

# C.E.I.P. LOS ANGELES

## Dieta Baja en Grasas

**11 LUNES**  
**ESPAGUETIS REHOGADOS CON ACEITE DE OLIVA Y ORÉGANO**  
 SAUTÉED SPAGHETTI WITH OLIVE OIL AND OREGANO

**PAN BREAD**  
**FRUTA DEL TIEMPO**  
 SEASONAL FRUIT

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 654            | 81         | 37           | 20          | 6       | 205         | 4           | 127         |

**12 MARTES**  
**PURÉ DE VERDURAS**  
 VEGETABLE PURÉE

**CHULETA DE CERDO A LA PLANCHA CON PATATA AL VAPOR**  
 GRILLED PORK CHOP WITH STEAMED POTATO

**PAN BREAD**  
**FRUTA DEL TIEMPO**  
 SEASONAL FRUIT

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 627            | 60         | 22,3         | 32,9        | 11,3    | 174         | 4           | 674         |

**13 MIÉRCOLES**  
**LENTEJAS GUIADAS CON VERDURAS Y ARROZ**  
 LENTIL STEW WITH VEGETABLE AND RICE

**TORTILLA FRANCESA A LA PLANCHA CON ENSALADA DE LECHUGA, TOMATE Y ZANAHORIA**  
 GRILLED PLAIN OMELETTE WITH LETTUCE, TOMATO AND CARROT SALAD

**PAN BREAD**  
**FRUTA DEL TIEMPO**  
 SEASONAL FRUIT

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 849            | 114,4      | 38,7         | 25,2        | 6,1     | 257         | 9,2         | 825         |

**14 JUEVES**  
**ARROZ SALTEADO CON HORTALIZAS**  
 SAUTÉED RICE WITH VEGETABLE

**FILETE DE POLLO A LA PLANCHA CON ENSALADA DE LECHUGA, ZANAHORIA, MAÍZ Y MANZANA**  
 GRILLED CHICKEN FILLET WITH LETTUCE, CARROT, CORN AND APPLE SALAD

**PAN INTEGRAL**  
**WHOLE-GRAIN BREAD**  
**FRUTA DEL TIEMPO**  
 SEASONAL FRUIT

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 592            | 77,5       | 34,8         | 15,1        | 2,8     | 116         | 6,2         | 317         |

**15 VIERNES**  
**SOPA CON FIDEOS**  
 VERMICELLI SOUP

**GARBANZOS CON REPOLLO, ZANAHORIA, PUERRO, CARNE DE TERNERA Y POLLO**  
 CHICKPEA STEW WITH CABBAGE, CARROT, LEEK, VEAL AND CHICKEN

**PAN BREAD**  
**FRUTA DEL TIEMPO**  
 SEASONAL FRUIT

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 791            | 91,2       | 39,1         | 29,2        | 10,1    | 247         | 7,3         | 411         |

**18 LUNES**  
**SOPA MINISTRONE**  
 VEGETABLE SOUP WITH PASTA

**FILETE DE POLLO A LA PLANCHA CON TOMATE ALIÑADO**  
 GRILLED CHICKEN FILLET WITH SEASONED TOMATO

**PAN BREAD**  
**FRUTA DEL TIEMPO**  
 SEASONAL FRUIT

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 760            | 87         | 29           | 32          | 6       | 172         | 5           | 441         |

**19 MARTES**  
**BRÓCOLI REHOGADO**  
 SAUTÉED BROCCOLI

**FILETE DE TERNERA A LA PLANCHA CON PATATAS AL VAPOR**  
 GRILLED VEAL FILLET WITH STEAMED POTATO

**PAN BREAD**  
**FRUTA DEL TIEMPO**  
 SEASONAL FRUIT

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 615            | 63         | 22           | 21          | 6       | 194         | 5           | 407         |

**20 MIÉRCOLES**  
**ALÚBIAS BLANCAS GUIADAS CON ZANAHORIA**  
 WHITE BEAN STEW WITH CARROT

**BACALAO AL VAPOR CON TOMATE ALIÑADO**  
 STEAMED COD WITH SEASONED TOMATO

**PAN BREAD**  
**FRUTA DEL TIEMPO**  
 SEASONAL FRUIT

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 653            | 61,9       | 45           | 24,4        | 6,3     | 236         | 5,2         | 617         |

**21 JUEVES**  
**CREMA DE CALABAZA**  
 PUMPKIN CREAM

**LOMO DE CERDO A LA PLANCHA CON ARROZ**  
 GRILLED PORK FILLET WITH RICE

**PAN INTEGRAL**  
**WHOLE-GRAIN BREAD**  
**FRUTA DEL TIEMPO**  
 SEASONAL FRUIT

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 528            | 67,8       | 32,8         | 13,4        | 2,6     | 114         | 4,3         | 1148        |

**22 VIERNES**  
**LENTEJAS GUIADAS CON VERDURAS**  
 LENTIL STEW WITH VEGETABLE

**HUEVO COCIDO CON ENSALADA DE LECHUGA Y TOMATE**  
 BOILED EGG WITH LETTUCE AND TOMATO SALAD

**PAN BREAD**  
**FRUTA DEL TIEMPO**  
 SEASONAL FRUIT

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 675            | 89,2       | 30,8         | 20,8        | 3,7     | 145         | 8,6         | 580         |

**25 LUNES**  
**ARROZ SALTEADO CON VERDURAS**  
 SAUTÉED RICE WITH VEGETABLE

**MERLUZA A LA PLANCHA CON ENSALADA DE LECHUGA, TOMATE Y ZANAHORIA**  
 GRILLED HAKE WITH LETTUCE, TOMATO AND CARROT SALAD

**PAN BREAD**  
**PIÑA AL NATURAL**  
 PINEAPPLE

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 654            | 71,8       | 38,4         | 18,6        | 4,2     | 171         | 3,5         | 63          |

**26 MARTES**  
**JUDÍAS VERDES SALTEADAS CON PATATA**  
 SAUTÉED GREEN BEANS WITH POTATO

**FILETE DE POLLO A LA PLANCHA CON TOMATE ALIADO**  
 GRILLED CHICKEN FILLET WITH SEASONED TOMATO SALAD

**PAN INTEGRAL**  
**WHOLE-GRAIN BREAD**  
**FRUTA DEL TIEMPO**  
 SEASONAL FRUIT

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 515            | 57,1       | 29,5         | 18,2        | 3,2     | 157         | 6,1         | 341         |

**27 MIÉRCOLES**  
**SOPA CON FIDEOS**  
 VERMICELLI SOUP

**GARBANZOS CON REPOLLO, ZANAHORIA, PUERRO, CARNE DE TERNERA Y POLLO**  
 CHICKPEA STEW WITH CABBAGE, CARROT, LEEK, VEAL AND CHICKEN

**PAN BREAD**  
**FRUTA DEL TIEMPO**  
 SEASONAL FRUIT

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 791            | 91,2       | 39,1         | 29,2        | 10,1    | 247         | 7,3         | 411         |

**28 JUEVES**  
**PURÉ DE VERDURAS**  
 VEGETABLE PURÉE

**LOMO DE CERDO A LA PLANCHA CON PATATA AL VAPOR**  
 GRILLED PORK FILLET WITH STEAMED POTATO

**PAN BREAD**  
**FRUTA DEL TIEMPO**  
 SEASONAL FRUIT

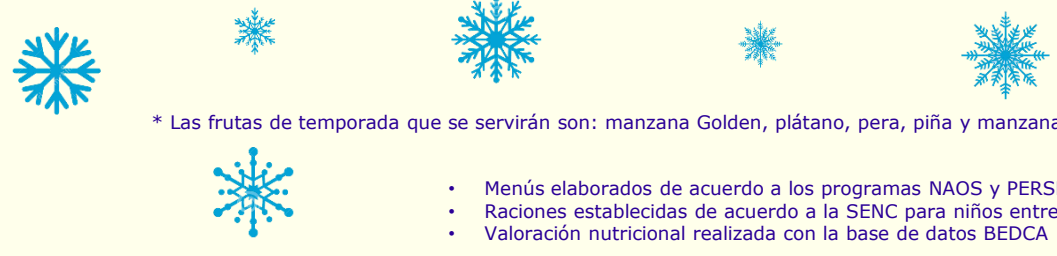
| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 578            | 65         | 31,5         | 20,9        | 3,2     | 122         | 4,1         | 1038        |

**29 VIERNES**  
**MENÚ INTERNACIONAL: E.E.U.U.**  
**SAUTÉED MACARONI WITH OLIVE OIL AND BASIL**  
 MACARRONES SALTEADOS CON ACEITE DE OLIVA Y ALBAHACA

**VEAL FILLET WITH SALAD**  
 FILETE DE TERNERA CON ENSALADA DE LECHUGA Y TOMATE

**BREAD PAN**  
**FRUTA DEL TIEMPO**  
 SEASONAL FRUIT

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 799            | 109        | 26,1         | 28          | 8,1     | 165         | 4           | 100         |



\* Las frutas de temporada que se servirán son: manzana Golden, plátano, pera, piña y manzana Royal Gala

- Menús elaborados de acuerdo a los programas NAOS y PERSEO
- Raciones establecidas de acuerdo a la SENC para niños entre 7-12 años
- Valoración nutricional realizada con la base de datos BEDCA