



La Abuela Ana Catering
Calle de los Alicatadores nº 19
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N.I.F.: B 14956684 R.G.S.A : 26.02234/CO

Menu Para: 24-MENÚ ALERGIAS

Nº Regit.: 362

Diciembre
2024

Nota:

La fruta habitual corresponde a manzana, pera, naranja y plátano.

La Empresa se reserva el derecho a cambiar algún menú a lo largo del mes sin previo aviso, según las necesidades de producción

| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|--------------------|---------------------|---------|---------|--------|-----|--------|---------|--------|--------|--------|-------|-------------------|--------------------|---------------------|--|--|--|--|----------|---------|-----|--------|--------|-----|---------|---------|--------|---------|--------|--------|-------------------|--------------------|---------------------|--|--|--|---|---|--|-----|--------|--------|-----|--------|---------|--------|--------|-------|-------|-------------------|--------------------|---------------------|--|--|--|---|----------|---------|-----|--------|--------|-----|--------|--------|--------|--------|-------|-------|-------------------|--------------------|---------------------|--|--|--|--|----------|---------|-----|--------|--------|-----|--------|---------|--------|--------|-------|-------|-------------------|--------------------|---------------------|--|--|--|
| <p>02 CREMA DE ZANAHORIAS</p> <p>POLLO AL AJILLO CON CHAMPIÑÓN</p> <p>PAN BLANCO Sugerencia para Cena FRUTA</p> <table border="1"> <tr><td>Proteína</td><td>H.Carb.</td><td>A.z</td><td>Grasas</td><td>A.q.s.</td><td>Sal</td></tr> <tr><td>29,41g</td><td>59,64g</td><td>24,02g</td><td>30,20g</td><td>5,86g</td><td>1,73g</td></tr> <tr><td>3a8Años: 622 Kcal</td><td>9a13Años: 410 Kcal</td><td>14a18Años: 475 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.z | Grasas | A.q.s. | Sal | 29,41g | 59,64g | 24,02g | 30,20g | 5,86g | 1,73g | 3a8Años: 622 Kcal | 9a13Años: 410 Kcal | 14a18Años: 475 Kcal | | | | <p>03 ENSALADA MIXTA (A) Lechuga, tomate natural, zanahoria, maíz, pescado.</p> <p>ESPAGUETIS MAIZ CON TOMATE Pasta de harina de maíz y arroz, tomate y pollo.</p> <p>PAN BLANCO Sugerencia para Cena FRUTA</p> <table border="1"> <tr><td>Proteína</td><td>H.Carb.</td><td>A.z</td><td>Grasas</td><td>A.q.s.</td><td>Sal</td></tr> <tr><td>12,35g</td><td>76,94g</td><td>16,10g</td><td>4,17g</td><td>2,88g</td><td>1,47g</td></tr> <tr><td>3a8Años: 499 Kcal</td><td>9a13Años: 162 Kcal</td><td>14a18Años: 190 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.z | Grasas | A.q.s. | Sal | 12,35g | 76,94g | 16,10g | 4,17g | 2,88g | 1,47g | 3a8Años: 499 Kcal | 9a13Años: 162 Kcal | 14a18Años: 190 Kcal | | | | <p>04 LENTEJAS CON VERDURAS</p> <p>MERLUZA AL HORNO ENCEBOLLADA CON TO</p> <p>PAN BLANCO Sugerencia para Cena FRUTA</p> <table border="1"> <tr><td>Proteína</td><td>H.Carb.</td><td>A.z</td><td>Grasas</td><td>A.q.s.</td><td>Sal</td></tr> <tr><td>34,48g</td><td>80,72g</td><td>19,37g</td><td>14,37g</td><td>2,05g</td><td>0,86g</td></tr> <tr><td>3a8Años: 573 Kcal</td><td>9a13Años: 686 Kcal</td><td>14a18Años: 810 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.z | Grasas | A.q.s. | Sal | 34,48g | 80,72g | 19,37g | 14,37g | 2,05g | 0,86g | 3a8Años: 573 Kcal | 9a13Años: 686 Kcal | 14a18Años: 810 Kcal | | | | <p>05 SOPA DE PESCADO Pescado, cebollas, tomate, pimientos verdes</p> <p>SOLOMILLO ASADO CON PATATAS</p> <p>PAN BLANCO Sugerencia para Cena FRUTA</p> <table border="1"> <tr><td>Proteína</td><td>H.Carb.</td><td>A.z</td><td>Grasas</td><td>A.q.s.</td><td>Sal</td></tr> <tr><td>41,32g</td><td>69,85g</td><td>18,93g</td><td>29,52g</td><td>4,99g</td><td>3,10g</td></tr> <tr><td>3a8Años: 717 Kcal</td><td>9a13Años: 162 Kcal</td><td>14a18Años: 190 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.z | Grasas | A.q.s. | Sal | 41,32g | 69,85g | 18,93g | 29,52g | 4,99g | 3,10g | 3a8Años: 717 Kcal | 9a13Años: 162 Kcal | 14a18Años: 190 Kcal | | | | <p>06 COCIDO ANDALUZ Garbanzos, patatas, pollo, huesos canilla, judía verdes, zanahoria.</p> <p>BACALAO EN SALSA</p> <p>PAN BLANCO Sugerencia para Cena FRUTA</p> <table border="1"> <tr><td>Proteína</td><td>H.Carb.</td><td>A.z</td><td>Grasas</td><td>A.q.s.</td><td>Sal</td></tr> <tr><td>62,37g</td><td>118,47g</td><td>22,18g</td><td>20,33g</td><td>3,14g</td><td>1,75g</td></tr> <tr><td>3a8Años: 880 Kcal</td><td>9a13Años: 347 Kcal</td><td>14a18Años: 398 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.z | Grasas | A.q.s. | Sal | 62,37g | 118,47g | 22,18g | 20,33g | 3,14g | 1,75g | 3a8Años: 880 Kcal | 9a13Años: 347 Kcal | 14a18Años: 398 Kcal | | | |
| Proteína | H.Carb. | A.z | Grasas | A.q.s. | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 3a8Años: 622 Kcal | 9a13Años: 410 Kcal | 14a18Años: 475 Kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Proteína | H.Carb. | A.z | Grasas | A.q.s. | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 3a8Años: 499 Kcal | 9a13Años: 162 Kcal | 14a18Años: 190 Kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| <p>09 CREMA DE CALABAZA (A)</p> <p>CARNE EN SALSA CON VERDURAS</p> <p>PAN BLANCO Sugerencia para Cena FRUTA</p> <table border="1"> <tr><td>Proteína</td><td>H.Carb.</td><td>A.z</td><td>Grasas</td><td>A.q.s.</td><td>Sal</td></tr> <tr><td>15,15g</td><td>60,36g</td><td>21,32g</td><td>30,37g</td><td>5,32g</td><td>2,11g</td></tr> <tr><td>3a8Años: 559 Kcal</td><td>9a13Años: 355 Kcal</td><td>14a18Años: 473 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.z | Grasas | A.q.s. | Sal | 15,15g | 60,36g | 21,32g | 30,37g | 5,32g | 2,11g | 3a8Años: 559 Kcal | 9a13Años: 355 Kcal | 14a18Años: 473 Kcal | | | | <p>10 SOPA DE POLLO Pasta de harina de maíz y harina de arroz, pechuga de pollo, patata, zanahoria.</p> <p>SALMÓN EN SALSA CHAMPIÑÓN</p> <p>PAN BLANCO Sugerencia para Cena FRUTA</p> <table border="1"> <tr><td>Proteína</td><td>H.Carb.</td><td>A.z</td><td>Grasas</td><td>A.q.s.</td><td>Sal</td></tr> <tr><td>82,53g</td><td>153,31g</td><td>20,03g</td><td>26,36g</td><td>9,17g</td><td>3,60g</td></tr> <tr><td>3a8Años: 284 Kcal</td><td>9a13Años: 480 Kcal</td><td>14a18Años: 592 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.z | Grasas | A.q.s. | Sal | 82,53g | 153,31g | 20,03g | 26,36g | 9,17g | 3,60g | 3a8Años: 284 Kcal | 9a13Años: 480 Kcal | 14a18Años: 592 Kcal | | | | <p>11 PICADILLO DE TOMATE</p> <p>COCIDO ANDALUZ Garbanzos, patatas, pollo, huesos canilla, judía verdes, zanahoria.</p> <p>PAN BLANCO Sugerencia para Cena FRUTA</p> <table border="1"> <tr><td>Proteína</td><td>H.Carb.</td><td>A.z</td><td>Grasas</td><td>A.q.s.</td><td>Sal</td></tr> <tr><td>50,62g</td><td>119,58g</td><td>23,21g</td><td>24,55g</td><td>3,83g</td><td>2,13g</td></tr> <tr><td>3a8Años: 874 Kcal</td><td>9a13Años: 349 Kcal</td><td>14a18Años: 406 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.z | Grasas | A.q.s. | Sal | 50,62g | 119,58g | 23,21g | 24,55g | 3,83g | 2,13g | 3a8Años: 874 Kcal | 9a13Años: 349 Kcal | 14a18Años: 406 Kcal | | | | <p>12 MACARRONES DE MAIZ CON TOMATE Pasta de harina de maíz y harina de arroz, tomate, aceite de girasol, cebolla y ajos, pollo.</p> <p>TILAPIA AL HORNO CON ZANAHORIA BABY</p> <p>PAN BLANCO Sugerencia para Cena FRUTA</p> <table border="1"> <tr><td>Proteína</td><td>H.Carb.</td><td>A.z</td><td>Grasas</td><td>A.q.s.</td><td>Sal</td></tr> <tr><td>3,04g</td><td>29,35g</td><td>15,34g</td><td>0,70g</td><td>0,12g</td><td>0,39g</td></tr> <tr><td>3a8Años: 129 Kcal</td><td>9a13Años: 162 Kcal</td><td>14a18Años: 190 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.z | Grasas | A.q.s. | Sal | 3,04g | 29,35g | 15,34g | 0,70g | 0,12g | 0,39g | 3a8Años: 129 Kcal | 9a13Años: 162 Kcal | 14a18Años: 190 Kcal | | | | <p>13 LENTEJAS CON VERDURAS</p> <p>LOMO ASADO CON JUDÍAS Cinta de lomo de cerdo, judías verdes.</p> <p>PAN BLANCO Sugerencia para Cena FRUTA</p> <table border="1"> <tr><td>Proteína</td><td>H.Carb.</td><td>A.z</td><td>Grasas</td><td>A.q.s.</td><td>Sal</td></tr> <tr><td>21,00g</td><td>80,29g</td><td>19,33g</td><td>5,53g</td><td>0,75g</td><td>0,73g</td></tr> <tr><td>3a8Años: 437 Kcal</td><td>9a13Años: 518 Kcal</td><td>14a18Años: 611 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.z | Grasas | A.q.s. | Sal | 21,00g | 80,29g | 19,33g | 5,53g | 0,75g | 0,73g | 3a8Años: 437 Kcal | 9a13Años: 518 Kcal | 14a18Años: 611 Kcal | | | |
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| 21,00g | 80,29g | 19,33g | 5,53g | 0,75g | 0,73g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3a8Años: 437 Kcal | 9a13Años: 518 Kcal | 14a18Años: 611 Kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>16 ARROZ BLANCO CON TOMATE</p> <p>ALBÓNDIGAS DE POLLO EN SALSA (A) Albóndiga (patata, pollo, ajo), tomate y zanahoria.</p> <p>PAN BLANCO Sugerencia para Cena FRUTA</p> <table border="1"> <tr><td>Proteína</td><td>H.Carb.</td><td>A.z</td><td>Grasas</td><td>A.q.s.</td><td>Sal</td></tr> <tr><td>19,79g</td><td>93,17g</td><td>21,90g</td><td>31,53g</td><td>4,25g</td><td>3,04g</td></tr> <tr><td>3a8Años: 721 Kcal</td><td>9a13Años: 505 Kcal</td><td>14a18Años: 625 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.z | Grasas | A.q.s. | Sal | 19,79g | 93,17g | 21,90g | 31,53g | 4,25g | 3,04g | 3a8Años: 721 Kcal | 9a13Años: 505 Kcal | 14a18Años: 625 Kcal | | | | <p>17 CREMA DE CALABACÍN (A)</p> <p>MERLUZA AL HORNO EN SALSA VERDE (A)</p> <p>PAN BLANCO Sugerencia para Cena FRUTA</p> <table border="1"> <tr><td>Proteína</td><td>H.Carb.</td><td>A.z</td><td>Grasas</td><td>A.q.s.</td><td>Sal</td></tr> <tr><td>134,40g</td><td>135,65g</td><td>26,42g</td><td>117,02g</td><td>18,08g</td><td>12,69g</td></tr> <tr><td>3a8Años: 252 Kcal</td><td>9a13Años: 395 Kcal</td><td>14a18Años: 444 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.z | Grasas | A.q.s. | Sal | 134,40g | 135,65g | 26,42g | 117,02g | 18,08g | 12,69g | 3a8Años: 252 Kcal | 9a13Años: 395 Kcal | 14a18Años: 444 Kcal | | | | <p>18 POTAJE DE GARBANZOS CON ESPINACA</p> <p>CINTA DE LOMO A LA PLANCHA C/ TOMATE N</p> <p>PAN BLANCO Sugerencia para Cena FRUTA</p> <table border="1"> <tr><td>Proteína</td><td>H.Carb.</td><td>A.z</td><td>Grasas</td><td>A.q.s.</td><td>Sal</td></tr> <tr><td>30,68g</td><td>113,33g</td><td>22,96g</td><td>17,48g</td><td>1,98g</td><td>1,69g</td></tr> <tr><td>3a8Años: 445 Kcal</td><td>9a13Años: 541 Kcal</td><td>14a18Años: 632 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.z | Grasas | A.q.s. | Sal | 30,68g | 113,33g | 22,96g | 17,48g | 1,98g | 1,69g | 3a8Años: 445 Kcal | 9a13Años: 541 Kcal | 14a18Años: 632 Kcal | | | | <p>19 ENSALADA PRIMAVERA (A)</p> <p>ESPAGUETIS MAIZ CON TOMATE Pasta de harina de maíz y arroz, tomate y pollo.</p> <p>PAN BLANCO Sugerencia para Cena FRUTA</p> <table border="1"> <tr><td>Proteína</td><td>H.Carb.</td><td>A.z</td><td>Grasas</td><td>A.q.s.</td><td>Sal</td></tr> <tr><td>12,35g</td><td>76,94g</td><td>16,10g</td><td>4,17g</td><td>2,88g</td><td>1,47g</td></tr> <tr><td>3a8Años: 499 Kcal</td><td>9a13Años: 162 Kcal</td><td>14a18Años: 190 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.z | Grasas | A.q.s. | Sal | 12,35g | 76,94g | 16,10g | 4,17g | 2,88g | 1,47g | 3a8Años: 499 Kcal | 9a13Años: 162 Kcal | 14a18Años: 190 Kcal | | | | <p>20 SOPA DE PESCADO Pescado, cebollas, tomate, pimientos verdes</p> <p>POLLO AL AJILLO CON CHAMPIÑÓN</p> <p>PAN BLANCO Sugerencia para Cena FRUTA</p> <table border="1"> <tr><td>Proteína</td><td>H.Carb.</td><td>A.z</td><td>Grasas</td><td>A.q.s.</td><td>Sal</td></tr> <tr><td>41,46g</td><td>62,83g</td><td>20,15g</td><td>17,95g</td><td>3,68g</td><td>2,38g</td></tr> <tr><td>3a8Años: 604 Kcal</td><td>9a13Años: 410 Kcal</td><td>14a18Años: 475 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.z | Grasas | A.q.s. | Sal | 41,46g | 62,83g | 20,15g | 17,95g | 3,68g | 2,38g | 3a8Años: 604 Kcal | 9a13Años: 410 Kcal | 14a18Años: 475 Kcal | | | |
| Proteína | H.Carb. | A.z | Grasas | A.q.s. | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19,79g | 93,17g | 21,90g | 31,53g | 4,25g | 3,04g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3a8Años: 721 Kcal | 9a13Años: 505 Kcal | 14a18Años: 625 Kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Proteína | H.Carb. | A.z | Grasas | A.q.s. | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 134,40g | 135,65g | 26,42g | 117,02g | 18,08g | 12,69g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3a8Años: 252 Kcal | 9a13Años: 395 Kcal | 14a18Años: 444 Kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Proteína | H.Carb. | A.z | Grasas | A.q.s. | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 30,68g | 113,33g | 22,96g | 17,48g | 1,98g | 1,69g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3a8Años: 445 Kcal | 9a13Años: 541 Kcal | 14a18Años: 632 Kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Proteína | H.Carb. | A.z | Grasas | A.q.s. | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12,35g | 76,94g | 16,10g | 4,17g | 2,88g | 1,47g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3a8Años: 499 Kcal | 9a13Años: 162 Kcal | 14a18Años: 190 Kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Proteína | H.Carb. | A.z | Grasas | A.q.s. | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 41,46g | 62,83g | 20,15g | 17,95g | 3,68g | 2,38g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3a8Años: 604 Kcal | 9a13Años: 410 Kcal | 14a18Años: 475 Kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>23 PATATA GUISADA C/ POLLO (A) Patatas, pollo, zanahoria, pimientos, tomate, cebollas, ajos.</p> <p>CROQUETAS DE MERLUZA CON TOMATE NAT Patata, merluza, tomate.</p> <p>PAN BLANCO Sugerencia para Cena FRUTA</p> <table border="1"> <tr><td>Proteína</td><td>H.Carb.</td><td>A.z</td><td>Grasas</td><td>A.q.s.</td><td>Sal</td></tr> <tr><td>19,76g</td><td>59,06g</td><td>16,68g</td><td>39,32g</td><td>12,47g</td><td>1,16g</td></tr> <tr><td>3a8Años: 653 Kcal</td><td>9a13Años: 162 Kcal</td><td>14a18Años: 190 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.z | Grasas | A.q.s. | Sal | 19,76g | 59,06g | 16,68g | 39,32g | 12,47g | 1,16g | 3a8Años: 653 Kcal | 9a13Años: 162 Kcal | 14a18Años: 190 Kcal | | | | <p>24 ENSALADA MIXTA (A) Lechuga, tomate natural, zanahoria, maíz, pescado.</p> <p>COCIDO ANDALUZ Garbanzos, patatas, pollo, huesos canilla, judía verdes, zanahoria.</p> <p>PAN BLANCO Sugerencia para Cena FRUTA</p> <table border="1"> <tr><td>Proteína</td><td>H.Carb.</td><td>A.z</td><td>Grasas</td><td>A.q.s.</td><td>Sal</td></tr> <tr><td>45,05g</td><td>117,00g</td><td>21,35g</td><td>11,95g</td><td>1,97g</td><td>1,48g</td></tr> <tr><td>3a8Años: 730 Kcal</td><td>9a13Años: 162 Kcal</td><td>14a18Años: 190 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.z | Grasas | A.q.s. | Sal | 45,05g | 117,00g | 21,35g | 11,95g | 1,97g | 1,48g | 3a8Años: 730 Kcal | 9a13Años: 162 Kcal | 14a18Años: 190 Kcal | | | | <p>25 MACARRONES DE ARROZ CON ATÚN Pasta de harina de maíz y harina de arroz, tomate, cebolla y ajos, pescado.</p> <p>PECHUGA POLLO EN SALSA CON JUDÍAS</p> <p>PAN BLANCO Sugerencia para Cena FRUTA</p> <table border="1"> <tr><td>Proteína</td><td>H.Carb.</td><td>A.z</td><td>Grasas</td><td>A.q.s.</td><td>Sal</td></tr> <tr><td>25,30g</td><td>75,03g</td><td>16,64g</td><td>19,47g</td><td>4,85g</td><td>2,20g</td></tr> <tr><td>3a8Años: 669 Kcal</td><td>9a13Años: 388 Kcal</td><td>14a18Años: 451 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.z | Grasas | A.q.s. | Sal | 25,30g | 75,03g | 16,64g | 19,47g | 4,85g | 2,20g | 3a8Años: 669 Kcal | 9a13Años: 388 Kcal | 14a18Años: 451 Kcal | | | | <p>26 LENTEJAS CON VERDURAS</p> <p>BACALAO AL HORNO CON TOMATE Y AJITOS</p> <p>PAN BLANCO Sugerencia para Cena FRUTA</p> <table border="1"> <tr><td>Proteína</td><td>H.Carb.</td><td>A.z</td><td>Grasas</td><td>A.q.s.</td><td>Sal</td></tr> <tr><td>45,33g</td><td>85,12g</td><td>21,39g</td><td>16,07g</td><td>2,07g</td><td>2,62g</td></tr> <tr><td>3a8Años: 596 Kcal</td><td>9a13Años: 746 Kcal</td><td>14a18Años: 877 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.z | Grasas | A.q.s. | Sal | 45,33g | 85,12g | 21,39g | 16,07g | 2,07g | 2,62g | 3a8Años: 596 Kcal | 9a13Años: 746 Kcal | 14a18Años: 877 Kcal | | | | <p>27 SOPA DE POLLO Pasta de harina de maíz y harina de arroz, pechuga de pollo, patata, zanahoria.</p> <p>SALMÓN AL HORNO CON LECHUGA Y MAÍZ</p> <p>PAN BLANCO Sugerencia para Cena FRUTA</p> <table border="1"> <tr><td>Proteína</td><td>H.Carb.</td><td>A.z</td><td>Grasas</td><td>A.q.s.</td><td>Sal</td></tr> <tr><td>80,44g</td><td>150,23g</td><td>20,27g</td><td>21,48g</td><td>8,45g</td><td>4,44g</td></tr> <tr><td>3a8Años: 212 Kcal</td><td>9a13Años: 398 Kcal</td><td>14a18Años: 444 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.z | Grasas | A.q.s. | Sal | 80,44g | 150,23g | 20,27g | 21,48g | 8,45g | 4,44g | 3a8Años: 212 Kcal | 9a13Años: 398 Kcal | 14a18Años: 444 Kcal | | | |
| Proteína | H.Carb. | A.z | Grasas | A.q.s. | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19,76g | 59,06g | 16,68g | 39,32g | 12,47g | 1,16g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3a8Años: 653 Kcal | 9a13Años: 162 Kcal | 14a18Años: 190 Kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Proteína | H.Carb. | A.z | Grasas | A.q.s. | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 45,05g | 117,00g | 21,35g | 11,95g | 1,97g | 1,48g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3a8Años: 730 Kcal | 9a13Años: 162 Kcal | 14a18Años: 190 Kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Proteína | H.Carb. | A.z | Grasas | A.q.s. | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 25,30g | 75,03g | 16,64g | 19,47g | 4,85g | 2,20g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3a8Años: 669 Kcal | 9a13Años: 388 Kcal | 14a18Años: 451 Kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Proteína | H.Carb. | A.z | Grasas | A.q.s. | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 45,33g | 85,12g | 21,39g | 16,07g | 2,07g | 2,62g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3a8Años: 596 Kcal | 9a13Años: 746 Kcal | 14a18Años: 877 Kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Proteína | H.Carb. | A.z | Grasas | A.q.s. | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 80,44g | 150,23g | 20,27g | 21,48g | 8,45g | 4,44g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3a8Años: 212 Kcal | 9a13Años: 398 Kcal | 14a18Años: 444 Kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>30 ARROZ CON DELICIAS</p> <p>POLLO ASADO CON PATATA COCIDA</p> <p>PAN BLANCO Sugerencia para Cena FRUTA</p> <table border="1"> <tr><td>Proteína</td><td>H.Carb.</td><td>A.z</td><td>Grasas</td><td>A.q.s.</td><td>Sal</td></tr> <tr><td>55,54g</td><td>177,33g</td><td>22,82g</td><td>30,26g</td><td>4,39g</td><td>2,22g</td></tr> <tr><td>3a8Años: 098 Kcal</td><td>9a13Años: 382 Kcal</td><td>14a18Años: 430 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.z | Grasas | A.q.s. | Sal | 55,54g | 177,33g | 22,82g | 30,26g | 4,39g | 2,22g | 3a8Años: 098 Kcal | 9a13Años: 382 Kcal | 14a18Años: 430 Kcal | | | | <p>31 HABICHUELAS CON VERDURAS</p> <p>TILAPIA CON LIMÓN AL HORNO C/ ARROZ BLA</p> <p>PAN BLANCO Sugerencia para Cena FRUTA</p> <table border="1"> <tr><td>Proteína</td><td>H.Carb.</td><td>A.z</td><td>Grasas</td><td>A.q.s.</td><td>Sal</td></tr> <tr><td>35,59g</td><td>114,63g</td><td>17,84g</td><td>15,95g</td><td>2,44g</td><td>1,89g</td></tr> <tr><td>3a8Años: 718 Kcal</td><td>9a13Años: 848 Kcal</td><td>14a18Años: 986 Kcal</td><td></td><td></td><td></td></tr> </table> | Proteína | H.Carb. | A.z | Grasas | A.q.s. | Sal | 35,59g | 114,63g | 17,84g | 15,95g | 2,44g | 1,89g | 3a8Años: 718 Kcal | 9a13Años: 848 Kcal | 14a18Años: 986 Kcal | | | | <p>COMA SALUDABLEMENTE</p> <p>Alimentos para el frío</p> | <p>Que el Niño Dios renazca en nuestros corazones y nos coime de amor, perdón y paz</p> <p>¡Feliz Navidad!</p> | <p>Durante esta época de frío Abriáte, protégete el rostro y la cabeza para evitar respirar aire frío.</p> <p>Los cambios bruscos de temperatura pueden afectar el sistema respiratorio</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Proteína | H.Carb. | A.z | Grasas | A.q.s. | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 55,54g | 177,33g | 22,82g | 30,26g | 4,39g | 2,22g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3a8Años: 098 Kcal | 9a13Años: 382 Kcal | 14a18Años: 430 Kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Proteína | H.Carb. | A.z | Grasas | A.q.s. | Sal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 35,59g | 114,63g | 17,84g | 15,95g | 2,44g | 1,89g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3a8Años: 718 Kcal | 9a13Años: 848 Kcal | 14a18Años: 986 Kcal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |