

| 2026                           |     |     | Octubre                        |     |     | COMIDA / BASAL             |     |     | 62986 - RESIDENCIA DAVIS SOL I NATURA                 |     |     |                                                       |     |     |                                                      |     |     |                                                       |     |     |     |  |  |
|--------------------------------|-----|-----|--------------------------------|-----|-----|----------------------------|-----|-----|-------------------------------------------------------|-----|-----|-------------------------------------------------------|-----|-----|------------------------------------------------------|-----|-----|-------------------------------------------------------|-----|-----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|
| Lunes                          |     |     | Martes                         |     |     | Miércoles                  |     |     | Jueves                                                |     |     | Viernes                                               |     |     | Sábado                                               |     |     | Domingo                                               |     |     |                                                                                                                                                                       |  |  |
| 28                             |     |     | 29                             |     |     | 30                         |     |     | 01                                                    |     |     | 02                                                    |     |     | 03                                                   |     |     | 04                                                    |     |     |                                                                                                                                                                       |  |  |
|                                |     |     |                                |     |     |                            |     |     | ENSALADA CON ATÚN Y HUEVO                             | 231 | 220 | SALMOREJO                                             | 246 | 300 | ALUBIAS CON OREJA                                    | 104 | 250 | ENSALADA CATALANA                                     | 129 | 255 |                                                                                                                                                                       |  |  |
|                                |     |     |                                |     |     |                            |     |     | BROCHETA DE POLLO CON PATATAS                         | 253 | 200 | CANELONES CON BECHAMEL                                | 357 | 170 | CROQUETAS DE BACALAO                                 | 201 | 120 | PAELLA DE MARISCO                                     | 332 | 250 |                                                                                                                                                                       |  |  |
|                                |     |     |                                |     |     |                            |     |     | RACION PAN                                            | 94  | 40  | RACION PAN                                            | 94  | 40  | TOMATE NATURAL                                       | 19  | 100 | RACION PAN                                            | 94  | 40  |                                                                                                                                                                       |  |  |
|                                |     |     |                                |     |     |                            |     |     | FRUTA DE TEMPORADA                                    | 208 | 180 | FRUTA DE TEMPORADA                                    | 88  | 180 | RACION PAN                                           | 94  | 40  | RACION TARTA QUESO ARANDANOS                          | 140 | 50  |                                                                                                                                                                       |  |  |
|                                |     |     |                                |     |     |                            |     |     |                                                       | 786 | 640 |                                                       | 785 | 690 |                                                      | 495 | 690 |                                                       | 695 | 595 |                                                                                                                                                                       |  |  |
|                                |     |     |                                |     |     |                            |     |     | Prot: 48,42g; Carb: 94,14g; Lip: 24,03g; Sal: 4,53g;  |     |     | Prot: 25,76g; Carb: 79,58g; Lip: 40,46g; Sal: 4,58g;  |     |     | Prot: 19,33g; Carb: 77,58g; Lip: 12,05g; Sal: 3,13g; |     |     | Prot: 29,20g; Carb: 87,09g; Lip: 25,59g; Sal: 6,59g;  |     |     |                                                                                                                                                                       |  |  |
| 05                             |     |     | 06                             |     |     | 07                         |     |     | 08                                                    |     |     | 09                                                    |     |     | 10                                                   |     |     | 11                                                    |     |     |                                                                                                                                                                       |  |  |
| SALTEADO DE ARROZ ASIATICO     | 271 | 250 | PATATAS AL GRATÉN              | 274 | 300 | LENTEJAS CON CHORIZO       | 148 | 250 | CREMA DE ZANAHORIA (SIN LACTOSA)                      | 163 | 270 | SOPA DE PESCADO CON LETRITAS                          | 71  | 300 | ALUBIAS CON ALMEJAS                                  | 95  | 250 | ENSALADA COMPLETA                                     | 53  | 230 |                                                                                                                                                                       |  |  |
| ABADEJO RELLENO MOSTAZA Y MIEL | 196 | 100 | BROCHETA DE POLLO              | 113 | 100 | CORDÓN BLEU DE POLLO       | 227 | 120 | TERNERA SALSA DE CHAMPIÑONES                          | 178 | 200 | CANELONES CON BECHAMEL                                | 357 | 170 | ABADEJO EN SALSA DE TOMATE                           | 176 | 250 | PASTEL DE CARNE DE VACUNO                             | 261 | 220 |                                                                                                                                                                       |  |  |
| TOMATE NATURAL                 | 19  | 100 | ENSALADA                       | 19  | 75  | TOMATE HORNO               | 61  | 80  | RACION PAN                                            | 94  | 40  | RACION PAN                                            | 94  | 40  | RACION PAN                                           | 94  | 40  | PATATAS FRITAS GRUESAS                                | 106 | 75  |                                                                                                                                                                       |  |  |
| RACION PAN                     | 94  | 40  | RACION PAN                     | 94  | 40  | RACION PAN                 | 94  | 40  | FRUTA DE TEMPORADA                                    | 84  | 180 | FRUTA DE TEMPORADA                                    | 88  | 180 | FRUTA DE TEMPORADA                                   | 83  | 180 | RACION PAN                                            | 94  | 40  |                                                                                                                                                                       |  |  |
| FRUTA DE TEMPORADA             | 102 | 180 | FRUTA DE TEMPORADA             | 98  | 180 | FRUTA DE TEMPORADA         | 208 | 180 |                                                       |     |     |                                                       |     |     |                                                      |     |     | TARTA CRUJIENTE CHOCOLATE                             | 155 | 50  |                                                                                                                                                                       |  |  |
|                                | 682 | 670 |                                | 598 | 695 |                            | 738 | 670 |                                                       | 519 | 690 |                                                       | 610 | 690 |                                                      | 448 | 720 |                                                       | 669 | 615 |                                                                                                                                                                       |  |  |
|                                |     |     |                                |     |     |                            |     |     | Prot: 24,64g; Carb: 113,01g; Lip: 14,68g; Sal: 2,97g; |     |     | Prot: 31,49g; Carb: 69,86g; Lip: 12,65g; Sal: 4,03g;  |     |     | Prot: 25,38g; Carb: 76,00g; Lip: 22,79g; Sal: 2,24g; |     |     | Prot: 31,81g; Carb: 63,58g; Lip: 7,52g; Sal: 3,62g;   |     |     |                                                                                                                                                                       |  |  |
|                                |     |     |                                |     |     |                            |     |     | Prot: 33,38g; Carb: 83,67g; Lip: 14,24g; Sal: 3,8g;   |     |     | Prot: 24,81g; Carb: 90,78g; Lip: 20,02g; Sal: 3,51g;  |     |     | Prot: 46,11g; Carb: 93,73g; Lip: 28,87g; Sal: 4,17g; |     |     | Prot: 22,69g; Carb: 77,79g; Lip: 29,42g; Sal: 3,86g;  |     |     |                                                                                                                                                                       |  |  |
| 12                             |     |     | 13                             |     |     | 14                         |     |     | 15                                                    |     |     | 16                                                    |     |     | 17                                                   |     |     | 18                                                    |     |     |                                                                                                                                                                       |  |  |
| GARBANZOS CON VERDURAS         | 167 | 270 | ENSALADA CON ATUN              | 130 | 250 | LENTEJAS CON CHORIZO       | 205 | 270 | PATATAS REVOLCONAS                                    | 286 | 270 | ENSALADA COMPLETA                                     | 53  | 230 | MACARRONES CON TOMATE                                | 285 | 300 | CREMA DE VERDURAS AMARILLA                            | 122 | 270 |                                                                                                                                                                       |  |  |
| MERLUZA A LA TOSCANA           | 157 | 140 | HAMBURGUESA, CEBOLLA Y CHAMPIS | 566 | 290 | BUTIFARRA A LA PLANCHA     | 269 | 80  | CHOP SUEY POLLO                                       | 212 | 330 | ALBONDIGAS DE VACUNO EN SALSA                         | 287 | 250 | MUSLO DE POLLO AL HORNO                              | 277 | 145 | PAELLA DE MARISCO                                     | 332 | 250 |                                                                                                                                                                       |  |  |
| TOMATE HORNO                   | 61  | 80  | RACION PAN                     | 94  | 40  | PATATAS PANADERA           | 115 | 100 | ARROZ BLANCO HERVIDO                                  | 95  | 80  | RACION PAN                                            | 94  | 40  | PARRILLADA VERDURAS GUARNICION                       | 102 | 100 | RACION PAN                                            | 94  | 40  |                                                                                                                                                                       |  |  |
| RACION PAN                     | 94  | 40  | FRUTA DE TEMPORADA             | 98  | 180 | RACION PAN                 | 94  | 40  | RACION PAN                                            | 94  | 40  | FRUTA DE TEMPORADA                                    | 208 | 180 | RACION PAN                                           | 94  | 40  | TARTA CRUJIENTE CHOCOLATE                             | 155 | 50  |                                                                                                                                                                       |  |  |
| FRUTA DE TEMPORADA             | 102 | 180 |                                | 888 | 760 |                            | 767 | 670 |                                                       | 775 | 900 |                                                       | 642 | 700 |                                                      | 841 | 765 |                                                       | 703 | 610 |                                                                                                                                                                       |  |  |
|                                |     |     |                                |     |     |                            |     |     | Prot: 27,44g; Carb: 73,71g; Lip: 19,54g; Sal: 3g;     |     |     | Prot: 34,08g; Carb: 123,09g; Lip: 16,30g; Sal: 6,13g; |     |     | Prot: 24,81g; Carb: 90,78g; Lip: 20,02g; Sal: 3,51g; |     |     | Prot: 46,11g; Carb: 93,73g; Lip: 28,87g; Sal: 4,17g;  |     |     |                                                                                                                                                                       |  |  |
|                                |     |     |                                |     |     |                            |     |     | Prot: 39,73g; Carb: 66,58g; Lip: 51,46g; Sal: 5,75g;  |     |     | Prot: 24,81g; Carb: 90,78g; Lip: 20,02g; Sal: 3,51g;  |     |     | Prot: 46,11g; Carb: 93,73g; Lip: 28,87g; Sal: 4,17g; |     |     | Prot: 20,18g; Carb: 99,39g; Lip: 24,90g; Sal: 5,2g;   |     |     |                                                                                                                                                                       |  |  |
| 19                             |     |     | 20                             |     |     | 21                         |     |     | 22                                                    |     |     | 23                                                    |     |     | 24                                                   |     |     | 25                                                    |     |     |                                                                                                                                                                       |  |  |
| LENTEJAS CON CHORIZO           | 148 | 250 | ENSALADA COMPLETA              | 53  | 230 | ESPAGUETIS BOLONESA DE AVE | 402 | 350 | SALTEADO DE ARROZ ASIATICO                            | 271 | 250 | COCIDO MONTAÑES                                       | 193 | 250 | VERDURAS CON PATATA EN SALSA                         | 126 | 200 | CREMA DE CALABAZA                                     | 112 | 270 |                                                                                                                                                                       |  |  |
| PAVO CON VERDURAS EN SALSA     | 269 | 240 | LASAÑA BOLONESA DE TERNERA     | 238 | 200 | ESCALOPA DE CERDO          | 175 | 80  | 1U HAMBURGUESA TERNERA                                | 162 | 75  | FILETE DE SALMON ROSADO                               | 164 | 120 | MUSLO DE POLLO AL HORNO                              | 277 | 145 | FIDEUA                                                | 392 | 250 |                                                                                                                                                                       |  |  |
| RACION PAN                     | 94  | 40  | RACION PAN                     | 94  | 40  | PATATAS FRITAS CHIP        | 145 | 30  | PATATAS FRITAS                                        | 124 | 75  | PARRILLADA VERDURAS GUARNICION                        | 102 | 100 | CALABACIN A LA PLANCHA                               | 23  | 75  | RACION PAN                                            | 94  | 40  |                                                                                                                                                                       |  |  |
| FRUTA DE TEMPORADA             | 208 | 180 | FRUTA DE TEMPORADA             | 84  | 180 | RACION PAN                 | 94  | 40  | RACION PAN                                            | 94  | 40  | RACION PAN                                            | 94  | 40  | RACION PAN                                           | 94  | 40  | RACION TARTA CREMA CATALANA                           | 166 | 60  |                                                                                                                                                                       |  |  |
|                                |     |     |                                |     |     |                            |     |     |                                                       |     |     |                                                       |     |     |                                                      |     |     |                                                       |     |     |                                                                                                                                                                       |  |  |
|                                | 719 | 710 |                                | 469 | 650 |                            | 914 | 680 |                                                       | 739 | 620 |                                                       | 655 | 690 |                                                      | 603 | 640 |                                                       | 764 | 620 |                                                                                                                                                                       |  |  |
|                                |     |     |                                |     |     |                            |     |     | Prot: 38,15g; Carb: 94,56g; Lip: 20,72g; Sal: 4,77g;  |     |     | Prot: 42,13g; Carb: 65,78g; Lip: 24,83g; Sal: 2,6g;   |     |     | Prot: 40,51g; Carb: 59,68g; Lip: 22,55g; Sal: 3,18g; |     |     | Prot: 25,58g; Carb: 107,36g; Lip: 26,09g; Sal: 3,35g; |     |     |                                                                                                                                                                       |  |  |
| 26                             |     |     | 27                             |     |     | 28                         |     |     | 29                                                    |     |     | 30                                                    |     |     | 31                                                   |     |     | 01                                                    |     |     |                                                                                                                                                                       |  |  |
|                                |     |     |                                |     |     |                            |     |     |                                                       |     |     |                                                       |     |     |                                                      |     |     |                                                       |     |     |                                                                                                                                                                       |  |  |

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| 2026      Octubre                                   |     |     | COMIDA / TRITURADOS      62986 - RESIDENCIA DAVIS SOL I NATURA |     |     |                                                      |     |     |                                                      |     |     |                                                      |     |     |                                                      |     |     | apetito   ARQUÉS                                     |     |     |
|-----------------------------------------------------|-----|-----|----------------------------------------------------------------|-----|-----|------------------------------------------------------|-----|-----|------------------------------------------------------|-----|-----|------------------------------------------------------|-----|-----|------------------------------------------------------|-----|-----|------------------------------------------------------|-----|-----|
| Lunes                                               |     |     | Martes                                                         |     |     | Miércoles                                            |     |     | Jueves                                               |     |     | Viernes                                              |     |     | Sábado                                               |     |     | Domingo                                              |     |     |
| 28                                                  |     |     | 29                                                             |     |     | 30                                                   |     |     | 01                                                   |     |     | 02                                                   |     |     | 03                                                   |     |     | 04                                                   |     |     |
|                                                     |     |     |                                                                |     |     |                                                      |     |     | PURE DE MELOCOTON Y MACEDONIA                        | 58  | 100 | PURE DE MANZANA Y PLATANO                            | 66  | 100 | PURE DE MANZANA                                      | 57  | 100 | PURE DE MANZANA                                      | 57  | 100 |
|                                                     |     |     |                                                                |     |     |                                                      |     |     | ARROZ.GARBANZOS Y VERDURAS                           | 394 | 350 | RAGU VACUNO Y VEGETALES                              | 389 | 350 | PAELLA                                               | 395 | 350 | ALUBIAS CON CHORIZO                                  | 482 | 350 |
|                                                     |     |     |                                                                |     |     |                                                      |     |     | Prot: 12,20g; Carb: 48,30g; Lip: 23,55g; Sal: 1,31g; | 452 | 450 | Prot: 21,91g; Carb: 52,50g; Lip: 17,45g; Sal: 1,66g; | 455 | 450 | Prot: 20,05g; Carb: 41,65g; Lip: 22,15g; Sal: 1,31g; | 452 | 450 | Prot: 20,40g; Carb: 63,00g; Lip: 22,85g; Sal: 1,92g; | 539 | 450 |
| 05                                                  |     |     | 06                                                             |     |     | 07                                                   |     |     | 08                                                   |     |     | 09                                                   |     |     | 10                                                   |     |     | 11                                                   |     |     |
| POLLO,VERDURAS Y GARBANZOS                          | 424 | 350 | PASTA CON SALSA BOLOÑESA                                       | 475 | 350 | ABADEJO ESTILO MEDITERRANEO                          | 433 | 350 | ARROZ.GARBANZOS Y VERDURAS                           | 394 | 350 | RAGU VACUNO Y VEGETALES                              | 389 | 350 | PAELLA                                               | 395 | 350 | ALUBIAS CON CHORIZO                                  | 482 | 350 |
| PURE DE MACEDONIA                                   | 63  | 100 | PURE DE MANZANA                                                | 57  | 100 | PURE DE MANZANA                                      | 57  | 100 | PURE DE MELOCOTON Y MACEDONIA                        | 58  | 100 | PURE DE MANZANA Y PLATANO                            | 66  | 100 | PURE DE MANZANA                                      | 57  | 100 | PURE DE MANZANA                                      | 57  | 100 |
| Prot: 25,35g; Carb: 53,50g; Lip: 19,00g; Sal: 1,4g; | 487 | 450 | Prot: 22,15g; Carb: 41,30g; Lip: 30,90g; Sal: 1,75g;           | 532 | 450 | Prot: 20,75g; Carb: 52,50g; Lip: 21,80g; Sal: 1,66g; | 490 | 450 | Prot: 12,20g; Carb: 48,30g; Lip: 23,55g; Sal: 1,31g; | 452 | 450 | Prot: 21,91g; Carb: 52,50g; Lip: 17,45g; Sal: 1,66g; | 455 | 450 | Prot: 20,05g; Carb: 41,65g; Lip: 22,15g; Sal: 1,31g; | 452 | 450 | Prot: 20,40g; Carb: 63,00g; Lip: 22,85g; Sal: 1,92g; | 539 | 450 |
| 12                                                  |     |     | 13                                                             |     |     | 14                                                   |     |     | 15                                                   |     |     | 16                                                   |     |     | 17                                                   |     |     | 18                                                   |     |     |
| POLLO,VERDURAS Y GARBANZOS                          | 424 | 350 | PASTA CON SALSA BOLOÑESA                                       | 475 | 350 | ABADEJO ESTILO MEDITERRANEO                          | 433 | 350 | ARROZ.GARBANZOS Y VERDURAS                           | 394 | 350 | RAGU VACUNO Y VEGETALES                              | 389 | 350 | PAELLA                                               | 395 | 350 | ALUBIAS CON CHORIZO                                  | 482 | 350 |
| PURE DE MACEDONIA                                   | 63  | 100 | PURE DE MANZANA                                                | 57  | 100 | PURE DE MANZANA                                      | 57  | 100 | PURE DE MELOCOTON Y MACEDONIA                        | 58  | 100 | PURE DE MANZANA Y PLATANO                            | 66  | 100 | PURE DE MANZANA                                      | 57  | 100 | PURE DE MANZANA                                      | 57  | 100 |
| Prot: 25,35g; Carb: 53,50g; Lip: 19,00g; Sal: 1,4g; | 487 | 450 | Prot: 22,15g; Carb: 41,30g; Lip: 30,90g; Sal: 1,75g;           | 532 | 450 | Prot: 20,75g; Carb: 52,50g; Lip: 21,80g; Sal: 1,66g; | 490 | 450 | Prot: 12,20g; Carb: 48,30g; Lip: 23,55g; Sal: 1,31g; | 452 | 450 | Prot: 21,91g; Carb: 52,50g; Lip: 17,45g; Sal: 1,66g; | 455 | 450 | Prot: 20,05g; Carb: 41,65g; Lip: 22,15g; Sal: 1,31g; | 452 | 450 | Prot: 20,40g; Carb: 63,00g; Lip: 22,85g; Sal: 1,92g; | 539 | 450 |
| 19                                                  |     |     | 20                                                             |     |     | 21                                                   |     |     | 22                                                   |     |     | 23                                                   |     |     | 24                                                   |     |     | 25                                                   |     |     |
| POLLO,VERDURAS Y GARBANZOS                          | 424 | 350 | PASTA CON SALSA BOLOÑESA                                       | 475 | 350 | ABADEJO ESTILO MEDITERRANEO                          | 433 | 350 | ARROZ.GARBANZOS Y VERDURAS                           | 394 | 350 | RAGU VACUNO Y VEGETALES                              | 389 | 350 | PAELLA                                               | 395 | 350 | ALUBIAS CON CHORIZO                                  | 482 | 350 |
| PURE DE MACEDONIA                                   | 63  | 100 | PURE DE MANZANA                                                | 57  | 100 | PURE DE MANZANA                                      | 57  | 100 | PURE DE MELOCOTON Y MACEDONIA                        | 58  | 100 | PURE DE MANZANA Y PLATANO                            | 66  | 100 | PURE DE MANZANA                                      | 57  | 100 | PURE DE MANZANA                                      | 57  | 100 |
| Prot: 25,35g; Carb: 53,50g; Lip: 19,00g; Sal: 1,4g; | 487 | 450 | Prot: 22,15g; Carb: 41,30g; Lip: 30,90g; Sal: 1,75g;           | 532 | 450 | Prot: 20,75g; Carb: 52,50g; Lip: 21,80g; Sal: 1,66g; | 490 | 450 | Prot: 12,20g; Carb: 48,30g; Lip: 23,55g; Sal: 1,31g; | 452 | 450 | Prot: 21,91g; Carb: 52,50g; Lip: 17,45g; Sal: 1,66g; | 455 | 450 | Prot: 20,05g; Carb: 41,65g; Lip: 22,15g; Sal: 1,31g; | 452 | 450 | Prot: 20,40g; Carb: 63,00g; Lip: 22,85g; Sal: 1,92g; | 539 | 450 |
| 26                                                  |     |     | 27                                                             |     |     | 28                                                   |     |     | 29                                                   |     |     | 30                                                   |     |     | 31                                                   |     |     | 01                                                   |     |     |
|                                                     |     |     |                                                                |     |     |                                                      |     |     |                                                      |     |     |                                                      |     |     |                                                      |     |     |                                                      |     |     |

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| 2026                                                  |      |     | Octubre                                              |      |     | CENA / BASAL                                         |      |     | 62986 - RESIDENCIA DAVIS SOL I NATURA                 |      |     |                                                      |      |     |                                                       |      |     |                                                       |      |     |     |  |  |  |
|-------------------------------------------------------|------|-----|------------------------------------------------------|------|-----|------------------------------------------------------|------|-----|-------------------------------------------------------|------|-----|------------------------------------------------------|------|-----|-------------------------------------------------------|------|-----|-------------------------------------------------------|------|-----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|--|
| Lunes                                                 |      |     | Martes                                               |      |     | Miércoles                                            |      |     | Jueves                                                |      |     | Viernes                                              |      |     | Sábado                                                |      |     | Domingo                                               |      |     |                                                                                                                                                                       |  |  |  |
| 28                                                    |      |     | 29                                                   |      |     | 30                                                   |      |     | 01                                                    | Kcal | Gr  | 02                                                   | Kcal | Gr  | 03                                                    | Kcal | Gr  | 04                                                    | Kcal | Gr  |                                                                                                                                                                       |  |  |  |
|                                                       |      |     |                                                      |      |     |                                                      |      |     | SOPA DE PICADILLO                                     | 133  | 270 | SOPA DE AVE CON FIDEOS                               | 65   | 338 | COLIFLOR A LA CREMA                                   | 110  | 250 | SOPA DE PESCADO CON FIDEOS                            | 71   | 300 |                                                                                                                                                                       |  |  |  |
|                                                       |      |     |                                                      |      |     |                                                      |      |     | HAMBURGUESA DE AVE PLANCHA                            | 134  | 100 | TORTILLA FRANCESA                                    | 131  | 85  | EMPANADILLAS ATUN 4 UNIDADES                          | 545  | 200 | REBANADA PAN DE PAGES                                 | 103  | 40  |                                                                                                                                                                       |  |  |  |
|                                                       |      |     |                                                      |      |     |                                                      |      |     | CALABACIN A LA PLANCHA                                | 23   | 75  | PARRILLADA VERDURAS GUARNICION                       | 102  | 100 | PATATAS FRITAS                                        | 124  | 75  | LONCHA QUESO                                          | 70   | 23  |                                                                                                                                                                       |  |  |  |
|                                                       |      |     |                                                      |      |     |                                                      |      |     | RACION PAN                                            | 94   | 40  | RACION PAN                                           | 94   | 40  | RACION PAN                                            | 94   | 40  | PAVO LONCHAS                                          | 45   | 50  |                                                                                                                                                                       |  |  |  |
|                                                       |      |     |                                                      |      |     |                                                      |      |     | YOGUR PLÁTANO                                         | 111  | 125 | YOGUR LIMON                                          | 117  | 125 | YOGUR FRESA                                           | 111  | 125 | YOGUR NATURAL                                         | 82   | 125 |                                                                                                                                                                       |  |  |  |
|                                                       |      |     |                                                      |      |     |                                                      |      |     | Prot: 32,07g; Carb: 58,28g; Lip: 14,98g; Sal: 3,43g;  | 495  | 610 | Prot: 18,29g; Carb: 63,11g; Lip: 20,37g; Sal: 2,59g; | 509  | 688 | Prot: 27,59g; Carb: 118,75g; Lip: 44,30g; Sal: 5,15g; | 984  | 690 | Prot: 21,04g; Carb: 48,34g; Lip: 10,39g; Sal: 4,46g;  | 371  | 538 |                                                                                                                                                                       |  |  |  |
| 05                                                    | Kcal | Gr  | 06                                                   | Kcal | Gr  | 07                                                   | Kcal | Gr  | 08                                                    | Kcal | Gr  | 09                                                   | Kcal | Gr  | 10                                                    | Kcal | Gr  | 11                                                    | Kcal | Gr  |                                                                                                                                                                       |  |  |  |
| CREMA DE VERDURAS AMARILLA                            | 122  | 270 | JUDIAS VERDES CON PATATAS                            | 206  | 300 | SOPA DE PICADILLO                                    | 133  | 270 | CREMA DE CHAMPIÑONES                                  | 89   | 270 | COLIFLOR CON PATATA                                  | 187  | 300 | SOPA DE AVE CON FIDEOS                                | 65   | 338 | CREMA DE CALABACIN                                    | 78   | 270 |                                                                                                                                                                       |  |  |  |
| EMPANADILLAS ATUN 4 UNIDADES                          | 545  | 200 | FILETE DE SALMON                                     | 129  | 80  | TORTILLA FRANCESA CON JAMON                          | 90   | 75  | BAGUETE PIZZA DE SALAMI                               | 412  | 180 | PAVO CON VERDURAS EN SALSA                           | 269  | 240 | TORTILLA DE PATATAS                                   | 246  | 175 | JAMON SERRANO                                         | 97   | 60  |                                                                                                                                                                       |  |  |  |
| PATATAS PANADERA                                      | 115  | 100 | PISTO DE VERDURAS                                    | 49   | 150 | PAN CON TOMATE                                       | 271  | 90  | PATATAS FRITAS                                        | 124  | 75  | RACION PAN                                           | 94   | 40  | TOMATE HORNO                                          | 61   | 80  | QUESO EDAM 2 LONCHAS                                  | 139  | 44  |                                                                                                                                                                       |  |  |  |
| RACION PAN                                            | 94   | 40  | YOGUR NATURAL                                        | 82   | 125 | RACION PAN                                           | 94   | 40  | RACION PAN                                            | 94   | 40  | YOGUR FRESA                                          | 111  | 125 | RACION PAN                                            | 94   | 40  | PAN DE PAYES                                          | 205  | 80  |                                                                                                                                                                       |  |  |  |
| YOGUR LIMON                                           | 117  | 125 |                                                      |      |     | YOGUR NATURAL                                        | 82   | 125 | YOGUR PLÁTANO                                         | 111  | 125 |                                                      |      |     | YOGUR LIMON                                           | 117  | 125 | FLAN DE VAINILLA                                      | 129  | 110 |                                                                                                                                                                       |  |  |  |
| Prot: 24,73g; Carb: 126,84g; Lip: 42,85g; Sal: 5,63g; | 993  | 735 | Prot: 27,00g; Carb: 51,14g; Lip: 21,18g; Sal: 1,63g; | 466  | 655 | Prot: 26,80g; Carb: 81,01g; Lip: 26,73g; Sal: 6,31g; | 670  | 600 | Prot: 29,73g; Carb: 118,65g; Lip: 26,11g; Sal: 5,42g; | 830  | 690 | Prot: 35,98g; Carb: 72,21g; Lip: 25,19g; Sal: 6,12g; | 661  | 705 | Prot: 16,60g; Carb: 74,45g; Lip: 24,26g; Sal: 2,93g;  | 583  | 758 | Prot: 38,49g; Carb: 77,00g; Lip: 20,66g; Sal: 8,9g;   | 648  | 564 |                                                                                                                                                                       |  |  |  |
| 12                                                    | Kcal | Gr  | 13                                                   | Kcal | Gr  | 14                                                   | Kcal | Gr  | 15                                                    | Kcal | Gr  | 16                                                   | Kcal | Gr  | 17                                                    | Kcal | Gr  | 18                                                    | Kcal | Gr  |                                                                                                                                                                       |  |  |  |
| SOPA DE PESCADO CON LETRITAS                          | 71   | 300 | ACELGAS CON PATATAS                                  | 137  | 350 | CREMA DE VERDURAS                                    | 120  | 270 | COLIFLOR A LA CREMA                                   | 110  | 250 | CREMA DE ZANAHORIA (SIN LACTOSA)                     | 163  | 270 | JUDIAS VERDES CON PATATAS                             | 206  | 300 | SOPA DE PICADILLO                                     | 133  | 270 |                                                                                                                                                                       |  |  |  |
| BAGUETE PIZZA DE SALAMI                               | 412  | 180 | TORTILLA FRANCESA CON ATUN                           | 90   | 75  | ABADEJO ESTILO PROVENZAL                             | 364  | 200 | CROQUETAS DE JAMÓN                                    | 241  | 120 | POLLO PLANCHA CON CHERRYS                            | 241  | 250 | TORTILLA FRANCESA                                     | 131  | 85  | ESCALOPA DE CERDO                                     | 175  | 80  |                                                                                                                                                                       |  |  |  |
| PATATAS FRITAS CHIP                                   | 145  | 30  | PAN CON TOMATE                                       | 271  | 90  | PARRILLADA VERDURAS GUARNICION                       | 102  | 100 | TOMATE HORNO                                          | 19   | 100 | RACION PAN                                           | 94   | 40  | PAN CON TOMATE                                        | 271  | 90  | PATATAS PANADERA                                      | 115  | 100 |                                                                                                                                                                       |  |  |  |
| RACION PAN                                            | 94   | 40  | RACION PAN                                           | 94   | 40  | RACION PAN                                           | 94   | 40  | RACION PAN                                            | 94   | 40  | YOGUR NATURAL                                        | 82   | 125 | RACION PAN                                            | 94   | 40  | RACION PAN                                            | 94   | 40  |                                                                                                                                                                       |  |  |  |
| YOGUR NATURAL                                         | 82   | 125 | YOGUR FRESA                                          | 111  | 125 | YOGUR PLÁTANO                                        | 111  | 125 | YOGUR LIMON                                           | 117  | 125 |                                                      |      |     | YOGUR FRESA                                           | 111  | 125 | YOGUR PLÁTANO                                         | 111  | 125 |                                                                                                                                                                       |  |  |  |
| Prot: 30,71g; Carb: 113,92g; Lip: 25,17g; Sal: 4,96g; | 804  | 675 | Prot: 25,27g; Carb: 91,58g; Lip: 26,30g; Sal: 6,63g; | 703  | 680 | Prot: 34,66g; Carb: 73,59g; Lip: 39,94g; Sal: 4g;    | 791  | 735 | Prot: 18,13g; Carb: 86,13g; Lip: 18,23g; Sal: 4,14g;  | 581  | 635 | Prot: 43,75g; Carb: 60,18g; Lip: 18,34g; Sal: 3,36g; | 580  | 685 | Prot: 25,50g; Carb: 107,73g; Lip: 31,25g; Sal: 6,32g; | 813  | 640 | Prot: 33,07g; Carb: 77,43g; Lip: 21,50g; Sal: 3,56g;  | 628  | 615 |                                                                                                                                                                       |  |  |  |
| 19                                                    | Kcal | Gr  | 20                                                   | Kcal | Gr  | 21                                                   | Kcal | Gr  | 22                                                    | Kcal | Gr  | 23                                                   | Kcal | Gr  | 24                                                    | Kcal | Gr  | 25                                                    | Kcal | Gr  |                                                                                                                                                                       |  |  |  |
| CREMA DE CHAMPIÑONES                                  | 89   | 270 | CREMA DE PUERRO                                      | 71   | 270 | SOPA DE PESCADO CON FIDEOS                           | 71   | 300 | CREMA DE CALABAZA                                     | 112  | 270 | SOPA DE PICADILLO                                    | 133  | 270 | BROCOLI CON PATATA                                    | 164  | 300 | SOPA DE AVE CON FIDEOS                                | 65   | 338 |                                                                                                                                                                       |  |  |  |
| GOZAS DE POLLO                                        | 114  | 80  | HAMBURGUESA DE AVE PLANCHA                           | 134  | 100 | TORTILLA FRANCESA CON JAMON                          | 90   | 75  | FINGERS DE MOZZARELLA                                 | 333  | 120 | TORTILLA CALABACÍN Y PATATA                          | 257  | 200 | ABADEJO RELLENO MOSTAZA Y MIEL                        | 196  | 100 | BAGUETE PIZZA DE SALAMI                               | 412  | 180 |                                                                                                                                                                       |  |  |  |
| PARRILLADA VERDURAS GUARNICION                        | 102  | 100 | DADOS DE BONIATO AL VAPOR                            | 64   | 100 | CHAMPIÑONES                                          | 12   | 85  | CALABACIN A LA PLANCHA                                | 23   | 75  | TOMATE HORNO                                         | 61   | 80  | TIRAS DE PIMIENTO MORRÓN                              | 18   | 75  | PATATAS FRITAS CHIP                                   | 145  | 30  |                                                                                                                                                                       |  |  |  |
| RACION PAN                                            | 94   | 40  | RACION PAN                                           | 94   | 40  | RACION PAN                                           | 94   | 40  | RACION PAN                                            | 94   | 40  | RACION PAN                                           | 94   | 40  | RACION PAN                                            | 94   | 40  | RACION PAN                                            | 94   | 40  |                                                                                                                                                                       |  |  |  |
| YOGUR FRESA                                           | 111  | 125 | YOGUR PLÁTANO                                        | 111  | 125 | YOGUR NATURAL                                        | 82   | 125 | YOGUR PLÁTANO                                         | 111  | 125 | YOGUR LIMON                                          | 117  | 125 | YOGUR FRESA                                           | 111  | 125 | YOGUR NATURAL                                         | 82   | 125 |                                                                                                                                                                       |  |  |  |
| Prot: 17,61g; Carb: 70,90g; Lip: 17,21g; Sal: 3,34g;  | 510  | 615 | Prot: 24,58g; Carb: 62,65g; Lip: 13,99g; Sal: 2,88g; | 474  | 635 | Prot: 16,79g; Carb: 42,32g; Lip: 12,60g; Sal: 2,11g; | 349  | 625 | Prot: 26,14g; Carb: 81,63g; Lip: 27,04g; Sal: 3,45g;  | 673  | 630 | Prot: 26,23g; Carb: 82,42g; Lip: 25,26g; Sal: 4,64g; | 662  | 715 | Prot: 24,54g; Carb: 84,20g; Lip: 16,55g; Sal: 3,13g;  | 583  | 640 | Prot: 30,42g; Carb: 112,46g; Lip: 25,22g; Sal: 4,91g; | 798  | 713 |                                                                                                                                                                       |  |  |  |
| 26                                                    |      |     | 27                                                   |      |     | 28                                                   |      |     | 29                                                    |      |     | 30                                                   |      |     | 31                                                    |      |     | 01                                                    |      |     |                                                                                                                                                                       |  |  |  |
|                                                       |      |     |                                                      |      |     |                                                      |      |     |                                                       |      |     |                                                      |      |     |                                                       |      |     |                                                       |      |     |                                                                                                                                                                       |  |  |  |

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| 2026      Octubre                                    |      |     | CENA / TRITURADOS      62986 - RESIDENCIA DAVIS SOL I NATURA |      |     |                                                      |      |     |                                                      |      |     |                                                      |      |     |                                                      |      |     | apetito   ARQUÉS                                      |      |     |
|------------------------------------------------------|------|-----|--------------------------------------------------------------|------|-----|------------------------------------------------------|------|-----|------------------------------------------------------|------|-----|------------------------------------------------------|------|-----|------------------------------------------------------|------|-----|-------------------------------------------------------|------|-----|
| Lunes                                                |      |     | Martes                                                       |      |     | Miércoles                                            |      |     | Jueves                                               |      |     | Viernes                                              |      |     | Sábado                                               |      |     | Domingo                                               |      |     |
| 28                                                   |      |     | 29                                                           |      |     | 30                                                   |      |     | 01                                                   | Kcal | Gr  | 02                                                   | Kcal | Gr  | 03                                                   | Kcal | Gr  | 04                                                    | Kcal | Gr  |
|                                                      |      |     |                                                              |      |     |                                                      |      |     | CREMA DE CHOCOLATE                                   | 170  | 125 | YOGUR NATURAL                                        | 82   | 125 | YOGUR FRESA                                          | 111  | 125 | YOGUR PLÁTANO                                         | 111  | 125 |
|                                                      |      |     |                                                              |      |     |                                                      |      |     | ABADEJO ESPINACAS Y GARBANZOS                        | 430  | 350 | TORTILLA DE PATATA                                   | 420  | 350 | ABADEJO ARROZ Y ZANAHORIA                            | 451  | 350 | ESTOFADO DE CERDO Y VERDURAS                          | 398  | 350 |
|                                                      |      |     |                                                              |      |     |                                                      |      |     |                                                      |      |     |                                                      |      |     |                                                      |      |     | CERDO CON ARROZ Y ZANAHORIA                           | 442  | 350 |
|                                                      |      |     |                                                              |      |     |                                                      |      |     |                                                      |      |     |                                                      |      |     |                                                      |      |     | CREMA DE CHOCOLATE                                    | 170  | 125 |
|                                                      |      |     |                                                              |      |     |                                                      |      |     | Prot: 24,43g; Carb: 68,25g; Lip: 24,98g; Sal: 1,61g; | 600  | 475 |                                                      | 502  | 475 |                                                      | 562  | 475 | Prot: 50,41g; Carb: 117,75g; Lip: 49,86g; Sal: 3,33g; | 1121 | 950 |
| 05                                                   | Kcal | Gr  | 06                                                           | Kcal | Gr  | 07                                                   | Kcal | Gr  | 08                                                   | Kcal | Gr  | 09                                                   | Kcal | Gr  | 10                                                   | Kcal | Gr  | 11                                                    | Kcal | Gr  |
| HUEVO Y VERDURAS                                     | 419  | 350 | PAVO ZANAHORIA Y PATATA                                      | 438  | 350 | POLLO,VEGETALES Y PASTA                              | 401  | 350 | ABADEJO ESPINACAS Y GARBANZOS                        | 430  | 350 | TORTILLA DE PATATA                                   | 420  | 350 | ABADEJO ARROZ Y ZANAHORIA                            | 451  | 350 | ESTOFADO DE CERDO Y VERDURAS                          | 398  | 350 |
| YOGUR NATURAL                                        | 82   | 125 | YOGUR FRESA                                                  | 111  | 125 | YOGUR LIMON                                          | 117  | 125 | YOGUR PLÁTANO                                        | 111  | 125 | YOGUR NATURAL                                        | 82   | 125 | YOGUR FRESA                                          | 111  | 125 | CREMA DE CHOCOLATE                                    | 170  | 125 |
|                                                      | 501  | 475 |                                                              | 549  | 475 |                                                      | 518  | 475 |                                                      | 541  | 475 |                                                      | 502  | 475 |                                                      | 562  | 475 |                                                       | 568  | 475 |
| Prot: 24,00g; Carb: 35,90g; Lip: 29,28g; Sal: 1,72g; |      |     | Prot: 25,63g; Carb: 53,00g; Lip: 26,28g; Sal: 1,98g;         |      |     | Prot: 29,45g; Carb: 51,65g; Lip: 20,95g; Sal: 1,27g; |      |     | Prot: 24,93g; Carb: 56,50g; Lip: 23,48g; Sal: 1,63g; |      |     | Prot: 24,70g; Carb: 39,75g; Lip: 27,18g; Sal: 1,81g; |      |     | Prot: 25,28g; Carb: 49,50g; Lip: 28,73g; Sal: 1,63g; |      |     | Prot: 24,08g; Carb: 64,75g; Lip: 23,58g; Sal: 1,52g;  |      |     |
| 12                                                   | Kcal | Gr  | 13                                                           | Kcal | Gr  | 14                                                   | Kcal | Gr  | 15                                                   | Kcal | Gr  | 16                                                   | Kcal | Gr  | 17                                                   | Kcal | Gr  | 18                                                    | Kcal | Gr  |
| HUEVO Y VERDURAS                                     | 419  | 350 | PAVO ZANAHORIA Y PATATA                                      | 438  | 350 | POLLO,VEGETALES Y PASTA                              | 401  | 350 | ABADEJO ESPINACAS Y GARBANZOS                        | 430  | 350 | TORTILLA DE PATATA                                   | 420  | 350 | ABADEJO ARROZ Y ZANAHORIA                            | 451  | 350 | ESTOFADO DE CERDO Y VERDURAS                          | 398  | 350 |
| YOGUR NATURAL                                        | 82   | 125 | YOGUR FRESA                                                  | 111  | 125 | YOGUR LIMON                                          | 117  | 125 | YOGUR PLÁTANO                                        | 111  | 125 | YOGUR NATURAL                                        | 82   | 125 | YOGUR FRESA                                          | 111  | 125 | CREMA DE CHOCOLATE                                    | 170  | 125 |
|                                                      | 501  | 475 |                                                              | 549  | 475 |                                                      | 518  | 475 |                                                      | 541  | 475 |                                                      | 502  | 475 |                                                      | 562  | 475 |                                                       | 568  | 475 |
| Prot: 24,00g; Carb: 35,90g; Lip: 29,28g; Sal: 1,72g; |      |     | Prot: 25,63g; Carb: 53,00g; Lip: 26,28g; Sal: 1,98g;         |      |     | Prot: 29,45g; Carb: 51,65g; Lip: 20,95g; Sal: 1,27g; |      |     | Prot: 24,93g; Carb: 56,50g; Lip: 23,48g; Sal: 1,63g; |      |     | Prot: 24,70g; Carb: 39,75g; Lip: 27,18g; Sal: 1,81g; |      |     | Prot: 25,28g; Carb: 49,50g; Lip: 28,73g; Sal: 1,63g; |      |     | Prot: 24,08g; Carb: 64,75g; Lip: 23,58g; Sal: 1,52g;  |      |     |
| 19                                                   | Kcal | Gr  | 20                                                           | Kcal | Gr  | 21                                                   | Kcal | Gr  | 22                                                   | Kcal | Gr  | 23                                                   | Kcal | Gr  | 24                                                   | Kcal | Gr  | 25                                                    | Kcal | Gr  |
| HUEVO Y VERDURAS                                     | 419  | 350 | PAVO ZANAHORIA Y PATATA                                      | 438  | 350 | POLLO,VEGETALES Y PASTA                              | 401  | 350 | ABADEJO ESPINACAS Y GARBANZOS                        | 430  | 350 | TORTILLA DE PATATA                                   | 420  | 350 | ABADEJO ARROZ Y ZANAHORIA                            | 451  | 350 | CERDO CON ARROZ Y ZANAHORIA                           | 442  | 350 |
| YOGUR NATURAL                                        | 82   | 125 | YOGUR FRESA                                                  | 111  | 125 | YOGUR LIMON                                          | 117  | 125 | YOGUR PLÁTANO                                        | 111  | 125 | YOGUR NATURAL                                        | 82   | 125 | YOGUR FRESA                                          | 111  | 125 | CREMA DE CHOCOLATE                                    | 170  | 125 |
|                                                      | 501  | 475 |                                                              | 549  | 475 |                                                      | 518  | 475 |                                                      | 541  | 475 |                                                      | 502  | 475 |                                                      | 562  | 475 |                                                       | 612  | 475 |
| Prot: 24,00g; Carb: 35,90g; Lip: 29,28g; Sal: 1,72g; |      |     | Prot: 25,63g; Carb: 53,00g; Lip: 26,28g; Sal: 1,98g;         |      |     | Prot: 29,45g; Carb: 51,65g; Lip: 20,95g; Sal: 1,27g; |      |     | Prot: 24,93g; Carb: 56,50g; Lip: 23,48g; Sal: 1,63g; |      |     | Prot: 24,70g; Carb: 39,75g; Lip: 27,18g; Sal: 1,81g; |      |     | Prot: 25,28g; Carb: 49,50g; Lip: 28,73g; Sal: 1,63g; |      |     | Prot: 25,83g; Carb: 64,75g; Lip: 27,78g; Sal: 1,78g;  |      |     |
| 26                                                   |      |     | 27                                                           |      |     | 28                                                   |      |     | 29                                                   |      |     | 30                                                   |      |     | 31                                                   |      |     | 01                                                    |      |     |
|                                                      |      |     |                                                              |      |     |                                                      |      |     |                                                      |      |     |                                                      |      |     |                                                      |      |     |                                                       |      |     |

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