

Sugerencias para la cena

| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES |
|-------|--------|-----------|--------|---------|
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Informe del Servicio del Comedor Escolar

Alumno/a: _____ Nivel: _____

| NORMAS | SI | NO | A VECES |
|--|----------|----|---------|
| SE LAVA LAS MANOS ANTES DE COMER | | | |
| SE SITUa CORRECTAMENTE EN LAS ENTRADAS Y SALIDAS | | | |
| SE COMPORTA CON CORRECCI3N EN LA MESA | | | |
| COME BIEN HABITUALMENTE | 1º PLATO | | |
| | 2º PLATO | | |
| | POSTRE | | |
| HABLA CON TONO MODERADO | | | |
| CUDA EL MENAJE, MOBILIARIO, JUEGOS | | | |
| RESPECTA AL PERSONAL DEL COMEDOR | | | |
| RESPECTA A SUS COMPAÑEROS | | | |
| PARTICIPA EN TALLERES/JUEGOS | | | |

Menú ESCOLAR



Parga y López

Servicio de alimentación a colectividades



IMPRESA CO-ADSCRIBIDA CON



Asociación de Colegios y Escuelas de Madrid

Monitor: _____

Fecha técnica de gestión contactar en:
www.pargaylopez.com

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Tel: 91 478 42 39 / Fax: 91 478 94 63
info@pargaylopez.com • www.pargaylopez.com

Palomeras Bajas SIN HUEVO

NOVIEMBRE 2019

Lunes/Monday

Martes/Tuesday

Miércoles/Wednesday

Jueves/Thursday

Viernes/Friday

En cumplimiento del RD 126/2015, disponemos en nuestras cocinas de la información relativa a **ALÉRGENOS**.

ADO: Alérgenos de Declaración Obligatoria

¡Todos diferentes!



¡Todos iguales!

Menú elaborado por el departamento de nutrición de PARGA Y LÓPEZ, S.L.

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|-------|-------|------|------|-----|----|----|----|---|-------|-------|-----|------|-----|----|----|-----|--|-------|-------|-----|------|-----|----|----|----|--|-------|-------|-----|------|-----|----|----|-----|---|-------|-------|-----|------|-----|----|----|-----|
| <p>4</p> <p>Macarrones con tomate (pasta sin huevo) <i>ALÉRGENO: SOJA</i></p> <p>Salchichas de pavo con lechuga, tomate y maíz <i>ALÉRGENO: SOJA</i></p> <p>Fruta, leche (lácteos y derivados) y pan (gluten, soja, sulfitos y sulfurosos, sésamo)</p> <table border="1"> <tr><td>Kcal.</td><td>Prot.</td><td>Lip</td><td>H.C.</td></tr> <tr><td>717</td><td>29</td><td>26</td><td>92</td></tr> </table> | Kcal. | Prot. | Lip | H.C. | 717 | 29 | 26 | 92 | <p>5</p> <p>Lentejas ecológicas guisadas con chorizo <i>ALÉRGENO: GLUTEN</i></p> <p>F. merluza en salsa verde (sin huevo) <i>ALÉRGENO: PESCADO, GLUTEN</i></p> <p>Fruta, leche (lácteos y derivados) y pan (gluten, soja, sulfitos y sulfurosos, sésamo)</p> <table border="1"> <tr><td>Kcal.</td><td>Prot.</td><td>Lip</td><td>H.C.</td></tr> <tr><td>748</td><td>37</td><td>26</td><td>91</td></tr> </table> | Kcal. | Prot. | Lip | H.C. | 748 | 37 | 26 | 91 | <p>6</p> <p>Puré de calabaza</p> <p>Estofado de pavo con zanahoria, pimienta</p> <p>Fruta, leche (lácteos y derivados) y pan integral (gluten, soja, sulfitos y sulfurosos, sésamo)</p> <table border="1"> <tr><td>Kcal.</td><td>Prot.</td><td>Lip</td><td>H.C.</td></tr> <tr><td>629</td><td>41</td><td>26</td><td>59</td></tr> </table> | Kcal. | Prot. | Lip | H.C. | 629 | 41 | 26 | 59 | <p>7</p> <p>Coliflor rehogada con ajo y pimentón</p> <p>Contramuslo de pollo plancha con patatas</p> <p>Yogur (lácteos y derivados) y pan (gluten, soja, sulfitos y sulfurosos, sésamo)</p> <table border="1"> <tr><td>Kcal.</td><td>Prot.</td><td>Lip</td><td>H.C.</td></tr> <tr><td>663</td><td>34</td><td>36</td><td>51</td></tr> </table> | Kcal. | Prot. | Lip | H.C. | 663 | 34 | 36 | 51 | <p>8</p> <p>Fideua (pasta sin huevo) <i>ALÉRGENO: SOJA, CRUSTÁCEOS, PESCADO, MOLUSCOS, SULFITOS Y SULFUROSOS</i></p> <p>Rape en salsa verde con ensalada (sin huevo) <i>ALÉRGENO: PESCADO, GLUTEN</i></p> <p>Fruta, leche (lácteos y derivados) y pan (gluten, soja, sulfitos y sulfurosos, sésamo)</p> <table border="1"> <tr><td>Kcal.</td><td>Prot.</td><td>Lip</td><td>H.C.</td></tr> <tr><td>834</td><td>41</td><td>29</td><td>102</td></tr> </table> | Kcal. | Prot. | Lip | H.C. | 834 | 41 | 29 | 102 |
| Kcal. | Prot. | Lip | H.C. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 717 | 29 | 26 | 92 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot. | Lip | H.C. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 748 | 37 | 26 | 91 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot. | Lip | H.C. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 629 | 41 | 26 | 59 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot. | Lip | H.C. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 663 | 34 | 36 | 51 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot. | Lip | H.C. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 834 | 41 | 29 | 102 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>11</p> <p>Arroz blanco con tomate</p> <p>Lacón gallega con patatas vapor</p> <p>Fruta, leche (lácteos y derivados) y pan (gluten, soja, sulfitos y sulfurosos, sésamo)</p> <table border="1"> <tr><td>Kcal.</td><td>Prot.</td><td>Lip</td><td>H.C.</td></tr> <tr><td>698</td><td>25</td><td>26</td><td>92</td></tr> </table> | Kcal. | Prot. | Lip | H.C. | 698 | 25 | 26 | 92 | <p>12</p> <p>Judías pintas estofadas (sin huevo) <i>ALÉRGENO: GLUTEN</i></p> <p>Salmón plancha con ensalada <i>ALÉRGENO: PESCADO</i></p> <p>Fruta, leche (lácteos y derivados) y pan (gluten, soja, sulfitos y sulfurosos, sésamo)</p> <table border="1"> <tr><td>Kcal.</td><td>Prot.</td><td>Lip</td><td>H.C.</td></tr> <tr><td>640</td><td>35</td><td>18</td><td>85</td></tr> </table> | Kcal. | Prot. | Lip | H.C. | 640 | 35 | 18 | 85 | <p>13</p> <p>Cocido madrileño, patata, repollo, ternera</p> <p>Albóndigas de pollo con arroz <i>ALÉRGENOS: GLUTEN</i></p> <p>Yogur (lácteos y derivados) y pan integral (gluten, soja, sulfitos y sulfurosos, sésamo)</p> <table border="1"> <tr><td>Kcal.</td><td>Prot.</td><td>Lip</td><td>H.C.</td></tr> <tr><td>750</td><td>30</td><td>27</td><td>98</td></tr> </table> | Kcal. | Prot. | Lip | H.C. | 750 | 30 | 27 | 98 | <p>14</p> <p>Sopa de cocido con fideos (pasta sin huevo) <i>ALÉRGENO: SOJA</i></p> <p>Cocido completo, ternera, repollo, chorizo, pollo</p> <p>Fruta, leche (lácteos y derivados) y pan (gluten, soja, sulfitos y sulfurosos, sésamo)</p> <table border="1"> <tr><td>Kcal.</td><td>Prot.</td><td>Lip</td><td>H.C.</td></tr> <tr><td>623</td><td>24</td><td>15</td><td>99</td></tr> </table> | Kcal. | Prot. | Lip | H.C. | 623 | 24 | 15 | 99 | <p>15</p> <p>Judías verdes rehogadas con patata y jamón <i>ALÉRGENO: LÁCTEOS Y DERIVADOS</i></p> <p>Bacalao al horno con pisto <i>ALÉRGENO: PESCADO</i></p> <p>Fruta, leche (lácteos y derivados) y pan (gluten, soja, sulfitos y sulfurosos, sésamo)</p> <table border="1"> <tr><td>Kcal.</td><td>Prot.</td><td>Lip</td><td>H.C.</td></tr> <tr><td>608</td><td>28</td><td>26</td><td>66</td></tr> </table> | Kcal. | Prot. | Lip | H.C. | 608 | 28 | 26 | 66 |
| Kcal. | Prot. | Lip | H.C. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 698 | 25 | 26 | 92 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot. | Lip | H.C. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 640 | 35 | 18 | 85 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot. | Lip | H.C. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 750 | 30 | 27 | 98 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot. | Lip | H.C. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 623 | 24 | 15 | 99 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot. | Lip | H.C. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 608 | 28 | 26 | 66 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>18</p> <p>Crema de coliflor</p> <p>Filete de sajonia plancha con champiñón al ajillo</p> <p>Fruta, leche (lácteos y derivados) y pan (gluten, soja, sulfitos y sulfurosos, sésamo)</p> <table border="1"> <tr><td>Kcal.</td><td>Prot.</td><td>Lip</td><td>H.C.</td></tr> <tr><td>565</td><td>24</td><td>18</td><td>78</td></tr> </table> | Kcal. | Prot. | Lip | H.C. | 565 | 24 | 18 | 78 | <p>19</p> <p>Lentejas ecológicas guisadas con arroz <i>ALÉRGENO: GLUTEN</i></p> <p>Rape en salsa verde con ensalada (sin huevo) <i>ALÉRGENO: PESCADO,</i></p> <p>Fruta, leche (lácteos y derivados) y pan (gluten, soja, sulfitos y sulfurosos, sésamo)</p> <table border="1"> <tr><td>Kcal.</td><td>Prot.</td><td>Lip</td><td>H.C.</td></tr> <tr><td>784</td><td>37</td><td>20</td><td>114</td></tr> </table> | Kcal. | Prot. | Lip | H.C. | 784 | 37 | 20 | 114 | <p>20</p> <p>Espaguetis con carne picada, orégano y tomate (sin lácteos, pasta sin huevo) <i>ALÉRGENO: SOJA</i></p> <p>Ternera a la plancha con ensalada</p> <p>Fruta, leche (lácteos y derivados) y pan integral (gluten, soja, sulfitos y sulfurosos, sésamo)</p> <table border="1"> <tr><td>Kcal.</td><td>Prot.</td><td>Lip</td><td>H.C.</td></tr> <tr><td>751</td><td>35</td><td>28</td><td>90</td></tr> </table> | Kcal. | Prot. | Lip | H.C. | 751 | 35 | 28 | 90 | <p>21</p> <p>Judías blancas con chorizo <i>ALÉRGENO: GLUTEN, LÁCTEOS Y DERIVADOS</i></p> <p>Merluza al horno con patatas panadera <i>ALÉRGENO: PESCADO</i></p> <p>Natillas (lácteos y derivados) y pan (gluten, soja, sulfitos y sulfurosos, sésamo)</p> <table border="1"> <tr><td>Kcal.</td><td>Prot.</td><td>Lip</td><td>H.C.</td></tr> <tr><td>810</td><td>39</td><td>19</td><td>105</td></tr> </table> | Kcal. | Prot. | Lip | H.C. | 810 | 39 | 19 | 105 | <p>22</p> <p>Paella valenciana <i>ALÉRGENO: CRUSTÁCEOS, PESCADOS, MOLUSCOS, SULFITOS Y SULFUROSOS</i></p> <p>Jamoncitos de pollo asados con lechuga, maíz y aceitunas</p> <p>Fruta, leche (lácteos y derivados) y pan (gluten, soja, sulfitos y sulfurosos, sésamo)</p> <table border="1"> <tr><td>Kcal.</td><td>Prot.</td><td>Lip</td><td>H.C.</td></tr> <tr><td>822</td><td>59</td><td>28</td><td>84</td></tr> </table> | Kcal. | Prot. | Lip | H.C. | 822 | 59 | 28 | 84 |
| Kcal. | Prot. | Lip | H.C. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 565 | 24 | 18 | 78 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot. | Lip | H.C. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 784 | 37 | 20 | 114 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot. | Lip | H.C. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 751 | 35 | 28 | 90 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot. | Lip | H.C. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 810 | 39 | 19 | 105 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot. | Lip | H.C. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 822 | 59 | 28 | 84 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>25</p> <p>Judías verdes con aceite y vinagre</p> <p>Bacalao a la plancha con pisto <i>ALÉRGENO: PESCADO</i></p> <p>Fruta, leche (lácteos y derivados) y pan (gluten, soja, sulfitos y sulfurosos, sésamo)</p> <table border="1"> <tr><td>Kcal.</td><td>Prot.</td><td>Lip</td><td>H.C.</td></tr> <tr><td>528</td><td>29</td><td>20</td><td>57</td></tr> </table> | Kcal. | Prot. | Lip | H.C. | 528 | 29 | 20 | 57 | <p>26</p> <p>Arroz caldoso con verduras</p> <p>Filetes rusos con tomate <i>ALÉRGENO: SOJA, SULFITOS Y SULFUROSOS</i></p> <p>Fruta, leche (lácteos y derivados) y pan (gluten, soja, sulfitos y sulfurosos, sésamo)</p> <table border="1"> <tr><td>Kcal.</td><td>Prot.</td><td>Lip</td><td>H.C.</td></tr> <tr><td>726</td><td>26</td><td>28</td><td>92</td></tr> </table> | Kcal. | Prot. | Lip | H.C. | 726 | 26 | 28 | 92 | <p>27</p> <p>Sopa de cocido con fideos (pasta sin huevo) <i>ALÉRGENO: SOJA</i></p> <p>Cocido madrileño, patata, repollo, ternera</p> <p>Fruta, leche (lácteos y derivados) y pan integral (gluten, soja, sulfitos y sulfurosos, sésamo)</p> <table border="1"> <tr><td>Kcal.</td><td>Prot.</td><td>Lip</td><td>H.C.</td></tr> <tr><td>665</td><td>26</td><td>19</td><td>98</td></tr> </table> | Kcal. | Prot. | Lip | H.C. | 665 | 26 | 19 | 98 | <p>28</p> <p>Brócoli rehogado con patata</p> <p>Escalope cerdo a la plancha con ensalada</p> <p>Yogur (lácteos y derivados) y pan (gluten, soja, sulfitos y sulfurosos, sésamo)</p> <table border="1"> <tr><td>Kcal.</td><td>Prot.</td><td>Lip</td><td>H.C.</td></tr> <tr><td>660</td><td>24</td><td>47</td><td>35</td></tr> </table> | Kcal. | Prot. | Lip | H.C. | 660 | 24 | 47 | 35 | <p>29</p> <p>Coditos con tomate (pasta sin huevo) <i>ALÉRGENO: SOJA</i></p> <p>Limanda a la plancha con ensalada <i>ALÉRGENO: PESCADO</i></p> <p>Fruta, leche (lácteos y derivados) y pan (gluten, soja, sulfitos y sulfurosos, sésamo)</p> <table border="1"> <tr><td>Kcal.</td><td>Prot.</td><td>Lip</td><td>H.C.</td></tr> <tr><td>645</td><td>34</td><td>16</td><td>92</td></tr> </table> | Kcal. | Prot. | Lip | H.C. | 645 | 34 | 16 | 92 |
| Kcal. | Prot. | Lip | H.C. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 528 | 29 | 20 | 57 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot. | Lip | H.C. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 726 | 26 | 28 | 92 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot. | Lip | H.C. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 665 | 26 | 19 | 98 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot. | Lip | H.C. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 660 | 24 | 47 | 35 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kcal. | Prot. | Lip | H.C. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 645 | 34 | 16 | 92 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |