

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

ausolan

COCINAS CENTRALES

ABRIL 2021

ALÉRGENOS

- 1 gluten
- 2 crustáceos
- 3 huevo
- 4 pescado
- 5 cacahuete
- 6 soja
- 7 lácteos
- 8 frutos secos
- 9 apio
- 10 mostaza
- 11 sésamo
- 12 sulfitos
- 13 altramuces
- 14 moluscos

FIESTA/HOLIDAY

12 Arroz caldoso con pollo y verduras
Merluza romana con ensalada (1,3,4)
Fruta/pan(1,8)

Broth rice with chicken and veget.
Breaded hake with salad
Fruit and milk/bread

19 Crema de zanahoria
Cinta adobada con patatas fritas
Fruta/pan(1,8)
Cream of carrot
Pork loin with chips
Fruit and milk/bread

26 Menestra de verduras
Guiso de ternera con patatas
Fruta/pan(1,8)
Green beans w/ tomato, potatoes and carrot
Stew veal with chips
Dairy dessert/bread

06 Crema de calabacín
Lomo de cerdo plancha con patatas fritas
Lácteo(7)/pan(1,8)
Cream of zucchini
Pork loin with chips
Fruit and milk/bread

13 Judías blancas estofadas
Hamburguesa en salsa (6)
Lácteo(7)/pan(1,8)
Stew white beans
Burger in sauce
Fruit and milk/bread

20 Arroz con pollo
Ventresca bacalao con tomate (4)
Lácteo(7)/pan(1,8)
Rice with chicken
Cod with tomato
Fruit and milk/bread

27 Patatas guisadas
Salmón horno con ensalada(4)
Lácteo(7)/pan(1,8)
Stew potatoes
Baked salmon with salad
Fruit and milk/bread

07 Sopa de cocido (1,3)
Cocido completo
Fruta/pan(1,8)
Madrid style broth
Meat and chickpeas
Dairy dessert/bread

14 Puré de verduras
Filete de pollo con patatas fritas
Fruta/pan(1,8)
Cream of vegetables
Chicken fillet with chips
Fruit and milk/bread

21 Lentejas con verduritas
Tortilla con ensalada(3)
Fruta/pan(1,8)
Lentils with vegetables
Spanish omelette with salad
Dairy dessert/bread

28 Sopa de cocido (1,3)
Cocido completo
Fruta/pan(1,8)
Madrid style broth
Meat and chickpeas
Dairy dessert/bread

08 Judías verdes con tomate
Albóndigas jardinera(6)
Lácteo(7)/pan(1,8)
Green beans with tomato and carrot
Meat balls with vegetables
Fruit and milk/bread

15 Patatas marinera
Daditos de bacalao con ensalada(1,2,3,4,7,12,14)
Lácteo(7)/pan(1,8)
Potatoes with seafood
Breaded cod with salad
Fruit and milk/bread

22 Patatas guisadas con magro
Muslitos asados con ensalada
Lácteo(7)/pan(1,8)
Stew potatoes with loin
Roast chicken with salad
Fruit and milk/bread

29 Crema de calabacín
Albóndigas con patata dado (6)
Lácteo(7)/pan(1,8)
Cream of zucchini
Meatballs with chips
Fruit and milk/bread

09 Lentejas castellanas con chorizo
Atún con tomate (4)
Fruta/pan(1,8)
Castillians lentils with chorizo
Tuna with tomato
Dairy dessert/bread

16 Espirales tricolor con tomate casero (1,3)
Tortilla con ensalada(3)
Fruta/pan(1,8)
Three colours spirals with tomato
Omelette with salad
Dairy dessert/bread

23 Judías pintas con chorizo
Filete de merluza con ensalada(4)
Fruta/pan(1,8)
Red beans with chorizo
Hake fillet with salad
Dairy dessert/bread

30 Macarrones con york (1,3)
Delicias de calamar con ensalada(1,3,4,7,14)
Fruta/pan(1,8)
Macaroni with york
Squids delights with salad
Fruit and milk/bread

Hydra car. 106g Proteínas: 31g Grasas: 26g - Kcalorías: 717

Hydra car. 102g Proteínas: 36g Grasas: 28g - Kcalorías: 741

Hydra car. 90g Proteínas: 32g Grasas: 26g - Kcalorías: 723

Hydra car. 106g Proteínas: 31g Grasas: 26g - Kcalorías: 717