

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

4 Pasta S/Gluten S/Huevo a la Carbonara
Carbonara Gluten-Egg Free Pasta (Gluten-Free Flour)
Bacalao a la Riojana
Cod with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

11 Pasta S/Gluten S/Huevo con Verduras
Gluten/Egg-Free Pasta with Vegetables

Lacón a la Gallega
Smoked Ham
Patata Horno
Roasted Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

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

Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

5 Sopa de Cocido (Fideos S/Gluten S/Huevo)
Meat Soup with Gluten Free Noodles

Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabbage
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

12 Judías Verdes con Tomate Casero
Green Beans with Homemade Tomato Sauce
Ternera a la Jardinera
Beef with Vegetables
Arroz Pilaf
Rice
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

19 Alubias Pintas con Magro
Stewed Black Beans with Pork

Revuelto de Queso
Scrambled Eggs with Cheese
Ensalada Variada
Mixed Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

6 
Festivo

13 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables

Palometa con Tomate
Fish with Tomato Sauce
Ensalada Variada
Mixed Salad
Rice
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

20 Arroz a Banda
Rice with Seafood

Gallo en Papillote
Papillote Rooster Fish
Guisantes Rehogados
Sautéed Green Peas
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

7 
Festivo

14 Coliflor Rehogada
Sautéed Cauliflower

Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Calabacín Asado
Baked Zucchini
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

21 Crema de Verduras
Vegetable Cream

Ragout de Pavo Estofado
Stewed Turkey
Patata Horno
Roasted Potatoes
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

1 Arroz Negro
Black Rice
Cinta de Lomo al Horno
Baked Loin
Guisantes Rehogados
Sautéed Green Peas
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

8 
Festivo

15 Garbanzos Estofados con Verduras
Stewed Chickpeas with Vegetables

Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

22 Sopa de Picadillo (Fideos S/Gluten S/Huevo)
Soup with Chicken and Egg
Panini Casero de Pavo S/Gluten
Gluten Free Homemade Turkey Panini
Patatas Chips
Chips
Natillas de Vainilla
Custard

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4 Espaguettis INTEGRALES a la Carbonara
 Carbonara Whole Wheat Spaguettis
 Bacalao a la Riojana
 Cod with Tomato Sauce
 Ensalada Variada
 Mixed Salad
 Fruta y Pan
 Fruit and Bread

11 Fideua de Verduras
 Pasta with Vegetables

 Lacón a la Gallega
 Smoked Ham
 Patata Horno
 Roasted Potatoes
 Fruta y Pan
 Fruit and Bread

18 Macarrones a la Boloñesa
 Pasta with Bolognese Sauce
 Merluza a la Andaluza
 Floured Hake
 Ensalada Variada
 Mixed Salad
 Fruta y Pan
 Fruit and Bread

5 Sopa de Cocido
 Meat Soup
 Cocido Completo
 Chickpeas with Meat and Vegetables
 Repollo
 Cabagge
 Yogur y Pan Integral
 Yogurt and Whole Wheat Bread

12 Judías Verdes con Tomate Casero
 Green Beans with Homemade Tomato Sauce
 Ternera a la Jardinera
 Beef with Vegetables
 Cous Cous
 Cous Cous
 Yogur y Pan Integral
 Yogurt and Whole Wheat Bread

19 Alubias Pintas con Magro
 Stewed Black Beans with Pork
 Revuelto de Queso
 Scrambled Eggs with Cheese
 Ensalada Variada
 Mixed Salad
 Yogur y Pan Integral
 Yogurt and Whole Wheat Bread

6 
Festivo

13 Lentejas con Arroz
 Stewed Lentils with Rice

 Palometa con Tomate
 Fish with Tomato Sauce
 Ensalada Variada
 Mixed Salad
 Yogur y Pan Integral
 Fruit and Whole Wheat Bread

20 Arroz a Banda
 Rice with Seafood
 Gallo en Papillote
 Papillote Rooster Fish
 Guisantes Rehogados
 Sautéed Green Peas
 Fruta y Pan Integral
 Fruit and Whole Wheat Bread

7 
Festivo

14 Coliflor Rehogada
 Sautéed Cauliflower

 Muslitos de Pollo Asados
 Roasted Chicken Drumsticks
 Calabacín Rebozado
 Fried Zucchini
 Yogur y Pan Integral
 Yogurt and Whole Wheat Bread

21 Crema de Verduras
 Vegetable Cream
 Ragout de Pavo Estofado
 Stewed Turkey
 Patata Horno
 Roasted Potatoes
 Yogur y Pan Integral
 Yogurt and Whole Wheat Bread

1 Arroz Negro
 Black Rice
 Cinta de Lomo al Horno
 Baked Loin
 Guisantes Rehogados
 Sautéed Green Peas
 Fruta y Pan
 Fruit and Bread

8 
Festivo

15 Garbanzos Estofados con Verduras
 Stewed Chickpeas with Vegetables

 Caballa en Aceite
 Mackerel in Oil
 Ensalada Variada
 Mixed Salad
 Fruta y Pan
 Fruit and Bread

22 Sopa de Picadillo
 Soup with Chicken and Egg
 Pizza de Jamón York y Queso
 Ham and Cheese Pizza
 Patatas Chips
 Chips
 Natillas de Vainilla
 Custard

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4 Pasta S/Gluten S/Huevo a la Carbonara
Carbonara Gluten-Egg Free Pasta (Gluten-Free Flour)
Bacalao a la Riojana
Cod with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

11 Pasta S/Gluten S/Huevo con Verduras
Gluten/Egg-Free Pasta with Vegetables

Lacón a la Gallega
Smoked Ham
Patata Horno
Roasted Potatoes
Fruta y Pan
Fruit and Bread

18 Pasta S/Gluten S/Huevo a la Boloñesa
Gluten Free Pasta with Bolognese
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

5 Sopa de Cocido (Fideos S/Gluten S/Huevo)
Meat Soup with Gluten Free Noodles

Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabagge
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

12 Judías Verdes con Tomate Casero
Green Beans with Homemade Tomato Sauce
Ternera a la Jardinera
Beef with Vegetables
Cous Cous
Cous Cous
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

19 Alubias Pintas con Magro
Stewed Black Beans with Pork
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

6 
Festivo

13 Lentejas con Arroz
Stewed Lentils with Rice

Palometa con Tomate
Fish with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

20 Arroz a Banda
Rice with Seafood
Gallo en Papillote
Papillote Rooster Fish
Guisantes Rehogados
Sautéed Green Peas
Fruta y Pan Integral
Fruit and Whole Wheat Bread

7 
Festivo

14 Coliflor Rehogada
Sautéed Cauliflower

Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Calabacín Rebozado
Fried Zucchini
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

21 Crema de Verduras
Vegetable Cream
Ragout de Pavo Estofado
Stewed Turkey
Patata Horno
Roasted Potatoes
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

1 Arroz Negro
Black Rice
Cinta de Lomo al Horno
Baked Loin
Guisantes Rehogados
Sautéed Green Peas
Fruta y Pan
Fruit and Bread

8 
Festivo

15 Garbanzos Estofados con Verduras
Stewed Chickpeas with Vegetables

Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

22 Sopa de Fideos S/Gluten S/Huevo
Gluten-Free Noodle Soup
Panini Casero de Pavo
Homemade Turkey Panini
Patatas Chips
Chips
Natillas de Vainilla
Custard

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4 Espaguettis INTEGRALES con Tomate Casero

Whole Wheat Spaguettis with Homemade Tomato Sauce
Bacalao a la Riojana
Cod with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

11 Fideua de Verduras
Pasta with Vegetables

Lacón a la Gallega
Smoked Ham
Patata Horno
Roasted Potatoes
Fruta y Pan
Fruit and Bread

18 Macarrones a la Boloñesa
Pasta with Bolognese Sauce

Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

5 Sopa de Cocido

Meat Soup

Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabagge
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

12 Judías Verdes con Tomate Casero
Green Beans with Homemade Tomato Sauce

Ternera a la Jardinera
Beef with Vegetables
Cous Cous
Cous Cous
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

19 Alubias Pintas con Magro
Stewed Black Beans with Pork

Revuelto de Calabacín
Scrambled Eggs with Zucchini
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

6



Festivo

13 Lentejas con Arroz
Stewed Lentils with Rice

Palometa con Tomate
Fish with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

20 Arroz a Banda
Rice with Seafood

Gallo en Papillote
Papillote Rooster Fish
Guisantes Rehogados
Sautéed Green Peas
Fruta y Pan Integral
Fruit and Whole Wheat Bread

7



Festivo

14 Coliflor Rehogada
Sautéed Cauliflower

Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Calabacín Asado
Baked Zucchini
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

21 Crema de Verduras
Vegetable Cream

Ragout de Pavo Estofado
Stewed Turkey
Patata Horno
Roasted Potatoes
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

1

Arroz con Pollo
Rice with Chicken
Cinta de Lomo al Horno
Baked Loin
Guisantes Rehogados
Sautéed Green Peas
Fruta y Pan
Fruit and Bread

8



Festivo

15 Garbanzos Estofados con Verduras
Stewed Chickpeas with Vegetables

Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

22

Sopa de Picadillo
Soup with Chicken and Egg
Panini Casero de Pavo (sin Queso)
Homemade Turkey Panini without Cheese
Patatas Chips
Chips
Yogur de Soja
Soy Yogurt

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4 Espaguettis INTEGRALES con Tomate Casero
Whole Wheat Spaguettis with Homemade Tomato Sauce
Bacalao a la Riojana
Cod with Tomato Sauce

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

11 Fideua de Verduras
Pasta with Vegetables

Tortilla Francesa
Omelette
Patata Horno
Roasted Potatoes
Fruta y Pan
Fruit and Bread

18 Macarrones a la Boloñesa de Ternera
Pasta with Veal Bolognese Sauce
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

5 Sopa de Fideos
Noodle Soup

Cocido (Sin Cerdo)
Chickpeas with Meat and Vegetables Without Pork
Repollo
Cabagge
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

12 Judías Verdes con Tomate Casero
Green Beans with Homemade Tomato Sauce
Ternera a la Jardinera
Beef with Vegetables
Cous Cous
Cous Cous
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

19 Alubias Pintas Estofadas con Verduras
Stewed Black Beans with Vegetables
Revuelto de Queso
Scrambled Eggs with Cheese
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

6



Festivo

13 Lentejas con Arroz
Stewed Lentils with Rice

Palometa con Tomate
Fish with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

20 Arroz a Banda
Rice with Seafood
Gallo en Papillote
Papillote Rooster Fish
Guisantes Rehogados
Sautéed Green Peas
Fruta y Pan Integral
Fruit and Whole Wheat Bread

7



Festivo

14 Coliflor Rehogada
Sautéed Cauliflower

Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Calabacín Rebozado
Fried Zucchini
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

21 Crema de Verduras
Vegetable Cream
Ragout de Pavo Estofado
Stewed Turkey
Patata Horno
Roasted Potatoes
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

8



Festivo

15 Garbanzos Estofados con Verduras
Stewed Chickpeas with Vegetables

Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

22 Sopa de Fideos
Noodle Soup
Panini Casero de Pavo
Homemade Turkey Panini
Patatas Chips
Chips
Helado
Ice-Cream

1 Arroz Negro
Black Rice
Salchichas de Pavo al Horno
Turkey Sausages
Guisantes Rehogados
Sautéed Green Peas
Fruta y Pan
Fruit and Bread

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4 Espaguettis INTEGRALES a la Carbonara
Carbonara Whole Wheat Spaguettis
Tortilla Francesa
Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

11 Fideua de Verduras
Pasta with Vegetables

Lacón a la Gallega
Smoked Ham
Patata Horno
Roasted Potatoes
Fruta y Pan
Fruit and Bread

18 Macarrones a la Boloñesa
Pasta with Bolognese Sauce
Escalope de Cerdo
Breaded Chicken
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

5 Sopa de Cocido
Meat Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabagge
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

12 Judías Verdes con Tomate Casero
Green Beans with Homemade Tomato Sauce
Ternera a la Jardinera
Beef with Vegetables
Cous Cous
Cous Cous
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

19 Alubias Pintas con Magro
Stewed Black Beans with Pork
Revuelto de Queso
Scrambled Eggs with Cheese
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

6 
Festivo

13 Lentejas con Arroz
Stewed Lentils with Rice

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

20 Arroz Campero
Rice with Vegetables
Pollo en Salsa
Chicken in Sauce
Guisantes Rehogados
Sautéed Green Peas
Fruta y Pan Integral
Fruit and Whole Wheat Bread

7 
Festivo

14 Coliflor Rehogada
Sautéed Cauliflower

Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Calabacín Asado
Baked Zucchini
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

21 Crema de Verduras
Vegetable Cream
Ragout de Pavo Estofado
Stewed Turkey
Patata Horno
Roasted Potatoes
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

1 Arroz con Pollo
Rice with Chicken
Cinta de Lomo al Horno
Baked Loin
Guisantes Rehogados
Sautéed Green Peas
Fruta y Pan
Fruit and Bread

8 
Festivo

15 Garbanzos Estofados con Verduras
Stewed Chickpeas with Vegetables

Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

22 Sopa de Picadillo
Soup with Chicken and Egg
Panini Casero de Pavo
Homemade Turkey Panini
Patatas Chips
Chips
Helado
Ice-Cream

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4 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Bacalao a la Riojana
Cod with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta
Fruit

11 Arroz con Verduras
Rice with Vegetables

Cinta de Lomo al Horno
Baked Loin
Patata Horno
Roasted Potatoes
Fruta
Fruit

18 Arroz a la Boloñesa
Rice with Bolognese Sauce
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta
Fruit

5 Sopa Juliana de Verduras
Vegetables Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabbage
Yogur
Yogurt

12 Judías Verdes con Tomate Casero
Green Beans with Homemade Tomato Sauce
Ternera a la Jardinera
Beef with Vegetables
Patata Dado
Diced Potatoes
Yogur
Yogurt

19 Alubias Pintas con Magro
Stewed Black Beans with Pork
Revuelto de Queso
Scrambled Eggs with Cheese
Ensalada Variada
Mixed Salad
Yogur
Yogurt

6 
Festivo

13 Lentejas con Arroz
Stewed Lentils with Rice

Palometa con Tomate
Fish with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta
Fruit

20 Arroz a Banda
Rice with Seafood
Gallo en Papillote
Papillote Rooster Fish
Guisantes Rehogados
Sautéed Green Peas
Fruta
Fruit

7 
Festivo

14 Coliflor Rehogada
Sautéed Cauliflower

Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Calabacín Rebozado
Fried Zucchini
Yogur
Yogurt

21 Crema de Verduras
Vegetable Cream
Ragout de Pavo Estofado
Stewed Turkey
Patata Horno
Roasted Potatoes
Yogur
Yogurt

1 Arroz Negro
Black Rice
Cinta de Lomo al Horno
Baked Loin
Guisantes Rehogados
Sautéed Green Peas
Fruta
Fruit

8 
Festivo

15 Garbanzos Estofados con Verduras
Stewed Chickpeas with Vegetables

Merluza con Aceite de Ajo y Perejil
Hake with Garlic and Parsley Oil
Ensalada Variada
Mixed Salad
Fruta
Fruit

22 Sopa de Ave y Arroz
Rice and Chicken Soup
Pollo con Tomate
Chicken with Tomato Sauce
Patatas Chips
Chips
Natillas de Vainilla
Custard

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4 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Bacalao a la Riojana
Cod with Tomato Sauce

Ensalada Variada
Mixed Salad
Fruta
Fruit

11 Arroz con Verduras (sin Judía verde ni Guisante)
Rice with Vegetables without Green Beans and Peas

Cinta de Lomo al Horno
Baked Loin
Patata Horno
Roasted Potatoes
Fruta
Fruit

18 Arroz a la Boloñesa
Rice with Bolognese Sauce
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta
Fruit

5 Sopa Juliana de Verduras
Vegetables Soup
Pollo y Ternera con Patata y Zanahoria
Cocidos
Meat and Vegetables Without Chickpeas, Green Beans and Chorizo
Repollo
Cabagge
Yogur
Yogurt

12 Crema de Calabacín
Zucchini Cream

Ragout de Ternera Asada
Baked Veal
Patata Dado
Diced Potatoes
Yogur
Yogurt

19 Patatas Estofadas con Magro
Stewed Potatoes with Lean Pork
Revuelto de Queso
Scrambled Eggs with Cheese
Ensalada Variada
Mixed Salad
Yogur
Yogurt

6 
Festivo

13 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables

Palometa con Tomate
Fish with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta
Fruit

20 Arroz a Banda
Rice with Seafood
Gallo en Papillote
Papillote Rooster Fish
Calabacín Asado
Baked Zucchini
Fruta
Fruit

7 
Festivo

14 Coliflor Rehogada
Sautéed Cauliflower

Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Calabacín Rebozado
Fried Zucchini
Yogur
Yogurt

21 Crema de Calabacín
Zucchini Cream
Ragout de Pavo Estofado
Stewed Turkey
Patata Horno
Roasted Potatoes
Yogur
Yogurt

1 Arroz Negro (Sin guisantes ni Judías verdes)
Black Rice (without beans and green peas)
Cinta de Lomo al Horno
Baked Loin
Champiñones Rehogados
Sautéed Mushrooms
Fruta
Fruit

8 
Festivo

15 Arroz Campero (Sin Judía verde ni Guisante)
Rice with Vegetables Without Green Beans and Green Peas
Merluza con Aceite de Ajo y Perejil
Hake with Garlic and Parsley Oil
Ensalada Variada
Mixed Salad
Fruta
Fruit

22 Sopa de Ave y Arroz
Rice and Chicken Soup
Pollo con Tomate
Chicken with Tomato Sauce
Patatas Chips
Chips
Natillas de Vainilla
Custard

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VIERNES

4 Espaguettis INTEGRALES a la Carbonara
Carbonara Whole Wheat Spaguettis
Tortilla Francesa
Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

11 Fideua de Verduras
Pasta with Vegetables

Lacón a la Gallega
Smoked Ham
Patata Horno
Roasted Potatoes
Fruta y Pan
Fruit and Bread

18 Macarrones a la Boloñesa
Pasta with Bolognese Sauce
Escalope de Cerdo
Breaded Chicken
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

5 Sopa de Cocido
Meat Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabagge
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

12 Judías Verdes con Tomate Casero
Green Beans with Homemade Tomato Sauce
Ternera a la Jardinera
Beef with Vegetables
Cous Cous
Cous Cous
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

19 Alubias Pintas con Magro
Stewed Black Beans with Pork
Revuelto de Queso
Scrambled Eggs with Cheese
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

6 
Festivo

13 Lentejas con Arroz
Stewed Lentils with Rice

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

20 Arroz Campero
Rice with Vegetables
Pollo en Salsa
Chicken in Sauce
Guisantes Rehogados
Sautéed Green Peas
Fruta y Pan Integral
Fruit and Whole Wheat Bread

7 
Festivo

14 Coliflor Rehogada
Sautéed Cauliflower

Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Calabacín Asado
Baked Zucchini
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

21 Crema de Verduras
Vegetable Cream
Ragout de Pavo Estofado
Stewed Turkey
Patata Horno
Roasted Potatoes
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

1 Arroz con Pollo
Rice with Chicken
Cinta de Lomo al Horno
Baked Loin
Guisantes Rehogados
Sautéed Green Peas
Fruta y Pan
Fruit and Bread

8 
Festivo

15 Garbanzos Estofados con Verduras
Stewed Chickpeas with Vegetables

Revuelto de Calabacín
Scrambled Eggs with Zucchini
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

22 Sopa de Picadillo
Soup with Chicken and Egg
Panini Casero de Pavo
Homemade Turkey Panini
Patatas Chips
Chips
Helado
Ice-Cream

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VIERNES

4 Espaguettis INTEGRALES con Tomate Casero

Whole Wheat Spaguettis with Homemade Tomato Sauce
Bacalao a la Riojana
Cod with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

11 Fideua de Verduras

Pasta with Vegetables

Lacón a la Gallega
Smoked Ham
Patata Horno
Roasted Potatoes
Fruta y Pan
Fruit and Bread

18 Macarrones a la Boloñesa

Pasta with Bolognese Sauce
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

5 Sopa de Cocido

Meat Soup

Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabagge
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

12 Judías Verdes con Tomate Casero

Green Beans with Homemade Tomato Sauce
Ternera a la Jardinera
Beef with Vegetables
Cous Cous
Cous Cous
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

19 Alubias Pintas con Magro

Stewed Black Beans with Pork
Revuelto de Calabacín
Scrambled Eggs with Zucchini
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

6



Festivo

13 Lentejas con Arroz

Stewed Lentils with Rice

Palometa con Tomate
Fish with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

20 Arroz a Banda

Rice with Seafood
Gallo en Papillote
Papillote Rooster Fish
Guisantes Rehogados
Sautéed Green Peas
Fruta y Pan Integral
Fruit and Whole Wheat Bread

7



Festivo

14 Coliflor Rehogada

Sautéed Cauliflower

Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Calabacín Asado
Baked Zucchini
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

21 Crema de Verduras

Vegetable Cream
Ragout de Pavo Estofado
Stewed Turkey
Patata Horno
Roasted Potatoes
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

1

Arroz con Pollo
Rice with Chicken
Cinta de Lomo al Horno
Baked Loin
Guisantes Rehogados
Sautéed Green Peas
Fruta y Pan
Fruit and Bread

8



Festivo

15 Garbanzos Estofados con Verduras

Stewed Chickpeas with Vegetables

Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

22

Sopa de Picadillo
Soup with Chicken and Egg
Panini Casero de Pavo (sin Queso)
Homemade Turkey Panini without Cheese
Patatas Chips
Chips
Yogur de Soja
Soy Yogurt