

Sugerencias para la cena

| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES |
|-------|--------|-----------|--------|---------|
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Informe del Servicio del Comedor Escolar

Alumno/a: Nivel:

| NORMAS | SÍ | NO | A VECES |
|--|--------------------------|--------------------------|--------------------------|
| SE LAVA LAS MANOS ANTES DE COMER | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| SE SITÚA CORRECTAMENTE EN LAS ENTRADAS Y SALIDAS | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| SE COMPORTA CON CORRECCIÓN EN LA MESA | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| COME BIEN HABITUALMENTE | 1º PLATO | <input type="checkbox"/> | <input type="checkbox"/> |
| | 2º PLATO | <input type="checkbox"/> | <input type="checkbox"/> |
| | POSTRE | <input type="checkbox"/> | <input type="checkbox"/> |
| HABLA CON TONO MODERADO | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| CUIDA EL MENAJE, MOBILIARIO, JUEGOS | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| RESPETA AL PERSONAL DEL COMEDOR | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| RESPETA A SUS COMPAÑEROS | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| PARTICIPA EN TALLERES/JUEGOS | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Monitor:

Ficha técnica de platos contactar en:
www.pargaylopez.com

Menú ESCOLAR



Parga y López

Servicio de
alimentación a
colectividades



EMPRESA COLABORADORA CON:



C/ Flora Tristán 10 - 28919 Leganés (MADRID)
 Telf.: 91 478 42 39 / Fax: 91 478 94 63
 info@pargaylopez.com • www.pargaylopez.com

Lunes/Monday


Martes/Tuesday

Miércoles/Wednesday

Jueves/Thursday

Viernes/Friday

Menú elaborado por el departamento de nutrición de PARGA Y LÓPEZ, S.L.

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|--|---|-------|-------|------|------|-----|----|----|---|--|-------|-------|------|------|-----|----|----|---|---|-------|-------|------|------|-----|----|-----|--|--|-------|-------|------|------|-----|----|----|---|-------|-------|-----|------|-----|----|----|----|
| <p>Macarrones (pasta sin gluten) con tomate DÍA 1 <i>ADO: SOJA</i></p> <p>Tortilla de espinacas con rodaja de tomate natural <i>ADO: HUEVO</i></p> <p>Fruta, leche (lácteos y derivados) y pan sin gluten (altramuces)</p> <table border="1"> <tr><td>Kcal.</td><td>Prot.</td><td>Lip</td><td>H.C.</td></tr> <tr><td>662</td><td>23</td><td>22</td><td>93</td></tr> </table> | Kcal. | Prot. | Lip | H.C. | 662 | 23 | 22 | 93 | <p>Puré de verduras frescas y patata DÍA 2</p> <p>Salmón a la naranja con lechuga tomate y maíz <i>ADO: PESCADO</i></p> <p>Fruta, leche (lácteos y derivados) y pan sin gluten (altramuces)</p> <table border="1"> <tr><td>Kcal.</td><td>Prot.</td><td>Lip</td><td>H.C.</td></tr> <tr><td>732</td><td>31</td><td>32</td><td>79</td></tr> </table> | Kcal. | Prot. | Lip | H.C. | 732 | 31 | 32 | 79 | <p>Empedrado de judías pintas (ecológicas) DÍA 3 <i>ADO: LÁCTEOS Y DERIVADOS, SOJA</i></p> <p>Lomo fresco plancha con menestra de verduras <i>ADO: LÁCTEOS Y DERIVADOS</i></p> <p>Fruta, leche (lácteos y derivados) y pan sin gluten (altramuces)</p> <table border="1"> <tr><td>Kcal.</td><td>Prot.</td><td>Lip</td><td>H.C.</td></tr> <tr><td>872</td><td>32</td><td>38</td><td>101</td></tr> </table> | Kcal. | Prot. | Lip | H.C. | 872 | 32 | 38 | 101 | <p>Brócoli con patata rehogado DÍA 4</p> <p>Jamoncitos de pollo asados y arroz salteado con ajito Yogur batido con miel(lácteos y derivados) y pan (gluten, soja, sulfitos y sulfurosos, sésamo)</p> <table border="1"> <tr><td>Kcal.</td><td>Prot.</td><td>Lip</td><td>H.C.</td></tr> <tr><td>633</td><td>34</td><td>25</td><td>95</td></tr> </table> | Kcal. | Prot. | Lip | H.C. | 633 | 34 | 25 | 95 | <p>Potaje con espinacas y huevo picado DÍA 5 <i>ADO: HUEVO, SOJA</i></p> <p>Merluza a la plancha con lechuga, cebolla y remolacha <i>ADO: PESCADO</i></p> <p>Fruta, leche (lácteos y derivados) y pan sin gluten (altramuces)</p> <table border="1"> <tr><td>Kcal.</td><td>Prot.</td><td>Lip</td><td>H.C.</td></tr> <tr><td>658</td><td>37</td><td>20</td><td>84</td></tr> </table> | Kcal. | Prot. | Lip | H.C. | 658 | 37 | 20 | 84 |
| Kcal. | Prot. | Lip | H.C. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 662 | 23 | 22 | 93 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot. | Lip | H.C. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 732 | 31 | 32 | 79 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot. | Lip | H.C. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 872 | 32 | 38 | 101 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot. | Lip | H.C. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 633 | 34 | 25 | 95 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot. | Lip | H.C. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 658 | 37 | 20 | 84 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>Lentejas ecológicas con verduras DÍA 8</p> <p>Lacon al horno con patatas a lo pobre y rodajas de tomate natural</p> <p>Fruta, leche (lácteos y derivados) y pan sin gluten (altramuces)</p> <table border="1"> <tr><td>Kcal.</td><td>Prot.</td><td>Lip</td><td>H.C.</td></tr> <tr><td>692</td><td>34</td><td>23</td><td>87</td></tr> </table> | Kcal. | Prot. | Lip | H.C. | 692 | 34 | 23 | 87 | <p>Espaguetis (pasta sin gluten) con orégano y tomate DÍA 9 <i>ADO: SOJA</i></p> <p>Bacalao al horno con lechuga, maíz y tomate <i>ADO: PESCADO</i></p> <p>Fruta, leche (lácteos y derivados) y pan sin gluten (altramuces)</p> <table border="1"> <tr><td>Kcal.</td><td>Prot.</td><td>Lip</td><td>H.C.</td></tr> <tr><td>698</td><td>37</td><td>20</td><td>92</td></tr> </table> | Kcal. | Prot. | Lip | H.C. | 698 | 37 | 20 | 92 | <p>Puré de calabacín y puerro DÍA 10</p> <p>Estofado de ternera con verduras y patatas dado <i>ADO: APIO</i></p> <p>Fruta, leche (lácteos y derivados) y pan sin gluten (altramuces)</p> <table border="1"> <tr><td>Kcal.</td><td>Prot.</td><td>Lip</td><td>H.C.</td></tr> <tr><td>791</td><td>28</td><td>40</td><td>79</td></tr> </table> | Kcal. | Prot. | Lip | H.C. | 791 | 28 | 40 | 79 | <p>Arroz con pollo y calamares DÍA 11 <i>ADO: MOLUSCOS</i></p> <p>Palometa con pisto <i>ADO: PESCADO</i></p> <p>Fruta, leche (lácteos y derivados) y pan sin gluten (altramuces)</p> <table border="1"> <tr><td>Kcal.</td><td>Prot.</td><td>Lip</td><td>H.C.</td></tr> <tr><td>662</td><td>28</td><td>27</td><td>77</td></tr> </table> | Kcal. | Prot. | Lip | H.C. | 662 | 28 | 27 | 77 | <p style="text-align: center;">NO LECTIVO</p> | | | | | | | | |
| Kcal. | Prot. | Lip | H.C. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 692 | 34 | 23 | 87 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot. | Lip | H.C. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 698 | 37 | 20 | 92 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot. | Lip | H.C. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 791 | 28 | 40 | 79 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot. | Lip | H.C. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 662 | 28 | 27 | 77 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>VACACIONES SEMANA SANTA</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p style="text-align: center;">NO LECTIVO</p> | <p>Lentejas ecológicas estofadas con zanahoria DÍA 23</p> <p>Pollo a la plancha con lechuga,tomate y aceitunas Helado sin gluten (lácteos y derivados) y pan pan sin gluten(altramuces)</p> <table border="1"> <tr><td>Kcal.</td><td>Prot.</td><td>Lip</td><td>H.C.</td></tr> <tr><td>732</td><td>43</td><td>23</td><td>90</td></tr> </table> | Kcal. | Prot. | Lip | H.C. | 732 | 43 | 23 | 90 | <p>Ensalada de pasta pasta sin gluten) con atún, maíz, cebolla DÍA 24 <i>ADO: SOJA, PESCADO, CRUSTÁCEOS, MOLUSCOS</i></p> <p>Hamburguesa a la plancha con verduras y arroz Fruta, leche (lácteos y derivados) y pan sin gluten (altramuces)</p> <table border="1"> <tr><td>Kcal.</td><td>Prot.</td><td>Lip</td><td>H.C.</td></tr> <tr><td>757</td><td>27</td><td>26</td><td>103</td></tr> </table> | Kcal. | Prot. | Lip | H.C. | 757 | 27 | 26 | 103 | <p>Sopa de cocido (pasta sin gluten) DÍA 25 <i>ADO:SOJA</i></p> <p>Cocido completo, ternera, pollo, chorizo, repollo <i>ADO: SOJA</i></p> <p>Fruta, leche (lácteos y derivados) y pan sin gluten (altramuces)</p> <table border="1"> <tr><td>Kcal.</td><td>Prot.</td><td>Lip</td><td>H.C.</td></tr> <tr><td>611</td><td>23</td><td>20</td><td>87</td></tr> </table> | Kcal. | Prot. | Lip | H.C. | 611 | 23 | 20 | 87 | <p>Crema de verduras frescas DÍA 26</p> <p>Merluza al horno con huevo y guisantes <i>ADO: PESCADO, HUEVO</i></p> <p>Fruta, leche (lácteos y derivados) y pan sin gluten (altramuces)</p> <table border="1"> <tr><td>Kcal.</td><td>Prot.</td><td>Lip</td><td>H.C.</td></tr> <tr><td>613</td><td>25</td><td>20</td><td>83</td></tr> </table> | Kcal. | Prot. | Lip | H.C. | 613 | 25 | 20 | 83 | | | | | | | | |
| Kcal. | Prot. | Lip | H.C. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 732 | 43 | 23 | 90 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot. | Lip | H.C. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 757 | 27 | 26 | 103 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot. | Lip | H.C. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 611 | 23 | 20 | 87 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot. | Lip | H.C. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 613 | 25 | 20 | 83 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>Arroz blanco con tomate DÍA 29</p> <p>F. palometa la plancha con champiñón al ajillo <i>ADO: PESCADO</i></p> <p>Fruta, leche (lácteos y derivados) y pan sin gluten (altramuces)</p> <table border="1"> <tr><td>Kcal.</td><td>Prot.</td><td>Lip</td><td>H.C.</td></tr> <tr><td>666</td><td>32</td><td>21</td><td>87</td></tr> </table> | Kcal. | Prot. | Lip | H.C. | 666 | 32 | 21 | 87 | <p>Judías verdes rehogadas DÍA 30</p> <p>F. de pollo campero plancha con puré de patata Fruta, leche (lácteos y derivados) y pan sin gluten (altramuces)</p> <table border="1"> <tr><td>Kcal.</td><td>Prot.</td><td>Lip</td><td>H.C.</td></tr> <tr><td>694</td><td>34</td><td>29</td><td>73</td></tr> </table> | Kcal. | Prot. | Lip | H.C. | 694 | 34 | 29 | 73 | <p>En cumplimiento del RD 126/2015, disponemos en nuestras cocinas de la información relativa a ALÉRGICOS. ADO: Alérgenos de Declaración Obligatoria</p> <div style="text-align: right;">  <p>23 de Abril <i>Día del</i> LIBRO</p> </div> | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot. | Lip | H.C. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 666 | 32 | 21 | 87 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot. | Lip | H.C. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 694 | 34 | 29 | 73 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |