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“STOS MENÚS, A EXCEPCIÓN DE PASCADO, MOLUSCOS Y CRUSTÁCEOS, PUEDEN CONTENER LOS SIGUIENTES ALÉRGICOS:
GLUTEN, LÁCTEOS, HUEVO, ALTRAMUCES, CACAHUETES, APIO, SÉSAMO, FRUTOS SECOS, SULFITOS, MOSTAZA Y SOJA.”
PARA MAYOR INFORMACIÓN CONTACTE CON NOSOTROS.

SEPTIEMBRE 2021



* LEGUMBRE DE PROCEDENCIA ECOLÓGICA



C.E.I.P. EL TEJAR Alérgicos Pescado y Marisco

<p>7 MARTES ARROZ BLANCO CON SALSA DE TOMATE Y HUEVO COCIDO WHITE RICE IN TOMATO SAUCE AND BOILED EGG</p> <p>POLLO EN SALSA CON ENSALADA DE TOMATE Y ESPÁRRAGOS CHICKEN IN SAUCE WITH TOMATO AND ASPARAGUS SALAD</p> <p>PAN INTEGRAL WHOLE-GRAIN BREAD YOGUR YOGHURT</p> <table border="1"> <thead> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> </thead> <tbody> <tr><td>664</td><td>89,1</td><td>27</td><td>21,5</td><td>4,7</td><td>325</td><td>8,4</td><td>272</td></tr> </tbody> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	664	89,1	27	21,5	4,7	325	8,4	272	<p>8 MIÉRCOLES SOPA DE COCIDO CON FIDEOS VERMICELLI SOUP</p> <p>GARBANZOS * CON REPOLLO, ZANAHORIA, PUERRO, CARNE DE TERNERA, POLLO, TOCINO Y CHORIZO CHICKPEA STEW WITH CABBAGE, CARROT, LEEK, VEAL, CHICKEN, FAT AND CHORIZO</p> <p>PAN BREAD CIRUELA PLUM</p> <table border="1"> <thead> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> </thead> <tbody> <tr><td>663</td><td>88,4</td><td>25,1</td><td>22,5</td><td>5</td><td>247</td><td>9,8</td><td>1157</td></tr> </tbody> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	663	88,4	25,1	22,5	5	247	9,8	1157	<p>9 JUEVES JUDÍAS VERDES REHOGADAS CON PATATA Y ZANAHORIA SAUTÉED GREEN BEANS WITH POTATO AND CARROT</p> <p>ESCALOPINES DE CERDO EN SALSA DE MANZANA CON ARROZ INTEGRAL PORK FILLETS IN APPLE SAUCE WITH WHOLE-GRAIN RICE</p> <p>PAN BREAD PLÁTANO BANANA</p> <table border="1"> <thead> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> </thead> <tbody> <tr><td>658</td><td>90,9</td><td>22,5</td><td>22,1</td><td>5</td><td>213</td><td>8,4</td><td>1350</td></tr> </tbody> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	658	90,9	22,5	22,1	5	213	8,4	1350	<p>10 VIERNES ENSALADA DE ALUBIAS * CON BERENJENA, CALABACÍN Y TOMATE WHITE BEAN SALAD WITH EGGPLANT, ZUCCHINI AND TOMATO</p> <p>TORTILLA DE PATATAS CON CHAMPIÑONES SALTEADOS POTATO OMELETTE WITH SAUTÉED MUSHROOMS</p> <p>PAN BREAD MANZANA GOLDEN (+ VASO DE LECHE OPCIONAL)* GOLDEN APPLE (+ OPTIONAL MILK GLASS)</p> <table border="1"> <thead> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> </thead> <tbody> <tr><td>668</td><td>85,6</td><td>23,9</td><td>25</td><td>4,8</td><td>200</td><td>8,3</td><td>1197</td></tr> </tbody> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	668	85,6	23,9	25	4,8	200	8,3	1197																	
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<p>27 LUNES MENESTRA DE VERDURAS: ZANAHORIA, JUDÍAS VERDES, GUISANTES, COLIFLOR, COLES DE BRUSELAS Y HABAS CARROT, GREEN BEANS, PEAS, CAULIFLOWER, BRUSSELS SPROUTS AND BEANS STEW</p> <p>CHULETA DE CERDO CON PATATAS DADO PORK CHOP WITH DICE POTATOES</p> <p>PAN INTEGRAL WHOLE-GRAIN BREAD MANZANA ROYAL GALA (+ VASO DE LECHE OPCIONAL)* ROYAL GALA APPLE (+ OPTIONAL MILK GLASS)</p> <table border="1"> <thead> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> </thead> <tbody> <tr><td>670</td><td>82,4</td><td>25,8</td><td>24,2</td><td>3,8</td><td>255</td><td>9,7</td><td>1191</td></tr> </tbody> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	670	82,4	25,8	24,2	3,8	255	9,7	1191	<p>28 MARTES ENSALADA CAMPERA CON TOMATE, ZANAHORIA Y ACEITUNAS NEGRAS POTATO, TOMATO, CARROT AND OLIVES SALAD</p> <p>POLLO ASADO AL LIMÓN CON SALTEADO CAMPESTRE ROAST CHICKEN IN LEMON SAUCE WITH SAUTÉED VEGETABLE</p> <p>PAN BREAD PERA PEAR</p> <table border="1"> <thead> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> </thead> <tbody> <tr><td>684</td><td>84,5</td><td>25</td><td>26,7</td><td>5,2</td><td>333</td><td>14,1</td><td>722</td></tr> </tbody> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	684	84,5	25	26,7	5,2	333	14,1	722	<p>29 MIÉRCOLES LENTIJAS * GUISADAS CON ZANAHORIA, PIMIENTO Y ARROZ LENTIL STEW WITH CARROT, PEPPER AND RICE</p> <p>HUEVOS REVUELTOS CON CHAMPIÑONES Y TOMATE ALIÑADO CON ORÉGANO SCRAMBLED EGGS WITH MUSHROOMS AND SEASONED TOMATO WITH OREGANO</p> <p>PAN BREAD CIRUELA PLUM</p> <table border="1"> <thead> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> </thead> <tbody> <tr><td>718</td><td>92,5</td><td>25,1</td><td>25,4</td><td>5</td><td>262</td><td>10,2</td><td>1282</td></tr> </tbody> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	718	92,5	25,1	25,4	5	262	10,2	1282	<p>30 JUEVES MENÚ INTERNACIONAL: INDIA ARROZ AL ESTILO HÍNDU CON GUISANTES, ZANAHORIA Y PASAS</p> <p>SAUTÉED RICE WITH PEAS, CARROT AND RAISINS</p> <p>FILETE DE TERNERA CON SALTEADO DE HORTALIZAS VEAL FILLET WITH SAUTÉED VEGETABLE</p> <p>PAN BREAD YOGUR YOGHURT</p> <table border="1"> <thead> <tr><th>ENERGIA (KCAL)</th><th>H.CARB (G)</th><th>PROTEINA (G)</th><th>LÍPIDOS (G)</th><th>AGS (G)</th><th>CALCIO (MG)</th><th>HIERRO (MG)</th><th>VIT. A (UG)</th></tr> </thead> <tbody> <tr><td>694</td><td>97,8</td><td>24,5</td><td>22,1</td><td>4,6</td><td>307</td><td>8,8</td><td>624</td></tr> </tbody> </table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	694	97,8	24,5	22,1	4,6	307	8,8	624																	
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- Menús elaborados de acuerdo a los programas NAOS y PERSEO
- Raciones establecidas según IDR para niños 6-9 años. (Moreiras y col. 2018)
- Valoración nutricional realizada con la base de datos BEDCA

EN NUESTROS MENÚS POTENCIAMOS LOS PRODUCTOS DE TEMPORADA:

FRUTAS SEPTIEMBRE: Ciruela, Manzana, Melocotón, Pera, Piña y Plátano

VERDURAS SEPTIEMBRE: Acelgas, Berenjena, Calabaza, Calabacín, Lechuga, Judía verde, Pepino, Pimiento, Puerro, Remolacha, Tomate y Zanahoria

Vitaminas en los alimentos



* Valoración nutricional del vaso de leche entera no incluida en la calibración del día.