



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



* LEGUMBRE DE PROCEDENCIA ECOLÓGICA

MARZO 2026



CEIP SAN PÍO X

Menú sin Huevo, melocotón y nectarina

2 LUNES BRÓCOLI REHOGADO CON ZANAHORIAS HAMBURGUESA CON ENSALADA DE TOMATE Y PEPINO PAN INTEGRAL MANZANA <table><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><tr><td>660</td><td>99</td><td>16</td><td>17,7</td><td>3,5</td><td>295</td><td>5,7</td><td>881</td></tr></table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	660	99	16	17,7	3,5	295	5,7	881	3 MARTES LENTEJAS ECOLÓGICAS * GUISADAS CON HORTALIZAS CHULETA DE CERDO CON ENSALADA DE LECHUGA, TOMATE Y MAÍZ PAN MANDARINA <table><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><tr><td>696</td><td>92,3</td><td>25,9</td><td>24,1</td><td>4,4</td><td>232</td><td>8,4</td><td>1323</td></tr></table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	696	92,3	25,9	24,1	4,4	232	8,4	1323	4 MIÉRCOLES PURÉ DE VERDURAS MUSLITOS DE POLLO ASADOS CON ENSALADA DE LECHUGA Y TOMATE PAN INTEGRAL PLÁTANO (+ VASO DE LECHE OPCIONAL) * <table><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><tr><td>612</td><td>80</td><td>28,4</td><td>19,7</td><td>4,5</td><td>193</td><td>7,1</td><td>1175</td></tr></table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	612	80	28,4	19,7	4,5	193	7,1	1175	5 JUEVES SOPA DE FIDEOS DE MAÍZ GARBANZOS ECOLÓGICOS* CON REPOLLO, ZANAHORIA, PATATA, TERNERA, POLLO Y CHORIZO PAN YOGUR <table><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><tr><td>689</td><td>88,1</td><td>28,1</td><td>24,2</td><td>6,2</td><td>359</td><td>9,3</td><td>1128</td></tr></table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	689	88,1	28,1	24,2	6,2	359	9,3	1128	6 VIERNES MACARRONES DE MAÍZ A LA NAPOLITANA CON QUESO PESCADILLA EN SALSA VERDE CON GUISANTES SALTEADOS PAN PERA <table><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><tr><td>610</td><td>67</td><td>30</td><td>25,2</td><td>4,9</td><td>205</td><td>3,9</td><td>144</td></tr></table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	610	67	30	25,2	4,9	205	3,9	144
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9 LUNES ESPAGUETIS DE MAÍZ A LA CARBONARA CON BECHAMEL Y BEICON SARDINAS A LA MADRILEÑA CON ENSALADA DE LECHUGA, TOMATE Y ACEITUNAS PAN INTEGRAL PERA <table><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><tr><td>713</td><td>91</td><td>27,4</td><td>27</td><td>6</td><td>217</td><td>5,3</td><td>131</td></tr></table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	713	91	27,4	27	6	217	5,3	131	10 MARTES CREMA DE CALABACÍN ALBÓNDIGAS EN SALSA CON PATATAS DADO PAN MANZANA <table><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><tr><td>690</td><td>93</td><td>26,3</td><td>24,3</td><td>4,5</td><td>211</td><td>6,4</td><td>421</td></tr></table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	690	93	26,3	24,3	4,5	211	6,4	421	11 MIÉRCOLES ALUBIAS BLANCAS ECOLÓGICAS* GUISADAS CON CHORIZO Y HORTALIZAS FILETE DE POLLO CON ENSALADA DE LECHUGA, TOMATE Y REMOLACHA PAN MANDARINA <table><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><tr><td>631</td><td>74,1</td><td>29,3</td><td>24,4</td><td>4,6</td><td>236</td><td>7,9</td><td>914</td></tr></table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	631	74,1	29,3	24,4	4,6	236	7,9	914	12 JUEVES SOPA DE FIDEOS DE MAÍZ Y POLLO LOMO DE CERDO EN SALSA CON DADITOS DE ZANAHORIAS SALTEADOS PAN PLÁTANO (+ VASO DE LECHE OPCIONAL) <table><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><tr><td>657</td><td>83</td><td>31,6</td><td>21,7</td><td>6,3</td><td>147</td><td>4,6</td><td>1524</td></tr></table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	657	83	31,6	21,7	6,3	147	4,6	1524	13 VIERNES PAELLA DE VERDURAS MERLUZA AL VAPOR CON ENSALADA DE LECHUGA Y TOMATE PAN INTEGRAL YOGUR <table><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><tr><td>656</td><td>83,9</td><td>25</td><td>23,9</td><td>6,1</td><td>318</td><td>6,1</td><td>165</td></tr></table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	656	83,9	25	23,9	6,1	318	6,1	165
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16 LUNES JUDÍAS VERDES SALTEADAS AL AJILLO HAMBURGUESA CON KETCHUP Y PATATAS FRITAS PAN PLÁTANO (+ VASO DE LECHE OPCIONAL) * <table><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><tr><td>755</td><td>93</td><td>28</td><td>29,8</td><td>5,4</td><td>156</td><td>7,3</td><td>100</td></tr></table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	755	93	28	29,8	5,4	156	7,3	100	17 MARTES LENTEJAS ECOLÓGICAS * GUISADAS AL ESTILO DE LA ABUELA PESCADILLA A LA PLANCHA CON ENSALADA DE TOMATE, MAÍZ Y ACEITUNAS PAN MANDARINA <table><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><tr><td>725</td><td>92</td><td>28,9</td><td>27,2</td><td>4,9</td><td>248</td><td>9,1</td><td>1386</td></tr></table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	725	92	28,9	27,2	4,9	248	9,1	1386	18 MIÉRCOLES PURÉ DE VERDURAS CHULETA DE CERDO CON ARROZ PAN INTEGRAL MANZANA <table><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><tr><td>719</td><td>77,5</td><td>31</td><td>29,4</td><td>10,6</td><td>375</td><td>5,1</td><td>1024</td></tr></table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	719	77,5	31	29,4	10,6	375	5,1	1024	19 JUEVES PATATAS GUISADAS A LA RIOJANA CON CHORIZO FILETE DE POLLO CON ENSALADA DE LECHUGA, TOMATE Y MANZANA PAN INTEGRAL YOGUR <table><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><tr><td>708</td><td>77</td><td>37,6</td><td>27,8</td><td>7</td><td>310</td><td>7,3</td><td>966</td></tr></table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	708	77	37,6	27,8	7	310	7,3	966	20 VIERNES ENSALADA DE ARROZ BACALAO AL HORNO CON ENSALADA DE LECHUGA, TOMATE, ZANAHORIA Y MAÍZ PAN PERA <table><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><tr><td>709</td><td>95</td><td>33</td><td>22,3</td><td>3,7</td><td>155</td><td>4,7</td><td>454</td></tr></table>	ENERGIA (KCAL)	H.CARB (G)	PROTEINA (G)	LÍPIDOS (G)	AGS (G)	CALCIO (MG)	HIERRO (MG)	VIT. A (UG)	709	95	33	22,3	3,7	155	4,7	454
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*	*	*	*	*	*	*	*																																																																													



LAS FRUTAS INDICADAS EN EL MENÚ PUEDEN ESTAR SUJETAS A INTERCAMBIO DE DÍA POR MOTIVOS DE MADURACIÓN

* VALORACIÓN NUTRICIONAL DEL VASO DE LECHE ENTERA NO INCLUIDA EN LA CALIBRACIÓN DEL DÍA.

NUESTROS MENÚS ESTÁN 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

MENÚS EXENTOS DE LAS ESPECIES DE PESCADOS DE ALTO CONTENIDO DE MERCURIO SIGUIENDO LAS RECOMENDACIONES DE LA AESAN.