

Happy New Year



menú

Enero 2026



COMEDOR
SALUDABLE

MENÚ BASAL MADRIGAL



LUNES 12 MONDAY		MARTES 13 TUESDAY		MIÉRCOLES 14 WEDNESDAY		JUEVES 8 THURSDAY		VIERNES 9 FRIDAY	
ARROZ CINCO DELICIAS Five-delight rice		MACARRONES INTEGRALES CON Salsa DE TOMATE Wholemeal macaroni with tomato sauce		SOPA DE COCIDO Soup cooked with noodles		ESPAGUETIS CON CHORIZO Y Salsa DE TOMATE Spaguettis with chorizo and tomato sauce		ALUBIAS BLANCAS ESTOFADAS CON VERDURAS Stewed white beans with vegetables	
CINTA DE LOMO A LA PLANCHA CON ENSALADA DE LECHUGA Y MAÍZ Grilled loin with lettuce and corn salad		TORTILLA DE ATÚN CON ENSALADA DE LECHUGA Y ZANAHORIA Tuna omelette with lettuce and carrot salad		COCIDO COMPLETO (GARBANZOS, MORCILLO, CHORIZO, PATATA, ZANAHORIA) Complete stew (chickpeas, meat, chorizo, potato, carrot)		CROQUETAS DE JAMÓN CON ENSALADA DE LECHUGA Y CEBOLLA Ham croquettes with lettuce and onion salad		MERLUZA AL HORNO CON PIMIENTOS ASADOS Baked hake with roasted peppers	
YOGUR, PAN INTEGRAL Yogurt, wholemeal bread		FRUTA, PAN Fruit, bread		FRUTA, PAN INTEGRAL Fruit, wholemeal bread		FRUTA, PAN Fruit, bread		FRUTA, LECHE, PAN Fruit, milk, bread	
LUNES 19 MONDAY		MARTES 20 TUESDAY		MIÉRCOLES 21 WEDNESDAY		JUEVES 15 THURSDAY		VIERNES 16 FRIDAY	
LENTEJAS ECOLÓGICAS GUIADAS CON VERDURAS Ecological stewed lentils with vegetables		ESPAGUETIS CON ATÚN Y TOMATE Spaguettis with tuna and tomato		ARROZ INTEGRAL CON Salsa DE TOMATE Wholemeal rice with tomato sauce		CREMA DE VERDURAS ECOLÓGICAS Ecological vegetable cream		JUDÍAS VERDES REHOGADAS CON PAVO Sautéed green beans with turkey	
TORTILLA DE PATATA CON ENSALADA DE LECHUGA Y TOMATE Potato omelette with lettuce and tomato salad		SALMÓN AL HORNO CON ENSALADA DE LECHUGA Y MAÍZ Grilled salmon with lettuce and corn salad		HAMBURGUESA DE TERNERA A LA PLANCHA CON ENSALADA DE LECHUGA Y ZANAHORIA Grilled beef burger with lettuce and carrot salad		POLLO ASADO CON PATATAS PANADERA Roasted chicken with baked potatoes		MERLUZA REBOZADA CON ENSALADA DE TOMATE Y CEBOLLA Breaded hake with tomato and onion salad	
YOGUR, PAN INTEGRAL Yogurt, wholemeal bread		FRUTA, PAN Fruit, bread		FRUTA, PAN INTEGRAL Fruit, wholemeal bread		FRUTA, PAN Fruit, bread		FRUTA, LECHE, PAN Fruit, milk, bread	
LUNES 26 MONDAY		MARTES 27 TUESDAY		MIÉRCOLES 28 WEDNESDAY		JUEVES 22 THURSDAY		VIERNES 23 FRIDAY	
CREMA DE VERDURAS ECOLÓGICAS Ecological vegetable cream		PASTA INTEGRAL CON Salsa DE TOMATE Wholemeal pasta with tomato sauce		SOPA DE COCIDO Soup cooked with noodles		CREMA DE CALABACÍN Zucchini cream		ALUBIAS PINTAS ESTOFADAS CON VERDURAS Stewed red beans with vegetables	
ALBÓNDIGAS EN Salsa CON PATATAS Meat balls in sauce with potatoes		VENTRESCA DE MERLUZA CON VERDURAS ASADAS Hake belly with roasted vegetables		COCIDO COMPLETO (GARBANZOS, MORCILLO, CHORIZO, PATATA, ZANAHORIA) Complete stew (chickpeas, meat, chorizo, potato, carrot)		FILETE DE MERLUZA EN Salsa VERDE CON ENSALADA DE LECHUGA Y CEBOLLA Hake fillet in green sauce with lettuce and onion salad		ESCALOPE DE POLLO CON PATATAS FRITAS Chicken schnitzel with fried potatoes	
YOGUR, PAN INTEGRAL Yogurt, wholemeal bread		FRUTA, PAN Fruit, bread		FRUTA, PAN INTEGRAL Fruit, wholemeal bread		FRUTA, PAN Fruit, bread		FRUTA, LECHE, PAN Fruit, milk, bread	
LUNES 26 MONDAY		MARTES 27 TUESDAY		MIÉRCOLES 28 WEDNESDAY		JUEVES 29 THURSDAY		VIERNES 30 FRIDAY	
CREMA DE VERDURAS ECOLÓGICAS Ecological vegetable cream		PASTA INTEGRAL CON Salsa DE TOMATE Wholemeal pasta with tomato sauce		SOPA DE COCIDO Soup cooked with noodles		PAELLA MARINERA Seafood rice		PATATAS A LA RIOJANA Stewed potatoes with chorizo	
ALBÓNDIGAS EN Salsa CON PATATAS Meat balls in sauce with potatoes		VENTRESCA DE MERLUZA CON VERDURAS ASADAS Hake belly with roasted vegetables		COCIDO COMPLETO (GARBANZOS, MORCILLO, CHORIZO, PATATA, ZANAHORIA) Complete stew (chickpeas, meat, chorizo, potato, carrot)		TORTILLA DE PAVO CON ENSALADA DE TOMATE Y CEBOLLA Turkey omelette with tomato and onion salad		SAJONIA A LA PLANCHA CON ENSALADA DE LECHUGA Y MAÍZ Grilled saxony with lettuce and corn salad	
YOGUR, PAN INTEGRAL Yogurt, wholemeal bread		FRUTA, PAN Fruit, bread		FRUTA, PAN INTEGRAL Fruit, wholemeal bread		FRUTA, PAN Fruit, bread		FRUTA, LECHE, PAN Fruit, milk, bread	

COMIDA	8	9	12	13	14	15	16	19	20	21	22	23	26	27	28	29	30
KCAL	746	730	635	599	572	657	671	636	634	639	610	844	554	659	572	612	780
PROT	25	29	27	21	25	24	27	25	26	23	40	33	28	24	25	18	27
GRS	26	33	28	19	15	24	33	28	20	22	27	36	23	19	15	23	41
HC	98	71	65	83	78	80	62	64	82	83	48	87	55	91	78	79	72



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**

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