

OCTOBER MENU

<p>MONDAY 1</p> <ul style="list-style-type: none"> Homemade lentils with vegetables Hake sticks with salad Seasonal fruit, peach in syrup Bread, orange juice, chocolate milk <p>Kcal:729 H:88,9 P:36,2 L:21,5</p>	<p>TUESDAY 2</p> <ul style="list-style-type: none"> Pumpkin puree Homemade meatballs with potatoes Seasonal fruit, caramel flan Bread, orange juice, chocolate milk <p>Kcal:642 H:63,5 P:22,2 L:31,1</p>	<p>WEDNESDAY 3</p> <ul style="list-style-type: none"> Rice salad with chicken Ham omelette with salad Seasonal fruit Bread, orange juice, chocolate milk <p>Kcal:775 H: 91,3 P:31,5 L:29,9</p>	<p>THURSDAY 4</p> <ul style="list-style-type: none"> “Cocido”: soup, chickpeas, meat, vegetables, “tocino” and “chorizo” Seasonal fruit, fried milk Bread, orange juice, chocolate milk <p>Kcal:646 H:75,1 P:29,7 L:23,4</p>	<p>FRIDAY 5</p> <ul style="list-style-type: none"> Pasta with tomato sauce Pork with vegetables Bread, orange juice, chocolate milk <p>Kcal:635 H:69,8 P:27,7 L:25,9</p>
<p>MONDAY 8</p> <ul style="list-style-type: none"> Rice with tomato sauce Sausages with salad Seasonal fruit, creamy dessert Bread, orange juice, chocolate milk <p>Kcal:633 H: 87,3 P:14,9 L:23,3</p>	<p>TUESDAY 9</p> <ul style="list-style-type: none"> Sautéed green beans Russian style groundbeef with potatoes Seasonal fruit or rice pudding Bread, orange juice, chocolate milk <p>Kcal:657 H:55,7 P:21,9 L:36,1</p>	<p>WEDNESDAY 10</p> <ul style="list-style-type: none"> Braised ribs with potatoes Rioja style Cod Seasonal fruit Bread, orange juice, chocolate milk <p>Kcal:608 H:88,6 P:22,5 L:15,9</p>	<p>THURSDAY 11</p> <ul style="list-style-type: none"> Pasta salad with chicken Turkey Ragout. Seasonal fruit. Bread, orange juice, chocolate milk <p>Kcal:649 H:61 P:25,1 L:31,4</p>	<p>FRIDAY 12</p> <p>FESTIVITY NTRA SRA DEL PILAR</p>
<p>MONDAY 15</p> <ul style="list-style-type: none"> Italian style noodles Sliced pork loin with salad Seasonal fruit, peach in syrup Bread, orange juice, chocolate milk <p>Kcal:624 H:85,1 P:25,3 L:18,4</p>	<p>TUESDAY 16</p> <ul style="list-style-type: none"> Pinto beans with rice Roman style “Limanda fish” with salad Seasonal fruit, caramel flan Bread, orange juice, chocolate milk <p>Kcal:701 H:98,8 P:28 L:16,3</p>	<p>WEDNESDAY 17</p> <ul style="list-style-type: none"> “Abanda” rice Ham omelette with salad Seasonal fruit Bread, orange juice, chocolate milk <p>Kcal:737 H:99 P:21,9 L:26,6</p>	<p>THURSDAY 18</p> <ul style="list-style-type: none"> “Cocido”: soup, chickpeas, meat, vegetables, “tocino” and “chorizo” Seasonal fruit, fried milk Bread, orange juice, chocolate mil. <p>Kcal:646 H:75,1 P:29,7 L:23,4</p>	<p>FRIDAY 19</p> <ul style="list-style-type: none"> Vegetable puree Escalope with salad Seasonal fruit, strawberry jelly Bread, orange juice, chocolate milk <p>Kcal:658 H:79 P:21,4 L:26,6</p>
<p>MONDAY 22</p> <ul style="list-style-type: none"> Bolognese macaroni. Ham croquettes with salad Seasonal fruit Bread, orange juice, chocolate milk <p>Kcal:644 H:94,4 P:20,7 L:18,5</p>	<p>TUESDAY 23</p> <ul style="list-style-type: none"> Pinto beans with rice Roman style “Limanda fish” with salad Seasonal fruit, caramel flan Bread, orange juice, chocolate milk <p>Kcal:661 H:91,9 P:23,4 L:19,3</p>	<p>WEDNESDAY 24</p> <ul style="list-style-type: none"> “Abanda” rice Ham omelette with salad Seasonal fruit. Bread, orange juice, chocolate milk <p>Kcal:641 H:71,2 P:28,5 L:25,7</p>	<p>THURSDAY 25</p> <ul style="list-style-type: none"> “Cocido”: soup, chickpeas, meat, vegetables, “tocino” and “chorizo” Seasonal fruit, fried milk Bread, orange juice, chocolate milk <p>Kcal:640 H:86 P:23,4 L:20,4</p>	<p>FRIDAY 26</p> <ul style="list-style-type: none"> Vegetable puree Escalope with salad Seasonal fruit, strawberry jelly Bread, orange juice, chocolate milk <p>Kcal:634 H:85 P:18,7 L:22,2</p>
<p>MONDAY 29</p> <ul style="list-style-type: none"> Milanesa style rice Tuna and tomato “empanadillas” Seasonal fruit, peach in syrup Bread, orange juice, chocolate milk <p>Kcal:618 H:82,8 P:19,5 L:22</p>	<p>TUESDAY 30</p> <ul style="list-style-type: none"> “Picadillo soup” Homemade meatballs with potatoes Seasonal fruit, orange jelly Bread, orange juice, chocolate milk <p>Kcal:629 H:58 P:43,2 L:24</p>	<p>WEDNESDAY 31</p> <ul style="list-style-type: none"> Sautéed Green beans Spanish omelette with salad Seasonal fruit Bread, orange juice, chocolate milk <p>Kcal:642 H:88,9 P:20,1 L:20,2</p>		