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Európolis c/ Londres, 31 G
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"Estos menús, a excepción de gluten y lácteos, pueden contener los siguientes alérgenos:
Crustáceos, huevo, pescado, moluscos, altramucos, cacahuetes, apio, sésamo, frutos secos, sulfitos, mostaza y soja."
Para mayor información contacte con nosotros.

* Lentejas revisadas, cribadas y lavadas en seco siguiendo las recomendaciones de la AESAN

JUNIO 2021

C.E.I.P. LOS ANGELES Celíaco y Alérgico Lácteos



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MARTES LENTEJAS * GUISADAS CON VERDURAS LENTIL STEW WITH VEGETABLE TORTILLA DE PATATAS CON ENSALADA DE LECHUGA Y TOMATE POTATO OMELETE WITH LETTUCE AND TOMATO SALAD PAN DE MAÍZ CORN BREAD FRUTA DEL TIEMPO SEASONAL FRUIT	MIÉRCOLES ENSALADILLA RUSA CON HUEVO COCIDO RUSSIAN SALAD WITH BOILED EGG POLLO AL CHILINDRÓN CON SALTEADO DE VERDURAS CHICKEN IN SAUCE WITH SAUTÉED VEGETABLE PAN DE MAÍZ CORN BREAD FRUTA DEL TIEMPO SEASONAL FRUIT	JUEVES PURÉ DE VERDURAS VEGETABLE PURÉE ESCALOPINES DE CERDO EN SALSA CON ARROZ PORK FILLETS IN SAUCE WITH RICE PAN DE MAÍZ CORN BREAD FRUTA DEL TIEMPO SEASONAL FRUIT	VIERNES ESPAGUETIS DE MAÍZ REHOGADOS CON BEICON Y OREGANO SAUTÉED CORN SPAGHETTI WITH BACON AND OREGANO PESCADILLA AL VAPOR CON GUISANTES Y ESPÁRRAGOS STEAMED YOUNGHAKE WITH PEAS AND ASPARAGUS PAN DE MAÍZ CORN BREAD FRUTA DEL TIEMPO SEASONAL FRUIT																																																																																	
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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																																																																													



* 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