

menú

Marzo 2026



MENÚ SIN GLUTEN

COMEDOR SALUDABLE



| LUNES 2 MONDAY | MARTES 3 TUESDAY | MIÉRCOLES 4 WEDNESDAY | JUEVES 5 THURSDAY | VIERNES 6 FRIDAY |
|---|---|--|--|--|
| LENTEJAS A LA CASERA CON VERDURAS Home-style lentil stew with vegetables | ARROZ INTEGRAL CON SALSAS DE TOMATE Brown rice with tomato sauce | CREMA DE PUERRO, PATATA Y ZANAHORIA Cream of leek, potato and carrot soup | MACARRONES CON SALSAS DE TOMATE Macaroni with tomato sauce | ALUBIAS BLANCAS ESTOFADAS CON VERDURAS Stewed white beans with vegetables |
| SAJONIA A LA PLANCHA CON PATATAS FRITAS Grilled smoked pork chop with fried potatoes | SALMÓN AL HORNO CON SALSAS DE NARANJA Y GUISANTES Baked salmon with orange sauce and peas | ESCALOPE DE POLLO CON ENSALADA DE LECHUGA Y ZANAHORIA Chicken schnitzel with lettuce and carrot salad | MERLUZA AL HORNO CON ENSALADA DE TOMATE Y CEBOLLA Baked hake with tomato and onion salad | TORTILLA DE ESPINACAS CON ENSALADA DE LECHUGA Y MAÍZ Spinach omelette with lettuce and corn salad |
| YOGUR, PAN Yoghurt, bread | FRUTA, PAN Fruit, bread | FRUTA, PAN Fruit, bread | FRUTA, PAN Fruit, bread | FRUTA, LECHE, PAN Fruit, milk, bread |
| LUNES 9 MONDAY | MARTES 10 TUESDAY | MIÉRCOLES 11 WEDNESDAY | JUEVES 12 THURSDAY | VIERNES 13 FRIDAY |
| JUDÍAS VERDES REHOGADAS Sautéed green beans | FIDEUÁ MARINERA Seafood fideuá (noodle paella) | SOPA DE COCIDO Traditional stew broth with noodles | CREMA DE HORTALIZAS ECOLÓGICAS Cream of organic vegetable soup | PAELLA DE VERDURAS Vegetable Paella |
| ALBÓNDIGAS EN SALSAS CON PATATAS Meatballs in sauce with potatoes | TORTILLA DE PAVO CON ENSALADA DE TOMATE Y CEBOLLA Turkey omelette with tomato and onion salad | COCIDO COMPLETO (GARBANZOS, MORCILLO, CHORIZO, PATATA, ZANAHORIA) Madriño stew (chickpeas, beef shank, chorizo, potato, carrot) | POLLO ASADO CON PATATAS PANADERA Roast chicken with sliced baked potatoes | VENTRESCA DE MERLUZA CON ENSALADA DE LECHUGA Y MAÍZ Hake fillets with lettuce and corn salad |
| YOGUR, PAN Yoghurt, bread | FRUTA, PAN Fruit, bread | FRUTA, PAN Fruit, bread | FRUTA, PAN Fruit, bread | FRUTA, LECHE, PAN Fruit, milk, bread |
| LUNES 16 MONDAY | MARTES 17 TUESDAY | MIÉRCOLES 18 WEDNESDAY | JUEVES 19 THURSDAY | VIERNES 20 FRIDAY |
| ESPAQUETIS CON SALSAS DE TOMATE Spaguetti with tomato sauce | ALUBIAS PINTAS ESTOFADAS CON VERDURAS Stewed pinto beans with vegetables | ARROZ INTEGRAL MEDITERRÁNEO Mediterranean-style brown rice | CREMA DE CALABACÍN Cream of zucchini soup | LENTEJAS ECOLÓGICAS GUIADAS CON VERDURAS Organic stewed lentils with vegetables |
| FILETE DE POLLO A LA PLANCHA CON ENSALADA DE TOMATE Y MAÍZ Grilled chicken fillet with tomato and corn salad | SALMÓN AL HORNO CON ENSALADA DE LECHUGA Y ZANAHORIA Baked salmon with lettuce and carrot salad | HAMBURGUESA DE TERNERA A LA PLANCHA CON PATATAS FRITAS Grilled beef burger with fried potatoes | FILETE DE MERLUZA REBOZADO CON ENSALADA DE LECHUGA Y CEBOLLA Egg-battered hake fillet with lettuce and onion salad | TORTILLA DE ATÚN CON ENSALADA DE LECHUGA Y TOMATE Tuna omelette with lettuce and tomato salad |
| YOGUR, PAN Yoghurt, bread | FRUTA, PAN Fruit, bread | FRUTA, PAN Fruit, bread | FRUTA, PAN Fruit, bread | FRUTA, LECHE, PAN Fruit, milk, bread |
| LUNES 23 MONDAY | MARTES 24 TUESDAY | MIÉRCOLES 25 WEDNESDAY | JUEVES 26 THURSDAY | <p>Feliz Semana Santa !!</p> |
| ARROZ CON SALCHICHAS Y SALSAS DE TOMATE Rice with sausages and tomato sauce | CREMA DE VERDURAS ECOLÓGICAS Cream of organic vegetable soup | MACARRONES CON SALSAS DE TOMATE Macaroni with tomato sauce | SOPA DE COCIDO Traditional stew broth with noodles | |
| CINTA DE LOMO A LA PLANCHA CON ENSALADA DE LECHUGA Y MAÍZ Grilled pork loin steaks with lettuce and corn salad | POLLO ASADO CON PATATAS PANADERA Roast chicken with sliced baked potatoes | TORTILLA DE QUESO CON ENSALADA DE LECHUGA Y ZANAHORIA Cheese omelette with lettuce and carrot salad | COCIDO COMPLETO (GARBANZOS, MORCILLO, CHORIZO, PATATA, ZANAHORIA) Madriño stew (chickpeas, beef shank, chorizo, potato, carrot) | |
| YOGUR, PAN Yoghurt, bread | FRUTA, PAN Fruit, bread | FRUTA, PAN Fruit, bread | FRUTA, PAN Fruit, bread | |

| COMIDA | 2 | 3 | 4 | 5 | 6 | 9 | 10 | 11 | 12 | 13 | 16 | 17 | 18 | 19 | 20 | 23 | 24 | 25 | 26 |
|--------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| KCAL | 702 | 738 | 595 | 601 | 733 | 576 | 628 | 662 | 629 | 691 | 587 | 646 | 659 | 696 | 787 | 683 | 616 | 657 | 662 |
| PROT | 33 | 29 | 31 | 21 | 30 | 29 | 22 | 28 | 25 | 24 | 32 | 31 | 21 | 23 | 31 | 29 | 22 | 22 | 28 |
| GRS | 36 | 25 | 25 | 19 | 35 | 31 | 23 | 15 | 33 | 26 | 20 | 18 | 28 | 39 | 36 | 33 | 25 | 26 | 15 |
| HC | 55 | 91 | 57 | 83 | 66 | 42 | 79 | 97 | 74 | 87 | 67 | 79 | 76 | 58 | 76 | 65 | 71 | 78 | 97 |

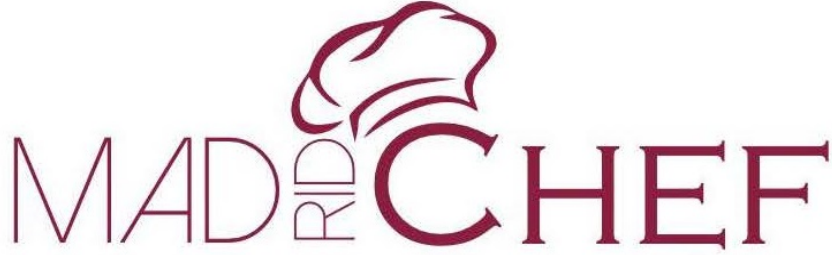


PAN INTEGRAL dos veces a la semana



CENAS

COLEGIO MADRIGAL



| <i>SI HEMOS COMIDO</i> | <i>PODEMOS CENAR</i> |
|-----------------------------------|---------------------------------------|
| Cereales, féculas o legumbres ... | Hortalizas crudas o legumbres cocidas |
| Verduras | Cereales o féculas |
| Carne | Pescado o huevo |
| Pescado | Carne magra o huevo |
| Huevo | Pescado o carne magra |
| Fruta | Lácteos o fruta |
| Lácteos | Fruta |

| <i>IF WE HAVE EATEN</i> | <i>WE CAN HAVE DINNER ..</i> |
|------------------------------------|----------------------------------|
| Cereals, starches or legumes | Raw vegetables or cooked legumes |
| Vegetables | Cereals or starches |
| Meat | Fish or egg |
| Fish | Lean meat or egg |
| Egg | Fish or lean meat |
| Fruit | Dairy or fruit |
| Dairy | Fruta |



**COMEDOR
SALUDABLE**

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