



CURSO: 2022 - 2023

CENTRO: CHAMBERÍ MENÚ BASAL MARZO

Lunes	Martes	Miércoles	Jueves	Viernes
		DIA 1 CARROT CREAM MEAT PAELLA FRUIT	DIA 2 WATERCRESS CREAM ROAST CHICKEN WITH VEGETABLES FRUTA	DIA 3 PUMPKIN CREAM FISH CHURROS WITH ENSALADILLA YOGHURT
DIA 6 LENTILS SPANISH OMELETTE FRUIT	DIA 7 CHICKEN SOUP MEATBALLS WITH RICE YOGHURT	DIA 8 VEGETABLES STEW CROQUETTES WITH SALAD FRUIT	DIA 9 CARROT CREAM BOLOGNESE NOODLES YOGHURT	DIA 10 ZUCCHINI CREAM FOGONERO WITH ONIONS AND PAPAS ARRUGADAS FRUIT
DIA 13 PUMPKIN CREAM BBQ HAMBURGER WITH RICE FRUIT	DIA 14 WATERCRESS CREAM ABADEJO WITH CILANTRO AND PAPAS ARRUGADAS YOGHURT	DIA 15 STARS SOUP CHICKEN FINGER WITH SALAD FRUIT	DIA 16 PUMPKIN CREAM MARGHARITA PIZZA WITH SAUSAGE YOGHURT	DIA 17 CARROT CREAM COMPOUND PEAS WITH BOILED EGGS FRUIT
DIA 20 ZUCCHINI CREAM CUBAN STYLE RICE FRUIT	DIA 21 PUMPKIN CREAM GARLIC CHICKEN THIGHS WITH ROASTED POTATOES YOGHURT	DIA 22 VEGETABLES CREAM FUSILLI WITH BOLOGNESE TUNA FRUIT	DIA 23 (FRENCH DAY) SAINT GERMAIN CREAM VOL-AU-VENT WITH TURKEY AND RATATOUILLE YOGHURT	DIA 24 WATERCRESS CREAM PICKLED WHITE TUNA WITH BOILED POTATOES FRUIT
DIA 27 CHICKEN SOUP TUNA SALAD COCKTAIL WITH PAPAS ARRUGADAS AND BOILED EGGS FRUIT	DIA 28 LEEK CREAM FARFALLE WITH CARBONARA SAUCE YOGHURT	DIA 29 PUMPKIN CREAM MARINATED LOIN WITH SALAD FRUIT	DIA 30 RANCHO CANARIO FRENCH OMELETTE GRATIN YOGHURT	DIA 31 VEGETABLES CREAM SHREDDED BEEF WITH COUS COUS FRUIT

**Esta dieta está supervisada y firmada por la dietista titulada M^a Auxiliadora García Encinosa*