



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

**CEIP VARGAS LLOSA**  
**Alérgicos Leguminosas**

EN NUESTROS MENÚS POTENCIAMOS LOS PRODUCTOS DE TEMPORADA:

**FRUTAS ENERO:** AGUACATE, CHIRIMOYA, CAQUI, FRAMBRUESA, FRESÓN, KIWI, LIMÓN, MANZANA, MANDARINA, NARANJA, PERA, PLÁTANO Y POMELO.

**VERDURAS ENERO:** ALCACHOFA, AJO, ACELGAS, APIO, BERENJENA, BRÓCOLI, CALABACÍN, CALABAZA, CEBOLLA, CARDO, ENDIVIA, ESCAROLA, COLIFLOR, LOMBARDA, NABO, HABA, GUISANTE, LECHUGA, PIMIENTO, PEPINO, PUERRO, RÁBANO, REPOLLO, TOMATE Y ZANAHORIA



**LAS VERDURAS Y HORTALIZAS TIENEN MUCHAS VITAMINAS Y SIEMPRE DEBEN ESTAR PRESENTES EN LA COMIDA**



8	LUNES	9	MARTES	10	MIÉRCOLES	11	JUEVES	12	VIERNES																
<p><b>BRÓCOLI AL VAPOR CON PATATAS</b>                      STEAMED BROCCOLI WITH POTATO  <b>FILETE DE POLLO CON ENSALADA DE LECHUGA, TOMATE Y ZANAHORIA</b>                      CHICKEN FILLET WITH LETTUCE, TOMATO AND CARROTS SALAD  <b>PAN INTEGRAL</b>                      WHOLE-GRAIN BREAD  <b>PLÁTANO</b>                      BANANA</p> <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>628</td><td>50,4</td><td>25,7</td><td>33,3</td><td>7,2</td><td>304</td><td>5,8</td><td>803</td></tr> </table>										ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	628	50,4	25,7	33,3	7,2	304	5,8	803
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<p><b>PATATAS GUIADAS CON CHORIZO</b>                      POTATO STEW WITH CHORIZO  <b>TORTILLA FRANCESA DE CABALLA CON ENSALADA DE LECHUGA, TOMATE Y MAÍZ</b>                      MACKEREL OMELETTE WITH LETTUCE, TOMATO AND CORN SALAD  <b>PAN</b>                      BREAD  <b>MANDARINA</b>                      TANGERINE</p> <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>672</td><td>87,5</td><td>27,8</td><td>24</td><td>4,6</td><td>275</td><td>8,6</td><td>1483</td></tr> </table>										ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	672	87,5	27,8	24	4,6	275	8,6	1483
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<p><b>MACARRONES DE MAÍZ A LA NAPOLITANA CON OREGANO</b>                      NEAPOLITAN STYLE CORN MACARONI WITH OREGANO  <b>MERLUZA A LA PLANCHA CON ENSALADA DE LECHUGA, TOMATE, ZANAHORIA Y REMOLACHA</b>                      GRILLED HAKE WITH LETTUCE, TOMATO, CARROT AND BEETROOT SALAD  <b>PAN INTEGRAL</b>                      WHOLE-GRAIN BREAD  <b>YOGUR</b>                      YOGHURT</p> <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>627</td><td>77,3</td><td>27,5</td><td>22,5</td><td>4,6</td><td>330</td><td>6,4</td><td>634</td></tr> </table>										ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	627	77,3	27,5	22,5	4,6	330	6,4	634
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<p><b>ARROZ SALTEADO CON HORTALIZAS</b>                      SAUTÉED RICE WITH VEGETABLE  <b>SALMÓN A LA PLANCHA CON ENSALADA DE LECHUGA, TOMATE, ZANAHORIA Y PEPINO</b>                      GRILLED SALMON WITH LETTUCE, TOMATO, CARROT AND CUCUMBER SALAD  <b>PAN INTEGRAL</b>                      WHOLE-GRAIN BREAD  <b>PERA</b>                      PEAR</p> <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>706</td><td>91,4</td><td>22,3</td><td>27,4</td><td>4,2</td><td>194</td><td>6,9</td><td>808</td></tr> </table>										ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	706	91,4	22,3	27,4	4,2	194	6,9	808
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<p><b>PATATAS A LA PROVENZAL</b>                      PROVENCAL ROAST POTATOES  <b>TORTILLA FRANCESA CON ENSALADA DE LECHUGA Y TOMATE</b>                      PLAIN OMELETTE WITH LETTUCE AND TOMATO SALAD  <b>PAN</b>                      BREAD  <b>MANDARINA</b>                      TANGERINE</p> <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>696</td><td>92,3</td><td>25,9</td><td>24,1</td><td>4,4</td><td>232</td><td>8,4</td><td>1323</td></tr> </table>										ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	696	92,3	25,9	24,1	4,4	232	8,4	1323
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<p><b>ESPAGUETIS DE MAÍZ REHOGADOS CON BEICON Y ALBAHACA</b>                      SAUTÉED CORN SPAGHETTI WITH BACON AND BASIL  <b>ABADEJO AL VAPOR CON PISTO</b>                      STEAMED POLLACK WITH RATATOUILLE  <b>PAN</b>                      BREAD  <b>MANZANA</b>                      APPLE</p> <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>87,2</td><td>24,1</td><td>23,4</td><td>6,2</td><td>243</td><td>5,5</td><td>170</td></tr> </table>										ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	661	87,2	24,1	23,4	6,2	243	5,5	170
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<p><b>CREMA DE CALABAZA, PATATA, APIO, ZANAHORIA Y PUERRO</b>                      PUMPKIN, POTATO, CELERY, CARROT AND LEEK CREAM  <b>MUSLITOS DE POLLO AL AJILLO CON PATATAS DADO</b>                      CHICKEN DRUMSTICKS IN GARLIC SAUCE WITH DICE POTATOES  <b>PAN</b>                      BREAD  <b>PLÁTANO (+ VASO DE LECHE OPCIONAL)*</b>                      BANANA (+ OPTIONAL MILK GLASS)</p> <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>93</td><td>21,3</td><td>22,2</td><td>4,3</td><td>337</td><td>13,2</td><td>1906</td></tr> </table>										ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	674	93	21,3	22,2	4,3	337	13,2	1906
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<p><b>MACARRONES DE MAÍZ CON SALSA DE TOMATE</b>                      CORN MACARONI IN TOMATO SAUCE  <b>TORTILLA FRANCESA CON ENSALADA DE LECHUGA, TOMATE, ZANAHORIA Y MANZANA</b>                      PLAIN OMELETTE WITH LETTUCE, TOMATO, CARROT AND APPLE SALAD  <b>PAN</b>                      BREAD  <b>PERA</b>                      PEAR</p> <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>665</td><td>84,2</td><td>25,3</td><td>24,6</td><td>4,9</td><td>276</td><td>8</td><td>1822</td></tr> </table>										ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	665	84,2	25,3	24,6	4,9	276	8	1822
ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)																		
665	84,2	25,3	24,6	4,9	276	8	1822																		
<p><b>MIÉRCOLES</b>  <b>MENÚ INTERNACIONAL: AUSTRIA</b>  <b>SOPA FIDEOS DE MAÍZ</b>                      CORN VERMICELLI SOUP  <b>LOMO DE CERDO A LA PLANCHA CON PURÉ DE PATATAS</b>                      GRILLED PORK FILLET WITH MASHED POTATOES  <b>PAN INTEGRAL</b>                      WHOLE-GRAIN BREAD  <b>GELATINA</b>                      JELLY FRUIT</p> <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>613</td><td>58,2</td><td>25</td><td>30</td><td>13,1</td><td>108</td><td>3,5</td><td>191</td></tr> </table>										ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	613	58,2	25	30	13,1	108	3,5	191
ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)																		
613	58,2	25	30	13,1	108	3,5	191																		



**NUESTROS MENÚS ESTÁN ELABORADOS DE ACUERDO A LOS PROGRAMAS NAOS Y PERSEO.**  
**RACIONES ESTABLECIDAS SEGÚN IDR PARA NIÑOS 6-9 AÑOS. (MOREIRAS Y COL. 2018).**  
**VALORACIÓN NUTRICIONAL REALIZADA CON LA BASE DE DATOS BEDCA.**

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

\* LAS FRUTAS INDICADAS EN EL MENÚ PUEDEN ESTAR SUJETAS A INTERCAMBIO DE DÍA POR MOTIVOS DE MADURACIÓN