

# MENÚ NOVIEMBRE 2021

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LUNS	MARTES	MERCORES	XOVES	VENRES																																								
<b>1</b>  <b>DIA DE TODOS OS SANTOS</b>	<b>2</b> SOPA DE FIDEOS ZORZA CON GUARNICIÓN DE ARROZ BLANCO FROITA DE TEMPADA <table border="1"> <thead> <tr> <th>Kcal.</th> <th>Prot.(g)</th> <th>Lip.(g)</th> <th>H.C.(g)</th> </tr> </thead> <tbody> <tr> <td>714</td> <td>27</td> <td>38</td> <td>65</td> </tr> </tbody> </table>	Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	714	27	38	65	<b>3</b> CREMA DE CABAZA HAMBURGUESA CON PATACAS FRITAS IOGUR <table border="1"> <thead> <tr> <th>Kcal.</th> <th>Prot.(g)</th> <th>Lip.(g)</th> <th>H.C.(g)</th> </tr> </thead> <tbody> <tr> <td>697</td> <td>22</td> <td>44</td> <td>62</td> </tr> </tbody> </table>	Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	697	22	44	62	<b>4</b> GUISO DE GARAVANZOS ESCALOPE DE POLO CON ENSALADA FROITA DE TEMPADA <table border="1"> <thead> <tr> <th>Kcal.</th> <th>Prot.(g)</th> <th>Lip.(g)</th> <th>H.C.(g)</th> </tr> </thead> <tbody> <tr> <td>688</td> <td>38</td> <td>24</td> <td>84</td> </tr> </tbody> </table>	Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	688	38	24	84	<b>5</b> ESPAGUETIS TOMATE E CARNE PESCADO DO DÍA FROITA DE TEMPADA <table border="1"> <thead> <tr> <th>Kcal.</th> <th>Prot.(g)</th> <th>Lip.(g)</th> <th>H.C.(g)</th> </tr> </thead> <tbody> <tr> <td>625</td> <td>33</td> <td>22</td> <td>76</td> </tr> </tbody> </table>	Kcal.	Prot.(g)	Lip.(g)	H.C.(g)	625	33	22	76								
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