








 LUNES	 MARTES	 MIERCOLES	 JUEVES	 VIERNES																																																																																																				
	<p>TODOS LOS DÍAS: Habrá a disposición de los niños que así lo quieran</p> <p>Fruta del tiempo. Y Ensaladas variadas</p>	<p>DIA 1</p> <p>Arroz de la huerta Pescado en rustidera Fruta del tiempo R. Coliflor con bechamel</p> <table border="1"> <thead> <tr> <th colspan="4">Valor Nutricional</th> </tr> <tr> <th>Energía (kcal)</th> <th>Grasa (g)</th> <th>Prot (g)</th> <th>Glicidos (g)</th> </tr> </thead> <tbody> <tr> <td>310</td> <td>11.4</td> <td>5.7</td> <td>50.1</td> </tr> <tr> <td>240</td> <td>17.4</td> <td>16.1</td> <td>8.7</td> </tr> <tr> <td>79.4</td> <td>0.6</td> <td>0.4</td> <td>19.8</td> </tr> </tbody> </table>	Valor Nutricional				Energía (kcal)	Grasa (g)	Prot (g)	Glicidos (g)	310	11.4	5.7	50.1	240	17.4	16.1	8.7	79.4	0.6	0.4	19.8	<p>DIA 2</p> <p>Ragú de ternera Loncha de queso, croquetas y ensalada Natillas R. Acelgas salteadas</p> <table border="1"> <thead> <tr> <th colspan="4">Valor Nutricional</th> </tr> <tr> <th>Energía (kcal)</th> <th>Grasa (g)</th> <th>Prot (g)</th> <th>Glicidos (g)</th> </tr> </thead> <tbody> <tr> <td>671</td> <td>17.9</td> <td>35.5</td> <td>20.6</td> </tr> <tr> <td>205</td> <td>11.3</td> <td>9.7</td> <td>31.5</td> </tr> <tr> <td>210</td> <td>13.1</td> <td>1.6</td> <td>16.2</td> </tr> </tbody> </table>	Valor Nutricional				Energía (kcal)	Grasa (g)	Prot (g)	Glicidos (g)	671	17.9	35.5	20.6	205	11.3	9.7	31.5	210	13.1	1.6	16.2	<p>DIA 3</p> <p>Espaguetis Napolitana Pescado Orly con tomate natural Fruta del tiempo R. Pure de verduras</p> <table border="1"> <thead> <tr> <th colspan="4">Valor Nutricional</th> </tr> <tr> <th>Energía (kcal)</th> <th>Grasa (g)</th> <th>Prot (g)</th> <th>Glicidos (g)</th> </tr> </thead> <tbody> <tr> <td>430</td> <td>29.1</td> <td>34.1</td> <td>12.1</td> </tr> <tr> <td>245</td> <td>16.9</td> <td>15.7</td> <td>8.7</td> </tr> <tr> <td>79.4</td> <td>0.6</td> <td>0.4</td> <td>19.8</td> </tr> </tbody> </table>	Valor Nutricional				Energía (kcal)	Grasa (g)	Prot (g)	Glicidos (g)	430	29.1	34.1	12.1	245	16.9	15.7	8.7	79.4	0.6	0.4	19.8																																								
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<p>DIA 27</p> <p>Sopa de Fideos con jamón Lomo adobado a la plancha con verduritas Fruta del tiempo R. Coliflor al ajillo</p> <table border="1"> <thead> <tr> <th colspan="4">Valor Nutricional</th> </tr> <tr> <th>Energía (kcal)</th> <th>Grasa (g)</th> <th>Prot (g)</th> <th>Glicidos (g)</th> </tr> </thead> <tbody> <tr> <td>209</td> <td>10.9</td> <td>3.7</td> <td>23.4</td> </tr> <tr> <td>320</td> <td>12.4</td> <td>24.9</td> <td>28.3</td> </tr> <tr> <td>79.4</td> <td>0.6</td> <td>0.4</td> <td>19.8</td> </tr> </tbody> </table>	Valor Nutricional				Energía (kcal)	Grasa (g)	Prot (g)	Glicidos (g)	209	10.9	3.7	23.4	320	12.4	24.9	28.3	79.4	0.6	0.4	19.8	<p>DIA 28</p> <p>Arroz cubana con tomate; Huevo frito con bacon y ensalada Yogur R. Menestra de verduras</p> <table border="1"> <thead> <tr> <th colspan="4">Valor Nutricional</th> </tr> <tr> <th>Energía (kcal)</th> <th>Grasa (g)</th> <th>Prot (g)</th> <th>Glicidos (g)</th> </tr> </thead> <tbody> <tr> <td>332</td> <td>8.6</td> <td>5.5</td> <td>62.2</td> </tr> <tr> <td>460</td> <td>41.4</td> <td>8.6</td> <td>1.2</td> </tr> <tr> <td>99</td> <td>3.9</td> <td>4.0</td> <td>12.8</td> </tr> </tbody> </table>	Valor Nutricional				Energía (kcal)	Grasa (g)	Prot (g)	Glicidos (g)	332	8.6	5.5	62.2	460	41.4	8.6	1.2	99	3.9	4.0	12.8	<p>DIA 29</p> <p>Tiburones boloñesa Pescado Orly con tomate natural Fruta del tiempo R. Brocoli con bechamel</p> <table border="1"> <thead> <tr> <th colspan="4">Valor Nutricional</th> </tr> <tr> <th>Energía (kcal)</th> <th>Grasa (g)</th> <th>Prot (g)</th> <th>Glicidos (g)</th> </tr> </thead> <tbody> <tr> <td>420</td> <td>29.6</td> <td>37.6</td> <td>59.7</td> </tr> <tr> <td>211</td> <td>11.3</td> <td>19.6</td> <td>8.5</td> </tr> <tr> <td>79.4</td> <td>0.6</td> <td>0.4</td> <td>19.8</td> </tr> </tbody> </table>	Valor Nutricional				Energía (kcal)	Grasa (g)	Prot (g)	Glicidos (g)	420	29.6	37.6	59.7	211	11.3	19.6	8.5	79.4	0.6	0.4	19.8																																										
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159	7.8	2.3	21.7																																																																																																					
<p>DIA 20</p> <p>Llenties Castellana Ou fregit amb xoriço i ensalada Fruita del temps R. Pure de verdures</p> <table border="1"> <thead> <tr> <th colspan="4">Valor Nutricional</th> </tr> <tr> <th>Energia (kcal)</th> <th>Grasa (g)</th> <th>Prot (g)</th> <th>Glicídids (g)</th> </tr> </thead> <tbody> <tr> <td>410</td> <td>15.9</td> <td>22.6</td> <td>43.4</td> </tr> <tr> <td>460</td> <td>41.4</td> <td>8.6</td> <td>1.2</td> </tr> <tr> <td>79.4</td> <td>0.6</td> <td>0.4</td> <td>19.8</td> </tr> </tbody> </table>	Valor Nutricional				Energia (kcal)	Grasa (g)	Prot (g)	Glicídids (g)	410	15.9	22.6	43.4	460	41.4	8.6	1.2	79.4	0.6	0.4	19.8	<p>DIA 21</p> <p>Entremesos variats (amb empanadilla) Mandonguilles en el seu suc amb creïlles Iogurt R. Espinacs amb alls</p> <table border="1"> <thead> <tr> <th colspan="4">Valor Nutricional</th> </tr> <tr> <th>Energia (kcal)</th> <th>Grasa (g)</th> <th>Prot (g)</th> <th>Glicídids (g)</th> </tr> </thead> <tbody> <tr> <td>290</td> <td>5.7</td> <td>6.5</td> <td>56.6</td> </tr> <tr> <td>640</td> <td>36</td> <td>22.4</td> <td>60.9</td> </tr> <tr> <td>99</td> <td>3.9</td> <td>4.0</td> <td>12.8</td> </tr> </tbody> </table>	Valor Nutricional				Energia (kcal)	Grasa (g)	Prot (g)	Glicídids (g)	290	5.7	6.5	56.6	640	36	22.4	60.9	99	3.9	4.0	12.8	<p>DIA 22</p> <p>Arròs a Banda Peix en rustidera Fruita del temps R. Sopa Juliana</p> <table border="1"> <thead> <tr> <th colspan="4">Valor Nutricional</th> </tr> <tr> <th>Energia (kcal)</th> <th>Grasa (g)</th> <th>Prot (g)</th> <th>Glicídids (g)</th> </tr> </thead> <tbody> <tr> <td>277</td> <td>2.6</td> <td>5.4</td> <td>65.5</td> </tr> <tr> <td>240</td> <td>17.4</td> <td>16.1</td> <td>8.7</td> </tr> <tr> <td>79.4</td> <td>0.6</td> <td>0.4</td> <td>19.8</td> </tr> </tbody> </table>	Valor Nutricional				Energia (kcal)	Grasa (g)	Prot (g)	Glicídids (g)	277	2.6	5.4	65.5	240	17.4	16.1	8.7	79.4	0.6	0.4	19.8	<p>DIA 23</p> <p>Sopa d'olla Olla completa Crema R. Floricol amb beixamel</p> <table border="1"> <thead> <tr> <th colspan="4">Valor Nutricional</th> </tr> <tr> <th>Energia (kcal)</th> <th>Grasa (g)</th> <th>Prot (g)</th> <th>Glicídids (g)</th> </tr> </thead> <tbody> <tr> <td>99.8</td> <td>1.1</td> <td>4.2</td> <td>19.5</td> </tr> <tr> <td>156</td> <td>33.6</td> <td>28.9</td> <td>38.5</td> </tr> <tr> <td>210</td> <td>13.1</td> <td>1.6</td> <td>16.2</td> </tr> </tbody> </table>	Valor Nutricional				Energia (kcal)	Grasa (g)	Prot (g)	Glicídids (g)	99.8	1.1	4.2	19.5	156	33.6	28.9	38.5	210	13.1	1.6	16.2	<p>DIA 24</p> <p>Lasanya de tonyina Donuts de lluç amb ensalada Fruita del temps R. Bullit variat</p> <table border="1"> <thead> <tr> <th colspan="4">Valor Nutricional</th> </tr> <tr> <th>Energia (kcal)</th> <th>Grasa (g)</th> <th>Prot (g)</th> <th>Glicídids (g)</th> </tr> </thead> <tbody> <tr> <td>430</td> <td>29.1</td> <td>34.1</td> <td>12.1</td> </tr> <tr> <td>230</td> <td>15.8</td> <td>14.8</td> <td>8.9</td> </tr> <tr> <td>79.4</td> <td>0.6</td> <td>0.4</td> <td>19.8</td> </tr> </tbody> </table>	Valor Nutricional				Energia (kcal)	Grasa (g)	Prot (g)	Glicídids (g)	430	29.1	34.1	12.1	230	15.8	14.8	8.9	79.4	0.6	0.4	19.8
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