



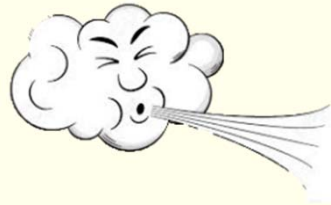
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"Estos menús pueden contener los siguientes alérgenos:
Gluten, lácteos, crustáceos, huevo, pescado, moluscos, altramuces, cacahuets, apio, sésamo, frutos secos, sulfitos, mostaza y soja."
Reglamento (UE) N° 1169/2011
Para mayor información contacte con nosotros.

FEBRERO 2019

C.E.I.P. LA ENCINA Alérgico Lentejas



1 VIERNES

Puré de verduras con acelgas, puerro, zanahoria y patata
Swiss chard, leek, carrot and potato purée
Escalopines de cerdo en salsa con arroz salteado con champiñones
Pork fillets in sauce with sautéed rice and mushrooms
Pan Bread
Plátano
Banana

| ENERGIA (KCAL) | PROTEINA (G) | H.CARB (G) | LÍPIDOS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | AGS (G) |
|----------------|--------------|------------|-------------|-------------|-------------|-------------|---------|
| 549 | 26,5 | 74,4 | 14,5 | 161 | 5,9 | 887 | 4 |

4 LUNES

Arroz a la milanesa con york y queso
Milanese 's style rice with boiled ham and grilled cheese
Pescadilla en salsa con guisantes y espárragos
Younghake in sauce with peas and asparagus
Pan Bread
Melocotón en almibar
Peach in syrup

| ENERGIA (KCAL) | PROTEINA (G) | H.CARB (G) | LÍPIDOS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | AGS (G) |
|----------------|--------------|------------|-------------|-------------|-------------|-------------|---------|
| 827 | 42,7 | 99,9 | 28,2 | 418 | 3,9 | 221 | 9 |

5 MARTES

Judías verdes rehogadas con patatas
Sautéed green beans with potatoes
Escalope de pollo con ensalada de lechuga, tomate y maíz
Breaded chicken fillet with lettuce, tomato and corn salad
Pan integral
Whole-grain bread
Manzana y vaso de leche
Apple and a glass of milk

| ENERGIA (KCAL) | PROTEINA (G) | H.CARB (G) | LÍPIDOS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | AGS (G) |
|----------------|--------------|------------|-------------|-------------|-------------|-------------|---------|
| 569 | 30,5 | 41,5 | 28,5 | 297 | 4,3 | 205 | 7,5 |

6 MIÉRCOLES

Sopa de cocido con fideos
Vermicelli soup
Garbanzos con repollo, zanahoria, puerro, carne de ternera, pollo, tocino y chorizo
Chickpea stew with cabbage, carrot, leek, veal, chicken, fat and chorizo
Pan Bread
Naranja
Yogur
Yoghurt

| ENERGIA (KCAL) | PROTEINA (G) | H.CARB (G) | LÍPIDOS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | AGS (G) |
|----------------|--------------|------------|-------------|-------------|-------------|-------------|---------|
| 764 | 37,8 | 83,4 | 27,7 | 313 | 7,4 | 278 | 10,6 |

7 JUEVES

Crema de calabaza
Pumpkin cream
Albóndigas en salsa con patatas dado
Meatballs in sauce with dice potatoes
Pan Bread
Naranja
Yogur
Orange

| ENERGIA (KCAL) | PROTEINA (G) | H.CARB (G) | LÍPIDOS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | AGS (G) |
|----------------|--------------|------------|-------------|-------------|-------------|-------------|---------|
| 562 | 25,5 | 44,8 | 29,7 | 100 | 4,4 | 385 | 9,2 |

8 VIERNES

Espaguetis a la napolitana
Neapolitan 's style spaghetti
Abadejo empanado con ensalada de lechuga, tomate y zanahoria
Breaded pollack with lettuce, tomato and carrot salad
Pan Bread
Pera y vaso de leche
Pear and a glass of milk

| ENERGIA (KCAL) | PROTEINA (G) | H.CARB (G) | LÍPIDOS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | AGS (G) |
|----------------|--------------|------------|-------------|-------------|-------------|-------------|---------|
| 813 | 36 | 107 | 24,7 | 281 | 4,1 | 468 | 6,4 |

11 LUNES

Paella de pollo y verduras
Chicken and vegetable Paella
Hamburguesa con ketchup y ensalada de lechuga, tomate y atún
Hamburger with ketchup and lettuce, tomato and tuna salad
Pan Bread
Manzana y vaso de leche
Apple and a glass of milk

| ENERGIA (KCAL) | PROTEINA (G) | H.CARB (G) | LÍPIDOS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | AGS (G) |
|----------------|--------------|------------|-------------|-------------|-------------|-------------|---------|
| 947 | 40,9 | 109 | 37,2 | 253 | 6 | 263 | 12,4 |

12 MARTES

Verdura salteada
Sautéed vegetable
Tortilla de patatas y calabacín con ensalada de lechuga, tomate y maíz
Potato and courgette omelette with lettuce, tomato and corn salad
Pan Bread
Fian
Caramel custard

| ENERGIA (KCAL) | PROTEINA (G) | H.CARB (G) | LÍPIDOS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | AGS (G) |
|----------------|--------------|------------|-------------|-------------|-------------|-------------|---------|
| 805 | 37,8 | 91,7 | 27,8 | 259 | 10,9 | 491 | 6,6 |

13 MIÉRCOLES

Sopa de picadillo: fideos, pollo y huevo cocido
Mince soup with vermicelli, chicken and boiled egg
Cazón en adobo con tomate aliñado
Marinate dogfish with seasoned tomato
Pan Bread
Mandarina
Mandarin orange

| ENERGIA (KCAL) | PROTEINA (G) | H.CARB (G) | LÍPIDOS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | AGS (G) |
|----------------|--------------|------------|-------------|-------------|-------------|-------------|---------|
| 524 | 34,1 | 51,8 | 18,8 | 101 | 4 | 308 | 4 |

14 JUEVES

Puré de verduras
Vegetable purée
Magro de cerdo en salsa con arroz salteado con champiñones
Pork loin in sauce with sautéed rice and mushrooms
Pan integral
Whole-grain bread
Pera y vaso de leche
Pear and a glass of milk

| ENERGIA (KCAL) | PROTEINA (G) | H.CARB (G) | LÍPIDOS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | AGS (G) |
|----------------|--------------|------------|-------------|-------------|-------------|-------------|---------|
| 609 | 26,1 | 61,8 | 26,4 | 335 | 7,1 | 939 | 9,3 |

15 VIERNES

Brócoli salteado con beicon y huevo cocido
Sautéed broccoli with bacon and boiled egg
Muslitos de pollo asados al limón con patatas panaderas
Roast chicken drumsticks in lemon sauce with potatoes
Pan Bread
Plátano
Banana

| ENERGIA (KCAL) | PROTEINA (G) | H.CARB (G) | LÍPIDOS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | AGS (G) |
|----------------|--------------|------------|-------------|-------------|-------------|-------------|---------|
| 511 | 28,9 | 35,3 | 26,6 | 113 | 4,1 | 185 | 7,5 |

18 LUNES

Macarrones con salsa de tomate y queso gratinado
Macaroni with tomato sauce and grilled cheese
Merluza a la romana con ensalada de lechuga, tomate, zanahoria y maíz
Battered hake with lettuce, tomato carrot and corn salad
Pan Bread
Naranja
Orange

| ENERGIA (KCAL) | PROTEINA (G) | H.CARB (G) | LÍPIDOS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | AGS (G) |
|----------------|--------------|------------|-------------|-------------|-------------|-------------|---------|
| 735 | 31,2 | 100 | 21 | 139 | 4,5 | 413 | 3,8 |

19 MARTES

Alubias blancas guisadas con zanahoria
White bean stew with carrot
Solomillo de cerdo en salsa con verduras
Pork sirloin in sauce with vegetables
Pan Bread
Manzana y vaso de leche
Apple and a glass of milk

| ENERGIA (KCAL) | PROTEINA (G) | H.CARB (G) | LÍPIDOS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | AGS (G) |
|----------------|--------------|------------|-------------|-------------|-------------|-------------|---------|
| 767 | 48,8 | 71,3 | 26,2 | 313 | 9,7 | 726 | 8,1 |

20 MIÉRCOLES

Menestra de verduras salteada
Vegetable stew
Lasaña de atún con tomate aliñado
Tuna lasagne with seasoned tomato
Pan integral
Whole-grain bread
Mandarina
Mandarin orange

| ENERGIA (KCAL) | PROTEINA (G) | H.CARB (G) | LÍPIDOS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | AGS (G) |
|----------------|--------------|------------|-------------|-------------|-------------|-------------|---------|
| 735 | 37,6 | 75,5 | 28,2 | 349 | 5,8 | 1054 | 10,7 |

21 JUEVES

Sopa de cocido con fideos
Vermicelli soup
Garbanzos con repollo, zanahoria, puerro, carne de ternera, pollo, tocino y chorizo
Chickpea stew with cabbage, carrot, leek, veal, chicken, fat and chorizo
Pan Bread
Yogur
Yoghurt

| ENERGIA (KCAL) | PROTEINA (G) | H.CARB (G) | LÍPIDOS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | AGS (G) |
|----------------|--------------|------------|-------------|-------------|-------------|-------------|---------|
| 764 | 37,8 | 83,4 | 27,7 | 313 | 7,4 | 278 | 10,6 |

22 VIERNES

Crema de espinacas
Spinach cream
Ragú de ternera en salsa con patatas dado
Veal ragout in sauce with dice potatoes
Pan Bread
Plátano y vaso de leche
Banana and a glass of milk

| ENERGIA (KCAL) | PROTEINA (G) | H.CARB (G) | LÍPIDOS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | AGS (G) |
|----------------|--------------|------------|-------------|-------------|-------------|-------------|---------|
| 514 | 26,3 | 50,6 | 21,1 | 282 | 5,9 | 848 | 6,7 |

25 LUNES

Arroz blanco con salsa de tomate y huevo cocido
White rice with tomato sauce and boiled egg
Tortilla francesa de york con ensalada de lechuga, tomate y maíz
Ham omelette with lettuce, tomato and corn salad
Pan Bread
Manzana
Apple

| ENERGIA (KCAL) | PROTEINA (G) | H.CARB (G) | LÍPIDOS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | AGS (G) |
|----------------|--------------|------------|-------------|-------------|-------------|-------------|---------|
| 794 | 23,9 | 100 | 32,1 | 109 | 5 | 352 | 6,3 |

26 MARTES

Judías verdes al ajillo
Sautéed green beans in garlic sauce
Salmón al horno con patatas al vapor
Roast salmon with steamed potatoes
Pan integral
Whole-grain bread
Pera y vaso de leche
Pear and a glass of milk

| ENERGIA (KCAL) | PROTEINA (G) | H.CARB (G) | LÍPIDOS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | AGS (G) |
|----------------|--------------|------------|-------------|-------------|-------------|-------------|---------|
| 645 | 33,7 | 39,9 | 36,5 | 293 | 3,8 | 114 | 8,2 |

27 MIÉRCOLES

Macarrones con salsa de tomate
Macaroni with tomato sauce
Muslitos de pollo en salsa con champiñones
Chicken drumsticks in sauce with mushrooms
Pan Bread
Naranja
Orange

| ENERGIA (KCAL) | PROTEINA (G) | H.CARB (G) | LÍPIDOS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | AGS (G) |
|----------------|--------------|------------|-------------|-------------|-------------|-------------|---------|
| 721 | 44,6 | 65,7 | 27 | 115 | 10,6 | 331 | 6,3 |

28 JUEVES

MENÚ INTERNACIONAL: PAÍSES NÓRDICOS
Sopa de pescado y marisco con fideos
Fish and seafood soup with vermicelli
Albóndigas al estilo sueco con puré de patatas
Swedish 's style meatballs with mashed potatoes
Pan Bread
Gelatina
Fruit jelly

| ENERGIA (KCAL) | PROTEINA (G) | H.CARB (G) | LÍPIDOS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) | AGS (G) |
|----------------|--------------|------------|-------------|-------------|-------------|-------------|---------|
| 691 | 43,6 | 47,2 | 35,6 | 89,1 | 6 | 90,5 | 14,6 |



* Las frutas de temporada que se servirán son: manzana, pera, naranja y plátano