



Colegio Alemán de Valencia

Menú Mes de Septiembre



1ª SEMANA DEL 1 AL 4

| LUNES | MARTES 1 | MIÉRCOLES 2 | JUEVES 3 | VIERNES 4 |
|-------|----------|-------------|----------|-----------|
| | | | | |
| | | | | |

VALOR NUTRICIONAL

| Día | Kcal. | Prot. | Hc. | Líp. | Ca. | Fe. | Vit. C | Fibra |
|-----------|-------|-------|-----|------|-----|-----|--------|-------|
| LUNES | | | | | | | | |
| MARTES | | | | | | | | |
| MIÉRCOLES | | | | | | | | |
| JUEVES | | | | | | | | |
| VIERNES | | | | | | | | |



2ª SEMANA DEL 7 AL 11

| LUNES 7 | MARTES 8 | MIÉRCOLES 9 | JUEVES 10 | VIERNES 11 |
|---------|-------------------------------|-------------------|---------------------------------|-----------------------------------|
| | Ensalada | Ensalada | Ensalada | Ensalada |
| | Sopa de Estrellitas | Arroz a la cubana | Lentejas Estofadas | Macarrones Boloñesa |
| | Pollo Asado con Patatas Chips | Entremeses | Tortilla de Patata con mayonesa | Merluza a la Romana con verdurita |
| | Fruta - Yogur | Fruta - Zumo | Leche - Galleta Maria | Natillas |

VALOR NUTRICIONAL

| Día | Kcal. | Prot. | Hc. | Líp. | Ca. | Fe. | Vit. C | Fibra |
|-----------|---------|--------|---------|--------|---------|--------|---------|--------|
| LUNES | | | | | | | | |
| MARTES | 662,82 | 35,83 | 80,26 | 22,000 | 291,980 | 4,79 | 62,39 | 11,95 |
| MIÉRCOLES | 859,080 | 34,550 | 109,590 | 32,040 | 349,470 | 5,830 | 104,980 | 9,710 |
| JUEVES | 730,250 | 37,290 | 75,100 | 31,120 | 344,480 | 10,140 | 48,850 | 13,980 |
| VIERNES | 797,180 | 35,360 | 105,130 | 26,070 | 313,780 | 4,990 | 47,270 | 10,580 |

