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

JUNIO 2021

C.E.I.P. LOS ANGELES Alérgicos Frutos Secos



1 MARTES

LENTEJAS GUIADAS CON VERDURAS
LENTIL STEW WITH VEGETABLE

TORTILLA DE PATATAS CON ENSALADA DE
LECHUGA Y TOMATE
POTATO OMELETE WITH LETTUCE AND TOMATO
SALAD

PAN
BREAD
YOGUR
YOGHURT

| 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 |

2 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
BREAD
FRUTA DEL TIEMPO
SEASONAL FRUIT

| 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 |

3 JUEVES

PURÉ DE VERDURAS
VEGETABLE PURÉE

ESCALOPINES DE CERDO EN SALSA CON ARROZ
PORK FILLETS 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) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 541 | 69,7 | 33,9 | 13,5 | 2,4 | 136 | 4,8 | 1048 |

4 VIERNES

ESPAGUETIS A LA CARBONARA CON BECHAMEL
Y BEICON
SPAGHETTI IN WHITE SAUCE WITH BACON

PESCADILLA EN SALSA CON GUISANTES Y
ESPÁRRAGOS
YOUNGHAKE IN SAUCE WITH PEAS AND ASPARAGUS

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) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 659 | 81,9 | 36,8 | 19,7 | 5,8 | 215 | 3,5 | 109 |

7 LUNES

CODITOS A LA NAPOLITANA
ELBOW PASTA WITH TOMATO SAUCE

CABALLA A LA ROMANA CON ENSALADA DE
LECHUGA Y TOMATE
BATTERED MACKEREL WITH LETTUCE AND TOMATO
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) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 783 | 80 | 38 | 34 | 7 | 87 | 5 | 190 |

8 MARTES

ENSALADA DE ALUBIAS BLANCAS CON
HORTALIZAS
WHITE BEAN SALAD WITH VEGETABLE

MAGRO DE CERDO EN SALSA CON CHAMPIÑONES
SALTEADOS
PORK LOIN IN SAUCE WITH SAUTÉED MUSHROOMS

PAN
BREAD
FLAN
CARAMEL CUSTARD

| 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 |

9 MIÉRCOLES

PURÉ DE VERDURAS
VEGETABLE PURÉE

TORTILLA DE PATATAS Y CALABACÍN CON
ENSALADA DE LECHUGA, TOMATE Y MAÍZ
POTATO AND COURGETTE OMELETE 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) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 572 | 74,4 | 20,2 | 20,9 | 3,7 | 166 | 5,8 | 771 |

10 JUEVES

SOPA DE PICADILLO: FIDEOS, POLLO Y HUEVO
COCIDO
MINCE SOUP WITH VERMICELLI, CHICKEN AND BOILED
EGG

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) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 669 | 74,7 | 30,6 | 27 | 7,6 | 84 | 3,9 | 369 |

11 VIERNES

GARBANZOS SALTEADOS CON HORTALIZAS
SAUTÉED CHICKPEA WITH VEGETABLE

SALCHICHAS DE PAVO CON KÉTTCHUP Y
ENSALADA DE LECHUGA, TOMATE Y PEPINO
TURKEY SAUSAGE WITH KÉTTCHUP AND 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) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 701 | 62,8 | 28,7 | 36,9 | 10,6 | 160 | 7,2 | 490 |

14 LUNES

JUDÍAS VERDES SALTEADAS CON PATATA
SAUTÉED GREEN BEANS WITH POTATO

RABAS Y CROQUETAS DE JAMÓN CON ENSALADA
DE LECHUGA, ZANAHERIA Y MANZANA
BREADED CALAMARI AND HAM CROQUETTES WITH
LETTUCE, CARROT AND APPLE 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) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 708 | 78,8 | 24,2 | 27,4 | 5,5 | 207 | 5,2 | 166 |

15 MARTES

MACARRONES AL PESTO
PESTO MACARONI

MUSLITOS DE POLLO AL AJILLO CON ENSALADA
DE LECHUGA, TOMATE Y ZANAHERIA
CHICKEN DRUMSTICKS IN GARLIC SAUCE 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) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 591 | 69,7 | 34,5 | 18,7 | 5,1 | 205 | 5,9 | 222 |

16 MIÉRCOLES

CREMA DE CALABAZA
PUMPKIN CREAM

HAMBURGUESA CON KÉTTCHUP Y PATATAS FRITAS
HAMBURGER WITH KÉTTCHUP AND FRENCH FRIES

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) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 719 | 86,7 | 20,1 | 31,9 | 7,2 | 88 | 4 | 735 |

17 JUEVES

LENTEJAS GUIADAS CON HORTALIZAS Y
CHORIZO
LENTIL STEW WITH VEGETABLE AND CHORIZO

TORTILLA DE PATATAS CON TOMATE ALIÑADO
POTATO OMELETE WITH SEASONED TOMATO

PAN
BREAD
YOGUR
YOGHURT

| 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 |

18 VIERNES

ENSALADILLA RUSA CON HUEVO COCIDO
RUSSIAN SALAD WITH BOILED EGG

BACALAO REBOZADO CON ENSALADA DE
LECHUGA, TOMATE Y MAÍZ
BATTERED COD 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) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 642 | 69 | 37 | 23 | 4 | 133 | 4 | 810 |

21 LUNES

BRÓCOLI SALTEADO CON YORK
SAUTÉED BROCCOLI WITH BOILED HAM

MERLUZA ONLY CON PISTO Y PATATAS FRITAS
ONLY 'S STYLE HAKE WITH FRENCH FRIES

PAN
BREAD
PIÑA AL NATURAL
PINEAPPLE

| 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 |

22 MARTES

MACARRONES EN SALSA DE TOMATE
MACARONI IN TOMATO SAUCE

SAN JACOBO DE PAVO Y QUESO CON ENSALADA
DE LECHUGA, TOMATE Y ZANAHERIA
BREADED TURKEY AND CHEESE 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) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 763 | 112 | 21 | 25 | 6 | 90 | 4 | 580 |

23 MIÉRCOLES

ARROZ BLANCO CON SALSA DE TOMATE Y
HUEVO COCIDO
WHITE RICE WITH TOMATO SAUCE AND BOILED EGG

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) |
|----------------|------------|--------------|-------------|---------|-------------|-------------|-------------|
| 760 | 112 | 21 | 25 | 6 | 90 | 4 | 580 |

24 JUEVES

PURÉ DE VERDURAS
VEGETABLE PURÉE

PIZZA DE JAMÓN Y QUESO
HAM AND CHEESE PIZZA

HELADO
ICE-CREAM

| 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