

# MENÚ MARZO 2022

**mawersa**  
- 1983 -



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES																																																		
<b>7</b> JUDIAS VERDES CON PATATAS Y ZANAHORIA ALBÓNDIGAS DE TERNERA EN SALSA CON ARROZ INTEGRAL FRUTA DE TEMPORADA	<b>1</b> CREMA DE VERDURAS Y HORTALIZAS LOMO DE CERDO CON PIMIENTOS DE COLORES Y PATATAS MELOCOTON ALMIBAR	<b>2</b> POTAJE DE GARBANZOS CON CALABAZA REVUELTO DE HUEVO CON GAMBAS Y ENSALADA MIXTA FRUTA DE TEMPORADA	<b>3</b> MACARRONES GRATINADOS POLLO ASADO CON CHAMPIÑON YOGUR	<b>4</b> PAELLA DE LA HUERTA BUÑUELOS DE BACALAO CON ENSALADA MIXTA FRUTA DE TEMPORADA																																																		
<table border="1"><thead><tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr></thead><tbody><tr><td>629</td><td>20</td><td>18</td><td>101</td><td>3</td></tr></tbody></table>	Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)	629	20	18	101	3	<table border="1"><thead><tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr></thead><tbody><tr><td>641</td><td>18</td><td>27</td><td>75</td><td>4</td></tr></tbody></table>	Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)	641	18	27	75	4	<table border="1"><thead><tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr></thead><tbody><tr><td>628</td><td>38</td><td>16</td><td>85</td><td>3</td></tr></tbody></table>	Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)	628	38	16	85	3	<table border="1"><thead><tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr></thead><tbody><tr><td>675</td><td>36</td><td>31</td><td>69</td><td>3</td></tr></tbody></table>	Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)	675	36	31	69	3	<table border="1"><thead><tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr></thead><tbody><tr><td>640</td><td>15</td><td>14</td><td>116</td><td>1</td></tr></tbody></table>	Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)	640	15	14	116	1
Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)																																																		
629	20	18	101	3																																																		
Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)																																																		
641	18	27	75	4																																																		
Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)																																																		
628	38	16	85	3																																																		
Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)																																																		
675	36	31	69	3																																																		
Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)																																																		
640	15	14	116	1																																																		
<b>14</b> ESPAGUETIS BOLOÑESA GALLO DE SAN PEDRO AL HORNO CON VERDURITAS FRUTA DE TEMPORADA	<b>8</b> CODITOS CON TOMATE PESCADILLA EN TEMPURA CON ENSALADA MIXTA FRUTA DE TEMPORADA	<b>9</b> CREMA DE CALABACIN ECOLÓGICO LARDONES DE POLLO EN PEPITORIA CON PATATAS FRUTA DE TEMPORADA	<b>10</b> COCIDO MONTAÑES CROQUETAS DE JAMON CON ENSALADA MIXTA YOGUR	<b>11</b> PATATAS CON ARROZ Y MERLUZA HUEVO FRITO CON CEBOLLA CARAMELIZADA Y TOMATE TRITURADO FRUTA DE TEMPORADA																																																		
<table border="1"><thead><tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr></thead><tbody><tr><td>633</td><td>36</td><td>17</td><td>83</td><td>4</td></tr></tbody></table>	Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)	633	36	17	83	4	<table border="1"><thead><tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr></thead><tbody><tr><td>634</td><td>33</td><td>14</td><td>94</td><td>3</td></tr></tbody></table>	Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)	634	33	14	94	3	<table border="1"><thead><tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr></thead><tbody><tr><td>604</td><td>25</td><td>22</td><td>81</td><td>3</td></tr></tbody></table>	Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)	604	25	22	81	3	<table border="1"><thead><tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr></thead><tbody><tr><td>670</td><td>29</td><td>30</td><td>75</td><td>1</td></tr></tbody></table>	Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)	670	29	30	75	1	<table border="1"><thead><tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr></thead><tbody><tr><td>646</td><td>13</td><td>27</td><td>83</td><td>4</td></tr></tbody></table>	Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)	646	13	27	83	4
Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)																																																		
633	36	17	83	4																																																		
Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)																																																		
634	33	14	94	3																																																		
Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)																																																		
604	25	22	81	3																																																		
Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)																																																		
670	29	30	75	1																																																		
Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)																																																		
646	13	27	83	4																																																		
<b>21</b> BRÓCOLI CON PASTA DE COLORES Y QUESO BURGUER COMPLETO FRUTA DE TEMPORADA	<b>15</b> COLIFLOR AL HORNO CON BECHAMEL FILETE DE AGUJA MILANESA CON ENSALADA MIXTA FRUTA DE TEMPORADA	<b>16</b> SOPA DE COCIDO COMPLEMENTO DE COCIDO. MORCILLO, CHORIZO, POLLO, REPOLLO Y GARBANZOS FRUTA DE TEMPORADA	<b>17 CUMPLEAÑOS DE TODOS LOS NIÑOS DEL COMEDOR</b> CREMA DE ZANAHORIAS PANINIS DE JAMÓN Y QUESO PATATAS CHIPS REPOSTERIA O FRUTA DE TEMPORADA	<b>18</b> ARROZ A LA CUBANA CON HUEVO FRITO VENTRESCA ORLY CON ENSALADA MIXTA FRUTA DE TEMPORADA																																																		
<table border="1"><thead><tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr></thead><tbody><tr><td>655</td><td>21</td><td>40</td><td>54</td><td>5</td></tr></tbody></table>	Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)	655	21	40	54	5	<table border="1"><thead><tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr></thead><tbody><tr><td>645</td><td>31</td><td>23</td><td>86</td><td>7</td></tr></tbody></table>	Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)	645	31	23	86	7	<table border="1"><thead><tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr></thead><tbody><tr><td>621</td><td>26</td><td>18</td><td>92</td><td>1</td></tr></tbody></table>	Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)	621	26	18	92	1	<table border="1"><thead><tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr></thead><tbody><tr><td>615</td><td>14</td><td>32</td><td>70</td><td>6</td></tr></tbody></table>	Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)	615	14	32	70	6	<table border="1"><thead><tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr></thead><tbody><tr><td>654</td><td>34</td><td>19</td><td>88</td><td>1</td></tr></tbody></table>	Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)	654	34	19	88	1
Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)																																																		
655	21	40	54	5																																																		
Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)																																																		
645	31	23	86	7																																																		
Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)																																																		
621	26	18	92	1																																																		
Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)																																																		
615	14	32	70	6																																																		
Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)																																																		
654	34	19	88	1																																																		
<b>28</b> TALLARINES NAPOLITANA BACALAO A LA VIZCAINA FRUTA DE TEMPORADA	<b>22</b> TIMBAL DE ARROZ INTEGRAL CON LOMO MERLUZA A LA MARINERA FRUTA DE TEMPORADA	<b>23</b> CREMA DE VERDURAS Y HORTALIZAS POLLO ASADO CON PATATAS FRUTA DE TEMPORADA	<b>24</b> CANELONES DE CARNE CACHELOS DE PESCADILLA CON GUARNICIÓN DE GUISANTES YOGUR	<b>25</b> FABADA DE VERDURAS TORTILLA DE PATATA CON ENSALADA MIXTA FRUTA DE TEMPORADA																																																		
<table border="1"><thead><tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr></thead><tbody><tr><td>600</td><td>38</td><td>9</td><td>94</td><td>1</td></tr></tbody></table>	Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)	600	38	9	94	1	<table border="1"><thead><tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr></thead><tbody><tr><td>607</td><td>23</td><td>10</td><td>107</td><td>2</td></tr></tbody></table>	Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)	607	23	10	107	2	<table border="1"><thead><tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr></thead><tbody><tr><td>640</td><td>29</td><td>30</td><td>66</td><td>3</td></tr></tbody></table>	Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)	640	29	30	66	3	<table border="1"><thead><tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr></thead><tbody><tr><td>623</td><td>42</td><td>18</td><td>71</td><td>3</td></tr></tbody></table>	Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)	623	42	18	71	3	<table border="1"><thead><tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr></thead><tbody><tr><td>670</td><td>32</td><td>17</td><td>97</td><td>3</td></tr></tbody></table>	Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)	670	32	17	97	3
Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)																																																		
600	38	9	94	1																																																		
Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)																																																		
607	23	10	107	2																																																		
Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)																																																		
640	29	30	66	3																																																		
Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)																																																		
623	42	18	71	3																																																		
Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)																																																		
670	32	17	97	3																																																		
	<b>29</b> LENTEJAS CASERAS REVUELTO DE HUEVO Y PAVO CON ENSALADA MIXTA FRUTA DE TEMPORADA	<b>30</b> MENESTRA DE VERDURAS AL HORNO ALBÓNDIGAS DE TERNERA EN SALSA CON ARROZ FRUTA DE TEMPORADA	<b>31</b> SOPA DE ESTRELLITAS ESCALOPE DE POLLO CON ENSALADA MIXTA TOMATE ECOLÓGICO YOGUR																																																			
	<table border="1"><thead><tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr></thead><tbody><tr><td>613</td><td>36</td><td>16</td><td>85</td><td>3</td></tr></tbody></table>	Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)	613	36	16	85	3	<table border="1"><thead><tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr></thead><tbody><tr><td>633</td><td>21</td><td>20</td><td>97</td><td>3</td></tr></tbody></table>	Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)	633	21	20	97	3	<table border="1"><thead><tr><th>Kcal.</th><th>Prot.(g)</th><th>Lip.(g)</th><th>H.C.(g)</th><th>A.G.S.(g)</th></tr></thead><tbody><tr><td>600</td><td>37</td><td>17</td><td>71</td><td>4</td></tr></tbody></table>	Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)	600	37	17	71	4																					
Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)																																																		
613	36	16	85	3																																																		
Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)																																																		
633	21	20	97	3																																																		
Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	A.G.S.(g)																																																		
600	37	17	71	4																																																		

Nuestros menús incluyen PAN BLANCO e INTEGRAL y la bebida es AGUA.