

SALON CELEBRACIONES "EL CORTIJO", S.L. – COMEDOR ESCOLAR COLECTIVO- Menú Basal

| | | | | JUEVES 01/03 | VIERNES 02/03 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------|---|---|---|--|--|-------|-------|------|------|------|------|------|-----|-------|------|------|------|---|------|-----|--|------|-----|-------|------|------|------|------|------|-----|------|-------|------|------|--|------|-----|-------|----|-----|------|------|------|-----|------|-----|--|------|------|------|--|---|------|-----|-------|----|-------|-------|------|-------|-----|------|-----|--|------|------|------|--|---|------|-----|-------|----|-------|------|------|------|-----|------|-----|--|------|-------|------|
| Semana 09 | | | | 1º Sopa de fideos y garbanzos. 2º Bacaladilla guisada con salsa verde (ajo, harina, cebolla y perejil) con ensalada de lechuga, maíz y tomate. 3º Fruta de temporada: Naranja (Pan blanco y agua) | 1º Crema de patata y calabacín y queso en crema 2º Longanizas de pollo y cerdo al horno con lechuga, zanahoria y tomate. 3º Fruta de temporada : kiwi (Pan blanco y agua) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | <table border="1"> <thead> <tr> <th>Kcal</th> <th>GR.</th> <th>G.Sat</th> <th>HC</th> </tr> </thead> <tbody> <tr> <td>792</td> <td>22.4</td> <td>4.40</td> <td>98.8</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th colspan="2">Sal</th> </tr> <tr> <td>15.8</td> <td>35.8</td> <td colspan="2">2.64</td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 792 | 22.4 | 4.40 | 98.8 | Azc | Prot | Sal | | 15.8 | 35.8 | 2.64 | | <table border="1"> <thead> <tr> <th>Kcal</th> <th>GR.</th> <th>G.Sat</th> <th>HC</th> </tr> </thead> <tbody> <tr> <td>568</td> <td>20.4</td> <td>7.20</td> <td>74.5</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th colspan="2">Sal</th> </tr> <tr> <td>16.6</td> <td>19</td> <td colspan="2">3.40</td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 568 | 20.4 | 7.20 | 74.5 | Azc | Prot | Sal | | 16.6 | 19 | 3.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 792 | 22.4 | 4.40 | 98.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15.8 | 35.8 | 2.64 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 568 | 20.4 | 7.20 | 74.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16.6 | 19 | 3.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | LUNES 05/03 | MARTES 06/03 | MIÉRCOLES 07/03 | JUEVES 08/03 | VIERNES 09/03 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Semana 10 | 1º Ensalada de la huerta(lechuga, tomate, maíz, cebolla , repollo , pepino y zanahorias) y queso fresco 2º Albóndigas de pollo y cerdo al horno con calabacín salteado. 3º Fruta de temporada: Naranja (Pan blanco y agua) | 1º Puré de patatas, zanahoria, calabaza, puerro. 2º Merluza al horno con ensalada de lechuga, maíz, pepino y tomate 3º Fruta de temporada : Manzana (Pan de trigo integral y agua) | 1º Espirarles con salsa de tomate frito. 2º Crema de guisantes (ajo, cebolla, pimiento verde, pimiento rojo, patata, puerro, zanahoria y tomate). 3º Fruta de temporada: Pera (Pan blanco y agua) | 1º Cocido de Garbanzos con habichuela, calabaza, tomate, pimiento, cebolla, zanahoria 2º Tortilla de patatas con cebolla y tomate aliñado 3º Fruta de temporada: Naranja (Pan blanco y agua) | 1º Salteado de arroz con pollo 2º Atún (pescado semigraso) a la plancha con ensalada de lechuga, zanahoria, repollo y tomate. 3º Postre Lácteo; Yogurt (Pan blanco y agua) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | <table border="1"> <thead> <tr> <th>Kcal</th> <th>GR.</th> <th>G.Sat</th> <th>HC</th> </tr> </thead> <tbody> <tr> <td>693.5</td> <td>33.7</td> <td>9.45</td> <td>65.7</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th colspan="2">Sal</th> </tr> <tr> <td>16.03</td> <td>34.8</td> <td colspan="2">3.11</td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 693.5 | 33.7 | 9.45 | 65.7 | Azc | Prot | Sal | | 16.03 | 34.8 | 3.11 | | <table border="1"> <thead> <tr> <th>Kcal</th> <th>GR.</th> <th>G.Sat</th> <th>HC</th> </tr> </thead> <tbody> <tr> <td>560</td> <td>23.5</td> <td>2.80</td> <td>70</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th colspan="2">Sal</th> </tr> <tr> <td>18.6</td> <td>22.13</td> <td colspan="2">2.49</td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 560 | 23.5 | 2.80 | 70 | Azc | Prot | Sal | | 18.6 | 22.13 | 2.49 | | <table border="1"> <thead> <tr> <th>Kcal</th> <th>GR.</th> <th>G.Sat</th> <th>HC</th> </tr> </thead> <tbody> <tr> <td>644</td> <td>14.4</td> <td>2.7</td> <td>100</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th colspan="2">Sal</th> </tr> <tr> <td>19.8</td> <td>14.4</td> <td colspan="2">1.18</td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 644 | 14.4 | 2.7 | 100 | Azc | Prot | Sal | | 19.8 | 14.4 | 1.18 | | <table border="1"> <thead> <tr> <th>Kcal</th> <th>GR.</th> <th>G.Sat</th> <th>HC</th> </tr> </thead> <tbody> <tr> <td>650.6</td> <td>22.02</td> <td>2.84</td> <td>89.5</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th colspan="2">Sal</th> </tr> <tr> <td>20.6</td> <td>18.6</td> <td colspan="2">3.20</td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 650.6 | 22.02 | 2.84 | 89.5 | Azc | Prot | Sal | | 20.6 | 18.6 | 3.20 | | <table border="1"> <thead> <tr> <th>Kcal</th> <th>GR.</th> <th>G.Sat</th> <th>HC</th> </tr> </thead> <tbody> <tr> <td>700</td> <td>26.7</td> <td>7.03</td> <td>84</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th colspan="2">Sal</th> </tr> <tr> <td>10.2</td> <td>27.4</td> <td colspan="2">2.00</td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 700 | 26.7 | 7.03 | 84 | Azc | Prot | Sal | | 10.2 | 27.4 | 2.00 |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 693.5 | 33.7 | 9.45 | 65.7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16.03 | 34.8 | 3.11 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 560 | 23.5 | 2.80 | 70 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18.6 | 22.13 | 2.49 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 644 | 14.4 | 2.7 | 100 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19.8 | 14.4 | 1.18 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 650.6 | 22.02 | 2.84 | 89.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20.6 | 18.6 | 3.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 700 | 26.7 | 7.03 | 84 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10.2 | 27.4 | 2.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | LUNES 12/03 | MARTES 13/03 | MIÉRCOLES 14/03 | JUEVES 15/03 | VIERNES 16/03 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Semana 11 | 1º Crema de verduras tricolor (guisantes, coliflor, judías verdes, zanahorias y patata) 2º Tortilla francesa y ensalada de lechuga, zanahoria y tomate. 3º Fruta de temporada: Naranja (Pan blanco y agua) | 1º Macarrones con salsa de tomate. 2º Guiso de guisantes con carne de pavo (ajo, laurel, cebolla, pimiento verde, pimiento rojo , patata, puerro y tomate) 3º Fruta de temporada: Manzana (Pan de trigo integral y agua) | 1º Ensalada de lechuga, maíz, zanahoria y tomate con queso fresco 2º HAMBURGUESA de pollo y cerdo al horno con guarnición de arroz blanco 3º Fruta de temporada: Pera (Pan blanco y agua) | 1º Arroz tres delicias (zanahorias, maíz, pimiento rojo y verde y guisantes) con huevo duro. 2º Fogonero horneado a la roteña (salsa; ajo, cebolla, calabacín, pimiento, berenjena) y ensalada de lechuga, zanahoria y tomate 3º Fruta de temporada: Naranja (Pan blanco y agua) | 1º Lentejas estofadas con verduras (patata, tomate, pimiento verde y zanahoria). 2º Gallineta guisada con salsa verde (ajo, cebolla, harina y perejil) con ensalada de lechuga, maíz y tomate. 3º Fruta de temporada: Kiwi (Pan blanco y agua) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | <table border="1"> <thead> <tr> <th>Kcal</th> <th>GR.</th> <th>G.Sat</th> <th>HC</th> </tr> </thead> <tbody> <tr> <td>500</td> <td>16.2</td> <td>3.88</td> <td>64.6</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th colspan="2">Sal</th> </tr> <tr> <td>14.8</td> <td>17.7</td> <td colspan="2">1.40</td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 500 | 16.2 | 3.88 | 64.6 | Azc | Prot | Sal | | 14.8 | 17.7 | 1.40 | | <table border="1"> <thead> <tr> <th>Kcal</th> <th>GR.</th> <th>G.Sat</th> <th>HC</th> </tr> </thead> <tbody> <tr> <td>663</td> <td>14</td> <td>2.34</td> <td>98.9</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th colspan="2">Sal</th> </tr> <tr> <td>21.6</td> <td>19.7</td> <td colspan="2">1.00</td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 663 | 14 | 2.34 | 98.9 | Azc | Prot | Sal | | 21.6 | 19.7 | 1.00 | | <table border="1"> <thead> <tr> <th>Kcal</th> <th>GR.</th> <th>G.Sat</th> <th>HC</th> </tr> </thead> <tbody> <tr> <td>611</td> <td>21.3</td> <td>5.17</td> <td>82.4</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th colspan="2">Sal</th> </tr> <tr> <td>14.6</td> <td>20</td> <td colspan="2">3.40</td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 611 | 21.3 | 5.17 | 82.4 | Azc | Prot | Sal | | 14.6 | 20 | 3.40 | | <table border="1"> <thead> <tr> <th>Kcal</th> <th>GR.</th> <th>G.Sat</th> <th>HC</th> </tr> </thead> <tbody> <tr> <td>619</td> <td>20.3</td> <td>3.7</td> <td>77.6</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th colspan="2">Sal</th> </tr> <tr> <td>12.5</td> <td>31</td> <td colspan="2">2.40</td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 619 | 20.3 | 3.7 | 77.6 | Azc | Prot | Sal | | 12.5 | 31 | 2.40 | | <table border="1"> <thead> <tr> <th>Kcal</th> <th>GR.</th> <th>G.Sat</th> <th>HC</th> </tr> </thead> <tbody> <tr> <td>673</td> <td>20.2</td> <td>2.76</td> <td>93.9</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th colspan="2">Sal</th> </tr> <tr> <td>17.5</td> <td>27.12</td> <td colspan="2">1.86</td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 673 | 20.2 | 2.76 | 93.9 | Azc | Prot | Sal | | 17.5 | 27.12 | 1.86 |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 500 | 16.2 | 3.88 | 64.6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14.8 | 17.7 | 1.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 663 | 14 | 2.34 | 98.9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21.6 | 19.7 | 1.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 611 | 21.3 | 5.17 | 82.4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14.6 | 20 | 3.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 619 | 20.3 | 3.7 | 77.6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12.5 | 31 | 2.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 673 | 20.2 | 2.76 | 93.9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17.5 | 27.12 | 1.86 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | LUNES 19/03 | MARTES 20/03 | MIÉRCOLES 21/03 | JUEVES 22/03 | VIERNES 23/03 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Semana 12 | 1º Ensalada de la huerta(lechuga, tomate, maíz, cebolla , repollo , pepino y zanahorias) 2º Patatas estofadas con magro de cerdo (ajo, cebolla, pimiento verde, pimiento rojo, tomate y zanahoria) 3º Fruta de temporada: Naranja (Pan blanco y agua) | 1º Espirales con Pisto de verduras (pimiento rojo, pimiento verde, cebolla, berenjena, patata, calabacín) 2º Muslitos de pollo al horno con champiñones salteados 3º Fruta de temporada: Manzana (Pan de trigo integral y agua) | 1º Arroz a la cubana 2º Merluza con salsa al horno y tomate aliñado 3º Fruta de temporada ; Pera (Pan blanco y agua) | 1º Cocido madrileño (Garbanzos , habichuela, calabaza, tomate, pimiento, cebolla, zanahoria) 2º Tortilla de patatas con cebolla y ensalada de lechuga, zanahoria, repollo y tomate. 3º Fruta de temporada : Naranja (Pan blanco y agua) | 1º Puré de puerro, zanahoria, calabaza y patata. 2º Salmón Keta (Oncorhynchus Keta) a la plancha con ensalada de lechuga, maíz, pepino y tomate. 3º Fruta de temporada : Kiwi (Pan blanco y agua) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | <table border="1"> <thead> <tr> <th>Kcal</th> <th>GR.</th> <th>G.Sat</th> <th>HC</th> </tr> </thead> <tbody> <tr> <td>681</td> <td>13.7</td> <td>2.39</td> <td>89.7</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th colspan="2">Sal</th> </tr> <tr> <td>17.5</td> <td>15.9</td> <td colspan="2">1.92</td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 681 | 13.7 | 2.39 | 89.7 | Azc | Prot | Sal | | 17.5 | 15.9 | 1.92 | | <table border="1"> <thead> <tr> <th>Kcal</th> <th>GR.</th> <th>G.Sat</th> <th>HC</th> </tr> </thead> <tbody> <tr> <td>686</td> <td>21.2</td> <td>3</td> <td>94.0</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th colspan="2">Sal</th> </tr> <tr> <td>19.2</td> <td>28.2</td> <td colspan="2">1.53</td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 686 | 21.2 | 3 | 94.0 | Azc | Prot | Sal | | 19.2 | 28.2 | 1.53 | | <table border="1"> <thead> <tr> <th>Kcal</th> <th>GR.</th> <th>G.Sat</th> <th>HC</th> </tr> </thead> <tbody> <tr> <td>614</td> <td>19.7</td> <td>3.27</td> <td>83.6</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th colspan="2">Sal</th> </tr> <tr> <td>18.6</td> <td>22.5</td> <td colspan="2">1.52</td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 614 | 19.7 | 3.27 | 83.6 | Azc | Prot | Sal | | 18.6 | 22.5 | 1.52 | | <table border="1"> <thead> <tr> <th>Kcal</th> <th>GR.</th> <th>G.Sat</th> <th>HC</th> </tr> </thead> <tbody> <tr> <td>657</td> <td>22</td> <td>3.44</td> <td>87.05</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th colspan="2">Sal</th> </tr> <tr> <td>18.8</td> <td>19.8</td> <td colspan="2">3.26</td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 657 | 22 | 3.44 | 87.05 | Azc | Prot | Sal | | 18.8 | 19.8 | 3.26 | | <table border="1"> <thead> <tr> <th>Kcal</th> <th>GR.</th> <th>G.Sat</th> <th>HC</th> </tr> </thead> <tbody> <tr> <td>634.5</td> <td>22.6</td> <td>3.1</td> <td>77.2</td> </tr> <tr> <th>Azc</th> <th>Prot</th> <th colspan="2">Sal</th> </tr> <tr> <td>14.7</td> <td>23.8</td> <td colspan="2">2.30</td> </tr> </tbody> </table> | Kcal | GR. | G.Sat | HC | 634.5 | 22.6 | 3.1 | 77.2 | Azc | Prot | Sal | | 14.7 | 23.8 | 2.30 |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 681 | 13.7 | 2.39 | 89.7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17.5 | 15.9 | 1.92 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 686 | 21.2 | 3 | 94.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19.2 | 28.2 | 1.53 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 614 | 19.7 | 3.27 | 83.6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18.6 | 22.5 | 1.52 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 657 | 22 | 3.44 | 87.05 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18.8 | 19.8 | 3.26 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal | GR. | G.Sat | HC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 634.5 | 22.6 | 3.1 | 77.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azc | Prot | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14.7 | 23.8 | 2.30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | LUNES 26/03 | MARTES 27/03 | MIÉRCOLES 28/03 | JUEVES 29/03 | VIERNES 30/03 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Semana 14 | INICIO SEMANA SANTA - FESTIVO | FESTIVO | FESTIVO | JUEVES SANTO- FESTIVO | VIERNES SANTO FESTIVO | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |



EL CORTIJO
CELEBRACIONES Y CATERING



Empresa especializada en seguridad e higiene alimentaria, formación

SALON CELEBRACIONES “EL CORTIJO”, S.L. – RECOMENDACIÓN DE CENA - Menú Basal

| | | | | | |
|-----------|--|---|--|---|--|
| | | | | JUEVES 01/03 | VIERNES 02/03 |
| Semana 09 | | | | Recomendación de cena: Crema de verduras + tortilla francesa con Pavo o jamón cocido, pan y 1 lácteo. (Agua) | Recomendación de cena: 1 pescado blanco con patata cocida + calabacín saleado, pan y 1 fruta.(Agua) |
| | | | | | |
| | LUNES 05/03 | MARTES 06/03 | MIÉRCOLES 07/03 | JUEVES 08/03 | VIERNES 09/03 |
| Semana 10 | Recomendación de cena: Pescado plancha + arroz tres delicias , pan y fruta (Agua) | Recomendación de cena: Crema de verduras con patata y ternera + queso fresco, pan y 1 fruta. (Agua). | Recomendación de cena: 1 pescado blanco al horno + salteado de verduras, pan y lácteo. (Agua) | Recomendación de cena: Filete de pollo plancha con salsa de zanahoria + ensalada, pan y 1 lácteo. (Agua) | Recomendación de cena: Patata revuelta con huevo, pan + ensalada y 1 fruta.(Agua) |
| | | | | | |
| | LUNES 12/03 | MARTES 13/03 | MIÉRCOLES 14/03 | JUEVES 15/03 | VIERNES 16/03 |
| Semana 11 | Recomendación de cena: 1 pescado blanco salteado con verduras+ ensalada, pan + lácteo. (Agua) | Recomendación de cena: Tortilla francesa con jamón cocido + puré de verduras, pan y 1 fruta. (Agua) | Recomendación de cena: Patata con pescado al horno + ensalada, pan y 1 fruta. (Agua) | Recomendación de cena: < Pollo al horno con berenjena + ensalada, pan y 1 fruta. (Agua) | Recomendación de cena: Revuelto de patata, huevo y bacalao+ queso fresco, pan y 1 fruta. (Agua) |
| | | | | | |
| | LUNES 19/03 | MARTES 20/03 | MIÉRCOLES 21/03 | JUEVES 22/03 | VIERNES 23/03 |
| Semana 12 | Recomendación de cena: Arroz cocido con jamón cocido sin grasa + ensalada y pan, lácteo. (Agua) | Recomendación de cena: 1 pescado blanco a la plancha + tortilla francesa con queso fresco, pan y 1 fruta. (Agua) | Recomendación de cena: 1 crema de guisantes + filete de pollo, pan y 1 fruta. (Agua) | Recomendación de cena: Pescado al horno con arroz salteado + queso fresco, pan y 1 o fruta. (Agua) | Recomendación de cena: Salteado de verduras con pasta + filete de ternera, pan, 1 lácteo. (Agua) |
| | | | | | |
| | LUNES 26/03 | MARTES 27/03 | MIÉRCOLES 28/03 | JUEVES 29/03 | VIERNES 30/03 |
| Semana 14 | INICIO SEMANA SANTA - FESTIVO | FESTIVO | FESTIVO | JUEVES SANTO- FESTIVO | VIERNES SANTO FESTIVO |
| | | | | | |



Empresa especializada en seguridad e higiene alimentaria, formación

Con el RD 126/2015, se informa que en caso de intolerancia o alergia solicite información al personal para elaboración de menú adaptado. En la elaboración de estos platos: **1. No se usan alimentos que contengan en su composición grasas trans o grasas hidrogenadas (margarinas, bollería industrial, galletería industrial...), excepto las que presenten de forma natural. 2. No se usan alimentos que contengan aditivos potenciadores del sabor. 3. La carne usada es de naturaleza magra (<10% materia grasa), incluido los preparados cárnicos. 4. Los productos ecológicos que se utilizan en estos menús son: Aceite virgen extra de oliva, tomate frito, calabacín, pimientos rojos, zanahorias, peras, manzanas, naranjas, pastas, garbanzos, apio, puerro, patatas. 5. La fruta indicada en el menú podrá variar en función de la temporada: naranja, pera, manzana, melón, sandía, etc.**