



COCINA CENTRAL



FEBRERO 2008

VIERNES 1
LENTIL STEW
EGGS WITH TOMATO
POTATOES
pear

LUNES 4
CREAM OF VEGETABLE
SOUP
CHICKEN STEAK
CHIPS
Natural yoghurt

MARTES 5
COCIDO
SOUP, MEAT, CHICKPEAS..
MIXED SALAD
orange

MIÉRCOLES 6
Sea food and potatoes
CHEESE OMELETTE
MIXED SALAD
BANANA

JUEVES 7
FRENCH BEANS WITH
POTATOES
GRILLED PORK
ROAST POTATOES
PEAR

VIERNES 8
KIDNEY BEANS WITH VEGETABLES
BREADED HAKE
SALAD AND MAYONNAISE
APPLE

LUNES 11
CREAM OF CARROT SOUP
GARLIC PORK CUTLET
ROAST POTATOES
TANGERINE

MARTES 12
CHICKEN AND RICE
BAKED FISH
MIXED SALAD
PEAR

MIÉRCOLES 13
LENTIL STEW
POTATO OMELETTE
MIXED SALAD
APPLE

JUEVES 14
"RIOJANA" POTATOES
HAMBURGER
MIXED SALAD
YOGHURT

VIERNES 15
RED BEANS
FISH
MIXED SALAD
BANANA

LUNES 18
SOUP
BREADED STEAK
CHIPS
YOGHURT DRINK

MARTES 19
CHICKPEAS
GRILLED FISH
MIXED SALAD
ORANGE

MIÉRCOLES 20
CREAM OF MARROW SOUP
ROAST CHICKEN
CHIPS
BANANA

JUEVES 21
POTATOES WITH RIBS
TUNA OMELETTE
LETTUCE AND TOMATO
APPLE

VIERNES 22
RICE WITH TOMATO
FISH
VEGETABLES
PEAR

LUNES 25
CREAM OF VEGETABLES AND FISH
ROAST PORK
CHIPS
NATURAL YOGHURT

MARTES 26
POTATOES WITH VEGETABLES
MEATBALLS
POTATOES
PEAR

MIÉRCOLES 27
COCIDO
SOUP, MEAT, CHICKPEAS..
MIXED SALAD
ORANGE

JUEVES 28
MACARONI WITH MEAT AND
TOMATO
FISH
MIXED SALAD
APPLE

VIERNES 29
LENTIL STEW
EGGS WITH TOMATO
MIXED SALAD
BANANA

La empresa se reserva el derecho de modificar alguno de los menús por necesidad perentoria, respetando siempre el equilibrio de la minuta.

Valor nutricional

Proteínas.....65
Grasas.....45
H, de carbono....146
Kcal.....1.200

