

MES: Octubre 2026

MIGUEL DE UNAMUNO

Lunes

Martes

Miércoles

Jueves

Viernes

SIBO

1

Sopa casera (sin gluten)
Pechuga de pollo a la plancha con
ensalada fresca con lechuga y zanahoria
Fruta y pan (sin gluten)
Homemade soup (gluten free)
Chicken breast with lettuce & carrot
Fruit and bread (gluten free)

VE:2.224/532 GT:17 GS:3 HC:76 AZ:24 PROT:30 SAL:3

2

Crema fina de calabacín
Lomo a la plancha con ensalada de tomate
Fruta y pan (sin gluten)
Fine zucchini cream
Grilled tenderloin with tomato salad
Fruit and bread (gluten free)

VE:2.760/660 GT:32 GS:8 HC:72 AZ:28 PROT:28 SAL:1

5

Lentejas a la jardinera
Filete de ternera con patatas al vapor
Fruta y pan (sin gluten)
Vegetables lentils
Beef steak with steamed potatoes
Fruit and bread (gluten free)

VE:2.926/700 GT:10 GS:3 HC:116 AZ:23 PROT:38 SAL:1

6

Pasta (sin gluten) con salsa de zanahoria
Tortilla francesa con ensalada de tomate
Fruta y pan (sin gluten)
Pasta (gluten free) with carrot sauce
French omelette with tomato salad
Fruit and bread (gluten free)

VE:3.654/874 GT:37 GS:7 HC:113 AZ:26 PROT:32 SAL:4

7

Crema casera de la huerta
Jamoncitos de pollo asados al romero con
ensalada fresca con lechuga y zanahoria
Fruta y pan (sin gluten)
Homemade garden cream
Roasted chicken drumsticks with rosemary
with lettuce & carrot
Fruit and bread (gluten free)

VE:2.711/649 GT:34 GS:7 HC:76 AZ:28 PROT:20 SAL:1

8

Arroz blanco
Lentejas estofadas con verduras
Fruta y pan (sin gluten)
White rice
Lentils with vegetables
Fruit and bread (gluten free)

VE:3.468/830 GT:9 GS:2 HC:170 AZ:25 PROT:23 SAL:1

9

DIA DE LA HISPANIDAD

Crema de zanahoria
Abadejo a la plancha con ensalada fresca
de lechuga y pepino
Fruta y pan (sin gluten)
Carrot cream
Grilled haddock with lettuce & cucumber
Fruit and bread (gluten free)

VE:2.466/590 GT:22 GS:5 HC:81 AZ:31 PROT:29 SAL:2

12

FESTIVO

13

Arroz blanco
Lomo a la plancha con ensalada fresca de
lechuga con tomate
Fruta y pan (sin gluten)
White rice
Grilled tenderloin with fresh lettuce salad
with tomato
Fruit and bread (gluten free)

VE:3.289/787 GT:21 GS:6 HC:121 AZ:23 PROT:30 SAL:1

14

Crema de calabacín (eco.)
Pechuga de pollo a la plancha con
ensalada fresca con zanahoria rallada
Fruta y pan (sin gluten)
Courgette cream (eco.)
Chicken breast with lettuce and carrot
salad
Fruit and bread (gluten free)

VE:2.567/614 GT:20 GS:4 HC:80 AZ:29 PROT:32 SAL:1

15

Macarrones (sin gluten)
Filete de merluza a la plancha con
calabacín al vapor
Fruta (eco.) y pan (sin gluten)
Macaroni (gluten free)
Grilled hake with steamed zucchini squash
Fruit and bread (gluten free)

VE:3.225/772 GT:28 GS:7 HC:93 AZ:26 PROT:41 SAL:2

16

Crema fina de calabacín
Tortilla francesa con ensalada fresca con
lechuga y zanahoria
Fruta y pan (sin gluten)
Fine zucchini cream
French omelette with lettuce & carrot
Fruit and bread (gluten free)

VE:2.629/629 GT:34 GS:7 HC:71 AZ:28 PROT:20 SAL:1

19

Lentejas a la jardinera
Lomo asado con ensalada fresca de
lechuga con tomate y zanahoria
Fruta y pan (sin gluten)
Vegetables lentils
Grilled tenderloin with fresh lettuce salad
with tomato and carrot
Fruit and bread (gluten free)

VE:3.084/738 GT:22 GS:6 HC:109 AZ:24 PROT:30 SAL:2

20

Arroz blanco
Tortilla francesa con ensalada fresca de
lechuga y pepino
Fruta y pan (sin gluten)
White rice
French omelette with lettuce & cucumber
Fruit and bread (gluten free)

VE:3.315/793 GT:26 GS:6 HC:123 AZ:25 PROT:23 SAL:1

21

Crema de espinacas
Jamoncitos de pollo asados con patatas
asadas
Fruta y pan (sin gluten)
Spinach cream
Roasted chicken drumsticks with roasted
potatoes
Fruit and bread (gluten free)

VE:2.592/620 GT:23 GS:4 HC:85 AZ:25 PROT:22 SAL:1

22

Sopa casera con pasta (sin gluten)
Filete de ternera con ensalada fresca con
lechuga y zanahoria
Fruta y pan (sin gluten)
Homemade soup with pasta (gluten free)
Beef steak with lettuce & carrot
Fruit and bread (gluten free)

VE:2.873/687 GT:24 GS:5 HC:90 AZ:33 PROT:37 SAL:1

23

Patatas guisadas
Rape a la plancha con ensalada fresca de
lechuga con tomate
Fruta y pan (sin gluten)
Stewed potatoes
Grilled monkfish with fresh lettuce salad
with tomato
Fruit and bread (gluten free)

VE:2.497/597 GT:11 GS:3 HC:90 AZ:25 PROT:40 SAL:2

26

Crema fina de calabacín
Pavo a la plancha con zanahoria rallada
Fruta y pan (sin gluten)
Fine zucchini cream
Grilled turkey with grated carrot
Fruit and bread (gluten free)

VE:2.337/559 GT:18 GS:3 HC:80 AZ:33 PROT:24 SAL:1

27

Lentejas a la campesina
Tortilla casera de calabacín con ensalada
de tomate
Fruta y pan (sin gluten)
Vegetables lentils
Homemade zucchini omelet with tomato
salad
Fruit and bread (gluten free)

VE:3.013/721 GT:22 GS:5 HC:120 AZ:25 PROT:14 SAL:2

28

Sopa casera (sin gluten)
Filete de pollo al horno con ensalada
fresca con lechuga y zanahoria
Fruta y pan (sin gluten)
Homemade soup (gluten free)
Baked chicken with lettuce & carrot
Fruit and bread (gluten free)

VE:2.149/514 GT:16 GS:3 HC:76 AZ:24 PROT:26 SAL:3

29

Crema de zanahoria
Filete de ternera con patatas dado
Fruta y pan (sin gluten)
Carrot cream
Beef steak with diced potatoes
Fruit and bread (gluten free)

VE:3.349/801 GT:35 GS:6 HC:89 AZ:30 PROT:35 SAL:1

30

Arroz con magro de cerdo
Salmón al horno con ensalada fresca de
lechuga y pepino
Fruta y pan (sin gluten)
Rice with lean pork
Baked salmon with lettuce & cucumber
Fruit and bread (gluten free)

VE:3.317/794 GT:21 GS:4 HC:112 AZ:26 PROT:41 SAL:1