

MENÚ NOVIEMBRE 2021

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LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES																																																		
1 FIESTA DE TODOS LOS SANTOS <table border="1"> <thead> <tr> <th>Kcal.</th> <th>Prot.(g)</th> <th>Lip.(g)</th> <th>H.C.(g)</th> <th>A.G.S.(g)</th> </tr> </thead> <tbody> <tr> <td>677</td> <td>31</td> <td>26</td> <td>85</td> <td>7</td> </tr> </tbody> </table>	Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)	677	31	26	85	7	2 CREMA DE VERDURAS Y HORTALIZAS NATURALES LOMO AL HORNO CON PATATAS HORNEADAS (6) FRUTA DE TEMPORADA <table border="1"> <thead> <tr> <th>Kcal.</th> <th>Prot.(g)</th> <th>Lip.(g)</th> <th>H.C.(g)</th> <th>A.G.S.(g)</th> </tr> </thead> <tbody> <tr> <td>677</td> <td>31</td> <td>26</td> <td>85</td> <td>7</td> </tr> </tbody> </table>	Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)	677	31	26	85	7	3 PAJARITAS BOLOÑESA (1,3) MERLUZA CON ENSALADA MIXTA (1,2,3,4,12,13) FRUTA DE TEMPORADA <table border="1"> <thead> <tr> <th>Kcal.</th> <th>Prot.(g)</th> <th>Lip.(g)</th> <th>H.C.(g)</th> <th>A.G.S.(g)</th> </tr> </thead> <tbody> <tr> <td>647</td> <td>27</td> <td>23</td> <td>86</td> <td>2</td> </tr> </tbody> </table>	Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)	647	27	23	86	2	4 LENTEJAS CASERAS HUEVO FRITO CON RATATOUILLE NATURAL Y PATATAS A CUADRITOS (3) YOGUR (7) <table border="1"> <thead> <tr> <th>Kcal.</th> <th>Prot.(g)</th> <th>Lip.(g)</th> <th>H.C.(g)</th> <th>A.G.S.(g)</th> </tr> </thead> <tbody> <tr> <td>637</td> <td>33</td> <td>14</td> <td>98</td> <td>2</td> </tr> </tbody> </table>	Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)	637	33	14	98	2	5 SALTEADO DE JUDIAS VERDES Y ZANAHORIAS POLLO ASADO CON ARROZ INTEGRAL FRUTA DE TEMPORADA <table border="1"> <thead> <tr> <th>Kcal.</th> <th>Prot.(g)</th> <th>Lip.(g)</th> <th>H.C.(g)</th> <th>A.G.S.(g)</th> </tr> </thead> <tbody> <tr> <td>610</td> <td>31</td> <td>13</td> <td>96</td> <td>3</td> </tr> </tbody> </table>	Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)	610	31	13	96	3
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