



**C.E.J.P. GIORJA FUERTES, Muriedas**

**FEBRERO / FEBRUARY**

	martes tuesday	miércoles wednesday	jueves thursday	viernes friday	
	<b>1</b> <b>JUDÍAS VERDES CON TOMATE</b> <small>FLAT BEANS IN HOMEMADE TOMATO SAUCE</small> <b>ALBÓNDIGAS CON VERDURITAS</b> <small>MEATBALLS WITH VEGETABLES</small> <b>FRUTA DE TEMPORADA</b> <small>SEASONAL FRUIT</small> KCal.696 HC.76 Lip.29 Prt.32	<b>2</b> <b>ALUBIAS PINTAS ESTOFADAS</b> <small>PINTO BEAN STEW</small> <b>PESCADILLA AL HORNO</b> <small>BAKED WHITING</small> <b>BRÓCOLI CON REFRITO</b> <small>ROASTED BROCCOLI WITH GARLIC</small> <b>YOGUR</b> <small>YOGHURT</small> KCal.789 HC.90 Lip.31 Prt.38	<b>3</b> <b>CREMA DE ZANAHORIA</b> <small>CREAM OF CARROT SOUP</small> <b>PAVO GUISADO</b> <small>TURKEY STEW WITH VEGETABLES</small> <b>CON ARROZ INTEGRAL</b> <small>WHITE RICE</small> <b>FRUTA DE TEMPORADA</b> <small>SEASONAL FRUIT</small> KCal.674 HC.86 Lip.22 Prt.33	<b>4</b> <b>ARROZ CON TOMATE</b> <small>RICE WITH TOMATO SAUCE</small> <b>BOCARTES EN TEMPURA</b> <small>FRIED ANCHOVIES</small> <b>ENSALADA</b> <small>SALAD</small> <b>ACTIMEL</b> <small>ACTIMEL</small> KCal.761 HC.84 Lip.33 Prt.31	
	lunes monday	martes tuesday	miércoles wednesday	jueves thursday	viernes friday
<b>7</b>	<b>SOPA MARAVILLA</b> <small>NOODLE SOUP</small> <b>SAN JACOBO</b> <small>HAM CORDON BLEU WITH LETTUCE AND CORN SALAD</small> <b>ENSALADA DE LECHUGA Y MAÍZ</b> <small>LETTUCE AND CORN SALAD</small> <b>FRUTA DE TEMPORADA</b> <small>SEASONAL FRUIT</small> KCal.614 HC.108 Lip.12 Prt.19	<b>8</b> <b>COCIDO LEBANIEGO</b> <small>CHICKPEA STEW "LEBANIEGO"</small> <b>MERLUZA A LA GALLEGA</b> <small>HAKE WITH PAPRIKA</small> <b>YOGUR</b> <small>YOGHURT</small> KCal.709 HC.86 Lip.24 Prt.37	<b>9</b> <b>MARMITAKO DE ATÚN</b> <small>TUNA AND POTATOE STEW</small> <b>TORTILLA FRANCESA</b> <small>FRENCH OMELETTE</small> <b>SALTEADO DE ZANAHORIA</b> <small>SALTED CARROT</small> <b>FRUTA DE TEMPORADA</b> <small>SEASONAL FRUIT</small> KCal.649 HC.81 Lip.24 Prt.27	<b>10</b> <b>ALUBIAS ESTOFADAS</b> <small>BEAN STEW</small> <b>BACALAO AL HORNO CON PIMIENTOS Y TOMATE</b> <small>BAKED COD WITH "PIPERRADA"</small> <b>FRUTA DE TEMPORADA</b> <small>SEASONAL FRUIT</small> KCal.635 HC.86 Lip.16 Prt.37	<b>11</b> <b>CREMA DE VERDURAS</b> <small>CREAM OF VEGETABLE SOUP</small> <b>ESTOFADO DE CERDO</b> <small>PORK STEW</small> <b>CON VERDURITAS WITH VEGETABLES</b> <b>YOGUR</b> <small>YOGHURT</small> KCal.634 HC.77 Lip.23 Prt.29
	lunes monday	martes tuesday	miércoles wednesday	jueves thursday	viernes friday
<b>14</b>	<b>SOPA DE VERDURAS</b> <small>VEGETABLE SOUP</small> <b>TORTILLA DE PATATA</b> <small>SPANISH OMELETTE</small> <b>ENSALADA DE LECHUGA Y MAÍZ</b> <small>LETTUCE AND CORN SALAD</small> <b>FRUTA DE TEMPORADA</b> <small>SEASONAL FRUIT</small> KCal.616 HC.80 Lip.21 Prt.28	<b>15</b> <b>LENTEJAS JARDINERA</b> <small>LENTIL STEW</small> <b>LOMO ADOBADO A LA PLANCHA</b> <small>GRILLED MARINATED PORK LOIN</small> <b>CALABACÍN ORLY</b> <small>FRIED ZUCCHINI</small> <b>YOGUR</b> <small>YOGHURT</small> KCal.795 HC.85 Lip.29 Prt.47	<b>16</b> <b>MACARRONES INTEGRALES CON TOMATE Y ATÚN</b> <small>MACARONI WITH TUNA</small> <b>MERLUZA A LA ROMANA</b> <small>HAKE IN BATTER</small> <b>MAHONESA</b> <small>MAYONNAISE</small> <b>FRUTA DE TEMPORADA</b> <small>SEASONAL FRUIT</small> KCal.808 HC.91 Lip.33 Prt.36	<b>17</b> <b>JUDÍAS VERDES SALTEADAS CON SOFRITO CASERO</b> <small>BRAISED FLAT BEANS IN HOMEMADE TOMATO SAUCE</small> <b>POLLO AL HORNO</b> <small>ROASTED CHICKEN</small> <b>CON PIMIENTOS ASADOS</b> <small>ROASTED RED PEPPERS</small> <b>FRUTA DE TEMPORADA</b> <small>SEASONAL FRUIT</small> KCal.616 HC.67 Lip.23 Prt.35	<b>18</b> <b>POTAJE DE GARBANZOS</b> <small>CHICKPEA STEW</small> <b>SALMON EN SALSA</b> <small>SALMON IN SAUCE</small> <b>CON PISTO</b> <small>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	jueves friday
<b>21</b>	NO LECTIVO	NO LECTIVO	NO LECTIVO	NO LECTIVO	NO LECTIVO
<b>22</b>					
<b>23</b>					
<b>24</b>					
<b>25</b>					
	lunes monday				
<b>28</b>	<b>CREMA DE CALABAZA</b> <small>CREAM OF PUMPKIN SOUP</small> <b>TORTILLA DE PATATA</b> <small>SPANISH OMELETTE</small> <b>ENSALADA LECHUGA Y TOMATE</b> <small>LETTUCE SALAD</small> <b>FRUTA DE TEMPORADA</b> <small>SEASONAL FRUIT</small> KCal.645 HC.76 Lip.28 Prt.23				