











Energy Kcal

Carbohydrates



January-2024 DIOXID DE SOFRE GRANS SESAM



103





2n. Valencian Paella with chicken and vegetables. Seasonal fruit

Verdura en tempura. Grilled veal Seasonal fru





Lettuce, tomato, carrot, quinoa 1r. vetable soup with legumes. 2n. Potato Omelette with Vegetables. Dairy and Fruit

sauteed mushrooms, vegetables and onion.



Lettuce, tomato, carrot, corn 1r. Neapolitan Macaroni

2n. Grilled tilapia fillet with Vegetables. Seasonal fruit

Baked fish. easonal fruit



Lettuce, tomato, corn, beet

1r. ECO chikpea stew with carrot and spinach

2n. Ham and cheese pizza. ECO fruit

regetable cream with leeks and carrot asonal frui



Grilled vegetables. Baked Salmon With Vegetables. easonal fruit

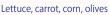
2n. Burger with Garrison.

1r. Valencian boiled

Seasonal fruit

Lettuce, tomato, olives, corn

15



1r. Vegetable soup with legumes. 2n. San Jacobo with Vegetables.

Seasonal fruit

Tuna patties Fresh Cheese Seasonal fruit



1r. Special Salad

2n. Arròs del senyoret with seafood. Seasonal fruit

Garlic leek and potato cream.. Omelette. Lacteal

Lettuce, tomato, corn, quinoa 1r. vegetables cream 2n. Baked Chicken with Potatoes. Seasonal fruit

Vegetable Consommé. rilled Fish easonal fruit

Lettuce, tomato, olives, corn

1r. macaroni with creamy mushroom sauce

2n. Marinated loin with Vegetables. Dairy and Fruit

lue fish to the papillote.

12

Lettuce, corn, olives, beet 1r. ECO Lentils with vegetables

2n. Omelette with Garrison. ECO fruit

Salad with pineapple and raisins. Gurilled Squid. easonal fruit



22



2n. Fideuà of fish with seafood. Seasonal fruit

Grilled veal Mediterranean puree. Seasonal fruit

Lettuce, tomato, carrot, olives

1r. Chickpea stew with carrot and spinach

2n. Potato Omelette with Garrison. Seasonal fruit

Sauteed Vegetables with Ham. Chicken with tomato. aconal fruit

Lettuce, tomato, carrot, quinoa 1r. Cuban rice with tomato and egg

2n. Grilled Hake Filet with Vegetables. Seasonal fruit

Zucchini cream and cheese.. renes of ham and cheese

Lettuce, tomato, olives, corn 1r. Carrot and pumpkin cream

2n. Meatballs in vegetable sauce.

Dairy and Fruit

Grilled vegetables. rilled Fish asonal frui



Lettuce, tomato, carrot, olives 1r. Spirals with tuna, tomato and cheese

2n. Cod dice with Garrison.

ECO fruit

Garlic soup Grilled yeal easonal frui







1r. Chicken soup

2n. White sausages with ratatouille. Seasonal fruit

Salad with pineapple and raisins. sttufed aubergine with vegetables and mince.



Lettuce, tomato, beet, egg

1r. Rice alla Milanese

2n. Potato Omelette with Vegetables. Seasonal fruit

Baked Vegetables Baked fish. easonal fruit



Lacteal

Baked fish.

easonal fruit



1r. ECO Lentils with vegetables 2n. Tilapia fillet with Garrison.







