

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

01

02

03

04

07

08

09

10

11

14

15

16

17

18

21

22

23

24

25

28

29

30

Kcal 596 P. 19  
Lip. 17 H.C. 85

- COURGETTE SOUP
- MEATBALLS WITH SPRING SAUCE
- FRESH FRUIT, MILK AND BREAD

Kcal 599 P. 26  
Lip. 16 H.C. 84

- STEWED WHITE BEANS
- HAM OMELETTE
- LETTUCE AND OLIVES SALAD
- FRESH FRUIT, MILK AND BREAD

Kcal 563 P. 14  
Lip. 18 H.C. 79

- CHICKEN AND NOODLE SOUP
- CHICKEN NUGGETS
- LETTUCE AND TOMATO SALAD
- FRESH FRUIT, MILK AND BREAD

Kcal 633 P. 22  
Lip. 20 H.C. 94

- FRIED RICE
- COD WITH TOMATO SAUCE
- FRESH FRUIT, MILK AND BREAD

Kcal 593 P. 27  
Lip. 9 H.C. 93

- ECO LENTILS WITH VEGETABLES
- SMOKED PORK CHOP
- MASHED POTATOES
- FRESH FRUIT, MILK AND BREAD

Kcal 706 P. 41  
Lip. 16 H.C. 95

- MIXED PAELLA
- ANDALUZA ANCHOVIES
- LETTUCE AND CORN SALAD
- FRESH FRUIT, MILK AND BREAD

Kcal 645 P. 23  
Lip. 23 H.C. 84

- POTATOES AU GRATIN
- BEEF BURGER WITH TOMATO
- FRESH FRUIT, MILK AND BREAD

Kcal 503 P. 26  
Lip. 9 H.C. 70

- SAUTÉED GREEN BEANS
- BREADED CHICKEN FILLET
- LETTUCE AND CARROT SALAD
- FRESH FRUIT, MILK AND BREAD

Kcal 751 P. 19  
Lip. 44 H.C. 62

- STARS SOUP
- SPANISH OMELETTE
- LETTUCE AND OLIVES SALAD
- FRESH FRUIT, MILK AND BREAD

Kcal 619 P. 14  
Lip. 13 H.C. 103

- LEEK AND CARROT SOUP
- ITALIAN PIZZA
- LETTUCE AND TOMATO SALAD
- FRESH FRUIT, MILK AND BREAD

Kcal 474 P. 15  
Lip. 12 H.C. 74

- STEWED CHICKPEAS
- BATTERED HAKE
- LETTUCE AND CORN SALAD
- FRESH FRUIT, MILK AND BREAD

Kcal 752 P. 33  
Lip. 21 H.C. 99

- RIOJANO RICE
- BOILED EGGS WITH TUNA AND TOMATO
- FRESH FRUIT, MILK AND BREAD

Kcal 674 P. 42  
Lip. 26 H.C. 63

- NOODLE SOUP
- ROAST CHICKEN
- FRIED POTATO
- FRESH FRUIT, MILK AND BREAD

Kcal 725 P. 23  
Lip. 22 H.C. 101

- NAPOLITAN FUSILLI
- HOME-MADE CORDON BLEU
- LETTUCE AND CARROT SALAD
- FRESH FRUIT, MILK AND BREAD

Kcal 927 P. 29  
Lip. 46 H.C. 91

- LENTILS WITH VEGETABLES
- SPANISH OMELETTE
- LETTUCE AND OLIVES SALAD
- FRESH FRUIT, MILK AND BREAD

Kcal 725 P. 32  
Lip. 17 H.C. 107

- BAKED RICE
- FISH FILLET
- LETTUCE AND TOMATO SALAD
- FRESH FRUIT, MILK AND BREAD

Kcal 596 P. 31  
Lip. 21 H.C. 64

- COCIDO SOUP WITH CHICKPEAS
- CHICKEN STEW WITH VEGETABLES
- FRESH FRUIT, MILK AND BREAD

Este establecimiento tiene disponible para su consulta la información relativa a la presencia de alérgenos de nuestros productos.

● This point indicates the dishes and days with certified organic products or of agro-ecological origin.

FOOD EATEN AT LUNCHTIME

Rice, pasta, potatoes or pulses  
Vegetables  
Meat  
Fish  
Egg  
Fruit  
Dairy

DINNER SUGGESTIONS

Raw or cooked vegetables  
Rice, pasta or potatoes  
Fish or egg  
Meat or egg  
Fish or meat  
Dairy or fruit  
Fruit

VISIT

www.cuidateycome sano!.com



HEALTH AND NUTRITION WITHIN YOUR REACH

Gastronomic™  
ESPECIALISTAS EN ALIMENTACIÓN



BRUSH YOUR TEETH  
WHEN YOU FINISH

LOCAL responsible  
agroecology TASTY healthy

We share values that make us better

Healthy eating, together with adequate physical activity, is essential for our quality of life.  
An environmentally friendly diet is basic for the future generations to live in a cleaner and more sustainable environment.  
Whenever you trust Gastronomic, there is a team of well trained professionals behind, so that you eat well, healthily and responsibly.



Healthy protein



Whole grain



Fruit and vegetables



AENOR

PROTOCOLO  
FRETE AL COVID-19

GB CORPORACION

Gastronomic

Calle del Arte, 15 · 28033 Madrid  
91 302 02 20



www.gastronomic.es