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"ESTOS MENÚS, A EXCEPCIÓN HUEVO, PUEDEN CONTENER LOS SIGUIENTES ALÉRGICOS:  
 GLUTEN, LÁCTEOS, CRUSTÁCEOS, PESCADO, MOLUSCOS, ALTRAMUCES, CACAHUETES, APIO, SÉSAMO, FRUTOS SECOS, SULFITOS,  
 MOSTAZA Y SOJA."  
 PARA MAYOR INFORMACIÓN CONTACTE CON NOSOTROS.



\* PROCEDENCIA ECOLÓGICA

ENERO 2022

# C.E.I.P. LOS ÁNGELES

## Alérgicos Huevo

10	11	12	13	14																																																																																
<b>LUNES</b> <b>JUDÍAS VERDES SALTEADAS CON PATATA</b> SAUTÉED GREEN BEANS WITH POTATO  <b>RABAS DE CALAMAR CON ENSALADA DE LECHUGA Y TOMATE</b> BREADED CALAMARI WITH LETTUCE AND TOMATO SALAD  <b>PAN INTEGRAL</b> WHOLE-GRAIN BREAD <b>MANZANA ROYAL GALA</b> ROYAL GALA APPLE  <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>678</td><td>88,3</td><td>24,3</td><td>24,7</td><td>5,3</td><td>251</td><td>6,9</td><td>136</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	678	88,3	24,3	24,7	5,3	251	6,9	136	<b>MARTES</b> <b>LENTEJAS ECOLÓGICAS * GUIADAS CON PATATA Y ZANAHORIA</b> ECOLOGICAL LENTIL STEW WITH POTATO AND CARROT <b>CHULETA DE CERDO CON ENSALADA DE LECHUGA, ZANAHORIA Y MAÍZ</b> PORK CHOP WITH LETTUCE, CARROT AND CORN SALAD  <b>PAN</b> BREAD <b>PERA (+ VASO DE LECHE OPCIONAL)*</b> PEAR (+ OPTIONAL MILK GLASS)  <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>739</td><td>100,1</td><td>25,8</td><td>25,3</td><td>4,6</td><td>262</td><td>8,2</td><td>1800</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	739	100,1	25,8	25,3	4,6	262	8,2	1800	<b>MÍERCOLES</b> <b>ARROZ BLANCO CON SALSA DE TOMATE</b> WHITE RICE IN TOMATO SAUCE <b>MUSLITOS DE POLLO AL AJILLO CON ENSALADA DE LECHUGA, TOMATE Y ZANAHORIA</b> CHICKEN DRUMSTICKS IN GARLIC SAUCE WITH LETTUCE, TOMATO AND CARROT SALAD  <b>PAN</b> BREAD <b>NARANJA</b> ORANGE  <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>88,1</td><td>23,1</td><td>23,2</td><td>4,5</td><td>258</td><td>8,7</td><td>795</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	659	88,1	23,1	23,2	4,5	258	8,7	795	<b>JUEVES</b> <b>PURÉ DE VERDURAS</b> VEGETABLE PUREE  <b>LOMO DE CERDO EN SALSA CON PATATAS FRITAS</b> PORK FILLET IN SAUCE WITH FRENCH FRIES  <b>PAN</b> BREAD <b>YOGUR</b> YOGHURT  <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>697</td><td>90,2</td><td>26</td><td>25,1</td><td>6,1</td><td>362</td><td>11,2</td><td>1069</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	697	90,2	26	25,1	6,1	362	11,2	1069	<b>VIERNES</b> <b>SOPA DE VERDURAS CON FIDEOS DE ARROZ</b> VEGETABLE SOUP WITH RICE VERMICELLI <b>MERLUZA A LA PLANCHA CON ENSALADA DE ARROZ CON TOMATE, ZANAHORIA Y ACEITUNAS</b> GRILLED HAKE WITH RICE, TOMATO, CARROT AND OLIVES SALAD  <b>PAN INTEGRAL</b> WHOLE-GRAIN BREAD <b>PLÁTANO</b> BANANA  <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>693</td><td>94,8</td><td>24,2</td><td>23,5</td><td>4,4</td><td>216</td><td>8,6</td><td>1158</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	693	94,8	24,2	23,5	4,4	216	8,6	1158
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<b>17 LUNES</b> <b>MACARRONES DE MAÍZ EN SALSA DE TOMATE GRATINADOS CON QUESO</b> CORN MACARONI IN TOMATO SAUCE AND GRILLED CHEESE <b>BACALAO AL PIL-PIL CON DADITOS DE ZANAHORIA</b> COD IN SAUCE WITH DICE CARROT  <b>PAN</b> BREAD <b>PLÁTANO (+ VASO DE LECHE OPCIONAL)*</b> BANANA (+ OPTIONAL MILK GLASS)  <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>657</td><td>82,7</td><td>22,5</td><td>25,7</td><td>5,2</td><td>234</td><td>5,5</td><td>990</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	657	82,7	22,5	25,7	5,2	234	5,5	990	<b>18 MARTES</b> <b>BRÓCOLI AL VAPOR CON PATATA</b> STEAMED BROCCOLI WITH POTATO  <b>ALBÓNDIGAS EN SALSA CON ARROZ INTEGRAL</b> MEATBALLS IN SAUCE WITH WHOLE-GRAIN RICE  <b>PAN</b> BREAD <b>MANZANA GOLDEN</b> GOLDEN APPLE  <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>661</td><td>82,8</td><td>21,1</td><td>26,6</td><td>6,7</td><td>267</td><td>9,8</td><td>893</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	661	82,8	21,1	26,6	6,7	267	9,8	893	<b>19 MÍERCOLES</b> <b>SOPA DE COCIDO CON FIDEOS DE ARROZ</b> RICE VERMICELLI SOUP <b>GARBANZOS ECOLÓGICOS * CON REPOLLO, ZANAHORIA, PATATA, TERNERA, POLLO, TOCINO Y CHORIZO</b> ECOLOGICAL CHICKPEA STEW WITH CABBAGE, CARROT, POTATO, VEAL, CHICKEN, FAT AND CHORIZO  <b>PAN</b> BREAD <b>YOGUR</b> YOGHURT  <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>689</td><td>88,1</td><td>28,1</td><td>24,2</td><td>6,2</td><td>359</td><td>9,3</td><td>1128</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	689	88,1	28,1	24,2	6,2	359	9,3	1128	<b>20 JUEVES</b> <b>PATATAS GUIADAS CON ZANAHORIA Y MAGRO</b> POTATO STEW WITH CARROT AND LOIN <b>CABALLA A LA ANDALUZA CON ENSALADA DE LECHUGA, TOMATE, ZANAHORIA Y MAÍZ</b> ANDALUSIAN STYLE MACKEREL WITH LETTUCE, TOMATO, CARROT AND CORN SALAD  <b>PAN INTEGRAL</b> WHOLE-GRAIN BREAD <b>MANDARINA</b> TANGERINE YOGHURT  <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>673</td><td>85,2</td><td>25,5</td><td>24,9</td><td>4,9</td><td>268</td><td>8,9</td><td>2237</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	673	85,2	25,5	24,9	4,9	268	8,9	2237	<b>21 VIERNES</b> <b>ALUBIAS BLANCAS GUIADAS CON HORTALIZAS</b> WHITE BEAN STEW WITH VEGETABLE <b>POLLO AL AJILLO CON ENSALADA DE LECHUGA, TOMATE Y ZANAHORIA</b> CHICKEN IN GARLIC SAUCE WITH LETTUCE, TOMATO AND CARROT SALAD  <b>PAN</b> BREAD <b>PERA</b> PEAR  <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>94,2</td><td>24,7</td><td>24,3</td><td>4,5</td><td>290</td><td>8,1</td><td>1694</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	701	94,2	24,7	24,3	4,5	290	8,1	1694
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<b>24 LUNES</b> <b>PAELLA DE POLLO Y VERDURAS</b> CHICKEN AND VEGETABLE PAELLA  <b>PESCADILLA EN SALSA VERDE CON GUISANTES Y ESPÁRRAGOS</b> YOUNGHAKE IN GREEN SAUCE WITH PEAS AND ASPARAGUS  <b>PAN</b> BREAD <b>PLÁTANO</b> BANANA  <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>107</td><td>26,5</td><td>18,7</td><td>3,5</td><td>202</td><td>8,9</td><td>372</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	708	107	26,5	18,7	3,5	202	8,9	372	<b>25 MARTES</b> <b>CREMA DE CALABAZA, PATATA Y PUERRO</b> PUMPKIN, POTATO AND LEEK CREAM  <b>ROTI DE PAVO EN SALSA DE MANZANA CON PATATAS FRITAS</b> ROAST TURKEY IN APPLE SAUCE WITH FRENCH FRIES  <b>PAN INTEGRAL</b> WHOLE-GRAIN BREAD <b>PERA</b> PEAR  <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>674</td><td>90,2</td><td>22,6</td><td>24,1</td><td>5,1</td><td>287</td><td>10,2</td><td>1163</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	674	90,2	22,6	24,1	5,1	287	10,2	1163	<b>26 MÍERCOLES</b> <b>LENTEJAS ECOLÓGICAS * GUIADAS CON ZANAHORIA</b> ECOLOGICAL LENTIL STEW WITH CARROT <b>CHULETA DE CERDO CON ENSALADA DE LECHUGA, TOMATE Y REMOLACHA</b> PORK CHOP WITH LETTUCE, TOMATO AND BEETROOT SALAD  <b>PAN</b> BREAD <b>MANZANA ROYAL GALA (+ VASO DE LECHE OPCIONAL)*</b> ROYAL GALA APPLE (+ OPTIONAL MILK GLASS)  <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>702</td><td>92,9</td><td>24,6</td><td>25</td><td>4,8</td><td>182</td><td>8,3</td><td>1018</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	702	92,9	24,6	25	4,8	182	8,3	1018	<b>27 JUEVES</b> <b>ESPAGUETIS DE MAÍZ A LA BOLONESA</b> BOLOGNESE STYLE CORN SPAGHETTI <b>PALOMETA EN ADOBO CON ENSALADA DE LECHUGA, ZANAHORIA, MANZANA Y MAÍZ</b> MARINADE POMFRET WITH LETTUCE, CARROT, APPLE AND CORN SALAD  <b>PAN INTEGRAL</b> WHOLE-GRAIN BREAD <b>NARANJA</b> ORANGE  <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>687</td><td>79,3</td><td>25,5</td><td>27,7</td><td>5</td><td>297</td><td>9,1</td><td>838</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	687	79,3	25,5	27,7	5	297	9,1	838	<b>28 VIERNES</b> <b>GARBANZOS ECOLÓGICOS * SALTEADOS CON HORTALIZAS</b> ECOLOGICAL CHICKPEA STEW WITH VEGETABLE <b>ESTOFADO DE MAGRO DE CERDO EN SALSA CON DADITOS DE ZANAHORIA Y PATATA</b> PORK LOIN STEW IN SAUCE WITH CARROT AND POTATO DICES  <b>PAN</b> BREAD <b>YOGUR</b> YOGHURT  <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>683</td><td>86,9</td><td>29,4</td><td>23,6</td><td>5,5</td><td>406</td><td>12,5</td><td>2738</td></tr> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	683	86,9	29,4	23,6	5,5	406	12,5	2738
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**31 LUNES**  
**MENÚ INTERNACIONAL: AUSTRIA**  
**SOPA VIENESA**  
 VIENNESE SOUP  
  
**SALCHICHAS VIENESAS CON PURÉ DE PATATAS**  
 VIENNESE SAUSAGES WITH MASHED POTATOES  
  
**PAN**  
 BREAD  
**PERA**  
 PEAR  
**PERA**  
 PEAR  
  

ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)
701	97,9	23,3	23,3	7	328	7,3	886

### Consumo diario de frutas y verduras para una vida saludable:

>3



>2



EN NUESTROS MENÚS POTENCIAMOS LOS PRODUCTOS DE TEMPORADA:

**FRUTAS ENERO:** Limón, Chirimoya, Kiwi, Manzana, Mandarina, Naranja, Pomelo, Piña, Plátano y Uvas  
**VERDURAS ENERO:** Alcachofa, Acelgas, Apio, Berenjena, Brócoli, Calabacín, Calabaza, Coliflor, Espinacas, Guisantes, Habas, Judía verde, Lombarda, Lechuga, Pimiento, Puerro, Remolacha, Repollo y Zanahoria

Las FRUTAS indicadas en el menú pueden estar sujetas a intercambio de día por motivos de maduración



\* Valoración nutricional del vaso de leche entera no incluida en la calibración del día.