



# C.E.J.P. GLORJA FUERTES, Muriedas

# MARZO / MARCH

	martes tuesday	miércoles wednesday	jueves thursday	viernes friday	
	<b>1 GARBANZOS ESTOFADOS</b> <small>CHICKPEA STEW</small> <b>MERLUZA EN SALSA CON VERDURAS</b> <small>BAKED SCORPIONFISH STEAK WITH VEGETABLE SAUCE</small> <b>FRUTA DE TEMPORADA</b> <small>SEASONAL FRUIT</small> KCal.685 HC.84 Lip.22 Prt.39	<b>2 SOPA DE VERDURAS</b> <small>VEGETABLE SOUP</small> <b>PECHUGA DE POLLO AL HORNO CON CHAMPIÑONES SALTEADOS</b> <small>ROAST CHICKEN WITH MUSHROOMS</small> <b>FRUTA DE TEMPORADA</b> <small>SEASONAL FRUIT</small> KCal.656 HC.73 Lip.25 Prt.36	<b>3 COCIDO MONTAÑES</b> <small>MOUNTAIN STEW</small> <b>CON SU COMPAGNO ENSALADA DE LECHUGA Y ZANAHORIA</b> <small>WITH COMPAGNO CARROT AND LETTUCE SALAD</small> <b>YOGUR</b> <small>YOGHURT</small> KCal.803 HC.82 Lip.35 Prt.40	<b>4 PATATAS CON CAELLA</b> <small>POTATO AND FISH STEW</small> <b>LOMO AL HORNO CON ENSALADA DE LECHUGA Y TOMATE</b> <small>GRILLED MARINATED PORK LOIN LETTUCE AND TOMATO SALAD</small> <b>FRUTA DE TEMPORADA</b> <small>SEASONAL FRUIT</small> KCal.624 HC.77 Lip.24 Prt.24	
	lunes monday	martes tuesday	miércoles wednesday	viernes friday	
<b>7</b>	<b>LENTEJAS ESTOFADAS</b> <small>LENTIL STEW</small> <b>TORTILLA DE PATATA ENSALADA LECHUGA Y ZANAHORIA</b> <small>SPANISH OMELETTE CARROT AND LETTUCE SALAD</small> <b>FRUTA DE TEMPORADA</b> <small>SEASONAL FRUIT</small> KCal.744 HC.93 Lip.26 Prt.35	<b>8 JUDÍAS VERDES CON JAMÓN Y TOMATE</b> <small>BRAISED FLAT BEANS WITH HAM IN HOMEMADE TOMATO SAUCE</small> <b>ALBÓNDIGAS EN SALSA CON VERDURITAS</b> <small>MEATBALLS WITH VEGETABLES</small> <b>ACTIMEL</b> <small>ACTIMEL</small> KCal.696 HC.76 Lip.29 Prt.32	<b>9 ALUBIAS PINTAS CON VERDURA</b> <small>PINTO BEAN STEW</small> <b>PESCADILLA AL HORNO BRÓCOLI CON REFRITO</b> <small>BAKED HAKE ROASTED BROCCOLI WITH GARLIC</small> <b>FRUTA DE TEMPORADA</b> <small>SEASONAL FRUIT</small> KCal.789 HC.90 Lip.31 Prt.38	<b>10 CREMA DE ZANAHORIA</b> <small>CREAM OF CARROT SOUP</small> <b>CROQUETAS CASERAS CON ENSALADA DE LECHUGA Y MAIZ</b> <small>HOME-MADE CROQUETTES LETUCCE AND CORN SALAD</small> <b>FRUTA DE TEMPORADA</b> <small>SEASONAL FRUIT</small> KCal.674 HC.86 Lip.22 Prt.33	<b>11 ARROZ CON TOMATE</b> <small>RICE WITH TOMATO SAUCE</small> <b>BOCARTES EN TEMPURA CON ENSALADA DE LECHUGA Y TOMATE</b> <small>FRIED ANCHOVIES LETTUCE AND TOMATO SALAD</small> <b>YOGUR</b> <small>YOGHURT</small> KCal.761 HC.84 Lip.33 Prt.31
	lunes monday	martes tuesday	miércoles wednesday	viernes friday	
<b>14</b>	<b>MENESTRA ILUSTRADA</b> <small>ILLUSTRATED MEASURE</small> <b>ESTOFADO DE PAVO CON VERDURITAS</b> <small>TURKEY STEW WITH VEGETABLES</small> <b>FRUTA DE TEMPORADA</b> <small>SEASONAL FRUIT</small> Kcal.614 HC.108 Lip.12 Prt.19	<b>15 GARBANZOS CON VERDURAS</b> <small>CHICKPEA STEW WITH VEGETABLES</small> <b>MERLUZA A LA GALLEGA</b> <small>HAKE WITH PAPRIKA</small> <b>YOGUR</b> <small>YOGHURT</small> Kcal.725 HC.92 Lip.26 Prt.31	<b>16 MARMITAKO DE ATÚN</b> <small>TUNA AND POTATO STEW</small> <b>SAN JACOBOS CASEROS CON ENSALADA DE LECHUGA Y ZANAHORIA</b> <small>HAM CORDON BLEU WITH LETTUCE AND CARROT SALAD</small> <b>FRUTA DE TEMPORADA</b> <small>SEASONAL FRUIT</small> Kcal.649 HC.81 Lip.24 Prt.27	<b>17 ALUBIAS ESTOFADAS</b> <small>BEAN STEW</small> <b>SUPREMA AL HORNO CON TOMATE</b> <small>BAKED STEAK SCORPIONFISH WITH TOMATO SAUCE</small> <b>FRUTA DE TEMPORADA</b> <small>SEASONAL FRUIT</small> Kcal.635HC.86 Lip.16 Prt.37	<b>18 CREMA DE VERDURAS</b> <small>CREAM OF VEGETABLE SOUP</small> <b>TORTILLA DE PATATA ZANAHORIA BABY</b> <small>SPANISH OMELETTE WITH BABY CARROT</small> <b>FRUTA DE TEMPORADA</b> <small>SEASONAL FRUIT</small> Kcal.634 HC.77 Lip.23 Prt.29
	lunes monday	martes tuesday	miércoles wednesday	viernes friday	
<b>21</b>	<b>SOPA DE FIDEOS</b> <small>NOODLE SOUP</small> <b>TORTILLA DE PATATA ENSALADA DE LECHUGA Y MAÍZ</b> <small>SPANISH OMELETTE LETTUCE AND CORN SALAD</small> <b>FRUTA DE TEMPORADA</b> <small>SEASONAL FRUIT</small> KCal.616 HC.80 Lip.21 Prt.28	<b>22 LENTEJAS JARDINERA</b> <small>LENTIL STEW</small> <b>LOMO ADOBADO A LA PLANCHA CON PIMIENTOS ASADOS</b> <small>GRILLED MARINATED PORK LOIN ROASTED PEPPERS</small> <b>FRUTA DE TEMPORADA</b> <small>SEASONAL FRUIT</small> KCal.795 HC.85 Lip.29 Prt.47	<b>23 ESPIRALES INTEGRALES CON TOMATE Y ATÚN</b> <small>MACARONI WITH TUNA</small> <b>MERLUZA A LA ROMANA ENSALADA DE LECHUGA Y ZANAHORIA</b> <small>HAKE IN BATTER LETTUCE AND CARROT SALAD</small> <b>YOGUR</b> <small>YOGHURT</small> KCal.808 HC.91 Lip.33 Prt.36	<b>24 JUDÍAS VERDES SALTEADAS CON SOFRITO CASERO</b> <small>BRAISED FLAT BEANS IN HOMEMADE TOMATO SAUCE</small> <b>POLLO AL HORNO CON PATATA PANADERA</b> <small>ROAST CHICKEN ROASTED BAKED POTATO</small> <b>FRUTA DE TEMPORADA</b> <small>SEASONAL FRUIT</small> KCal.616 HC.67 Lip.23 Prt.35	<b>25 GARBANZOS CON VERDURA</b> <small>CHICKPEA STEW WITH VEGETABLES</small> <b>SALMÓN CON PISOT</b> <small>SALMON RATATOUILLE</small> <b>POSTRE CASERO</b> <small>HOMEMADE DESSERT</small> KCal.743 HC.91 Lip.25 Prt.39
	lunes monday	martes tuesday	miércoles wednesday	jueves thursday	
<b>28</b>	<b>MENESTRA DE VERDURAS</b> <small>VEGETABLE STEW</small> <b>HAMBURGUESA MIXTA CON PATATAS ASADAS</b> <small>GRILLED BURGER FRENCH FRIES</small> <b>FRUTA DE TEMPORADA</b> <small>SEASONAL FRUIT</small> KCal.710 HC.83 Lip.29 Prt.29	<b>29 LENTEJAS CON HORTALIZAS FRESCAS</b> <small>LENTIL VEGETABLE STEW</small> <b>BACALAO EN SALSA VERDE</b> <small>COD IN GREEN SAUCE</small> <b>FRUTA DE TEMPORADA</b> <small>SEASONAL FRUIT</small> KCal.694 HC.87 Lip.21 Prt.41	<b>30 ARROZ CON TOMATE</b> <small>RICE WITH TOMATO SAUCE</small> <b>TORTILLA DE ATÚN COLIFLOR CON REFRITO</b> <small>TUNA OMELETTE REFRIED CAULIFLOWER</small> <b>FRUTA DE TEMPORADA</b> <small>SEASONAL FRUIT</small> KCal.791 HC.96 Lip.30 Prt.33	<b>31 CREMA DE CALABACÍN</b> <small>CREAM OF ZUCCHINI SOUP</small> <b>TERNERA GUISADA A LA JARDINERA IGP CANTABRIA</b> <small>BEEF STEW WITH VEGETABLES CANTABRIAN LABEL</small> <b>YOGUR</b> <small>YOGHURT</small> KCal.615 HC.75 Lip.22 Prt.30	