



# VALOR NUTRICIONAL

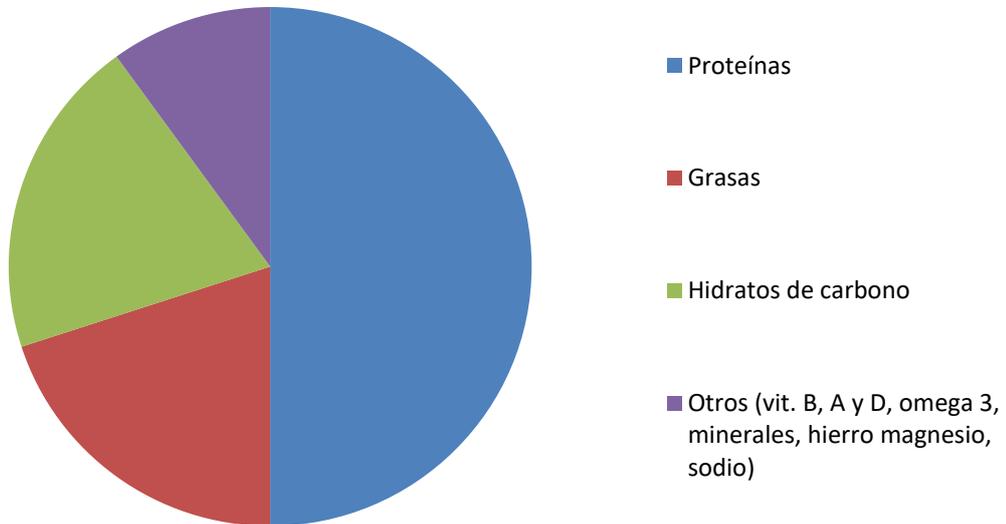


HOY COMEMOS DE RESTAURANTE



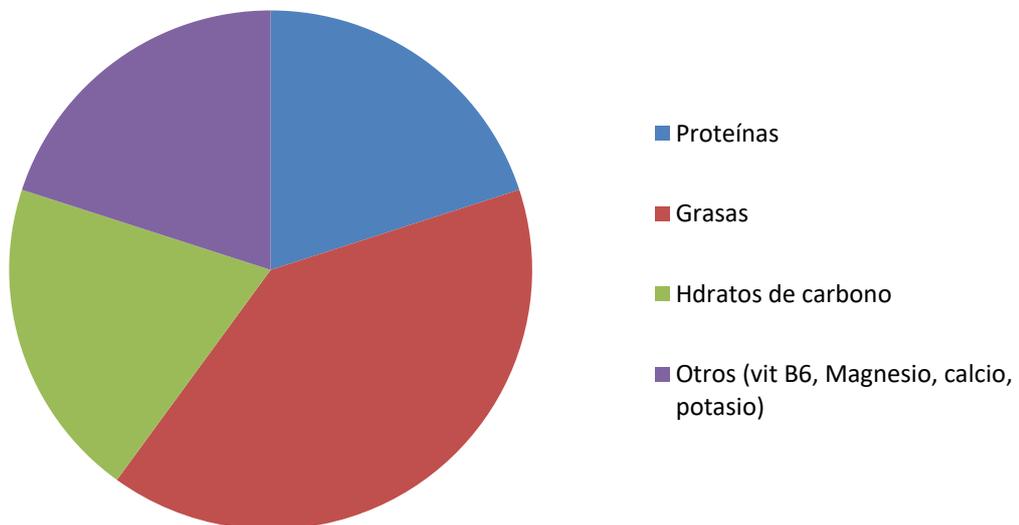
## COMIDA SÁBADO 13 DE FEBRERO

### Matrimonio de boquerones y anchoa

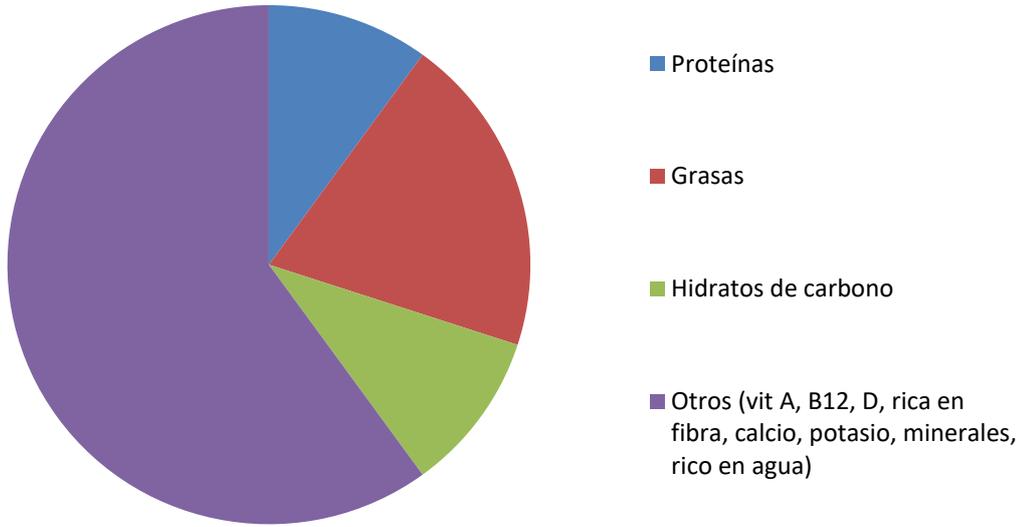


### OPCIÓN VEGETARIANA

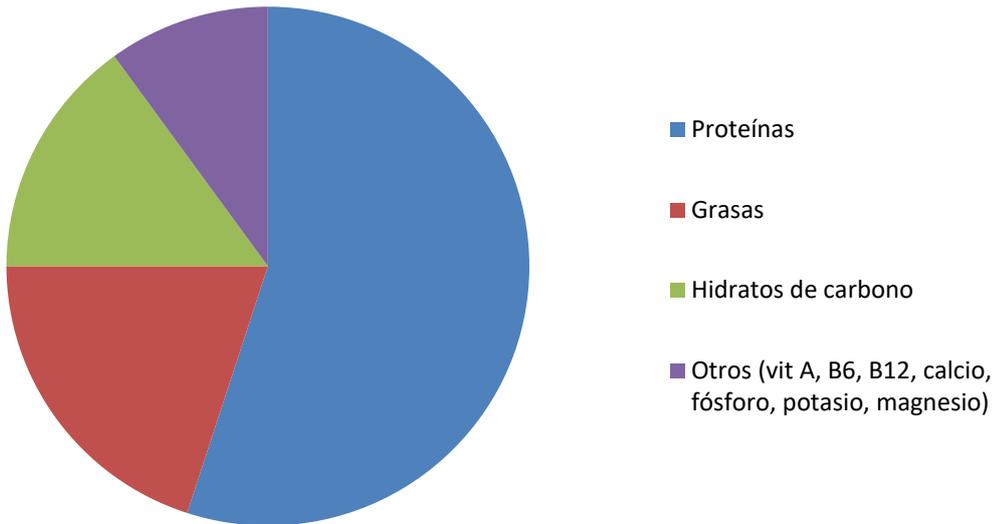
### Matrimonio de zanahoria y calabacín



### Lombarda a la segoviana

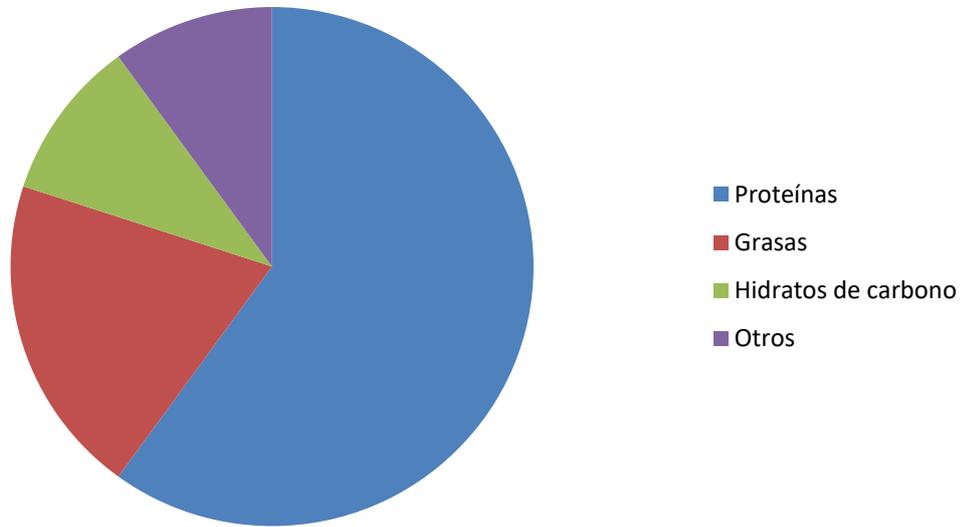


### Aleta de ternera rellena

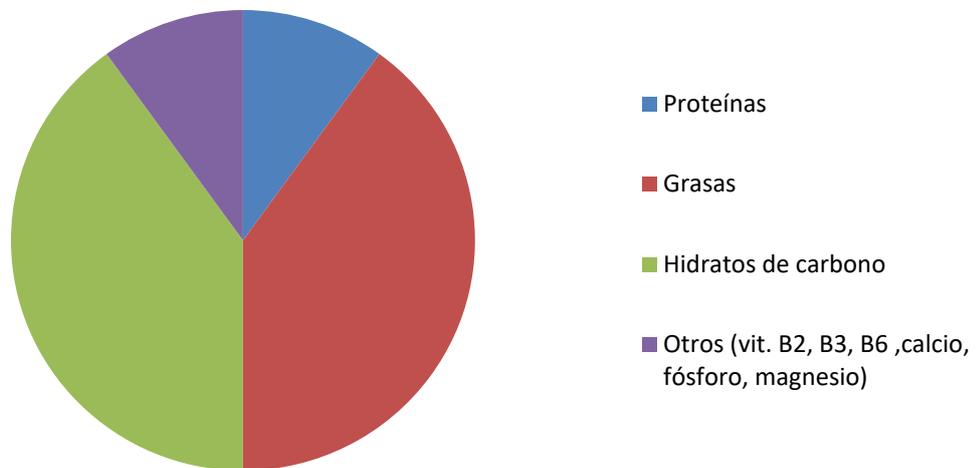


## OPCIÓN VEGETARIANA

### Cachopo de seitán

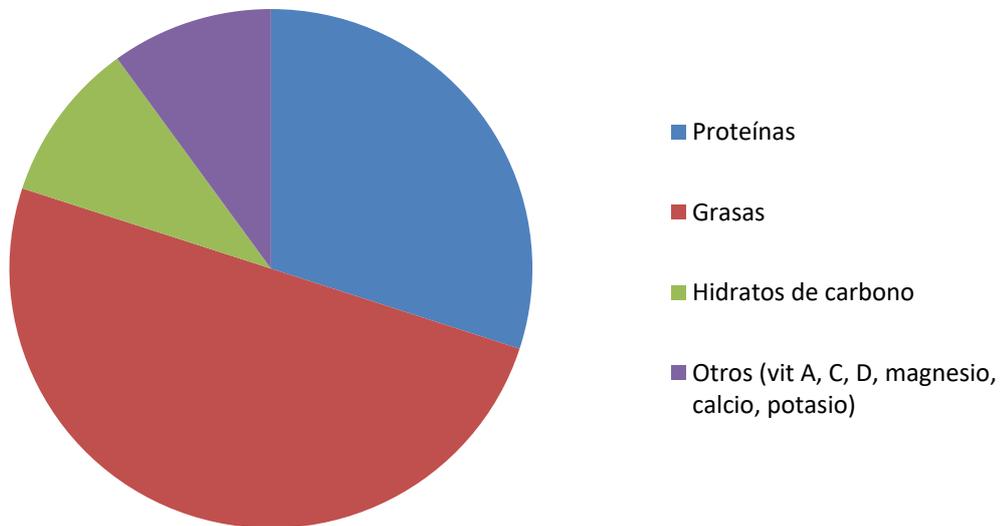


### Savarín de toffe y café con mousse de chocolate

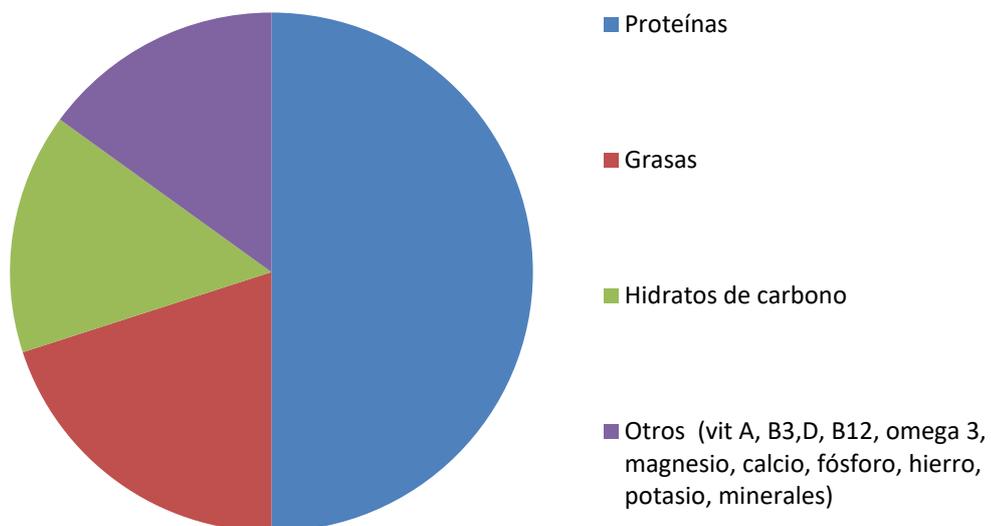


## CENA SÁBADO 13 DE FEBRERO

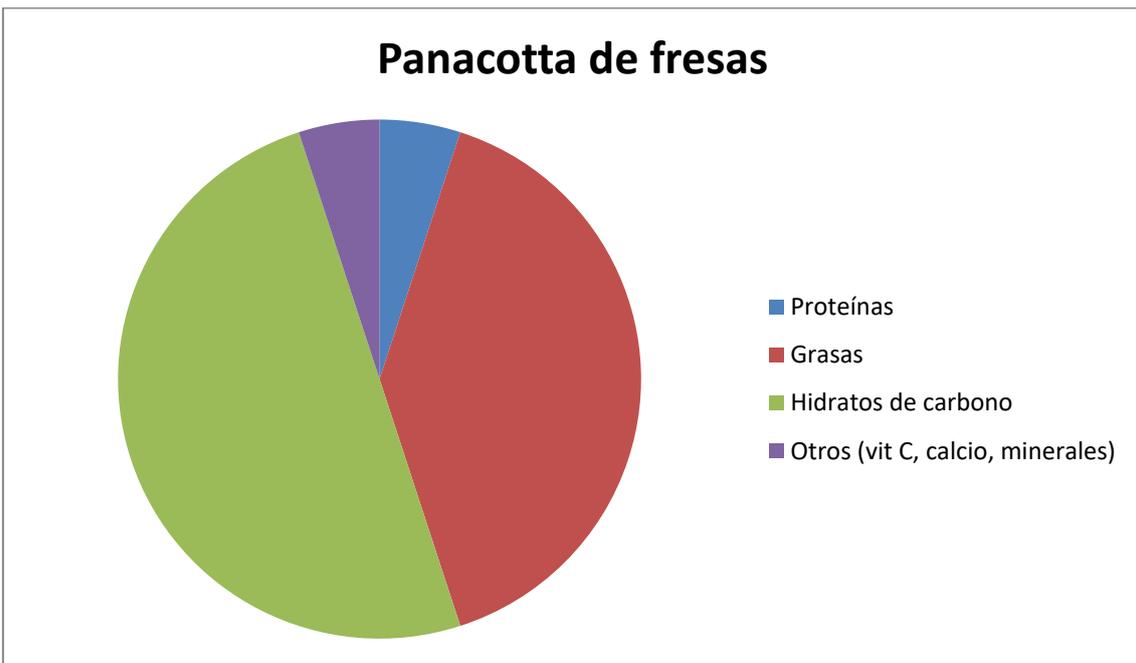
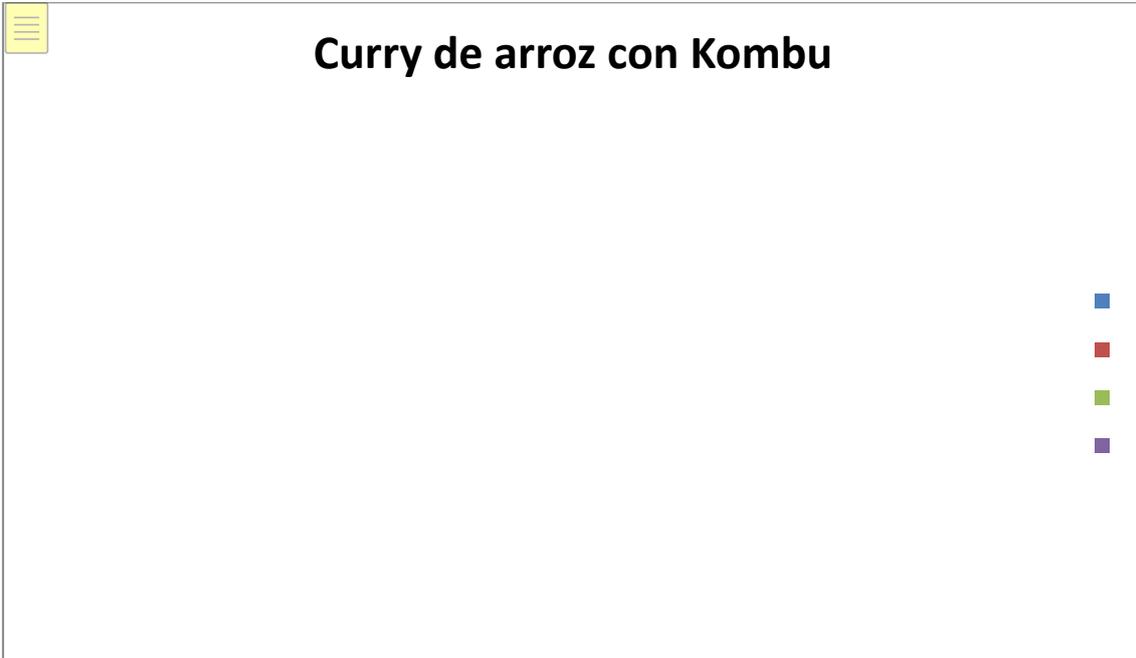
### Ensaladas de garbanzos



### Tataki de atún



## OPCIÓN VEGETARIANA



Analizado por:

Luis Alonso Garzón

Sergio Calle Álvarez

Álvaro Celemín Cortés

Mercedes Nevado Rodao

Mónica Senín Tardón

Rubén Ortiz Peña

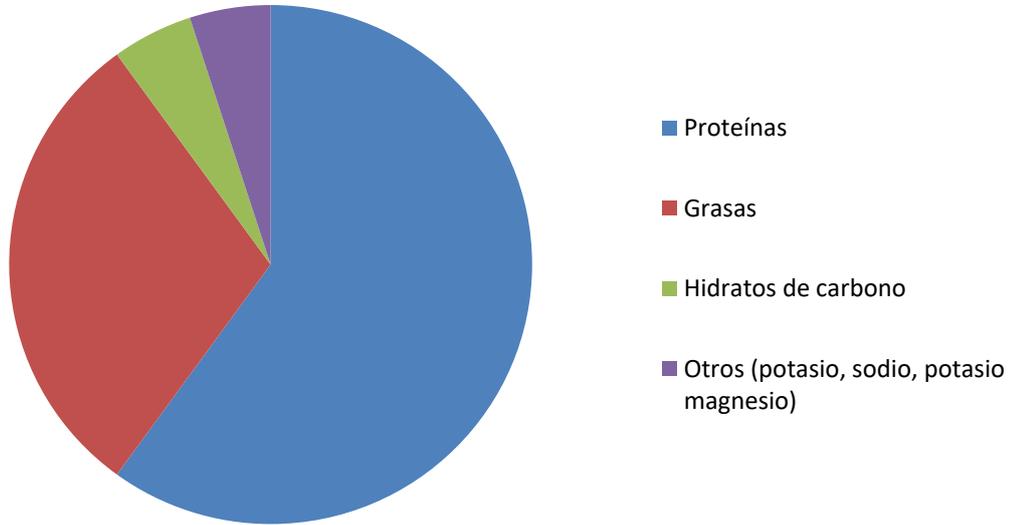
Daniel Llorente Sanz

Olaf Berquín Socualaya



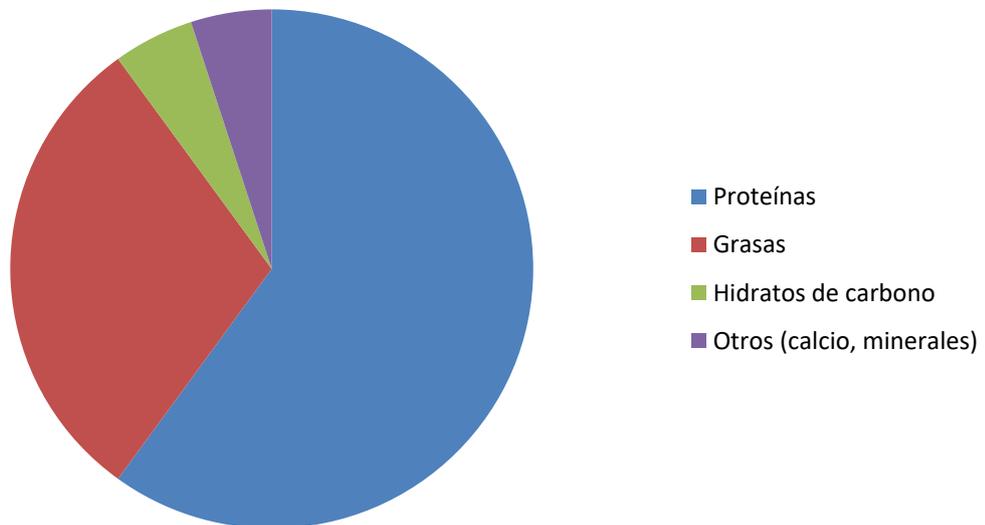
## COMIDA DOMINGO 14 DE FEBRERO

### Brochetas de pavo al curry

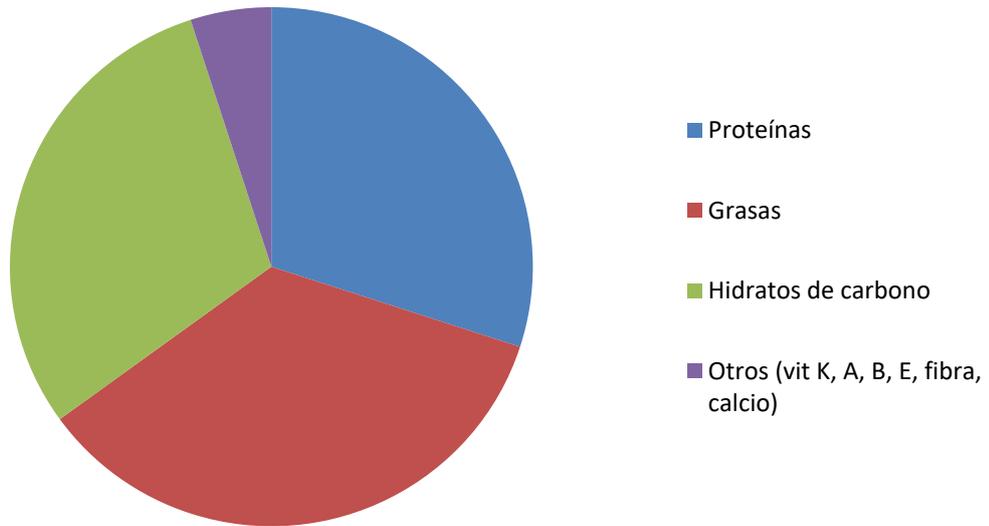


### OPCIÓN VEGETARIANA

### Brochetas de tofu al curry

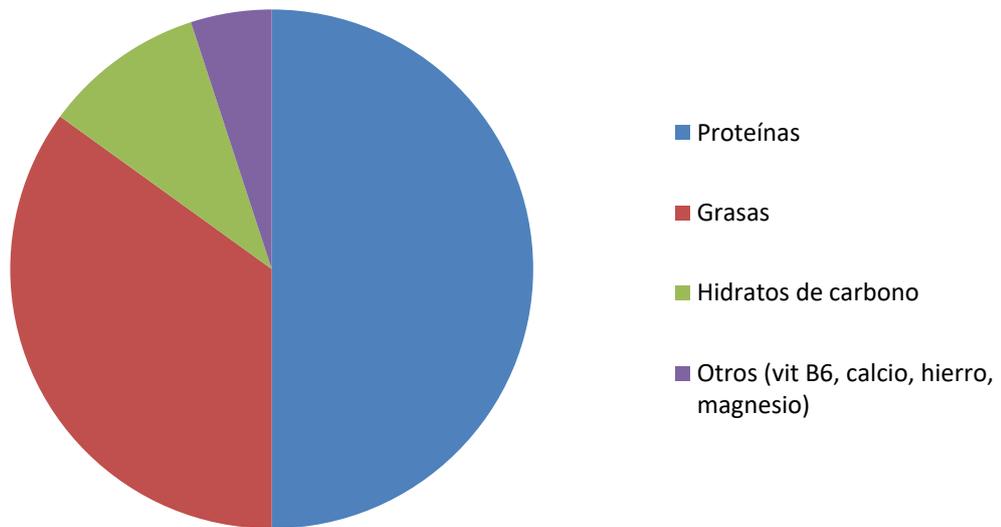


### Lasaña de carne salsa de tomate

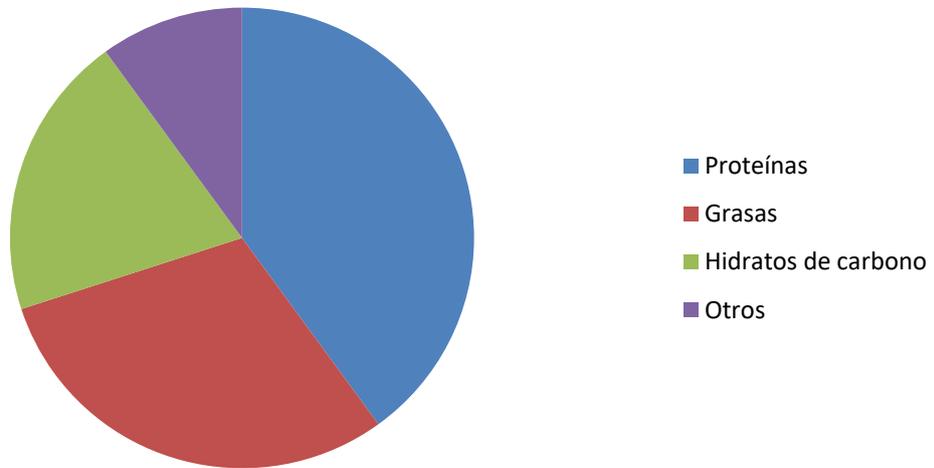


### OPCIÓN VEGETARIANA

### Lasaña de pasta fresca con soja texturizada

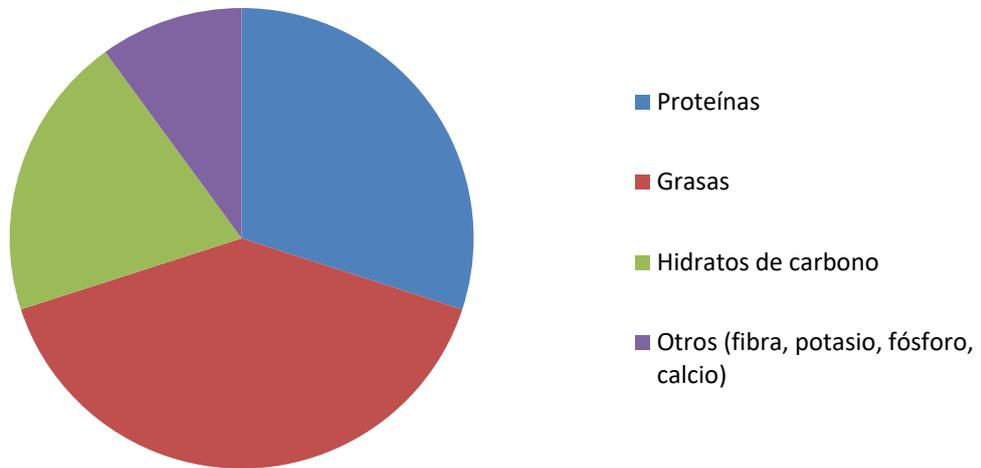


### Bacalao a baja temperatura con escalivada de alcachofas

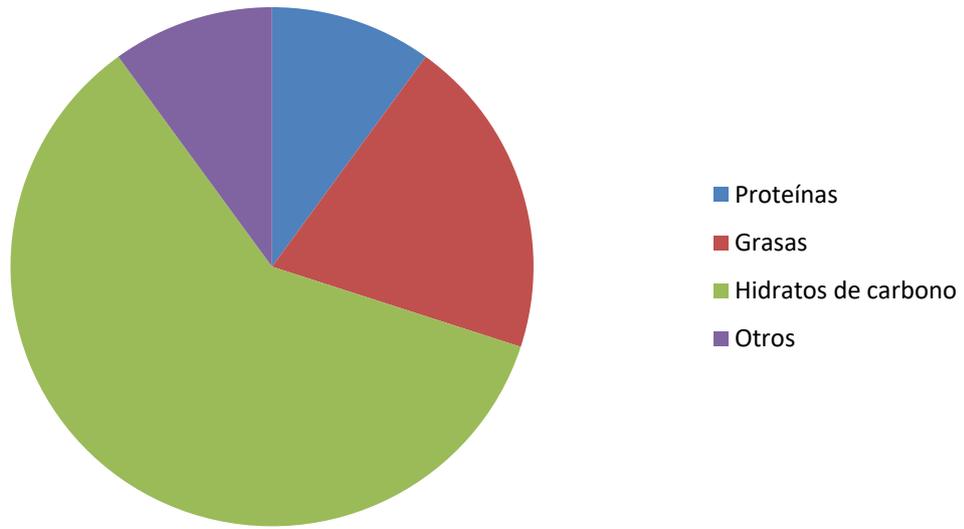


### OPCIÓN VEGETARIANA

### Seitán marinado con escalivada de alcachofas

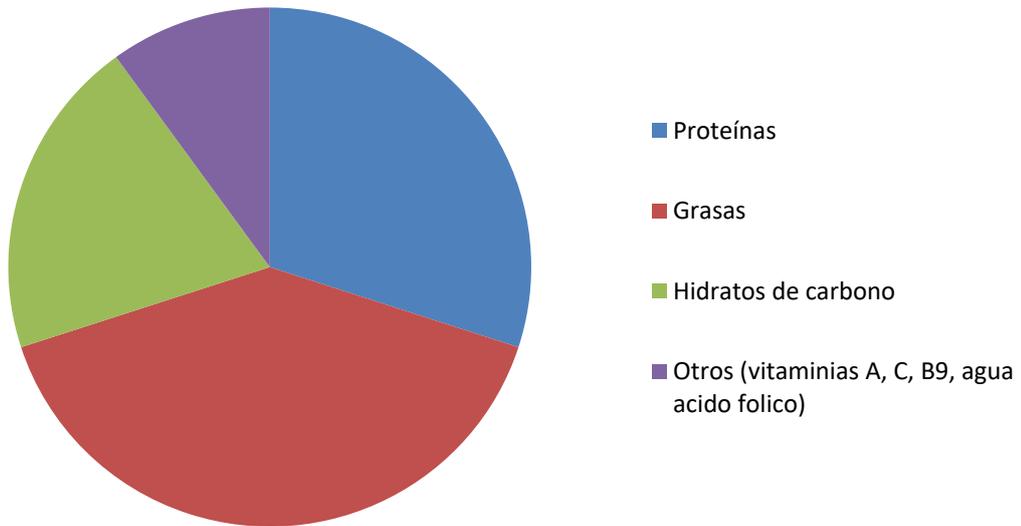


## Tarta San Marcos

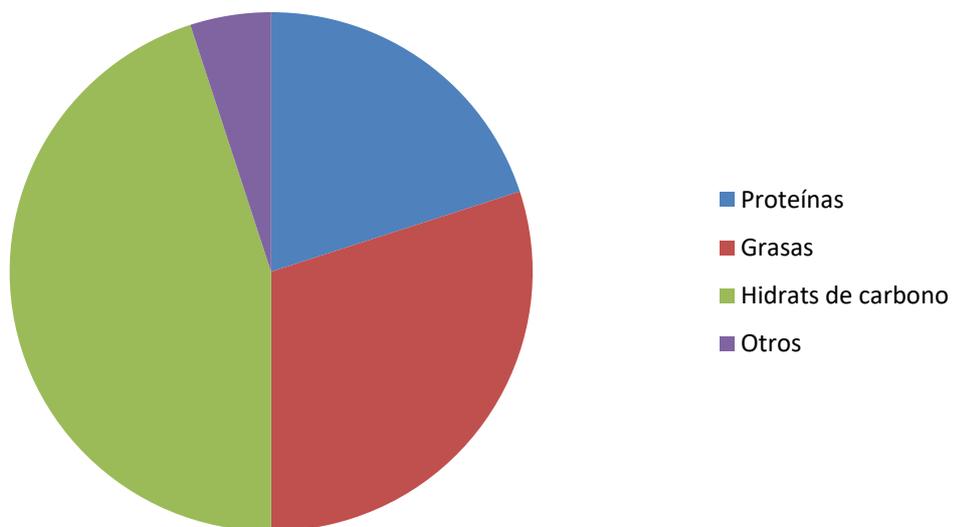


## CENA DOMINGO 14 DE FEBRERO

### Tartar de tomate

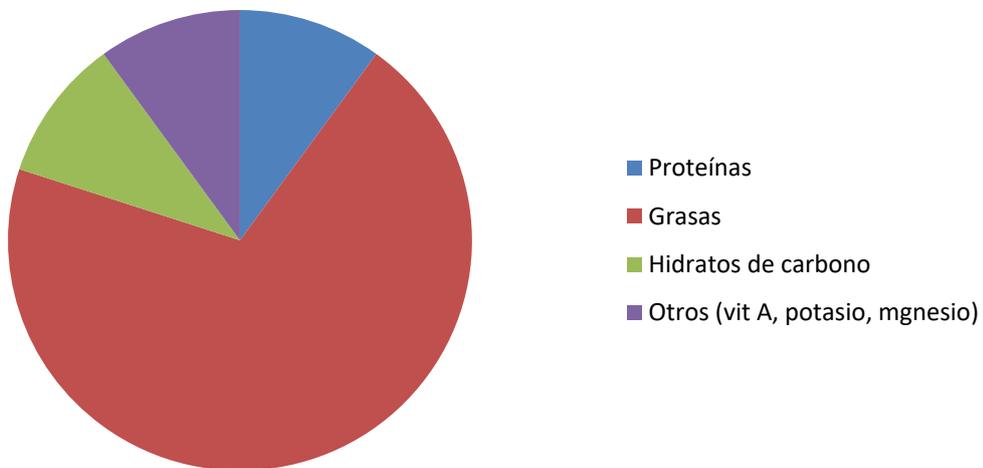


### Pan Bao con papada

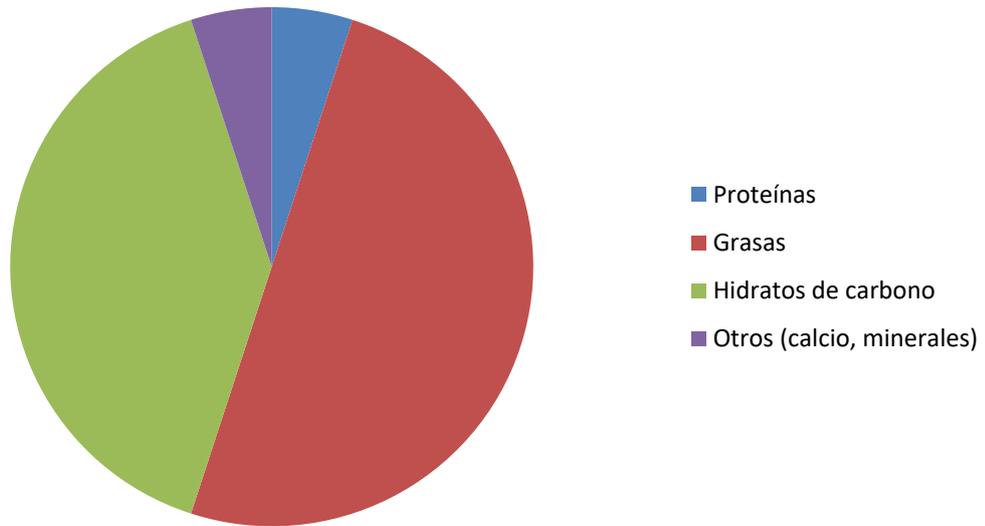


### OPCIÓN VEGETARIANA

### Pan Bao relleno de berenjena asada rúcula y tomate



## Tarta Ópera



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