



# hotelma

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“Estos menús pueden contener los siguientes alérgenos:  
Gluten, lácteos, crustáceos, huevo, pescado, moluscos, altramuces, cacahuetes, apio, sésamo, frutos secos, sulfitos,  
mostaza y soja.”

Para mayor información contacte con nosotros.

## JUNIO 2021

# C.E.I.P. LOS ANGELES Dieta baja en Grasas



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<p><b>MARTES</b></p> <p><b>LENTEJAS GUIADAS CON VERDURAS</b> LENTIL STEW WITH VEGETABLE</p> <p><b>HUEVO COCIDO CON ENSALADA DE LECHUGA Y TOMATE</b> BOILED EGG WITH LETTUCE AND TOMATO SALAD</p> <p><b>PAN BREAD</b> <b>YOGUR NATURAL</b> PLAIN YOGHURT</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>770</td><td>96,7</td><td>37,3</td><td>25</td><td>6</td><td>253</td><td>9,1</td><td>695</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	770	96,7	37,3	25	6	253	9,1	695	<p><b>MIÉRCOLES</b></p> <p><b>ENSALADA CAMPERA CON TOMATE</b> POTATO SALAD WITH TOMATO</p> <p><b>FILETE DE POLLO A LA PLANCHA CON ZANAHERIA</b> GRILLED CHICKEN FILLET WITH CARROT</p> <p><b>PAN BREAD</b> <b>FRUTA DEL TIEMPO</b> SEASONAL FRUIT</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>538</td><td>54,8</td><td>28,2</td><td>22,4</td><td>4,3</td><td>119</td><td>4,7</td><td>950</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	538	54,8	28,2	22,4	4,3	119	4,7	950	<p><b>JUEVES</b></p> <p><b>PURÉ DE VERDURAS</b> VEGETABLE PURÉE</p> <p><b>LOMO DE CERDO A LA PLANCHA CON ARROZ</b> GRILLED PORK FILLET WITH RICE</p> <p><b>PAN INTEGRAL</b> WHOLE-GRAIN BREAD <b>FRUTA DEL TIEMPO</b> SEASONAL FRUIT</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>541</td><td>69,7</td><td>33,9</td><td>13,5</td><td>2,4</td><td>136</td><td>4,8</td><td>1048</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	541	69,7	33,9	13,5	2,4	136	4,8	1048	<p><b>VIERNES</b></p> <p><b>ESPAQUETIS REHOGADOS CON ORÉGANO</b> SAUTÉED SPAGHETTI WITH OREGANO</p> <p><b>PESCADILLA AL VAPOR CON GUISANTES Y ESPÁRRAGOS</b> STEAMED YOUNGHAKE WITH PEAS AND ASPARAGUS</p> <p><b>PAN BREAD</b> <b>FRUTA DEL TIEMPO</b> SEASONAL FRUIT</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>659</td><td>81,9</td><td>36,8</td><td>19,7</td><td>5,8</td><td>215</td><td>3,5</td><td>109</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	659	81,9	36,8	19,7	5,8	215	3,5	109																	
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<p><b>7 LUNES</b></p> <p><b>CODITOS A LA NAPOLITANA</b> ELBOW PASTA WITH TOMATO SAUCE</p> <p><b>CABALLA A LA PLANCHA CON ENSALADA DE LECHUGA Y TOMATE</b> GRILLED MACKEREL WITH LETTUCE AND TOMATO SALAD</p> <p><b>PAN BREAD</b> <b>FRUTA DEL TIEMPO</b> SEASONAL FRUIT</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>783</td><td>80</td><td>38</td><td>34</td><td>7</td><td>87</td><td>5</td><td>190</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	783	80	38	34	7	87	5	190	<p><b>8 MARTES</b></p> <p><b>ENSALADA DE ALUBIAS BLANCAS CON HORTALIZAS</b> WHITE BEAN SALAD WITH VEGETABLE</p> <p><b>LOMO DE CERDO A LA PLANCHA CON CHAMPIÑONES SALTEADOS</b> GRILLED PORK FILLET WITH SAUTÉED MUSHROOMS</p> <p><b>PAN BREAD</b> <b>YOGUR NATURAL</b> PLAIN YOGHURT</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>598</td><td>66</td><td>39</td><td>19</td><td>5</td><td>241</td><td>6</td><td>1098</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	598	66	39	19	5	241	6	1098	<p><b>9 MIÉRCOLES</b></p> <p><b>PURÉ DE VERDURAS</b> VEGETABLE PURÉE</p> <p><b>TORTILLA FRANCESA A LA PLANCHA CON ENSALADA DE LECHUGA, TOMATE Y MAÍZ</b> GRILLED PLAIN OMELETTE WITH LETTUCE, TOMATO AND CORN SALAD</p> <p><b>PAN INTEGRAL</b> WHOLE-GRAIN BREAD <b>FRUTA DEL TIEMPO</b> SEASONAL FRUIT</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>572</td><td>74,4</td><td>20,2</td><td>20,9</td><td>3,7</td><td>166</td><td>5,8</td><td>771</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	572	74,4	20,2	20,9	3,7	166	5,8	771	<p><b>10 JUEVES</b></p> <p><b>SOPA DE PICADILLO: FIDEOS Y POLLO</b> MINCE SOUP WITH VERMICELLI AND CHICKEN</p> <p><b>FILETE DE TERNERA A LA PLANCHA CON VERDURAS</b> GRILLED VEAL FILLET WITH VEGETABLE</p> <p><b>PAN BREAD</b> <b>FRUTA DEL TIEMPO</b> SEASONAL FRUIT</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>669</td><td>74,7</td><td>30,6</td><td>27</td><td>7,6</td><td>84</td><td>3,9</td><td>369</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	669	74,7	30,6	27	7,6	84	3,9	369	<p><b>11 VIERNES</b></p> <p><b>GARBANZOS SALTEADOS CON HORTALIZAS</b> SAUTÉED CHICKPEA WITH VEGETABLE</p> <p><b>FILETE DE POLLO A LA PLANCHA CON ENSALADA DE LECHUGA, TOMATE Y PEPINO</b> GRILLED CHICKEN FILLET WITH LETTUCE, TOMATO AND CUCUMBER SALAD</p> <p><b>PAN BREAD</b> <b>FRUTA DEL TIEMPO</b> SEASONAL FRUIT</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>701</td><td>62,8</td><td>28,7</td><td>36,9</td><td>10,6</td><td>160</td><td>7,2</td><td>490</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	701	62,8	28,7	36,9	10,6	160	7,2	490
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<p><b>14 LUNES</b></p> <p><b>JUDÍAS VERDES REHOGADAS CON PATATA</b> SAUTÉED GREEN BEANS WITH POTATO</p> <p><b>CHULETA DE CERDO A LA PLANCHA CON ENSALADA DE LECHUGA, ZANAHERIA Y MANZANA</b> GRILLED PORK CHOP WITH LETTUCE, CARROT AND APPLE SALAD</p> <p><b>PAN BREAD</b> <b>FRUTA DEL TIEMPO</b> SEASONAL FRUIT</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>708</td><td>78,8</td><td>24,2</td><td>27,4</td><td>5,5</td><td>207</td><td>5,2</td><td>166</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	708	78,8	24,2	27,4	5,5	207	5,2	166	<p><b>15 MARTES</b></p> <p><b>MACARRONES REHOGADOS CON ALBAHACA</b> SAUTÉED MACARONI WITH BASIL</p> <p><b>FILETE DE POLLO A LA PLANCHA CON ENSALADA DE LECHUGA, TOMATE Y ZANAHERIA</b> GRILLED CHICKEN FILLET WITH LETTUCE, TOMATO AND CARROT SALAD</p> <p><b>PAN BREAD</b> <b>FRUTA DEL TIEMPO</b> SEASONAL FRUIT</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>591</td><td>69,7</td><td>34,5</td><td>18,7</td><td>5,1</td><td>205</td><td>5,9</td><td>222</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	591	69,7	34,5	18,7	5,1	205	5,9	222	<p><b>16 MIÉRCOLES</b></p> <p><b>CREMA DE CALABAZA</b> PUMPKIN CREAM</p> <p><b>FILETE DE TERNERA A LA PLANCHA CON PATATA AL VAPOR</b> GRILLED VEAL FILLET WITH STEAMED POTATO</p> <p><b>PAN BREAD</b> <b>FRUTA DEL TIEMPO</b> SEASONAL FRUIT</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>719</td><td>86,7</td><td>20,1</td><td>31,9</td><td>7,2</td><td>88</td><td>4</td><td>735</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	719	86,7	20,1	31,9	7,2	88	4	735	<p><b>17 JUEVES</b></p> <p><b>LENTEJAS GUIADAS CON HORTALIZAS</b> LENTIL STEW WITH VEGETABLE</p> <p><b>HUEVO COCIDO CON TOMATE ALIÑADO</b> BOILED EGG WITH SEASONED TOMATO</p> <p><b>PAN BREAD</b> <b>YOGUR NATURAL</b> PLAIN YOGHURT</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>817</td><td>97,2</td><td>41,2</td><td>28,4</td><td>7,5</td><td>249</td><td>9,3</td><td>705</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	817	97,2	41,2	28,4	7,5	249	9,3	705	<p><b>18 VIERNES</b></p> <p><b>ENSALADA CAMPERA CON TOMATE</b> POTATO SALAD WITH TOMATO</p> <p><b>BACALAO AL VAPOR CON ENSALADA DE LECHUGA, TOMATE Y MAÍZ</b> STEAMED COD WITH LETTUCE, TOMATO AND CORN SALAD</p> <p><b>PAN INTEGRAL</b> WHOLE-GRAIN BREAD <b>FRUTA DEL TIEMPO</b> SEASONAL FRUIT</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>642</td><td>69</td><td>37</td><td>23</td><td>4</td><td>133</td><td>4</td><td>810</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	642	69	37	23	4	133	4	810
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<p><b>21 LUNES</b></p> <p><b>BRÓCOLI REHOGADO</b> SAUTÉED BROCCOLI</p> <p><b>MERLUZA A LA PLANCHA CON PATATA AL VAPOR</b> GRILLED HAKE WITH STEAMED POTATO</p> <p><b>PAN BREAD</b> <b>PIÑA AL NATURAL</b> PINEAPPLE</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>605</td><td>49</td><td>35</td><td>30</td><td>4</td><td>225</td><td>5</td><td>173</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	605	49	35	30	4	225	5	173	<p><b>22 MARTES</b></p> <p><b>MACARRONES CON TOMATE</b> MACARONI IN TOMATO SAUCE</p> <p><b>FILETE DE POLLO A LA PLANCHA CON ENSALADA DE LECHUGA, TOMATE Y ZANAHERIA</b> GRILLED CHICKEN FILLET WITH LETTUCE, TOMATO AND CARROT SALAD</p> <p><b>PAN BREAD</b> <b>FRUTA DEL TIEMPO</b> SEASONAL FRUIT</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>763</td><td>112</td><td>21</td><td>25</td><td>6</td><td>90</td><td>4</td><td>580</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	763	112	21	25	6	90	4	580	<p><b>23 MIÉRCOLES</b></p> <p><b>ARROZ BLANCO CON SALSA DE TOMATE</b> WHITE RICE WITH TOMATO SAUCE</p> <p><b>FILETE DE TERNERA A LA PLANCHA CON VERDURAS</b> GRILLED VEAL FILLET WITH VEGETABLE</p> <p><b>PAN BREAD</b> <b>FRUTA DEL TIEMPO</b> SEASONAL FRUIT</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>760</td><td>112</td><td>21</td><td>25</td><td>6</td><td>90</td><td>4</td><td>580</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	760	112	21	25	6	90	4	580	<p><b>24 JUEVES</b></p> <p><b>PURÉ DE VERDURAS</b> VEGETABLE PURÉE</p> <p><b>PANINI CASERO DE BACALAO</b> COD HOMEMADE PANINI</p> <p><b>YOGUR NATURAL</b> PLAIN YOGHURT</p> <table border="1"> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> <tr><td>596</td><td>84</td><td>19</td><td>20</td><td>9</td><td>290</td><td>3</td><td>717</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	596	84	19	20	9	290	3	717																	
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\* 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