

Lunes - Monday

1


**Festivo
Festive**

8

Brócoli con Patatas
Sautéed Broccoli with Potatoes
Merluza a la Gallega
Hake with Paprika
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

15

Pasta S/Gluten S/Huevo al Gratin
Gluten-Egg Free Pasta au Gratin
Palometa a la Bilbaina
Fish in Sauce
Guisantes Rehogados
Sautéed Green Peas
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

22

Lasaña Boloñesa (Sin Gluten Sin Lactosa)
Sin Queso
Gluten and Lactose Free Bolognese
Lasagna
Caballa en Aceite
Mackerel in Oil
Ensalada de Remolacha
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread
Pasta S/Gluten S/Huevo a la Amatriciana
Spaguettis with Tomato Sauce and Bacon
Merluza con Aceite de Ajo y Perejil
Hake with Garlic and Parsley Oil
Calabacín Asado
Baked Zucchini
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

29

Pasta S/Gluten S/Huevo a la Amatriciana
Spaguettis with Tomato Sauce and Bacon
Merluza con Aceite de Ajo y Perejil
Hake with Garlic and Parsley Oil
Calabacín Asado
Baked Zucchini
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Martes - Tuesday

2

Pasta S/Gluten S/Huevo con Verduras
Gluten/Egg-Free Pasta with Vegetables
Lacón al Horno
Baked Ham
Quinoa Salteada
Sautéed Quinoa
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

9

Crema de Verduras
Vegetable Cream
Cinta de Lomo al Horno
Baked Loin
Tomate Aliñado
Seasoned Tomato
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

16

Alubias Blancas a la Jardinera
Stewed White Beans with Vegetables
Tortilla de Patata
Potato Omelette
Pimientos Asados
Peppers Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

23

Patatas a la Marinera
Stewed Potatoes with Squids

Ragout de Ternera Asada
Baked Veal
Ensalada Variada
Mixed Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread
Garbanzos Estofados con Chorizo
Stewed Chickpeas with Chorizo
Huevos Rellenos
Stuffed Eggs with Tuna
Ensalada Variada
Mixed Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

30

Garbanzos Estofados con Chorizo
Stewed Chickpeas with Chorizo
Huevos Rellenos
Stuffed Eggs with Tuna
Ensalada Variada
Mixed Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

Miercoles - Wednesday

3

Guisantes Rehogados
Sautéed Green Peas
Pollo al Limón
Chicken in Lemon Sauce
Patata Asada
Roasted Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

10

Sopa de Fideos S/Gluten S/Huevo
Gluten- Free Noodle Soup
Pollo Asado
Roasted Chicken
Patata Asada
Roasted Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

17

Crema de Calabacín ECOLÓGICA
Organic Zucchini Cream
Ragout de Pavo
Stewed Turkey
Puré de Patata
Mashed potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

24

Crema de Calabacín
Zucchini Cream

Gallineta con Tomate
Fish with Tomato Sauce
Patatas Fritas
French Fries
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Jueves - Thursday

4

Arroz con Pisto Casero
Rice with Ratatouille
Bacalao al Horno
Baked Cod
Ensalada Variada
Mixed Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

11

Pasta S/Gluten S/Huevo a la Boloñesa
Gluten Free Pasta with Bolognese
Salmón en Salsa
Salmon in Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

18

Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Fogonero en Salsa Verde
Fish with Green Sauce
Judías Verdes Salteadas
Sautéed Green Beans
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

25

Verdura Tricolor (Brócoli, Coliflor y Zanahoria)
Mixed Vegetables

Pollo al Chilindrón
Chicken with Vegetables
Arroz Pilaf
Rice
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

Viernes - Friday

5

Sopa de Cocido (Fideos S/Gluten S/Huevo)
Meat Soup with Gluten Free Noodles
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabbage
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

12

Patatas Estofadas con Magro
Stewed Potatoes with Lean Pork
Tortilla Francesa de Calabacín
Zucchini Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

19

Sopa de Cocido (Fideos S/Gluten S/Huevo)
Meat Soup with Gluten Free Noodles
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabbage
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

26

Arroz Negro
Black Rice

Lomo de Sajonia
Saxony Pork
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

PAN Y LÁCTOS SIN GLUTEN. FRUTA VARIADA y de TEMPORADA

ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maíz, Pepino, Cebolla, Zanahoria)

REGLAMENTO 1169/2011. TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGICOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA EN EL CENTRO. PARA CUALQUIER CONSULTA AL RESPETO, NUESTRO PERSONAL LE ATENDERÁ

Lunes - Monday

1

Festivo
Festive

8

Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables
Merluza a la Gallega
Hake with Paprika
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

15

Pasta S/Gluten S/Huevo al Gratin
Gluten-Egg Free Pasta au Gratin
Palometa a la Bilbaina
Fish in Sauce
Guisantes Rehogados
Sautéed Green Peas
Fruta y Pan Integral
Fruit and Whole Wheat Bread

22

Pasta S/Gluten S/Huevo a la Boloñesa
Gluten Free Pasta with Bolognese

Caballa en Aceite
Mackerel in Oil
Ensalada de Remolacha
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

29

Pasta S/Gluten S/Huevo a la Amatriciana
Spaguettis with Tomato Sauce and Bacon
Merluza con Aceite de Ajo y Perejil
Hake with Garlic and Parsley Oil
Calabacín Asado
Baked Zucchini
Fruta y Pan Integral
Fruit and Whole Wheat Bread

Martes - Tuesday

2

Pasta S/Gluten S/Huevo con Verduras
Gluten/Egg-Free Pasta with Vegetables
Lacón al Horno
Baked Ham
Cous Cous
Cous Cous
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

9

Crema de Verduras
Vegetable Cream
Cinta de Lomo al Horno
Baked Loin
Tomate Aliñado
Seasoned Tomato
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

16

Alubias Blancas a la Jardinera
Stewed White Beans with Vegetables
Pollo al Horno
Baked Chicken
Pimientos Asados
Peppers Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

23

Patatas a la Marinera
Stewed Potatoes with Squids

Hamburguesa de Ternera al Horno
Baked Veal Burger
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

30

Garbanzos Estofados con Chorizo
Stewed Chickpeas with Chorizo
Filete de Pollo
Chicken Breast
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Miercoles - Wednesday

3

Guisantes Rehogados
Sautéed Green Peas
Pollo al Limón
Chicken in Lemon Sauce
Patata Asada
Roasted Potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

10

Sopa de Fideos S/Gluten S/Huevo
Gluten- Free Noodle Soup
Pollo al Curry
Curry Chicken
Patata Asada
Roasted Potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

17

Crema de Calabacín ECOLÓGICA
Organic Zucchini Cream
Ragout de Pavo
Stewed Turkey
Puré de Patata
Mashed potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

24

Lentejas con Verduras y Chorizo
Stewed Lentils with Chorizo

Gallineta con Tomate
Fish with Tomato Sauce
Patatas Fritas
French Fries
Fruta y Pan Integral
Fruit and Whole Wheat Bread

Jueves - Thursday

4

Arroz con Pisto Casero
Rice with Ratatouille
Bacalao al Horno
Baked Cod
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

11

Pasta S/Gluten S/Huevo a la Boloñesa
Gluten Free Pasta with Bolognese
Salmón en Salsa
Salmon in Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

18

Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Fogonero en Salsa Verde
Fish with Green Sauce
Judías Verdes Salteadas
Sautéed Green Beans
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

25

Verdura Tricolor (Brócoli, Coliflor y Zanahoria)
Mixed Vegetables
Pollo al Chilindrón
Chicken with Vegetables
Cous Cous al Romero
Cous Cous with Rosemary
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Viernes - Friday

5

Sopa de Cocido (Fideos S/Gluten S/Huevo)
Meat Soup with Gluten Free Noodles
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabagge
Fruta y Pan
Fruit and Bread

12

Patatas Estofadas con Magro
Stewed Potatoes with Lean Pork
Pollo en Salsa
Chicken in Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

19

Sopa de Cocido (Fideos S/Gluten S/Huevo)
Meat Soup with Gluten Free Noodles
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabagge
Fruta y Pan
Fruit and Bread

26

Arroz Negro
Black Rice

Lomo de Sajonia
Saxony Pork
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

mediterránea

FRUTA VARIADA y de TEMPORADA

ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maiz, Pepino, Cebolla, Zanahoria)

REGLAMENTO 1169/2011. TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGICOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA EN EL CENTRO. PARA CUALQUIER CONSULTA AL RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

1



**Festivo
Festive**

8

Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables

Merluza a la Gallega
Hake with Paprika
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

15

Coditos al Gratin S/Lactosa sin Queso
Lactose Free Pasta au Gratin
Palometa a la Bilbaina
Fish in Sauce
Guisantes Rehogados
Sautéed Green Peas
Fruta y Pan Integral
Fruit and Whole Wheat Bread

22

Lasaña Boloñesa (Sin Gluten Sin Lactosa)
Sin Queso
Gluten and Lactose Free Bolognese
Lasagna
Caballa en Aceite
Mackerel in Oil
Ensalada de Remolacha
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread
Espirales Amatriciana
Spaguettis with Tomato Sauce and Bacon
Merluza con Aceite de Ajo y Perejil
Hake with Garlic and Parsley Oil
Calabacín Asado
Baked Zucchini
Fruta y Pan Integral
Fruit and Whole Wheat Bread

29

2

Fideua de Verduras
Pasta with Vegetables
Lacón al Horno
Baked Ham
Cous Cous
Cous Cous
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

9

Crema de Verduras
Vegetable Cream
Cinta de Lomo al Horno
Baked Loin
Tomate Aliñado
Seasoned Tomato
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

16

Alubias Blancas a la Jardinera
Stewed White Beans with Vegetables
Tortilla de Patata
Potato Omelette
Pimientos Asados
Peppers Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

23

Patatas a la Marinera
Stewed Potatoes with Squids
Hamburguesa de Ternera al Horno
Baked Veal Burger
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread
Garbanzos Estofados con Chorizo
Stewed Chickpeas with Chorizo
Huevos Rellenos
Stuffed Eggs with Tuna
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

30

3

Guisantes Rehogados
Sautéed Green Peas
Pollo al Limón
Chicken in Lemon Sauce
Patata Asada
Roasted Potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

10

Sopa de Fideos
Noodle Soup
Pollo al Curry
Curry Chicken
Patata Asada
Roasted Potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

17

Crema de Calabacín ECOLÓGICA
Organic Zucchini Cream
Ragout de Pavo
Stewed Turkey
Puré de Patata S/Lactosa
Lactose Free Mashed potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

24

Lentejas con Verduras y Chorizo
Stewed Lentils with Chorizo
Gallineta con Tomate
Fish with Tomato Sauce
Patatas Fritas
French Fries
Fruta y Pan Integral
Fruit and Whole Wheat Bread

4

Arroz con Pisto Casero
Rice with Ratatouille
Bacalao al Horno
Baked Cod
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

11

Espaguettis INTEGRALES a la Boloñesa
Whole Wheat Spaguettis with Bolognese Sauce
Salmón en Salsa
Salmon in Sauce
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

18

Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Fogonero en Salsa Verde
Fish with Green Sauce
Judías Verdes Salteadas
Sautéed Green Beans
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

25

Verdura Tricolor (Brócoli, Coliflor y Zanahoria)
Mixed Vegetables
Pollo al Chilindrón
Chicken with Vegetables
Cous Cous al Romero
Cous Cous with Rosemary
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

5

Sopa de Cocido
Meat Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabbage
Fruta y Pan
Fruit and Bread

12

Patatas Estofadas con Magro
Stewed Potatoes with Lean Pork
Tortilla Francesa de Calabacín
Zucchini Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

19

Sopa de Cocido
Meat Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabbage
Fruta y Pan
Fruit and Bread

26

Arroz Campero
Rice with Vegetables
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

mediterránea

FRUTA VARIADA y de TEMPORADA

ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maíz, Pepino, Cebolla, Zanahoria)

REGLAMENTO 1169/2011. TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGICOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA EN EL CENTRO. PARA CUALQUIER CONSULTA AL RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

1



**Festivo
Festive**

8

Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables

Merluza a la Gallega
Hake with Paprika
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

15

Coditos a la Napolitana
Pasta with Tomato Sauce
Palometa a la Bilbaina
Fish in Sauce
Guisantes Rehogados
Sautéed Green Peas
Fruta y Pan Integral
Fruit and Whole Wheat Bread

22

Macarrones a la Boloñesa
Pasta with Bolognese Sauce

Caballa en Aceite
Mackerel in Oil
Ensalada de Remolacha
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

29

Espirales Amatriciana
Spaguettis with Tomato Sauce and Bacon
Merluza con Aceite de Ajo y Perejil
Hake with Garlic and Parsley Oil
Calabacín Asado
Baked Zucchini
Fruta y Pan Integral
Fruit and Whole Wheat Bread

2

Fideua de Verduras
Pasta with Vegetables
Lacón al Horno
Baked Ham
Cous Cous
Cous Cous
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

9

Crema de Verduras
Vegetable Cream

Cinta de Lomo al Horno
Baked Loin
Tomate Aliñado
Seasoned Tomato
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

16

Alubias Blancas a la Jardinera
Stewed White Beans with Vegetables
Tortilla de Patata
Potato Omelette
Pimientos Asados
Peppers Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

23

Patatas a la Marinera
Stewed Potatoes with Squids

Hamburguesa de Ternera al Horno
Baked Veal Burger
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

30

Garbanzos Estofados con Chorizo
Stewed Chickpeas with Chorizo
Huevos Rellenos
Stuffed Eggs with Tuna
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

3

Guisantes Rehogados
Sautéed Green Peas
Pollo al Limón
Chicken in Lemon Sauce
Patata Asada
Roasted Potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

10

Sopa de Fideos
Noodle Soup

Pollo al Curry
Curry Chicken
Patata Asada
Roasted Potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

17

Crema de Calabacín ECOLÓGICA
Organic Zucchini Cream
Ragout de Pavo
Stewed Turkey
Patata Cocida
Boiled Potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

24

Lentejas con Verduras y Chorizo
Stewed Lentils with Chorizo

Gallineta con Tomate
Fish with Tomato Sauce
Patatas Fritas
French Fries
Fruta y Pan Integral
Fruit and Whole Wheat Bread

4

Arroz con Pisto Casero
Rice with Ratatouille
Bacalao al Horno
Baked Cod
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

11

Espaguettis INTEGRALES a la Boloñesa
Whole Wheat Spaguettis with Bolognese Sauce

Salmón en Salsa
Salmon in Sauce
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

18

Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Fogonero en Salsa Verde
Fish with Green Sauce
Judías Verdes Salteadas
Sautéed Green Beans
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

25

Verdura Tricolor (Brócoli, Coliflor y Zanahoria)
Mixed Vegetables
Pollo al Chilindrón
Chicken with Vegetables
Cous Cous al Romero
Cous Cous with Rosemary
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

5

Sopa de Cocido
Meat Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Rapollo
Cabagge
Fruta y Pan
Fruit and Bread

12

Patatas Estofadas con Magro
Stewed Potatoes with Lean Pork

Tortilla Francesa de Calabacín
Zucchini Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

19

Sopa de Cocido
Meat Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Rapollo
Cabagge
Fruta y Pan
Fruit and Bread

26

Arroz Campero
Rice with Vegetables

Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

mediterránea

FRUTA VARIADA y de TEMPORADA

ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maiz, Pepino, Cebolla, Zanahoria)

REGLAMENTO 1169/2011. TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGICOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA EN EL CENTRO. PARA CUALQUIER CONSULTA AL RESPETO, NUESTRO PERSONAL LE ATENDERÁ

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

1



**Festivo
Festive**

8

Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables

Merluza a la Gallega
Hake with Paprika
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

15

Coditos al Gratin
Pasta au Gratin
Palometa a la Bilbaína
Fish in Sauce

Guisantes Rehogados
Sautéed Green Peas
Fruta y Pan Integral
Fruit and Whole Wheat Bread

22

Lasaña Boloñesa de Ternera
Veal Bolognese Lasagna

Caballa en Aceite
Mackerel in Oil
Ensalada de Remolacha
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

29

Espirales con Tomate Casero
Pasta with Homemade Tomato Sauce
Merluza con Aceite de Ajo y Perejil
Hake with Garlic and Parsley Oil
Calabacín Asado
Baked Zucchini
Fruta y Pan Integral
Fruit and Whole Wheat Bread

2

Fideua de Verduras
Pasta with Vegetables
Salchichas de Pavo al Horno
Turkey Sausages

Cous Cous
Cous Cous
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

9

Crema de Verduras
Vegetable Cream

Pavo al Horno
Baked Turkey
Tomate Aliñado
Seasoned Tomato
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

16

Alubias Blancas a la Jardinera
Stewed White Beans with Vegetables
Tortilla de Patata
Potato Omelette

Pimientos Asados
Peppers Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

23

Patatas a la Marinera
Stewed Potatoes with Squids

Hamburguesa de Ternera al Horno
Baked Veal Burger
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

30

Garbanzos Estofados con Verduras
Stewed Chickpeas with Vegetables
Huevos Rellenos
Stuffed Eggs with Tuna
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

3

Guisantes Rehogados
Sautéed Green Peas
Pollo al Limón
Chicken in Lemon Sauce

Patata Asada
Roasted Potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

10

Sopa de Fideos
Noodle Soup

Pollo al Curry
Curry Chicken
Patata Asada
Roasted Potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

17

Crema de Calabacín ECOLÓGICA
Organic Zucchini Cream
Ragout de Pavo
Stewed Turkey

Puré de Patata
Mashed potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

24

Lentejas con Verduras
Stewed Lentils with Vegetables

Gallineta con Tomate
Fish with Tomato Sauce
Patatas Fritas
French Fries
Yogur y Pan Integral
Fruit and Whole Wheat Bread

4

Arroz con Pisto Casero
Rice with Ratatouille
Bacalao al Horno
Baked Cod

Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

11

Espaguettis INTEGRALES a la Boloñesa de Ternera

Whole Wheat Spaguettis with Veal Bolognese Sauce
Salmón en Salsa
Salmon in Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

18

Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Fogonero en Salsa Verde
Fish with Green Sauce

Judías Verdes Salteadas
Sautéed Green Beans
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

25

Verdura Tricolor (Brócoli, Coliflor y Zanahoria)

Mixed Vegetables
Pollo al Chilindrón
Chicken with Vegetables
Cous Cous al Romero
Cous Cous with Rosemary
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

5

Sopa de Fideos
Noodle Soup
Cocido (Sin Cerdo)
Chickpeas with Meat and Vegetables Without Pork
Rollo
Cabagge
Fruta y Pan
Fruit and Bread

12

Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables

Tortilla Francesa de Calabacín
Zucchini Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

19

Sopa de Fideos
Noodle Soup
Cocido (Sin Cerdo)
Chickpeas with Meat and Vegetables Without Pork
Rollo
Cabagge
Fruta y Pan
Fruit and Bread

26

Arroz Negro
Black Rice

Tortilla Francesa
Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

mediterránea

FRUTA VARIADA y de TEMPORADA

ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maíz, Pepino, Cebolla, Zanahoria)

REGLAMENTO 1169/2011. TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGICOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA EN EL CENTRO. PARA CUALQUIER CONSULTA AL RESPETO, NUESTRO PERSONAL LE ATENDERÁ

Lunes - Monday

1



Festivo
Festive

8 Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables

Tortilla de Patata
Potato Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

15 Coditos al Gratin
Pasta au Gratin
Cinta de Lomo al Horno
Baked Loin
Guisantes Rehogados
Sautéed Green Peas
Fruta y Pan Integral
Fruit and Whole Wheat Bread22 Lasaña Boloñesa
Bolognese Lasagna

Caballa en Aceite
Mackerel in Oil
Ensalada de Remolacha
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

29 Espirales Amatriciana
Spaguettis with Tomato Sauce and Bacon
Filete de Pollo
Chicken Breast
Calabacín Asado
Baked Zucchini
Fruta y Pan Integral
Fruit and Whole Wheat Bread

Martes - Tuesday

2

Fideua de Verduras
Pasta with Vegetables
Lacón al Horno
Baked Ham
Cous Cous
Cous Cous
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

9 Crema de Verduras
Vegetable Cream

Cinta de Lomo al Horno
Baked Loin
Tomate Aliñado
Seasoned Tomato
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

16 Alubias Blancas a la Jardinera
Stewed White Beans with Vegetables
Tortilla de Patata
Potato Omelette
Pimientos Asados
Peppers Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread23 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables

Hamburguesa de Ternera al Horno
Baked Veal Burger
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

30 Garbanzos Estofados con Chorizo
Stewed Chickpeas with Chorizo
Huevos Rellenos
Stuffed Eggs with Tuna
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Miercoles - Wednesday

3

Guisantes Rehogados
Sautéed Green Peas
Pollo al Limón
Chicken in Lemon Sauce
Patata Asada
Roasted Potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

10 Sopa de Fideos
Noodle Soup

Pollo al Curry
Curry Chicken
Patata Asada
Roasted Potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

17 Crema de Calabacín ECOLÓGICA
Organic Zucchini Cream
Ragout de Pavo
Stewed Turkey
Puré de Patata
Mashed potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread24 Lentejas con Verduras y Chorizo
Stewed Lentils with Chorizo

Lomo con Tomate
Loin with Tomato Sauce
Patatas Fritas
French Fries
Fruta y Pan Integral
Fruit and Whole Wheat Bread

Jueves - Thursday

4

Arroz con Pisto Casero
Rice with Ratatouille
Tortilla Francesa
Omelette
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

11 Espaguettis INTEGRALES a la Boloñesa
Whole Wheat Spaguettis with Bolognese Sauce

Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

18 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Pollo en Salsa
Chicken in Sauce
Judías Verdes Salteadas
Sautéed Green Beans
Yogur y Pan Integral
Yogurt and Whole Wheat Bread25 Verdura Tricolor (Brócoli, Coliflor y Zanahoria)
Mixed Vegetables
Pollo al Chilindrón
Chicken with Vegetables
Cous Cous al Romero
Cous Cous with Rosemary
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Viernes - Friday

5

Sopa de Cocido
Meat Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabagge
Fruta y Pan
Fruit and Bread

12 Patatas Estofadas con Magro
Stewed Potatoes with Lean Pork

Tortilla Francesa de Calabacín
Zucchini Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

19 Sopa de Cocido
Meat Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabagge
Fruta y Pan
Fruit and Bread26 Arroz Campero
Rice with Vegetables

Lomo de Sajonia
Saxony Pork
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

mediterránea

FRUTA VARIADA y de TEMPORADA

ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maíz, Pepino, Cebolla, Zanahoria)

REGLAMENTO 1169/2011. TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGICOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA EN EL CENTRO. PARA CUALQUIER CONSULTA AL RESPETO, NUESTRO PERSONAL LE ATENDERÁ

Lunes - Monday

1


Festivo
Festive
8 Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables
 Tortilla de Patata
 Potato Omelette
 Ensalada Variada
 Mixed Salad
 Fruta y Pan Integral
 Fruit and Whole Wheat Bread
15 Coditos al Gratin
Pasta au Gratin
Cinta de Lomo al Horno
Baked Loin
Guisantes Rehogados
Sautéed Green Peas
Fruta y Pan Integral
Fruit and Whole Wheat Bread22 Lasaña Boloñesa
Bolognese Lasagna
 Pollo al Horno
 Baked Chicken
 Ensalada de Remolacha
 Mixed Salad
 Fruta y Pan Integral
 Fruit and Whole Wheat Bread
29 Espirales Amatriciana
Spaguettis with Tomato Sauce and Bacon
Cinta de Lomo al Horno
Baked Loin
Calabacín Asado
Baked Zucchini
Fruta y Pan Integral
Fruit and Whole Wheat Bread

Martes - Tuesday

2

 Fideua de Verduras
 Pasta with Vegetables
 Lacón al Horno
 Baked Ham
 Cous Cous
 Cous Cous
 Yogur y Pan Integral
 Yogurt and Whole Wheat Bread
9 Crema de Verduras
Vegetable Cream
 Cinta de Lomo al Horno
 Baked Loin
 Tomate Aliñado
 Seasoned Tomato
 Yogur y Pan Integral
 Yogurt and Whole Wheat Bread
16 Alubias Blancas a la Jardinera
Stewed White Beans with Vegetables
Tortilla de Patata
Potato Omelette
Pimientos Asados
Peppers Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread23 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
 Hamburguesa de Ternera al Horno
 Baked Veal Burger
 Ensalada Variada
 Mixed Salad
 Yogur y Pan Integral
 Yogurt and Whole Wheat Bread
30 Garbanzos Estofados con Chorizo
Stewed Chickpeas with Chorizo
Filete de Pollo
Chicken Breast
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Miercoles - Wednesday

3

 Guisantes Rehogados
 Sautéed Green Peas
 Pollo al Limón
 Chicken in Lemon Sauce
 Patata Asada
 Roasted Potatoes
 Fruta y Pan Integral
 Fruit and Whole Wheat Bread
10 Sopa de Fideos
Noodle Soup
 Pollo al Curry
 Curry Chicken
 Patata Asada
 Roasted Potatoes
 Fruta y Pan Integral
 Fruit and Whole Wheat Bread
17 Crema de Calabacín ECOLÓGICA
Organic Zucchini Cream
Ragout de Pavo
Stewed Turkey
Puré de Patata
Mashed potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread24 Lentejas con Verduras y Chorizo
Stewed Lentils with Chorizo
 Lomo con Tomate
 Loin with Tomato Sauce
 Patatas Fritas
 French Fries
 Fruta y Pan Integral
 Fruit and Whole Wheat Bread

Jueves - Thursday

4

 Arroz con Pisto Casero
 Rice with Ratatouille
 Tortilla Francesa
 Omelette
 Ensalada Variada
 Mixed Salad
 Yogur y Pan Integral
 Yogurt and Whole Wheat Bread
11 Espaguettis INTEGRALES a la Boloñesa
Whole Wheat Spaguettis with Bolognese Sauce
 Salchichas de Pavo al Horno
 Turkey Sausages
 Ensalada Variada
 Mixed Salad
 Yogur y Pan Integral
 Yogurt and Whole Wheat Bread
18 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Pollo en Salsa
Chicken in Sauce
Judías Verdes Salteadas
Sautéed Green Beans
Yogur y Pan Integral
Yogurt and Whole Wheat Bread25 Verdura Tricolor (Brócoli, Coliflor y Zanahoria)
Mixed Vegetables
Pollo al Chilindrón
Chicken with Vegetables
Cous Cous al Romero
Cous Cous with Rosemary
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Viernes - Friday

5

 Sopa de Cocido
 Meat Soup
 Cocido Completo
 Chickpeas with Meat and Vegetables
 Repollo
 Cabagge
 Fruta y Pan
 Fruit and Bread
12 Patatas Estofadas con Magro
Stewed Potatoes with Lean Pork
 Tortilla Francesa de Calabacín
 Zucchini Omelette
 Ensalada Variada
 Mixed Salad
 Fruta y Pan
 Fruit and Bread
19 Sopa de Cocido
Meat Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabagge
Fruta y Pan
Fruit and Bread26 Arroz Campero
Rice with Vegetables
 Lomo de Sajonia
 Saxony Pork
 Ensalada Variada
 Mixed Salad
 Fruta y Pan
 Fruit and Bread

FRUTA VARIADA y de TEMPORADA

ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maiz, Pepino, Cebolla, Zanahoria)

REGLAMENTO 1169/2011. TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGICOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA EN EL CENTRO. PARA CUALQUIER CONSULTA AL RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

1



**Festivo
Festive**

8

Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables

Merluza a la Gallega
Hake with Paprika
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

15

Coditos al Gratin
Pasta au Gratin
Palometa a la Bilbaina
Fish in Sauce
Guisantes Rehogados
Sautéed Green Peas
Fruta y Pan Integral
Fruit and Whole Wheat Bread

22

Lasaña Boloñesa
Bolognese Lasagna

Caballa en Aceite
Mackerel in Oil
Ensalada de Remolacha
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

29

Espirales Amatriciana
Spaguettis with Tomato Sauce and Bacon
Merluza con Aceite de Ajo y Perejil
Hake with Garlic and Parsley Oil
Calabacín Asado
Baked Zucchini
Fruta y Pan Integral
Fruit and Whole Wheat Bread

2

Fideua de Verduras
Pasta with Vegetables
Lacón al Horno
Baked Ham
Cous Cous
Cous Cous
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

9

Crema de Verduras
Vegetable Cream

Cinta de Lomo al Horno
Baked Loin
Tomate Aliñado
Seasoned Tomato
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

16

Alubias Blancas a la Jardinera
Stewed White Beans with Vegetables
Tortilla de Patata
Potato Omelette
Pimientos Asados
Peppers Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

23

Patatas a la Marinera
Stewed Potatoes with Squids

Hamburguesa de Ternera al Horno
Baked Veal Burger
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

30

Garbanzos Estofados con Chorizo
Stewed Chickpeas with Chorizo
Huevos Rellenos
Stuffed Eggs with Tuna
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

3

Guisantes Rehogados
Sautéed Green Peas
Pollo al Limón
Chicken in Lemon Sauce
Patata Asada
Roasted Potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

10

Sopa de Fideos
Noodle Soup

Pollo al Curry
Curry Chicken
Patata Asada
Roasted Potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

17

Crema de Calabacín ECOLÓGICA
Organic Zucchini Cream
Ragout de Pavo
Stewed Turkey
Puré de Patata
Mashed potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

24

Lentejas con Verduras y Chorizo
Stewed Lentils with Chorizo

Gallineta con Tomate
Fish with Tomato Sauce
Patatas Fritas
French Fries
Fruta y Pan Integral
Fruit and Whole Wheat Bread

4

Arroz con Pisto Casero
Rice with Ratatouille
Bacalao al Horno
Baked Cod
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

11

Espaguettis INTEGRALES a la Boloñesa
Whole Wheat Spaguettis with Bolognese Sauce

Salmón en Salsa
Salmon in Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

18

Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Fogonero en Salsa Verde
Fish with Green Sauce
Judías Verdes Salteadas
Sautéed Green Beans
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

25

Verdura Tricolor (Brócoli, Coliflor y Zanahoria)
Mixed Vegetables
Pollo al Chilindrón
Chicken with Vegetables
Cous Cous al Romero
Cous Cous with Rosemary
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

5

Sopa de Cocido
Meat Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Rollo
Cabagge
Fruta y Pan
Fruit and Bread

12

Patatas Estofadas con Magro
Stewed Potatoes with Lean Pork

Tortilla Francesa de Calabacín
Zucchini Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

19

Sopa de Cocido
Meat Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Rollo
Cabagge
Fruta y Pan
Fruit and Bread

26

Arroz Negro
Black Rice

Lomo de Sajonia
Saxony Pork
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

mediterránea

PAN SIN SÉSAMO. LÁCTEOS SIN FRUTOS SECOS. FRUTA VARIADA y de TEMPORADA
ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maíz, Pepino, Cebolla, Zanahoria)

REGLAMENTO 1169/2011. TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGICOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA EN EL CENTRO. PARA CUALQUIER CONSULTA AL RESPETO, NUESTRO PERSONAL LE ATENDERÁ

Lunes - Monday

1

Festivo
Festive

8

Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables
Merluza a la Gallega
Hake with Paprika
Ensalada Variada
Mixed Salad
Fruta
Fruit

15

Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Palometa a la Bilbaina
Fish in Sauce
Guisantes Rehogados
Sautéed Green Peas
Fruta
Fruit

22

Arroz a la Boloñesa
Rice with Bolognese Sauce

Palometa con Aceite de Ajo y Perejil
Fish with Garlic and Parsley Oil
Ensalada de Remolacha
Mixed Salad
Fruta
Fruit

29

Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza con Aceite de Ajo y Perejil
Hake with Garlic and Parsley Oil
Calabacín Asado
Baked Zucchini
Fruta
Fruit

Martes - Tuesday

2

Arroz con Verduras
Rice with Vegetables
Lacón al Horno
Baked Ham
Quinoa Salteada
Sautéed Quinoa
Yogur
Yogurt

9

Crema de Verduras
Vegetable Cream
Cinta de Lomo al Horno
Baked Loin
Tomate Aliñado
Seasoned Tomato
Yogur
Yogurt

16

Alubias Blancas a la Jardinera
Stewed White Beans with Vegetables
Tortilla de Patata
Potato Omelette
Pimientos Asados
Peppers Salad
Yogur
Yogurt

23

Patatas a la Marinera
Stewed Potatoes with Squids

Ragout de Ternera Asada
Baked Veal
Ensalada Variada
Mixed Salad
Yogur
Yogurt

30

Garbanzos Estofados con Chorizo
Stewed Chickpeas with Chorizo
Huevos Rellenos
Stuffed Eggs with Tuna
Ensalada Variada
Mixed Salad
Yogur
Yogurt

Miercoles - Wednesday

3

Guisantes Rehogados
Sautéed Green Peas
Pollo al Limón
Chicken in Lemon Sauce
Patata Asada
Roasted Potatoes
Fruta
Fruit

10

Sopa Juliana de Verduras
Vegetables Soup
Pollo Asado
Roasted Chicken
Patata Asada
Roasted Potatoes
Fruta
Fruit

17

Crema de Calabacín ECOLÓGICA
Organic Zucchini Cream
Ragout de Pavo
Stewed Turkey
Puré de Patata
Mashed potatoes
Fruta
Fruit

24

Lentejas con Verduras y Chorizo
Stewed Lentils with Chorizo

Gallineta con Tomate
Fish with Tomato Sauce
Patatas Fritas
French Fries
Fruta
Fruit

Jueves - Thursday

4

Arroz con Pisto Casero
Rice with Ratatouille
Bacalao al Horno
Baked Cod
Ensalada Variada
Mixed Salad
Yogur
Yogurt

11

Arroz a la Boloñesa
Rice with Bolognese Sauce
Salmón en Salsa
Salmon in Sauce
Ensalada Variada
Mixed Salad
Yogur
Yogurt

18

Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Fogonero en Salsa Verde
Fish with Green Sauce
Judías Verdes Salteadas
Sautéed Green Beans
Yogur
Yogurt

25

Verdura Tricolor (Brócoli, Coliflor y Zanahoria)
Mixed Vegetables
Pollo al Chilindrón
Chicken with Vegetables
Arroz Pilaf
Rice
Yogur
Yogurt

Viernes - Friday

5

Sopa Juliana de Verduras
Vegetables Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabbage
Fruta
Fruit

12

Patatas Estofadas con Magro
Stewed Potatoes with Lean Pork
Tortilla Francesa de Calabacín
Zucchini Omelette
Ensalada Variada
Mixed Salad
Fruta
Fruit

19

Sopa Juliana de Verduras
Vegetables Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabbage
Fruta
Fruit

26

Arroz Negro
Black Rice

Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Fruta
Fruit

mediterránea

PAN Y HARINAS SIN SOJA. FRUTA VARIADA y de TEMPORADA

ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maíz, Pepino, Cebolla, Zanahoria)

REGLAMENTO 1169/2011. TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGICOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA EN EL CENTRO. PARA CUALQUIER CONSULTA AL RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

Lunes - Monday

1



**Festivo
Festive**

8

Brócoli con Patatas
Sautéed Broccoli with Potatoes
Merluza a la Gallega
Hake with Paprika
Ensalada Variada
Mixed Salad
Fruta
Fruit

15

Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Palometa a la Bilbaina
Fish in Sauce

Guisantes Rehogados
Sautéed Green Peas
Fruta
Fruit

22

Arroz a la Boloñesa
Rice with Bolognese Sauce

Palometa con Aceite de Ajo y Perejil
Fish with Garlic and Parsley Oil
Ensalada de Remolacha
Mixed Salad
Fruta
Fruit

29

Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza con Aceite de Ajo y Perejil
Hake with Garlic and Parsley Oil
Calabacín Asado
Baked Zucchini
Fruta
Fruit

Martes - Tuesday

2

Arroz con Verduras (Sin Judía Verde ni Guisante)
Rice with Vegetables without Green Beans and Peas
Lacón al Horno
Baked Ham

Quinoa Salteada
Sautéed Quinoa
Yogur
Yogurt

9

Crema de Calabacín
Zucchini Cream
Cinta de Lomo al Horno
Baked Loin
Tomate Aliñado
Seasoned Tomato
Yogur
Yogurt

16

Coliflor Rehogada
Sautéed Cauliflower
Tortilla de Patata
Potato Omelette

Pimientos Asados
Peppers Salad
Yogur
Yogurt

23

Patatas a la Marinera
Stewed Potatoes with Squids

Ragout de Ternera Asada
Baked Veal
Ensalada Variada
Mixed Salad
Yogur
Yogurt

30

Crema de Zanahoria
Carrots Cream
Huevos Rellenos
Stuffed Eggs with Tuna
Ensalada Variada
Mixed Salad
Yogur
Yogurt

Miércoles - Wednesday

3

Brócoli Salteado
Sautéed Broccoli

Pollo al Limón
Chicken in Lemon Sauce

Patata Asada
Roasted Potatoes
Fruta
Fruit

10

Sopa Juliana de Verduras
Vegetables Soup
Pollo Asado
Roasted Chicken
Patata Asada
Roasted Potatoes
Fruta
Fruit

17

Crema de Calabacín ECOLÓGICA
Organic Zucchini Cream
Ragout de Pavo
Stewed Turkey

Puré de Patata
Mashed potatoes
Fruta
Fruit

24

Crema de Calabacín
Zucchini Cream

Gallineta con Tomate
Fish with Tomato Sauce
Patatas Fritas
French Fries
Fruta
Fruit

Jueves - Thursday

4

Arroz con Pisto Casero
Rice with Ratatouille

Bacalao al Horno
Baked Cod

Ensalada Variada
Mixed Salad
Yogur
Yogurt

11

Arroz a la Boloñesa
Rice with Bolognese Sauce
Salmón en Salsa
Salmon in Sauce
Ensalada Variada
Mixed Salad
Yogur
Yogurt

18

Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Fogonero en Salsa Verde
Fish with Green Sauce

Champiñones Rehogados
Sautéed Mushrooms
Yogur
Yogurt

25

Verdura Tricolor (Brócoli, Coliflor y Zanahoria)
Mixed Vegetables
Pollo al Chilindrón
Chicken with Vegetables
Arroz Pilaf
Rice
Yogur
Yogurt

Viernes - Friday

5

Sopa Juliana de Verduras
Vegetables Soup

Pollo y Ternera con Patata y Zanahoria
Cocidos
Meat with Boiled Carrot and Potatoes
Repollo
Cabagge

Fruta
Fruit

12

Patatas Estofadas con Magro
Stewed Potatoes with Lean Pork
Tortilla Francesa de Calabacín
Zucchini Omelette
Ensalada Variada
Mixed Salad
Fruta
Fruit

19

Sopa Juliana de Verduras
Vegetables Soup
Pollo y Ternera con Patata y Zanahoria
Cocidos
Meat with Boiled Carrot and Potatoes
Repollo
Cabagge
Fruta
Fruit

26

Arroz Negro
Black Rice
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Fruta
Fruit

mediterránea

PAN Y HARINAS SIN SOJA. FRUTA VARIADA y de TEMPORADA

ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maíz, Pepino, Cebolla, Zanahoria)

REGLAMENTO 1169/2011. TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGICOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA EN EL CENTRO. PARA CUALQUIER CONSULTA AL RESPECTO, NUESTRO PERSONAL LE ATENDERÁ