

menú

Febrero 2026



MENÚ BASAL

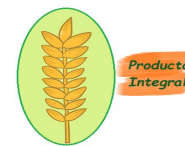
MADRIGAL

COMEDOR
SALUDABLE



LUNES 2 MONDAY	MARTES 3 TUESDAY	MIÉRCOLES 4 WEDNESDAY	JUEVES 5 THURSDAY	VIERNES 6 FRIDAY
ESPAGUETIS CON SALSA DE TOMATE Spaguettis with tomato sauce FILETE DE POLLO A LA PLANCHA CON ENSALADA DE TOMATE Y MAÍZ Grilled chicken fillet with tomato and corn salad YOGUR, PAN INTEGRAL Yogurt, wholemeal bread	ALUBIAS PINTAS ESTOFADAS CON VERDURAS Stewed red beans with vegetables SALMÓN AL HORNO CON ENSALADA DE LECHUGA Y ZANAHORIA Baked salmon with lettuce and carrot salad FRUTA, PAN Fruit, bread	ARROZ INTEGRAL CON SALSA DE TOMATE Wholemeal rice with tomato sauce HAMBURGUESA DE TERNERA A LA PLANCHA CON PATATAS FRITAS Grilled beef burger with fried potatoes FRUTA, PAN INTEGRAL Fruit, wholemeal bread	CREMA DE CALABACÍN Zucchini cream FILETE DE MERLUZA REBOZADO CON ENSALADA DE LECHUGA Y CEBOLLA Breaded hake fillet with lettuce and onion salad FRUTA, PAN Fruit, bread	LENTEJAS ECOLÓGICAS GUIADAS CON VERDURAS Organic stewed lentils with vegetables TORTILLA DE YORK CON ENSALADA DE LECHUGA Y TOMATE York omelette with lettuce and tomato salad FRUTA, LECHE, PAN Fruit, milk, bread
LUNES 9 MONDAY	MARTES 10 TUESDAY	MIÉRCOLES 11 WEDNESDAY	JUEVES 12 THURSDAY	VIERNES 13 FRIDAY
ARROZ CON SALCHICHAS Y SALSA DE TOMATE Rice with sausages and tomato sauce CINTA DE LOMO A LA PLANCHA CON ENSALADA DE LECHUGA Y MAÍZ Grilled loin with with lettuce and corn salad YOGUR, PAN INTEGRAL Yogurt, wholemeal bread	CREMA DE VERDURAS ECOLÓGICAS Organic vegetable cream POLLO ASADO CON PATATAS PANADERA Roasted chicken with baked potatoes FRUTA, PAN Fruit, bread	SOPA DE COCIDO Soup cooked with noodles COCIDO COMPLETO (GARBANZOS, MORCILLO, CHORIZO, PATATA, ZANAHORIA) Complete stew chickpeas, meat, chorizo, potato, carrot FRUTA, PAN INTEGRAL Fruit, wholemeal bread	MACARRONES INTEGRALES CON SALSA DE TOMATE Wholemeal macaroni with tomato sauce TORTILLA DE QUESO CON ENSALADA DE LECHUGA Y ZANAHORIA Cheese omelette with lettuce and carrot salad FRUTA, PAN Fruit, bread	PATATAS A LA MARINERA Seafood potatoes HAMBURGUESA DE ATÚN CON ENSALADA DE TOMATE Y CEBOLLA Tuna burger with tomato and onion salad FRUTA, LECHE, PAN Fruit, milk, bread
LUNES 16 MONDAY	MARTES 17 TUESDAY	MIÉRCOLES 18 WEDNESDAY	JUEVES 19 THURSDAY	VIERNES 20 FRIDAY
LENTEJAS A LA CASERA CON VERDURAS Homemade lentils with vegetables SAJONIA A LA PLANCHA CON PATATAS FRITAS Grilled saxony with fried potatoes YOGUR, PAN INTEGRAL Yogurt, wholemeal bread	PURÉ DE PUERRO, PATATA Y ZANAHORIA Leek, potato and carrot puree SALMÓN AL HORNO CON SALSA DE NARANJA Y GUISANTES Baked salmon with orange sauce and peas FRUTA, PAN Fruit, bread	ARROZ INTEGRAL CON SALSA DE TOMATE Wholemeal rice with tomato sauce ESCALOPE DE POLLO CON ENSALADA DE LECHUGA Y ZANAHORIA Chicken schnitzel with lettuce and carrot salad FRUTA, PAN INTEGRAL Fruit, wholemeal bread	CODITOS CON SALSA DE TOMATE Pasta with tomato sauce MERLUZA AL HORNO CON ENSALADA DE TOMATE Y CEBOLLA Baked hake with tomato and onion salad FRUTA, PAN Fruit, bread	ALUBIAS BLANCAS ESTOFADAS CON VERDURAS Stewed white beans with vegetables TORTILLA DE ESPINACAS CON ENSALADA DE LECHUGA Y MAÍZ Spinach omelette with lettuce and corn salad FRUTA, LECHE, PAN Fruit, milk, bread
LUNES 23 MONDAY	MARTES 24 TUESDAY	MIÉRCOLES 25 WEDNESDAY	JUEVES 26 THURSDAY	VIERNES 27 FRIDAY
JUDÍAS VERDES REHOGADAS CON SALSA DE TOMATE Sauteed green beans with tomato sauce ALBÓNDIGAS EN SALSA CON PATATAS Meat balls in sauce with potatoes YOGUR, PAN INTEGRAL Yogurt, wholemeal bread	FIDEUÀ MARINERA Seafood fideua TORTILLA DE PAVO CON ENSALADA DE TOMATE Y CEBOLLA Turkey omelette with tomato and onion salad FRUTA, PAN Fruit, bread	SOPA DE COCIDO Soup cooked with noodles COCIDO COMPLETO (GARBANZOS, MORCILLO, CHORIZO, PATATA, ZANAHORIA) Complete stew chickpeas, meat, chorizo, potato, carrot FRUTA, PAN INTEGRAL Fruit, wholemeal bread	CREMA DE HORTALIZAS ECOLÓGICAS Organic vegetable cream POLLO ASADO CON PATATAS PANADERA Roasted chicken with baked potatoes FRUTA, PAN Fruit, bread	PAELLA DE VERDURAS Vegetable rice VENTRESCA DE MERLUZA CON ENSALADA DE LECHUGA Y MAÍZ Hake belly with lettuce and corn salad FRUTA, LECHE, PAN Fruit, milk, bread

COMIDA	2	3	4	5	6	9	10	11	12	13	16	17	18	19	20	23	24	25	26	27
KCAL	665	614	628	628	795	677	657	650	669	762	690	690	738	657	686	605	697	662	657	700
PROT	32	29	27	25	32	29	24	27	22	26	33	30	20	22	27	26	23	28	25	23
GRS	20	23	24	30	36	33	24	15	26	35	37	23	32	24	27	28	28	15	24	25
HC	67	63	73	66	77	69	80	93	82	81	51	82	88	84	72	55	82	97	78	91



CENAS



SI HEMOS COMIDO *PODEMOS CENAR*

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



IF WE HAVE EATEN *WE CAN HAVE DINNER* ..

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



COLEGIO MADRIGAL

MAD  R **CHEF**

COMEDOR
SALUDABLE



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