

CURSO: 2023 - 2024

CENTRO: CHAMBERÍ MENÚ BASAL MAYO

Lunes	Martes	Miércoles	Jueves	Viernes
		DIA 01  HOLIDAY	DIA 02  HOLIDAY	DIA 03  HOLIDAY
DIA 06 LENTILS STEW SPANISH OMELETTE FRUIT	DIA 07 ZUCCHINI CREAM CHICKEN WITH LEMON SAUCE AND RICE FRUIT	DIA 08 CARROT CREAM SPAGHETTI WITH TUNA BOLOGNESE SAUCE WHOLEMEAL BREAD AND DAIRY DESSERT	DIA 09 SPINACH CREAM COMPOUND CHICKPEA FRUIT	DIA 10 CHICKEN SOUP FISH CHURROS AND ENSALADILLA FRUIT
DIA 13 PUMPKIN CREAM MACARONI WITH TOMATO SAUCE FRUIT	DIA 14 VEGETABLES CREAM TURKEY STEW WITH MENESTRA FRUIT	DIA 15 CRETTES CREAM POLLOCK WITH GARLIC SAUCE AND STEW POTATOES WHOLEMEAL BREAD AND DAIRY DESSERT	DIA 16 RANCHO CANARIO CORDON BLUE WITH SALAT FRUIT	DIA 17 PEA CREAM PAELLA FRUIT
DIA 20 BROCCOLI CREAM CROQUETTES WITH ENSALADILLA FRUIT	DIA 21 CARROT CREAM CUBAN STYLE RICE FRUIT	DIA 22 ZUCCHINI CREAM SPIRALS WITH TOMATO SAUCE AND HAM WHOLEMEAL BREAD AND DAIRY DESSERT	DIA 23 SPINACH CREAM LOIN WITH GARLIC SAUCE AND FRENCH FRIES FRUIT	DIA 24 PUMPKIN CREAM TUNA PIZZA FRUIT
DIA 27 VEGETABLES CREAM BLACK BEANS WITH RICE FRUIT	DIA 28 GARBANZAS CARNE FIESTA WITH PAPAS ARRUGADAS FRUIT	DIA 29  CANARY DAY	DIA 30  HOLIDAY	DIA 31  HOLIDAY

VISITA NUESTRA WEB: [WWW.ELGUSTODECRECER.ES](http://WWW.ELGUSTODECRECER.ES)Menú elaborado por el Departamento de Nutrición . Dietista M<sup>º</sup> Auxiliadora García Encinosa