



hotelma

Európolis c/ Londres, 31 G
28230 Las Rozas (Madrid)
Tf.- 91 637 73 15 Fax.- 91 637 33 81
Email.- info@hotelma.es
www.hotelma.es

"Estos menús, a excepción de moluscos y crustáceos, pueden contener los siguientes alérgenos:
Gluten, lácteos, huevo, pescado, altramucos, cacahuets, apio, sésamo, frutos secos, sulfitos, mostaza y soja."
Para mayor información contacte con nosotros.

MAYO 2021

C.E.I.P. LOS ÁNGELES Alérgicos Marisco



5 **MIÉRCOLES**
JUDÍAS VERDES REHOGADAS CON ZANAHORIA
SAUTÉED GREEN BEANS WITH CARROTS

HAMBURGUESA CON PATATAS FRITAS
HAMBURGER WITH FRENCH FRIES

PAN
BREAD
MELOCOTÓN EN ALMÍBAR
PEACH IN SYRUP

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 737 | 81,8 | 23,6 | 34,6 | 5,3 | 253 | 3,6 | 828 |

6 **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
YOGURT

| 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 |

7 **VIERNES**
PATATAS GUIADAS CON ZANAHORIAS
POTATO STEW WITH CARROTS

MUSLITOS DE POLLO EN PEPITORIA CON ENSALADA
DE LECHUGA, TOMATE Y MAÍZ
CHICKEN DRUMSTICKS IN SAUCE WITH LETTUCE,
TOMATO AND CORN 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) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 627 | 74,2 | 37,7 | 19,2 | 5,3 | 231 | 6,9 | 756 |

10 **LUNES**
BRÓCOLI SALTEADO CON PATATA
SAUTÉED BROCCOLI WITH POTATOES

SAN JACOBO DE PAVO Y QUESO CON ENSALADA DE
LECHUGA, TOMATE Y PEPINO
BREADED BOILED TURKEY AND CHEESE WITH LETTUCE,
TOMATO AND CUCUMBER 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) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 592 | 66 | 24 | 25 | 6 | 389 | 5 | 221 |

11 **MARTES**
SOPA MINISTRONE
MINISTRONE SOUP

ALBÓNDIGAS EN SALSA CON VERDURAS
MEATBALLS IN SAUCE WITH VEGETABLE

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) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 672 | 83 | 25,9 | 26 | 7 | 101 | 4,7 | 854 |

12 **MIÉRCOLES**
LENTEJAS GUIADAS CON ZANAHORIA
LENTIL STEW WITH CARROTS

TORTILLA DE PATATAS CON RODAJAS DE TOMATE
POTATO OMELETTE WITH SLICES OF TOMATO

PAN
BREAD
FLAN
CAMEL CUSTARD

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 790 | 102,9 | 36,4 | 24,9 | 6 | 246 | 9 | 705 |

13 **JUEVES**
ESPAGUETIS A LA CARBONARA CON BEICON
SPAGHETTI IN WHITE SAUCE WITH BACON

BACALAO A LA RIOJANA CON PIMIENTOS
RIOJANA 'S STYLE COD WITH PEPPERS

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) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 714 | 91,2 | 39,9 | 20,2 | 5,9 | 212 | 3,7 | 181 |

14 **VIERNES**
PURÉ DE VERDURAS
VEGETABLE PUREE

LOMO DE CERDO EN SALSA CON PATATAS DADO
PORK FILLET IN SAUCE WITH DICE POTATOES

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) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 495 | 56,5 | 30,8 | 15,6 | 2,5 | 126 | 3,8 | 1035 |

17 **LUNES**
ARROZ SALTEADO CON HORTALIZAS
SAUTÉED RICE WITH VEGETABLE

HAMBURGUESA CON KÉTSUP Y ENSALADA DE
LECHUGA, TOMATE Y MAÍZ
HAMBURGER WITH KETCHUP AND LETTUCE, TOMATO AND
CORN SALAD

PAN
BREAD
MELOCOTÓN EN ALMÍBAR
PEACH IN SYRUP

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 777 | 97,4 | 27,7 | 21,7 | 6,1 | 80 | 5,5 | 142 |

18 **MARTES**
ALUBIAS BLANCAS GUIADAS CON ZANAHORIA
WHITE BEAN STEW WITH CARROTS

PESCADILLA A LA ROMANA CON ENSALADA DE
LECHUGA, TOMATE Y ZANAHORIA
BATTERED YOUNGHAKE WITH LETTUCE, TOMATO AND
CARROT SALAD

PAN
BREAD
YOGUR
YOGURT

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 725 | 61,9 | 41,5 | 34,1 | 8,8 | 242 | 6,4 | 930 |

19 **MIÉRCOLES**
JUDÍAS VERDES SALTEADAS CON YORK
SAUTÉED GREEN BEAN WITH BOILED HAM

TORTILLA DE PATATAS CON TOMATE ALIÑADO
POTATO OMELETTE 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) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 524 | 61,1 | 21,3 | 21,1 | 3,7 | 192 | 5,3 | 1262 |

20 **JUEVES**
SOPA DE ESTRELLITAS
SOUP WITH STARS

POLLO AL AJILLO CON SALTEADO DE VERDURAS
CHICKEN IN GARLIC SAUCE WITH SAUTÉED VEGETABLE

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) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 521 | 50,9 | 33,8 | 19,8 | 4 | 68 | 3,7 | 211 |

21 **VIERNES**
PATATAS AL HORNO CON BEICON
ROAST POTATOES WITH BACON

MERLUZA ORLY CON ENSALADA DE LECHUGA,
TOMATE Y REMOLACHA
ORLY STYLE HAKE WITH LETTUCE, TOMATO AND
BEETROOT 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) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 587 | 64 | 32 | 22 | 4 | 132 | 5 | 92 |

24 **LUNES**
CREMA DE CALABAZA
PUMPKIN CREAM

CHULETA DE CERDO CON ENSALADA DE LECHUGA Y
ZANAHORIA
PORK CHOP WITH LETTUCE 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) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 700 | 82 | 23 | 31 | 6 | 188 | 5 | 848 |

25 **MARTES**
MACARRONES EN SALSA DE TOMATE GRATINADOS
CON QUESO
MACARONI IN TOMATO SAUCE WITH GRILLED CHEESE

BACALAO A LA BILBAÍNA CON VERDURAS
COD IN SAUCE WITH VEGETABLE

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) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 661 | 88 | 39 | 16 | 3 | 178 | 3 | 347 |

26 **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
FLAN
CAMEL CUSTARD

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 691 | 82 | 33 | 25 | 8 | 146 | 7 | 294 |

27 **JUEVES**
JUDÍAS VERDES AL AJILLO
GREEN BEANS IN GARLIC SAUCE

ALBÓNDIGAS EN SALSA CON ARROZ
MEATBALLS IN SAUCE 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) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 601 | 73 | 22 | 24 | 6 | 136 | 5 | 361 |

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

TORTILLA DE PATATAS Y CALABACÍN CON ENSALADA
DE LECHUGA, TOMATE Y ZANAHORIA
POTATO AND COURGETTE 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) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 649 | 83 | 31 | 21 | 4 | 151 | 8 | 712 |

31 **LUNES**
MENÚ INTERNACIONAL: INDIA
ARROZ AL ESTILO HINDÚ CON PASAS, GUI SANTES Y
YORK
SAUTÉED RICE WITH RAISINS, PEAS AND BOILED HAM
BALTI DE PESCADO CON VERDURAS
HAKE IN SAUCE WITH VEGETABLE

PAN
BREAD
GELATINA
FRUIT JELLY

| ENERGIA (KCAL) | H.CARB (G) | PROTEINA (G) | LÍPIDOS (G) | AGS (G) | CALCIO (MG) | HIERRO (MG) | VIT. A (UG) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 576 | 84 | 34 | 10 | 2 | 94 | 3 | 38 |

- 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



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