

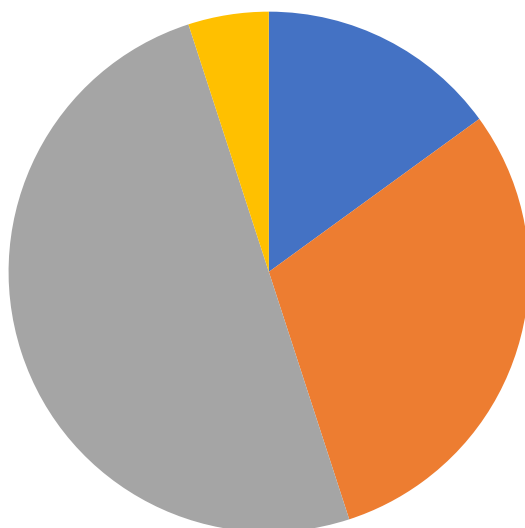
VALOR NUTRICIONAL

HOY COMEMOS DE RESTAURANTE



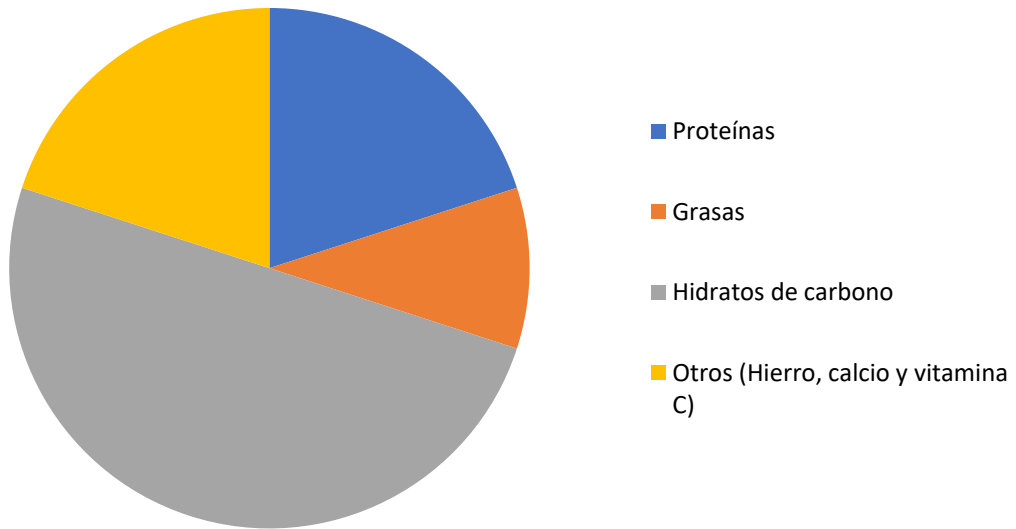
COMIDA DEL SÁBADO 30 DE ENERO

Chupa-chups de tomatitos cherry y sésamo



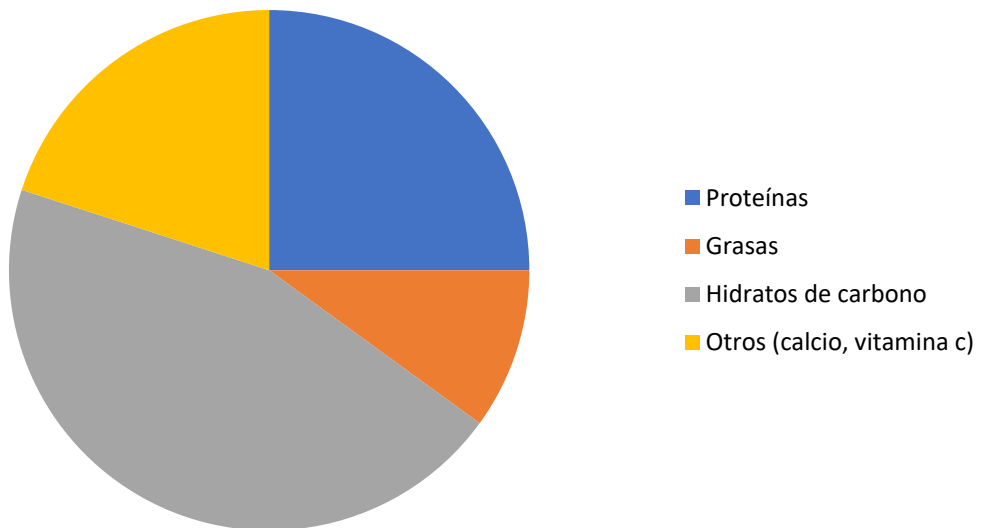
- Proteínas
- Grasas
- Hidratos de carbono
- Otros (fibra, vitaminas A, B1, B3 Y C)

Crema castellana con chorizo

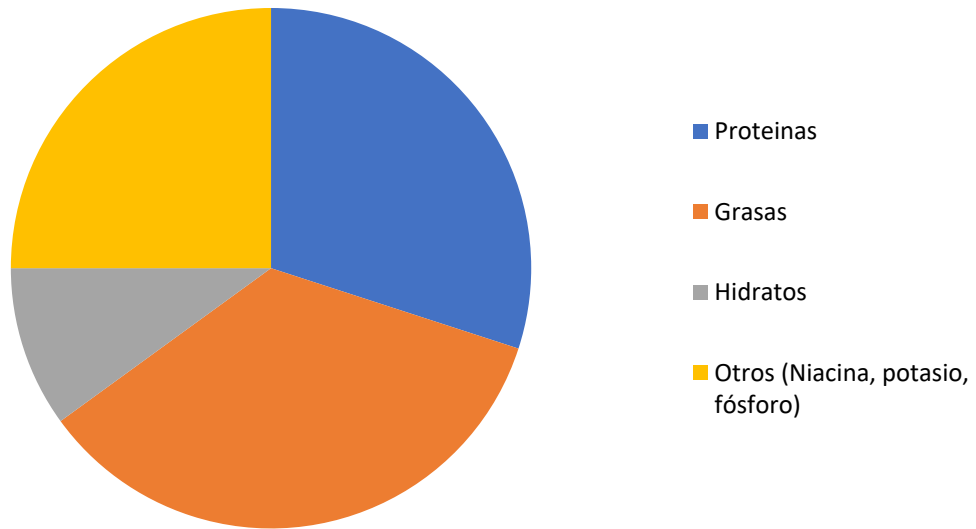


OPCIÓN VEGETARIANA

Crema castellana con huevo escalfado

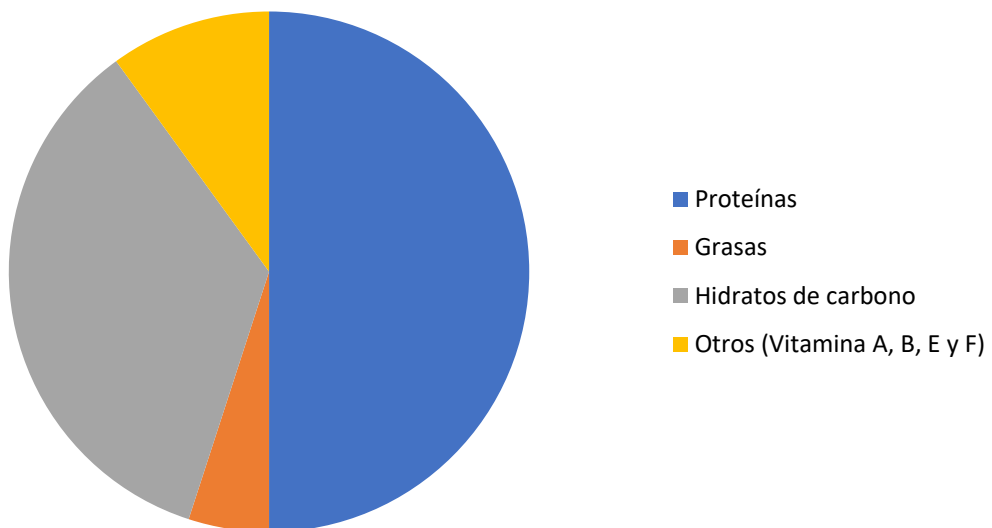


Caldereta de cordero con patatas

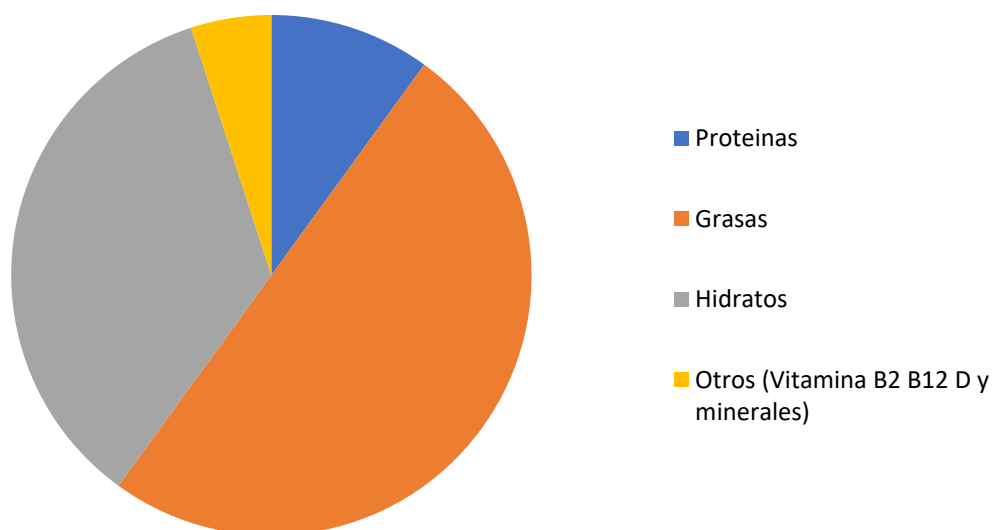


OPCIÓN VEGETARIANA

Caldereta de soja texturizada

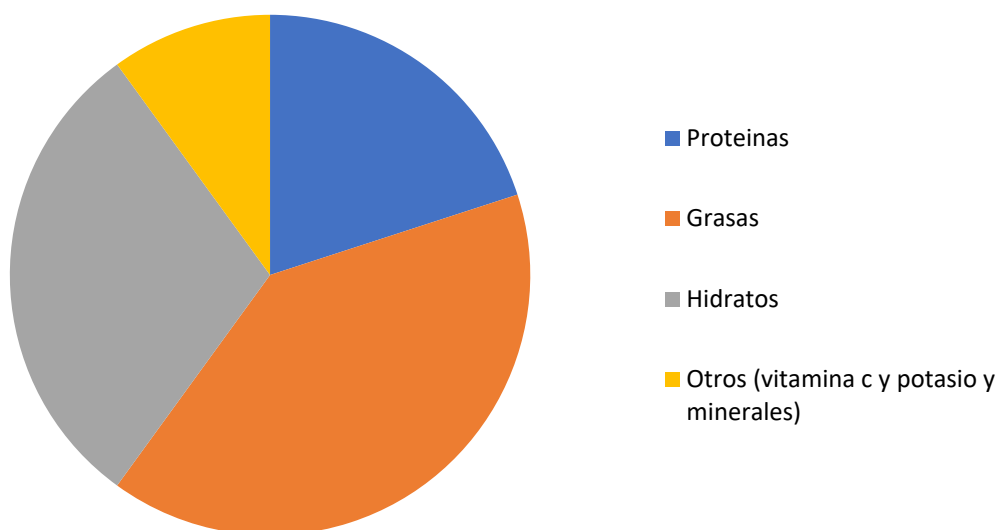


Tiramisú



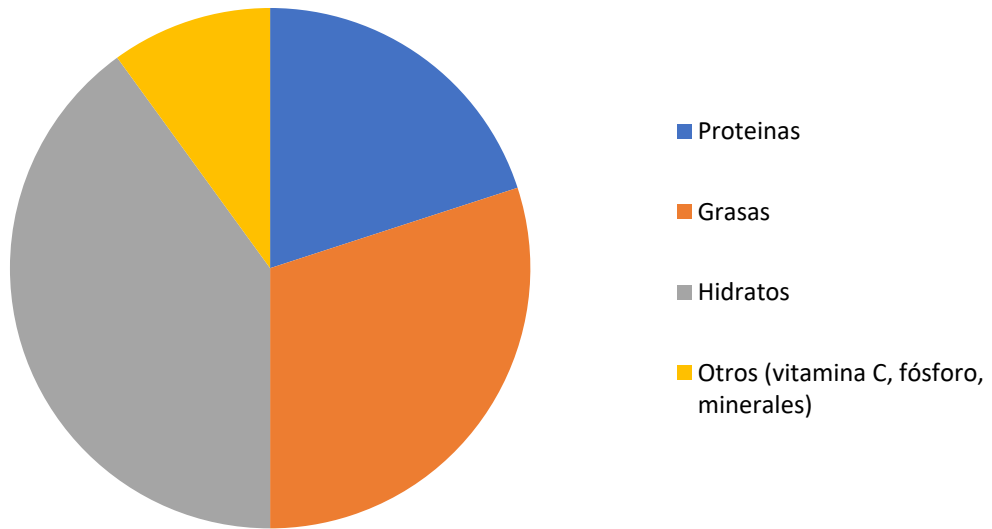
CENA DEL SÁBADO 30 DE ENERO

Pastelillos de acelga rellenos de gambas

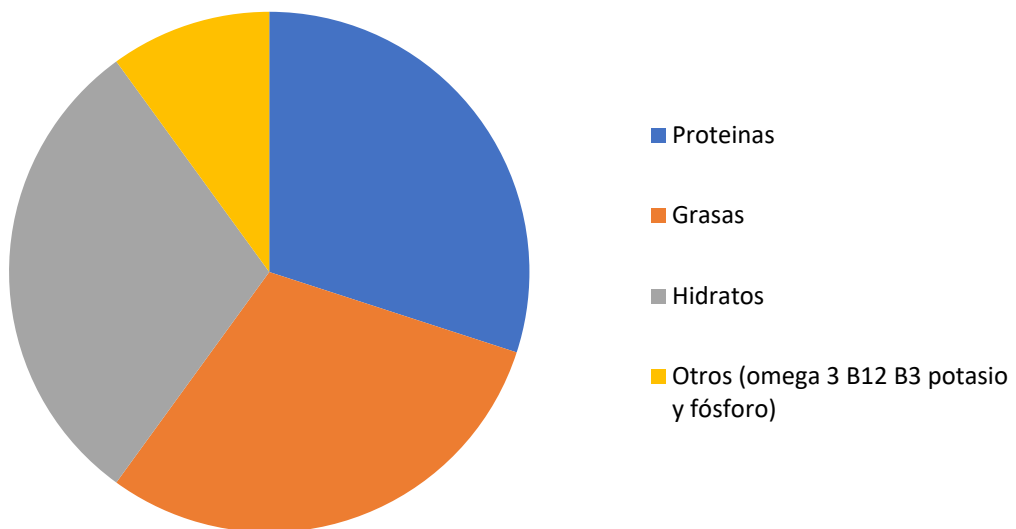


OPCIÓN VEGETARIANA

Pastelillos de acelgas

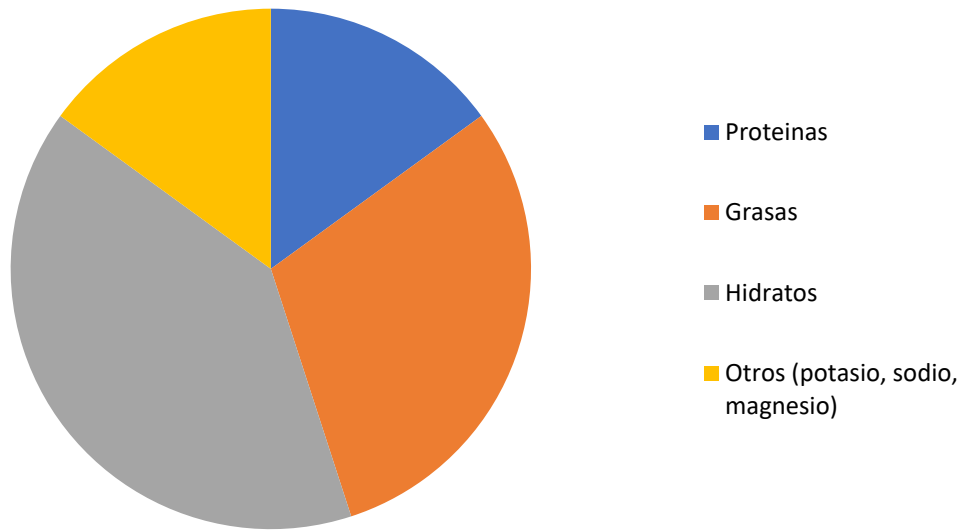


Merluza Bella Easo

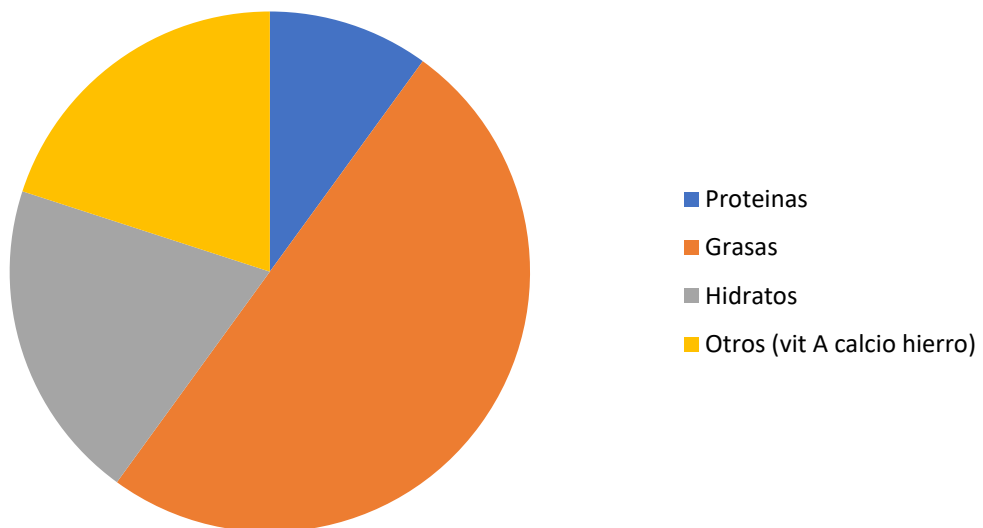


OPCIÓN VEGETARIANA

San Jacobo de berenjena

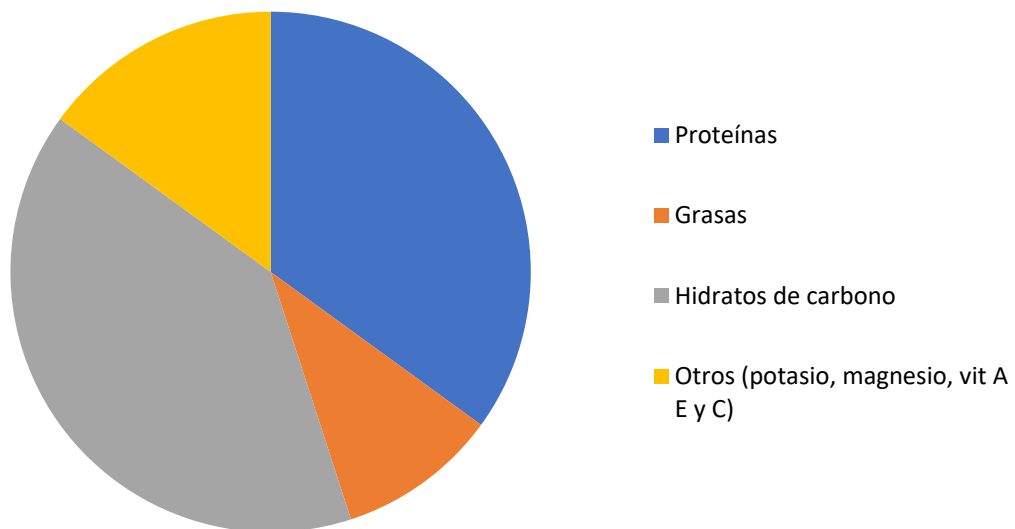


Piña asada con helado

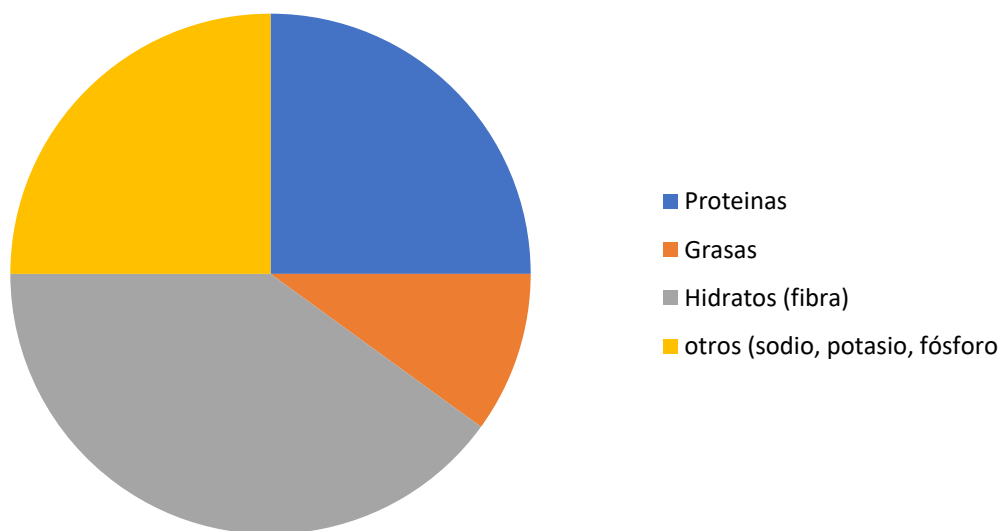


COMIDA DOMINGO 31 DE ENERO

Mini falafel con tzatziki

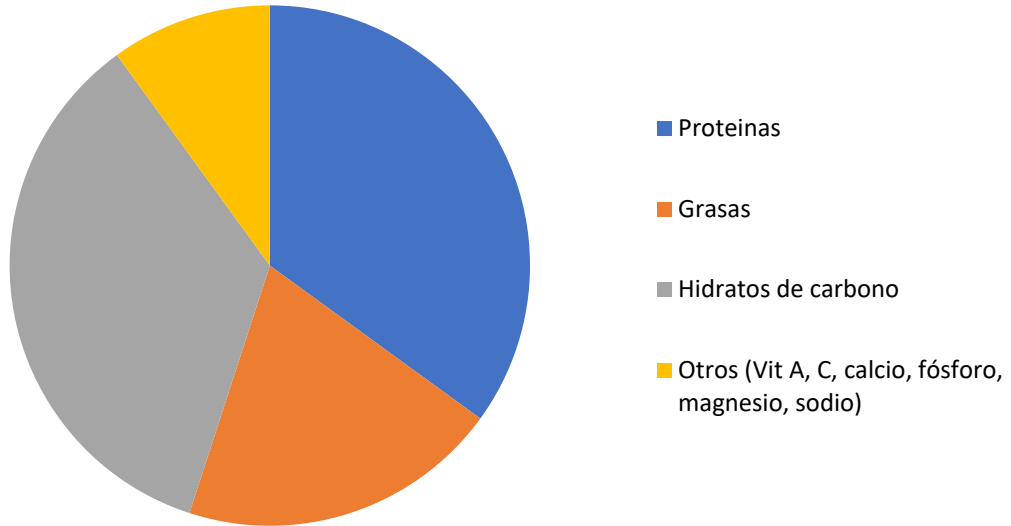


Sepia con patatas

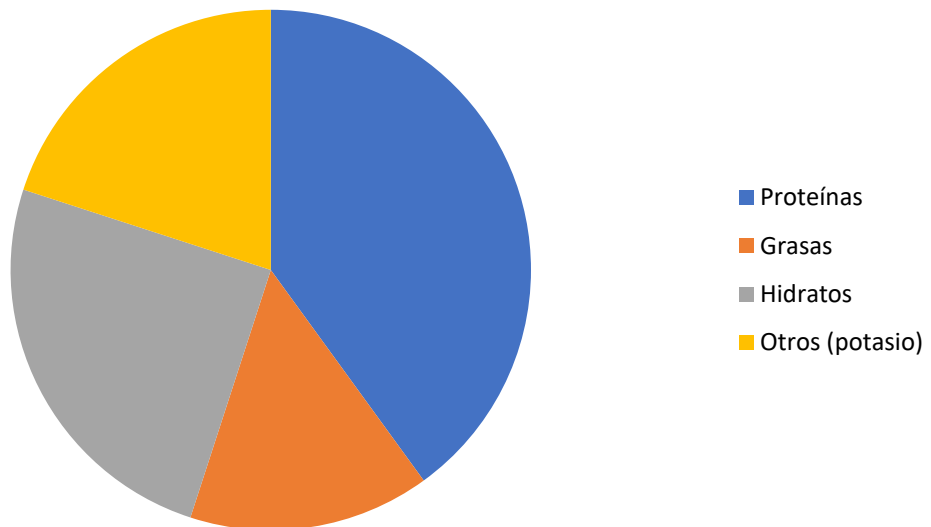


OPCIÓN VEGETARIANA

Setas con patatas

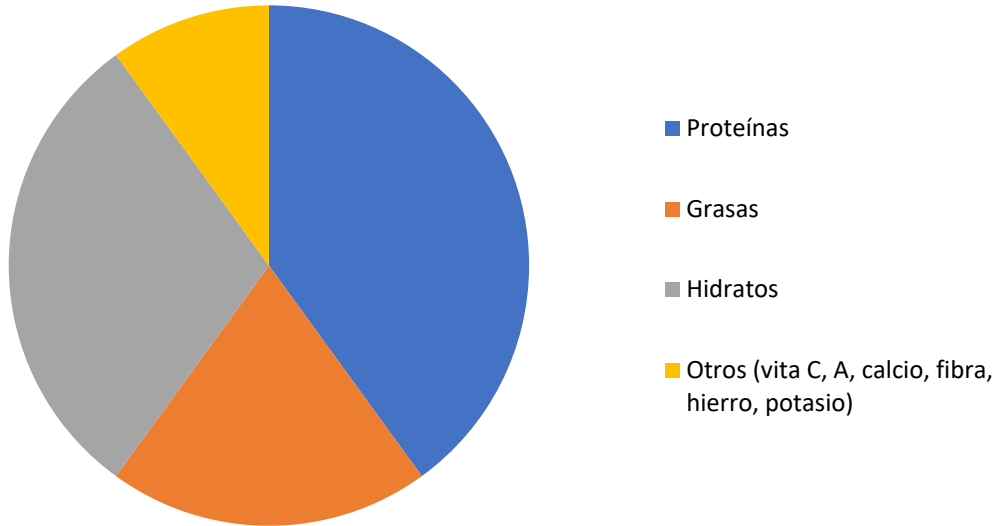


Lubina con tallarines

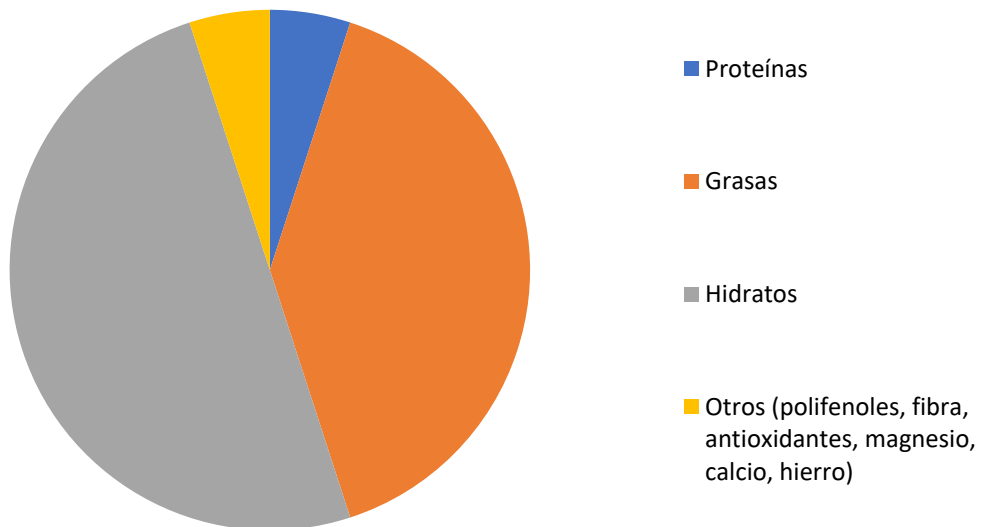


OPCIÓN VEGETARIANA

Tofu sobre tallarines de calabacín

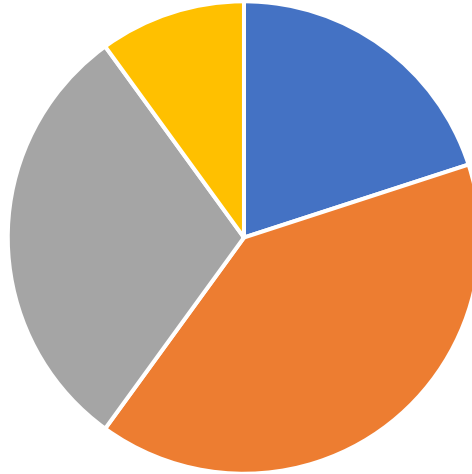


Brownie



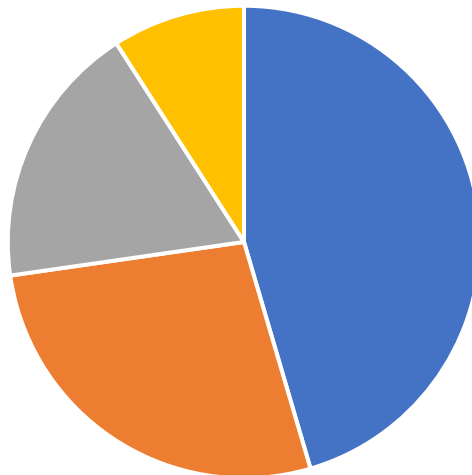
CENA DOMINGO 31 DE ENERO

Crema Sant Germain



■ Proteinas ■ Hidratos de carbono ■ Grasas ■ Otros (Fibra, potasio y fósforo)

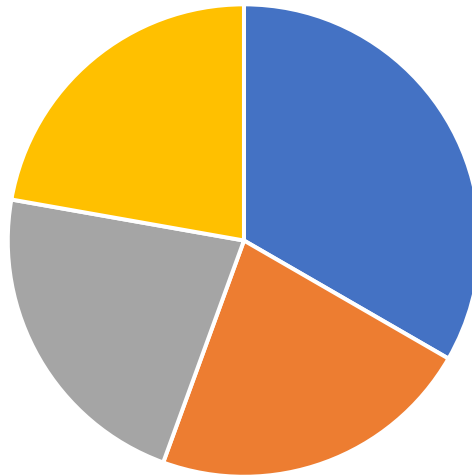
Empanadillas de atún



■ proteínas ■ hidratos de carbono ■ grasas ■ otros (magnesio, potasio y vitamina A)

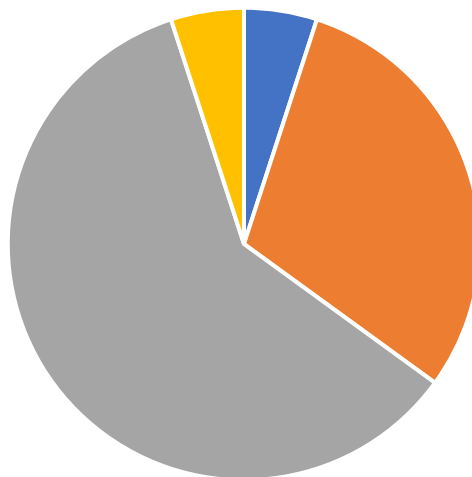
OPCIÓN VEGETARIANA

Empanadillas de espinacas (opción vegetariana)



■ Proteinas ■ Hidratos de carbono ■ grasas ■ otros (Fibra, calcio y hierro)

Galleta de rois



■ Proteinas ■ Hidratos de carbono ■ Grasas. ■ Otros (fibra, sodio, magnesio)