</p> <p>2º</p> <p>P</p> <p>S</p> |
| <p>27</p> <p>E</p> <p>1º</p> <p>2º</p> <p>P</p> <p>S</p> | <p>28</p> <p>E</p> <p>1º</p> <p>2º</p> <p>P</p> <p>S</p> | <p>29</p> <p>E</p> <p>1º</p> <p>2º</p> <p>P</p> <p>S</p> | <p>30</p> <p>E</p> <p>1º</p> <p>2º</p> <p>P</p> <p>S</p> | <p>31</p> <p>E</p> <p>1º</p> <p>2º</p> <p>P</p> <p>S</p> |

Avda. 1º de Mayo (esq. Bailén) - 46100 Burjassot (Valencia)
 T. 963 169 106 / F. 963 169 107 - www.colevisa.com
 colevisa@colevisa.com - www.facebook.com/colevisa

Disposen de menús adaptats a l'estat dels xiquets, dietes, al·lèrgies, celiàquia, etc. L'avaluació nutricional es basa en el grup d'edat. Els nostres menús es preparen d'acord amb les directrius de la "Guia de menús de menjadors escolars" de la Generalitat Valenciana.

La informació sobre els al·lèrgens està disponible en la cuina i en la direcció del centre. Es donarà pa integral un dia a la setmana.

San Pedro Pascual

usuario: san_pedro_pascual
contraseña: 20_san_pedro_pascual

Septiembre - 2021 SAP

FRUTAS DE TEMPORADA:

Sandía, melón
Ciruela, pera blanquilla
pera limonera, manzana golden

DESCARGA NUESTRA APP



TU CÓDIGO DE CENTRO ES: 56

VALOR DIFERENCIADOR



ALERGENOS



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| <table border="1"> <tr><td>E</td><td>KCAL</td></tr> <tr><td>1º</td><td>PROT</td></tr> <tr><td>2º</td><td>CA</td></tr> <tr><td>P</td><td>FE</td></tr> <tr><td>S</td><td>HDC</td></tr> <tr><td></td><td>LIP</td></tr> </table> | E | KCAL | 1º | PROT | 2º | CA | P | FE | S | HDC | | LIP | <table border="1"> <tr><td>E</td><td>KCAL</td></tr> <tr><td>1º</td><td>PROT</td></tr> <tr><td>2º</td><td>CA</td></tr> <tr><td>P</td><td>FE</td></tr> <tr><td>S</td><td>HDC</td></tr> <tr><td></td><td>LIP</td></tr> </table> | E | KCAL | 1º | PROT | 2º | CA | P | FE | S | HDC | | LIP | <table border="1"> <tr><td>1</td><td>E</td><td>KCAL</td></tr> <tr><td></td><td>1º</td><td>PROT</td></tr> <tr><td></td><td>2º</td><td>CA</td></tr> <tr><td></td><td>P</td><td>FE</td></tr> <tr><td></td><td>S</td><td>HDC</td></tr> <tr><td></td><td></td><td>LIP</td></tr> </table> | 1 | E | KCAL | | 1º | PROT | | 2º | CA | | P | FE | | S | HDC | | | LIP | <table border="1"> <tr><td>2</td><td>E</td><td>KCAL</td></tr> <tr><td></td><td>1º</td><td>PROT</td></tr> <tr><td></td><td>2º</td><td>CA</td></tr> <tr><td></td><td>P</td><td>FE</td></tr> <tr><td></td><td>S</td><td>HDC</td></tr> <tr><td></td><td></td><td>LIP</td></tr> </table> | 2 | E | KCAL | | 1º | PROT | | 2º | CA | | P | FE | | S | HDC | | | LIP | <table border="1"> <tr><td>3</td><td>E</td><td>KCAL</td></tr> <tr><td></td><td>1º</td><td>PROT</td></tr> <tr><td></td><td>2º</td><td>CA</td></tr> <tr><td></td><td>P</td><td>FE</td></tr> <tr><td></td><td>S</td><td>HDC</td></tr> <tr><td></td><td></td><td>LIP</td></tr> </table> | 3 | E | KCAL | | 1º | PROT | | 2º | CA | | P | FE | | S | HDC | | | LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | S | HDC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7 | E | KCAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1º | PROT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2º | CA | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | S | HDC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 8 | E | KCAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1º | Ensalada fresca ecológica 945,17 PROT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2º | Sopa de fideos con verduras 36,56g CA | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | P | Hamburguesa completa con tomate y queso con patatas fritas 258,08mg FE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | S | Fruta 7,76mg HDC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Fruta 130,29g LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Fruta 36,67g LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9 | E | KCAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1º | Lechuga, maíz, pepino, pimiento, rábano, queso 903,88 PROT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2º | Arroz de verduras con pak choi 32,77g CA | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | P | Merluza en salsa de zanahoria 381,23mg FE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | S | Yogur Artesano 4,96mg HDC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Yogur Artesano 106,31g LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Yogur Artesano 39,17g LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10 | E | KCAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1º | Ensalada fresca ecológica 847,55 PROT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2º | Lentejas con verduras P/ECO 48,22g CA | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | P | Pechuga pollo a la crema con gnocchis 210,83mg FE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | S | Fruta ecológica 9,29mg HDC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Fruta ecológica 126,58g LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Fruta ecológica 26,35g LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1"> <tr><td>13</td><td>E</td><td>KCAL</td></tr> <tr><td></td><td>1º</td><td>Lechuga, tomate, aceitunas, espárragos, zanahoria 784,05 PROT</td></tr> <tr><td></td><td>2º</td><td>Caracolas a la carbonara 34,41g CA</td></tr> <tr><td></td><td>P</td><td>Tortilla de berenjena con queso tronchón 543,44mg FE</td></tr> <tr><td></td><td>S</td><td>Fruta 5,04mg HDC</td></tr> <tr><td></td><td></td><td>Fruta 91,45g LIP</td></tr> <tr><td></td><td></td><td>Fruta 43,19g LIP</td></tr> </table> | 13 | E | KCAL | | 1º | Lechuga, tomate, aceitunas, espárragos, zanahoria 784,05 PROT | | 2º | Caracolas a la carbonara 34,41g CA | | P | Tortilla de berenjena con queso tronchón 543,44mg FE | | S | Fruta 5,04mg HDC | | | Fruta 91,45g LIP | | | Fruta 43,19g LIP | <table border="1"> <tr><td>14</td><td>E</td><td>KCAL</td></tr> <tr><td></td><td>1º</td><td>Tosta de hummus 772,84 PROT</td></tr> <tr><td></td><td>2º</td><td>Ensalada de quinoa y vegetales/inf sopa 34,77g CA</td></tr> <tr><td></td><td>P</td><td>Solomillo de cerdo al horno con patatas al pimentón 132,06mg FE</td></tr> <tr><td></td><td>S</td><td>Fruta 6,74mg HDC</td></tr> <tr><td></td><td></td><td>Fruta 108,26g LIP</td></tr> <tr><td></td><td></td><td>Fruta 22,00g LIP</td></tr> </table> | 14 | E | KCAL | | 1º | Tosta de hummus 772,84 PROT | | 2º | Ensalada de quinoa y vegetales/inf sopa 34,77g CA | | P | Solomillo de cerdo al horno con patatas al pimentón 132,06mg FE | | S | Fruta 6,74mg HDC | | | Fruta 108,26g LIP | | | Fruta 22,00g LIP | <table border="1"> <tr><td>15</td><td>E</td><td>KCAL</td></tr> <tr><td></td><td>1º</td><td>Ensalada fresca ecológica 974,00 PROT</td></tr> <tr><td></td><td>2º</td><td>Ensalada (lechuga, roble, tomate, pepino, atún, huevo, espárragos, aliño especial) 31,81g CA</td></tr> <tr><td></td><td>P</td><td>Arroz al horno (garbanzo, costilla, patata, tomate, morcilla) 176,17mg FE</td></tr> <tr><td></td><td>S</td><td>Fruta 7,93mg HDC</td></tr> <tr><td></td><td></td><td>Fruta 107,45g LIP</td></tr> <tr><td></td><td></td><td>Fruta 47,23g LIP</td></tr> </table> | 15 | E | KCAL | | 1º | Ensalada fresca ecológica 974,00 PROT | | 2º | Ensalada (lechuga, roble, tomate, pepino, atún, huevo, espárragos, aliño especial) 31,81g CA | | P | Arroz al horno (garbanzo, costilla, patata, tomate, morcilla) 176,17mg FE | | S | Fruta 7,93mg HDC | | | Fruta 107,45g LIP | | | Fruta 47,23g LIP | <table border="1"> <tr><td>16</td><td>E</td><td>KCAL</td></tr> <tr><td></td><td>1º</td><td>DÍA MUNDIAL DEL GUACAMOLE Tosta de guacamole 895,11 PROT</td></tr> <tr><td></td><td>2º</td><td>Crema de verduras y legumbres P/ECO 43,29g CA</td></tr> <tr><td></td><td>P</td><td>Pizza casera artesana (pizzero) 406,91mg FE</td></tr> <tr><td></td><td>S</td><td>Lácteo 7,10mg HDC</td></tr> <tr><td></td><td></td><td>Lácteo 113,03g LIP</td></tr> <tr><td></td><td></td><td>Lácteo 32,88g LIP</td></tr> </table> | 16 | E | KCAL | | 1º | DÍA MUNDIAL DEL GUACAMOLE Tosta de guacamole 895,11 PROT | | 2º | Crema de verduras y legumbres P/ECO 43,29g CA | | P | Pizza casera artesana (pizzero) 406,91mg FE | | S | Lácteo 7,10mg HDC | | | Lácteo 113,03g LIP | | | Lácteo 32,88g LIP | <table border="1"> <tr><td>17</td><td>E</td><td>KCAL</td></tr> <tr><td></td><td>1º</td><td>Chupito de crema de melón 787,71 PROT</td></tr> <tr><td></td><td>2º</td><td>Ensalada alemana/inf Puré de verduras 33,71g CA</td></tr> <tr><td></td><td>P</td><td>Bacalao al horno con pisto casero 243,78mg FE</td></tr> <tr><td></td><td>S</td><td>Fruta 5,27mg HDC</td></tr> <tr><td></td><td></td><td>Fruta 75,66g LIP</td></tr> <tr><td></td><td></td><td>Fruta 39,23g LIP</td></tr> </table> | 17 | E | KCAL | | 1º | Chupito de crema de melón 787,71 PROT | | 2º | Ensalada alemana/inf Puré de verduras 33,71g CA | | P | Bacalao al horno con pisto casero 243,78mg FE | | S | Fruta 5,27mg HDC | | | Fruta 75,66g LIP | | | Fruta 39,23g LIP |
| 13 | E | KCAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1º | Lechuga, tomate, aceitunas, espárragos, zanahoria 784,05 PROT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2º | Caracolas a la carbonara 34,41g CA | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | P | Tortilla de berenjena con queso tronchón 543,44mg FE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | S | Fruta 5,04mg HDC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Fruta 91,45g LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Fruta 43,19g LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14 | E | KCAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1º | Tosta de hummus 772,84 PROT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2º | Ensalada de quinoa y vegetales/inf sopa 34,77g CA | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | P | Solomillo de cerdo al horno con patatas al pimentón 132,06mg FE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | S | Fruta 6,74mg HDC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Fruta 108,26g LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Fruta 22,00g LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15 | E | KCAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1º | Ensalada fresca ecológica 974,00 PROT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2º | Ensalada (lechuga, roble, tomate, pepino, atún, huevo, espárragos, aliño especial) 31,81g CA | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | P | Arroz al horno (garbanzo, costilla, patata, tomate, morcilla) 176,17mg FE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | S | Fruta 7,93mg HDC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Fruta 107,45g LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Fruta 47,23g LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16 | E | KCAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1º | DÍA MUNDIAL DEL GUACAMOLE Tosta de guacamole 895,11 PROT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2º | Crema de verduras y legumbres P/ECO 43,29g CA | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | P | Pizza casera artesana (pizzero) 406,91mg FE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | S | Lácteo 7,10mg HDC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Lácteo 113,03g LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Lácteo 32,88g LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17 | E | KCAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1º | Chupito de crema de melón 787,71 PROT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2º | Ensalada alemana/inf Puré de verduras 33,71g CA | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | P | Bacalao al horno con pisto casero 243,78mg FE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | S | Fruta 5,27mg HDC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Fruta 75,66g LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Fruta 39,23g LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1"> <tr><td>20</td><td>E</td><td>KCAL</td></tr> <tr><td></td><td>1º</td><td>Lechuga, maíz, pepino, zanahoria, pasas 951,71 PROT</td></tr> <tr><td></td><td>2º</td><td>Lentejas estofadas (magro de cerdo, chorizo, patata, cebolla, zanahoria) 46,09g CA</td></tr> <tr><td></td><td>P</td><td>Lomos de merluza provenzal con brócoli 201,04mg FE</td></tr> <tr><td></td><td>S</td><td>Fruta 9,86mg HDC</td></tr> <tr><td></td><td></td><td>Fruta 111,51g LIP</td></tr> <tr><td></td><td></td><td>Fruta 36,62g LIP</td></tr> </table> | 20 | E | KCAL | | 1º | Lechuga, maíz, pepino, zanahoria, pasas 951,71 PROT | | 2º | Lentejas estofadas (magro de cerdo, chorizo, patata, cebolla, zanahoria) 46,09g CA | | P | Lomos de merluza provenzal con brócoli 201,04mg FE | | S | Fruta 9,86mg HDC | | | Fruta 111,51g LIP | | | Fruta 36,62g LIP | <table border="1"> <tr><td>21</td><td>E</td><td>KCAL</td></tr> <tr><td></td><td>1º</td><td>Gazpacho andaluz P/ECO 762,84 PROT</td></tr> <tr><td></td><td>2º</td><td>Crema mediterránea de verduras de temporada - P/ECO 30,34g CA</td></tr> <tr><td></td><td>P</td><td>Entremuslo de pollo a la italiana con patatas 246,18mg FE</td></tr> <tr><td></td><td>S</td><td>Fruta 5,91mg HDC</td></tr> <tr><td></td><td></td><td>Fruta 91,19g LIP</td></tr> <tr><td></td><td></td><td>Fruta 31,45g LIP</td></tr> </table> | 21 | E | KCAL | | 1º | Gazpacho andaluz P/ECO 762,84 PROT | | 2º | Crema mediterránea de verduras de temporada - P/ECO 30,34g CA | | P | Entremuslo de pollo a la italiana con patatas 246,18mg FE | | S | Fruta 5,91mg HDC | | | Fruta 91,19g LIP | | | Fruta 31,45g LIP | <table border="1"> <tr><td>22</td><td>E</td><td>KCAL</td></tr> <tr><td></td><td>1º</td><td>Lechuga, tomate, cebolla, maíz, pepino, remolacha 849,23 PROT</td></tr> <tr><td></td><td>2º</td><td>Calamares a la andaluza con salsa tártara 26,73g CA</td></tr> <tr><td></td><td>P</td><td>Arroz de secreto, calabaza y setas 134,98mg FE</td></tr> <tr><td></td><td>S</td><td>Fruta 4,71mg HDC</td></tr> <tr><td></td><td></td><td>Fruta 79,35g LIP</td></tr> <tr><td></td><td></td><td>Fruta 47,18g LIP</td></tr> </table> | 22 | E | KCAL | | 1º | Lechuga, tomate, cebolla, maíz, pepino, remolacha 849,23 PROT | | 2º | Calamares a la andaluza con salsa tártara 26,73g CA | | P | Arroz de secreto, calabaza y setas 134,98mg FE | | S | Fruta 4,71mg HDC | | | Fruta 79,35g LIP | | | Fruta 47,18g LIP | <table border="1"> <tr><td>23</td><td>E</td><td>KCAL</td></tr> <tr><td></td><td>1º</td><td>Ensalada fresca ecológica 953,36 PROT</td></tr> <tr><td></td><td>2º</td><td>Garbanzos con verduras P/ECO 36,52g CA</td></tr> <tr><td></td><td>P</td><td>Tortilla de patata con "pa, tomaca i pernil" 418,36mg FE</td></tr> <tr><td></td><td>S</td><td>Yogur natural valenciano 11,33mg HDC</td></tr> <tr><td></td><td></td><td>Yogur natural valenciano 114,64g LIP</td></tr> <tr><td></td><td></td><td>Yogur natural valenciano 39,21g LIP</td></tr> </table> | 23 | E | KCAL | | 1º | Ensalada fresca ecológica 953,36 PROT | | 2º | Garbanzos con verduras P/ECO 36,52g CA | | P | Tortilla de patata con "pa, tomaca i pernil" 418,36mg FE | | S | Yogur natural valenciano 11,33mg HDC | | | Yogur natural valenciano 114,64g LIP | | | Yogur natural valenciano 39,21g LIP | <table border="1"> <tr><td>24</td><td>E</td><td>KCAL</td></tr> <tr><td></td><td>1º</td><td>Gazpacho andaluz 845,17 PROT</td></tr> <tr><td></td><td>2º</td><td>Ensalada de pasta con pollo y vegetales 37,45g CA</td></tr> <tr><td></td><td>P</td><td>Salmón a la plancha con judías verdes rehogadas 115,43mg FE</td></tr> <tr><td></td><td>S</td><td>Fruta 5,88mg HDC</td></tr> <tr><td></td><td></td><td>Fruta 111,12g LIP</td></tr> <tr><td></td><td></td><td>Fruta 42,27g LIP</td></tr> </table> | 24 | E | KCAL | | 1º | Gazpacho andaluz 845,17 PROT | | 2º | Ensalada de pasta con pollo y vegetales 37,45g CA | | P | Salmón a la plancha con judías verdes rehogadas 115,43mg FE | | S | Fruta 5,88mg HDC | | | Fruta 111,12g LIP | | | Fruta 42,27g LIP |
| 20 | E | KCAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1º | Lechuga, maíz, pepino, zanahoria, pasas 951,71 PROT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2º | Lentejas estofadas (magro de cerdo, chorizo, patata, cebolla, zanahoria) 46,09g CA | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | P | Lomos de merluza provenzal con brócoli 201,04mg FE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | S | Fruta 9,86mg HDC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Fruta 111,51g LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Fruta 36,62g LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21 | E | KCAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1º | Gazpacho andaluz P/ECO 762,84 PROT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2º | Crema mediterránea de verduras de temporada - P/ECO 30,34g CA | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | P | Entremuslo de pollo a la italiana con patatas 246,18mg FE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | S | Fruta 5,91mg HDC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Fruta 91,19g LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Fruta 31,45g LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 22 | E | KCAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1º | Lechuga, tomate, cebolla, maíz, pepino, remolacha 849,23 PROT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2º | Calamares a la andaluza con salsa tártara 26,73g CA | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | P | Arroz de secreto, calabaza y setas 134,98mg FE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | S | Fruta 4,71mg HDC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Fruta 79,35g LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Fruta 47,18g LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 23 | E | KCAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1º | Ensalada fresca ecológica 953,36 PROT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2º | Garbanzos con verduras P/ECO 36,52g CA | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | P | Tortilla de patata con "pa, tomaca i pernil" 418,36mg FE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | S | Yogur natural valenciano 11,33mg HDC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Yogur natural valenciano 114,64g LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Yogur natural valenciano 39,21g LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 24 | E | KCAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1º | Gazpacho andaluz 845,17 PROT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2º | Ensalada de pasta con pollo y vegetales 37,45g CA | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | P | Salmón a la plancha con judías verdes rehogadas 115,43mg FE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | S | Fruta 5,88mg HDC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Fruta 111,12g LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Fruta 42,27g LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1"> <tr><td>27</td><td>E</td><td>KCAL</td></tr> <tr><td></td><td>1º</td><td>Tomate ecológico y queso servilleta valenciano 962,50 PROT</td></tr> <tr><td></td><td>2º</td><td>Fideuà de verduras y champiñones 40,47g CA</td></tr> <tr><td></td><td>P</td><td>Bacalao gratinado (con lactonesa) con guisantes 317,01mg FE</td></tr> <tr><td></td><td>S</td><td>Fruta 5,29mg HDC</td></tr> <tr><td></td><td></td><td>Fruta 129,74g LIP</td></tr> <tr><td></td><td></td><td>Fruta 56,42g LIP</td></tr> </table> | 27 | E | KCAL | | 1º | Tomate ecológico y queso servilleta valenciano 962,50 PROT | | 2º | Fideuà de verduras y champiñones 40,47g CA | | P | Bacalao gratinado (con lactonesa) con guisantes 317,01mg FE | | S | Fruta 5,29mg HDC | | | Fruta 129,74g LIP | | | Fruta 56,42g LIP | <table border="1"> <tr><td>28</td><td>E</td><td>KCAL</td></tr> <tr><td></td><td>1º</td><td>Lechuga, tomate, aceitunas, maíz, zanahoria 913,81 PROT</td></tr> <tr><td></td><td>2º</td><td>Sopa cocido con fideos 43,76g CA</td></tr> <tr><td></td><td>P</td><td>Tortilla de patata con croqueta de la abuela 170,18mg FE</td></tr> <tr><td></td><td>S</td><td>Fruta 8,75mg HDC</td></tr> <tr><td></td><td></td><td>Fruta 110,72g LIP</td></tr> <tr><td></td><td></td><td>Fruta 39,99g LIP</td></tr> </table> | 28 | E | KCAL | | 1º | Lechuga, tomate, aceitunas, maíz, zanahoria 913,81 PROT | | 2º | Sopa cocido con fideos 43,76g CA | | P | Tortilla de patata con croqueta de la abuela 170,18mg FE | | S | Fruta 8,75mg HDC | | | Fruta 110,72g LIP | | | Fruta 39,99g LIP | <table border="1"> <tr><td>29</td><td>E</td><td>KCAL</td></tr> <tr><td></td><td>1º</td><td>Ensalada fresca ecológica 869,52 PROT</td></tr> <tr><td></td><td>2º</td><td>Alubias blancas con verduras - P/ECO 35,78g CA</td></tr> <tr><td></td><td>P</td><td>Goulash de ternera con cous cous 188,37mg FE</td></tr> <tr><td></td><td>S</td><td>Fruta ecológica 8,74mg HDC</td></tr> <tr><td></td><td></td><td>Fruta ecológica 115,38g LIP</td></tr> <tr><td></td><td></td><td>Fruta ecológica 32,50g LIP</td></tr> </table> | 29 | E | KCAL | | 1º | Ensalada fresca ecológica 869,52 PROT | | 2º | Alubias blancas con verduras - P/ECO 35,78g CA | | P | Goulash de ternera con cous cous 188,37mg FE | | S | Fruta ecológica 8,74mg HDC | | | Fruta ecológica 115,38g LIP | | | Fruta ecológica 32,50g LIP | <table border="1"> <tr><td>30</td><td>E</td><td>KCAL</td></tr> <tr><td></td><td>1º</td><td>Gazpacho andaluz 924,73 PROT</td></tr> <tr><td></td><td>2º</td><td>Ens. rusa (atún, huevo, patata, guisante, zanahoria, mayonesa) 29,97g CA</td></tr> <tr><td></td><td>P</td><td>Paella valenciana con pollo de campo 270,38mg FE</td></tr> <tr><td></td><td>S</td><td>Lácteo 3,88mg HDC</td></tr> <tr><td></td><td></td><td>Lácteo 110,69g LIP</td></tr> <tr><td></td><td></td><td>Lácteo 40,34g LIP</td></tr> </table> | 30 | E | KCAL | | 1º | Gazpacho andaluz 924,73 PROT | | 2º | Ens. rusa (atún, huevo, patata, guisante, zanahoria, mayonesa) 29,97g CA | | P | Paella valenciana con pollo de campo 270,38mg FE | | S | Lácteo 3,88mg HDC | | | Lácteo 110,69g LIP | | | Lácteo 40,34g LIP | <table border="1"> <tr><td></td><td>E</td><td>KCAL</td></tr> <tr><td></td><td>1º</td><td>PROT</td></tr> <tr><td></td><td>2º</td><td>CA</td></tr> <tr><td></td><td>P</td><td>FE</td></tr> <tr><td></td><td>S</td><td>HDC</td></tr> <tr><td></td><td></td><td>LIP</td></tr> </table> | | E | KCAL | | 1º | PROT | | 2º | CA | | P | FE | | S | HDC | | | LIP | | | |
| 27 | E | KCAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1º | Tomate ecológico y queso servilleta valenciano 962,50 PROT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2º | Fideuà de verduras y champiñones 40,47g CA | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | P | Bacalao gratinado (con lactonesa) con guisantes 317,01mg FE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | S | Fruta 5,29mg HDC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Fruta 129,74g LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Fruta 56,42g LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 28 | E | KCAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1º | Lechuga, tomate, aceitunas, maíz, zanahoria 913,81 PROT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2º | Sopa cocido con fideos 43,76g CA | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | P | Tortilla de patata con croqueta de la abuela 170,18mg FE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | S | Fruta 8,75mg HDC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Fruta 110,72g LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Fruta 39,99g LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 29 | E | KCAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1º | Ensalada fresca ecológica 869,52 PROT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2º | Alubias blancas con verduras - P/ECO 35,78g CA | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | P | Goulash de ternera con cous cous 188,37mg FE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | S | Fruta ecológica 8,74mg HDC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Fruta ecológica 115,38g LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Fruta ecológica 32,50g LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 30 | E | KCAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1º | Gazpacho andaluz 924,73 PROT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2º | Ens. rusa (atún, huevo, patata, guisante, zanahoria, mayonesa) 29,97g CA | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | P | Paella valenciana con pollo de campo 270,38mg FE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | S | Lácteo 3,88mg HDC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Lácteo 110,69g LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Lácteo 40,34g LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | E | KCAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1º | PROT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2º | CA | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | P | FE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | S | HDC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Avenida 1º de Mayo (esq. Bailén) - 46100 Burjassot (Valencia)
T. 963 169 106 / F. 963 169 107 - www.colevisa.com
colevisa@colevisa.com - www.facebook.com/colevisa

Disponemos de menús adaptados a la edad de los niños, dietas, alergias, celiaquía, etc. La evaluación nutricional se basa en el grupo de edad. Nuestros menús se preparan conforme a las directrices de la "Guía de menús de menjadors escolars" de la Generalitat Valenciana.

La información sobre los alérgenos está disponible en la cocina y en la dirección del centro. Se servirá pan integral un día a la semana.

