

Lunes - Monday

8 Pasta S/Gluten S/Huevo con Verduras
Gluten/Egg-Free Pasta with Vegetables
Lacón al Horno
Baked Ham
Champiñones Rehogados
Sauteéd Mushrooms
Melocotón en Almíbar y Pan S/Gluten
Peach in syrup and Whole Wheat Bread

15 Pasta S/Gluten S/Huevo a la Carbonara
Carbonara Gluten-Egg Free Pasta
(Gluten-Free Flour)
Fogonero en Salsa Verde
Fish with Green Sauce
Guisantes Rehogados
Sauteéd Green Peas
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

22 Pasta S/Gluten S/Huevo al Ajillo
Gluten-Egg Free Pasta with garlic sauce
Bacalao al Horno
Baked Cod
Lombarda Rehogada
Steamed Red Cabagge
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

29 Pasta S/Gluten S/Huevo con Verduras
Gluten/Egg-Free Pasta with Vegetables
Merluza con Aceite de Ajo y Perejil
Hake with Garlic and Parsley Oil
Ensalada de Col
Cabbage Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Martes - Tuesday

9 Crema de Verduras
Vegetable Cream
Merluza a la Gallega
Hake with Paprika
Patata Cocida
Boiled Potatoes
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

16 Brócoli Salteado
Sauteéd Broccoli

Albóndigas de Ternera (sin Gluten) en Salsa
Gluten-Free Veal Meatballs in Sauce
Patatas Fritas
French Fries
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

23 Patatas a la Marinera
Stewed Potatoes with Squids
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

30 Alubias Blancas con Verduras
Stewed White Beans with Vegetables
Tortilla de Patata
Potato Omelette
Pimientos Verdes Asados
Green Peppers Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

Miercoles - Wednesday

10 Sopa de Fideos S/Gluten S/Huevo
Gluten- Free Noodle Soup
Pollo Asado
Roasted Chicken
Quinoa Salteada
Sauteéd Quinoa
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

17 Alubias Blancas a la Jardinera
Stewed White Beans with Vegetables

Ragout de Pavo
Stewed Turkey
Calabacín al Horno
Baked Zucchini
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

24 Crema de Calabacín
Zucchini Cream
Caballa con Tomate
Mackerel with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

31 Crema Vichyssoise
Leek Cream
Pollo al Ajillo
Chicken with garlic sauce
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Jueves - Thursday

11 Arroz Tres Delicias
Three Delights Rice
Salmón a la Naranja
Salmon With Oranje Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

18 Crema de Calabaza
Pumpkin Cream

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

25 Menestra Salteada con Bacon
Sauteéd Vegetables with Bacon
Pollo al Chilindrón
Chicken with Vegetables
Patata Dado
Diced Potatoes
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

Viernes - Friday

12 Patatas Estofadas con Chorizo
Stewed Potatoes with Chorizo
Revuelto de Calabacín
Scrambled Eggs with Zucchini
Ensalada de Col
Cabbage 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
Cabagge
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

26 Arroz Negro
Black Rice
Gallo al Horno
Roast Rooster Fish
Tomate Aliñado
Seazoned Tomato
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Lunes - Monday

- 8 Coditos con Verduras
Pasta with Vegetables
Tortilla Francesa
Omelette
Champiñones Rehogados
Sauteéd Mushrooms
Melocotón en Almíbar y Pan Integral
Peach in syrup and Whole Wheat Bread

- 15 Espaguettis INTEGRALES a la Carbonara sin Bacon
Carbonara Whole Wheat Spaguettis
Fogonero en Salsa Verde
Fish with Green Sauce

- 22 Macarrones al Ajillo
Pasta with garlic sauce
Bacalao al Horno
Baked Cod
Lombarda Rehogada
Steamed Red Cabagge
Fruta y Pan Integral
Fruit and Whole Wheat Bread

- 29 Lasaña de Verduras
Vegetable Lasagna
Merluza con Aceite de Ajo y Perejil
Hake with Garlic and Parsley Oil
Ensalada de Col
Cabbage Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

Martes - Tuesday

- 9 Crema de Verduras
Vegetable Cream
Merluza a la Gallega
Hake with Paprika
Patata Cocida
Boiled Potatoes
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

- 16 Brócoli Salteado
Sauteéd Broccoli

- 23 Patatas a la Marinera
Stewed Potatoes with Squids
Ragout de Ternera Asada
Baked Veal
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

- 30 Alubias Blancas con Verduras
Stewed White Beans with Vegetables
Tortilla de Patata
Potato Omelette
Pimientos Verdes Asados
Green Peppers Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Miercoles - Wednesday

- 10 Sopa de Fideos
Noodle Soup
Pollo al Curry
Curry Chicken
Cous Cous
Cous Cous
Fruta y Pan Integral
Fruit and Whole Wheat Bread

- 17 Alubias Blancas a la Jardinera
Stewed White Beans with Vegetables

- 24 Lentejas con Verduras
Stewed Lentils with Vegetables
Caballa con Tomate
Mackerel with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

- 31 Crema Vichyssoise
Leek Cream
Pollo al Ajillo
Chicken with garlic sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

Jueves - Thursday

- 11 Arroz Campero
Rice with Vegetables
Salmón a la Naranja
Salmon With Oranje Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

- 18 Crema de Calabaza
Pumpkin Cream

- 25 Menestra Salteada
Sauteéd Vegetables
Pollo al Chilindrón
Chicken with Vegetables
Cous Cous
Cous Cous
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Viernes - Friday

- 12 Lentejas con Verduras
Stewed Lentils with Vegetables
Revuelto de Calabacín
Scrambled Eggs with Zucchini
Ensalada de Col
Cabbage Salad
Fruta y Pan
Fruit and Bread

- 19 Sopa de Fideos
Noodle Soup

- 26 Arroz Negro
Black Rice
Gallo al Horno
Roast Rooster Fish
Tomate Aliñado
Seasoned Tomato
Fruta y Pan
Fruit and Bread



FRUTA VARIADA y de TEMPORADA

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

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Lunes - Monday

- 8** Coditos con Verduras
Pasta with Vegetables
Lacón al Horno
Baked Ham
Champiñones Rehogados
Sautéed Mushrooms
Melocotón en Almíbar y Pan Integral
Peach in syrup and Whole Wheat Bread

- 15** Espaguettis INTEGRALES a la Carbonara
Carbonara Whole Wheat Spaguettis
Fogonero en Salsa Verde
Fish with Green Sauce
Guisantes Rehogados
Sautéed Green Peas
Fruta y Pan Integral
Fruit and Whole Wheat Bread

- 22** Macarrones al Ajillo
Pasta with garlic sauce
Bacalao al Horno
Baked Cod
Lombarda Rehogada
Steamed Red Cabbage
Fruta y Pan Integral
Fruit and Whole Wheat Bread

- 29** Lasaña de Verduras
Vegetable Lasagna
Merluza con Aceite de Ajo y Perejil
Hake with Garlic and Parsley Oil
Ensalada de Col
Cabbage Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

Martes - Tuesday

- 9** Crema de Verduras
Vegetable Cream
Merluza a la Gallega
Hake with Paprika
Patata Cocida
Boiled Potatoes
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

- 16** Brócoli Salteado
Sautéed Broccoli
Albóndigas de Ternera en Salsa
Veal Meatballs in Sauce
Patatas Fritas
French Fries
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** Alubias Blancas con Verduras
Stewed White Beans with Vegetables
Tortilla de Patata
Potato Omelette
Pimientos Verdes Asados
Green Peppers Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Miercoles - Wednesday

- 10** Sopa de Fideos
Noodle Soup
Pollo al Curry
Curry Chicken
Cous Cous
Cous Cous
Fruta y Pan Integral
Fruit and Whole Wheat Bread

- 17** Alubias Blancas a la Jardinera
Stewed White Beans with Vegetables
Ragout de Pavo
Stewed Turkey
Calabacín al Horno
Baked Zucchini
Fruta y Pan Integral
Fruit and Whole Wheat Bread

- 24** Lentejas con Verduras
Stewed Lentils with Vegetables
Caballa con Tomate
Mackerel with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

- 31** Crema Vichyssoise
Leek Cream
Pollo al Ajillo
Chicken with garlic sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

Jueves - Thursday

- 11** Arroz Tres Delicias
Three Delights Rice
Salmón a la Naranja
Salmon With Orange Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

- 18** Crema de Calabaza
Pumpkin Cream
Palometa con Tomate
Fish with Tomato Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

- 25** Menestra Salteada con Bacon
Sautéed Vegetables with Bacon
Pollo al Chilindrón
Chicken with Vegetables
Cous Cous
Cous Cous
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Viernes - Friday

- 12** Lentejas con Chorizo
Stewed Lentils with Chorizo
Revuelto de Calabacín
Scrambled Eggs with Zucchini
Ensalada de Col
Cabbage 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 Negro
Black Rice
Gallo al Horno
Roast Rooster Fish
Tomate Aliñado
Seasoned Tomato
Fruta y Pan
Fruit and Bread

Lunes - Monday

- 8** Pasta S/Gluten S/Huevo con Verduras
Gluten/Egg-Free Pasta with Vegetables
Lacón al Horno
Baked Ham
Champiñones Rehogados
Sautéed Mushrooms
Melocotón en Almíbar y Pan Integral
Peach in syrup and Whole Wheat Bread
- 15** Pasta S/Gluten S/Huevo a la Carbonara
Carbonara Gluten-Egg Free Pasta
(Gluten-Free Flour)
Fogonero en Salsa Verde
Fish with Green Sauce
Guisantes Rehogados
Sautéed Green Peas
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 22** Pasta S/Gluten S/Huevo al Ajillo
Gluten-Egg Free Pasta with garlic sauce
Bacalao al Horno
Baked Cod
Lombarda Rehogada
Steamed Red Cabbage
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 29** Pasta S/Gluten S/Huevo con Verduras
Gluten/Egg-Free Pasta with Vegetables
Merluza con Aceite de Ajo y Perejil
Hake with Garlic and Parsley Oil
Ensalada de Col
Cabbage Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

Martes - Tuesday

- 9** Crema de Verduras
Vegetable Cream
Merluza a la Gallega
Hake with Paprika
Patata Cocida
Boiled Potatoes
Yogur y Pan Integral
Yogurt and Whole Wheat Bread
- 16** Brócoli Salteado
Sautéed Broccoli

Albóndigas de Ternera en Salsa
Veal Meatballs in Sauce
Patatas Fritas
French Fries
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** Alubias Blancas con Verduras
Stewed White Beans with Vegetables
Cinta de Lomo a la Plancha
Loin
Pimientos Verdes Asados
Green Peppers Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Miércoles - Wednesday

- 10** Sopa de Fideos S/Gluten S/Huevo
Gluten- Free Noodle Soup
Pollo al Curry
Curry Chicken
Cous Cous
Cous Cous
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 17** Alubias Blancas a la Jardinera
Stewed White Beans with Vegetables

Ragout de Pavo
Stewed Turkey
Calabacín al Horno
Baked Zucchini
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 24** Lentejas con Verduras
Stewed Lentils with Vegetables
Caballa con Tomate
Mackerel with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 31** Crema Vichyssoise
Leek Cream
Pollo al Ajillo
Chicken with garlic sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

Jueves - Thursday

- 11** Arroz Campero
Rice with Vegetables
Salmón al Horno
Baked Salmon
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread
- 18** Crema de Calabaza
Pumpkin Cream

Palometa con Tomate
Fish with Tomato Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread
- 25** Menestra Salteada con Bacon
Sautéed Vegetables with Bacon
Pollo al Chilindrón
Chicken with Vegetables
Cous Cous
Cous Cous
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Viernes - Friday

- 12** Lentejas con Chorizo
Stewed Lentils with Chorizo
Cinta de Lomo al Horno
Baked Loin
Ensalada de Col
Cabbage 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
Cabbage
Fruta y Pan
Fruit and Bread
- 26** Arroz Negro
Black Rice
Gallo al Horno
Roast Rooster Fish
Tomate Aliñado
Seasoned Tomato
Fruta y Pan
Fruit and Bread

mediterránea

PAN Y LÁCTEOS SIN HUEVO. FRUTA VARIADA y de TEMPORADA

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

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Lunes - Monday

- 8** Coditos con Verduras
Pasta with Vegetables
Lacón al Horno
Baked Ham
Champiñones Rehogados
Sautéed Mushrooms
Melocotón en Almíbar y Pan Integral
Peach in syrup and Whole Wheat Bread

- 15** Espaguetis INTEGRALES con Tomate Casero
Whole Wheat Spaguetis with Homemade Tomato Sauce
Fogonero en Salsa Verde
Fish with Green Sauce
Guisantes Rehogados
Sautéed Green Peas
Fruta y Pan Integral
Fruit and Whole Wheat Bread

- 22** Macarrones al Ajillo
Pasta with garlic sauce
Bacalao al Horno
Baked Cod
Lombarda Rehogada
Steamed Red Cabagge
Fruta y Pan Integral
Fruit and Whole Wheat Bread

- 29** Macarrones con Verduras
Pasta with Vegetables
Merluza con Aceite de Ajo y Perejil
Hake with Garlic and Parsley Oil
Ensalada de Col
Cabbage Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

Martes - Tuesday

- 9** Crema de Verduras
Vegetable Cream
Merluza a la Gallega
Hake with Paprika
Patata Cocida
Boiled Potatoes
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

- 16** Brócoli Salteado
Sautéed Broccoli

Albóndigas de Ternera en Salsa
Veal Meatballs in Sauce
Patatas Fritas
French Fries
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** Alubias Blancas con Verduras
Stewed White Beans with Vegetables
Tortilla de Patata
Potato Omelette
Pimientos Verdes Asados
Green Peppers Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

Miercoles - Wednesday

- 10** Sopa de Fideos
Noodle Soup
Pollo al Curry
Curry Chicken
Cous Cous
Cous Cous
Fruta y Pan Integral
Fruit and Whole Wheat Bread

- 17** Alubias Blancas a la Jardinera
Stewed White Beans with Vegetables

Ragout de Pavo
Stewed Turkey
Calabacín al Horno
Baked Zucchini
Fruta y Pan Integral
Fruit and Whole Wheat Bread

- 24** Lentejas con Verduras
Stewed Lentils with Vegetables
Caballa con Tomate
Mackerel with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

- 31** Crema Vichyssoise
Leek Cream
Pollo al Ajillo
Chicken with garlic sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

Jueves - Thursday

- 11** Arroz Tres Delicias
Three Delights Rice
Salmón a la Naranja
Salmon With Oranje Sauce
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

- 18** Crema de Calabaza
Pumpkin Cream

Palometa con Tomate
Fish with Tomato Sauce
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

- 25** Menestra Salteada con Bacon
Sautéed Vegetables with Bacon
Pollo al Chilindrón
Chicken with Vegetables
Cous Cous
Cous Cous
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

Viernes - Friday

- 12** Lentejas con Chorizo
Stewed Lentils with Chorizo
Revuelto de Calabacín
Scrambled Eggs with Zucchini
Ensalada de Col
Cabbage 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 con Verduras
Rice with Vegetables
Gallo al Horno
Roast Rooster Fish
Tomate Aliñado
Seasoned Tomato
Fruta y Pan
Fruit and Bread

Lunes - Monday

- 8** Coditos con Verduras
Pasta with Vegetables
Lacón al Horno
Baked Ham
Champiñones Rehogados
Sautéed Mushrooms
Melocotón en Almíbar y Pan Integral
Peach in syrup and Whole Wheat Bread

- 15** Espaguetis INTEGRALES con Tomate Casero
Whole Wheat Spaguettis with Homemade Tomato Sauce
Fogonero en Salsa Verde
Fish with Green Sauce
Guisantes Rehogados
Sautéed Green Peas
Fruta y Pan Integral
Fruit and Whole Wheat Bread

- 22** Macarrones al Ajillo
Pasta with garlic sauce
Bacalao al Horno
Baked Cod
Lombarda Rehogada
Steamed Red Cabagge
Fruta y Pan Integral
Fruit and Whole Wheat Bread

- 29** Macarrones con Verduras
Pasta with Vegetables
Merluza con Aceite de Ajo y Perejil
Hake with Garlic and Parsley Oil
Ensalada de Col
Cabbage Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

Martes - Tuesday

- 9** Crema de Verduras
Vegetable Cream
Merluza a la Gallega
Hake with Paprika
Patata Cocida
Boiled Potatoes
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

- 16** Brócoli Salteado
Sautéed Broccoli

Albóndigas de Ternera en Salsa
Veal Meatballs in Sauce
Patatas Fritas
French Fries
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** Alubias Blancas con Verduras
Stewed White Beans with Vegetables
Tortilla de Patata
Potato Omelette
Pimientos Verdes Asados
Green Peppers Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

Miercoles - Wednesday

- 10** Sopa de Fideos
Noodle Soup
Pollo al Curry
Curry Chicken
Cous Cous
Cous Cous
Fruta y Pan Integral
Fruit and Whole Wheat Bread

- 17** Alubias Blancas a la Jardinera
Stewed White Beans with Vegetables

Ragout de Pavo
Stewed Turkey
Calabacín al Horno
Baked Zucchini
Fruta y Pan Integral
Fruit and Whole Wheat Bread

- 24** Lentejas con Verduras
Stewed Lentils with Vegetables
Caballa con Tomate
Mackerel with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

- 31** Crema Vichyssoise
Leek Cream
Pollo al Ajillo
Chicken with garlic sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

Jueves - Thursday

- 11** Arroz Tres Delicias
Three Delights Rice
Salmón a la Naranja
Salmon With Oranje Sauce
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

- 18** Crema de Calabaza
Pumpkin Cream

Palometa con Tomate
Fish with Tomato Sauce
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

- 25** Menestra Salteada con Bacon
Sautéed Vegetables with Bacon
Pollo al Chilindrón
Chicken with Vegetables
Cous Cous
Cous Cous
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

Viernes - Friday

- 12** Lentejas con Chorizo
Stewed Lentils with Chorizo
Revuelto de Calabacín
Scrambled Eggs with Zucchini
Ensalada de Col
Cabbage 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 con Verduras
Rice with Vegetables
Gallo al Horno
Roast Rooster Fish
Tomate Aliñado
Seasoned Tomato
Fruta y Pan
Fruit and Bread

Lunes - Monday

- 8** Coditos con Verduras
Pasta with Vegetables
Lacón al Horno
Baked Ham
Champiñones Rehogados
Sautéed Mushrooms
Melocotón en Almíbar y Pan Integral
Peach in syrup and Whole Wheat Bread
- 15** Espaguettis INTEGRALES a la Carbonara
Carbonara Whole Wheat Spaguettis
Pollo en Salsa
Chicken in Sauce
Guisantes Rehogados
Sautéed Green Peas
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 22** Macarrones al Ajillo
Pasta with garlic sauce
Pollo al Horno
Baked Chicken
Lombarda Rehogada
Steamed Red Cabbage
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 29** Lasaña de Verduras
Vegetable Lasagna
Cinta de Lomo al Horno
Baked Loin
Ensalada de Col
Cabbage Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

Martes - Tuesday

- 9** Crema de Verduras
Vegetable Cream
Tortilla Francesa
Omelette
Patata Cocida
Boiled Potatoes
Yogur y Pan Integral
Yogurt and Whole Wheat Bread
- 16** Brócoli Salteado
Sautéed Broccoli
Albóndigas de Ternera en Salsa
Veal Meatballs in Sauce
Patatas Fritas
French Fries
Yogur y Pan Integral
Yogurt and Whole Wheat Bread
- 23** 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** Alubias Blancas con Verduras
Stewed White Beans with Vegetables
Tortilla de Patata
Potato Omelette
Pimientos Verdes Asados
Green Peppers Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Miércoles - Wednesday

- 10** Sopa de Fideos
Noodle Soup
Pollo al Curry
Curry Chicken
Cous Cous
Boiled Potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 17** Alubias Blancas a la Jardinera
Stewed White Beans with Vegetables
Ragout de Pavo
Stewed Turkey
Calabacín al Horno
Baked Zucchini
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 24** Lentejas con Verduras
Stewed Lentils with Vegetables
Lomo con Tomate
Loin with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 31** Crema Vichyssoise
Leek Cream
Pollo al Ajillo
Chicken with garlic sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

Jueves - Thursday

- 11** Arroz Tres Delicias
Three Delights Rice
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread
- 18** Crema de Calabaza
Pumpkin Cream
Tortilla de Patata
Potato Omelette
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread
- 25** Menestra Salteada con Bacon
Sautéed Vegetables with Bacon
Pollo al Chilindrón
Chicken with Vegetables
Cous Cous
Cous Cous
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Viernes - Friday

- 12** Lentejas con Chorizo
Stewed Lentils with Chorizo
Revuelto de Calabacín
Scrambled Eggs with Zucchini
Ensalada de Col
Cabbage Salad
Fruta y Pan
Fruit and Bread
- 19** Sopa de Cocido
Meat Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Mixed Salad
Fruta y Pan
Fruit and Bread
- 26** Arroz con Verduras
Rice with Vegetables
Tortilla Francesa de Queso
Cheese French Omelette
Tomate Aliñado
Seasoned Tomato
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

- 8** Coditos con Verduras
Pasta with Vegetables
Lacón al Horno
Baked Ham
Champiñones Rehogados
Sautéed Mushrooms
Melocotón en Almíbar y Pan Integral
Peach in syrup and Whole Wheat Bread
- 15** Espaguettis INTEGRALES a la Carbonara
Carbonara Whole Wheat Spaguettis
Pollo en Salsa
Chicken in Sauce
Guisantes Rehogados
Sautéed Green Peas
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 22** Macarrones al Ajillo
Pasta with garlic sauce
Pollo al Horno
Baked Chicken
Lombarda Rehogada
Steamed Red Cabbage
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 29** Lasaña de Verduras
Vegetable Lasagna
Cinta de Lomo al Horno
Baked Loin
Ensalada de Col
Cabbage Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

Martes - Tuesday

- 9** Crema de Verduras
Vegetable Cream
Tortilla Francesa
Omelette
Patata Cocida
Boiled Potatoes
Yogur y Pan Integral
Yogurt and Whole Wheat Bread
- 16** Brócoli Salteado
Sautéed Broccoli
Albóndigas de Ternera en Salsa
Veal Meatballs in Sauce
Patatas Fritas
French Fries
Yogur y Pan Integral
Yogurt and Whole Wheat Bread
- 23** 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** Alubias Blancas con Verduras
Stewed White Beans with Vegetables
Tortilla de Patata
Potato Omelette
Pimientos Verdes Asados
Green Peppers Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Miércoles - Wednesday

- 10** Sopa de Fideos
Noodle Soup
Pollo al Curry
Curry Chicken
Cous Cous
Cous Cous
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 17** Alubias Blancas a la Jardinera
Stewed White Beans with Vegetables
Ragout de Pavo
Stewed Turkey
Calabacín al Horno
Baked Zucchini
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 24** Lentejas con Verduras
Stewed Lentils with Vegetables
Lomo con Tomate
Loin with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 31** Crema Vichyssoise
Leek Cream
Pollo al Ajillo
Chicken with garlic sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

Jueves - Thursday

- 11** Arroz Tres Delicias
Three Delights Rice
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread
- 18** Crema de Calabaza
Pumpkin Cream
Tortilla de Patata
Potato Omelette
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread
- 25** Menestra Salteada con Bacon
Sautéed Vegetables with Bacon
Pollo al Chilindrón
Chicken with Vegetables
Cous Cous
Cous Cous
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Viernes - Friday

- 12** Lentejas con Chorizo
Stewed Lentils with Chorizo
Revuelto de Calabacín
Scrambled Eggs with Zucchini
Ensalada de Col
Cabbage Salad
Fruta y Pan
Fruit and Bread
- 19** Sopa de Cocido
Meat Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Mixed Salad
Fruta y Pan
Fruit and Bread
- 26** Arroz con Verduras
Rice with Vegetables
Tortilla Francesa de Queso
Cheese French Omelette
Tomate Aliñado
Seasoned Tomato
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

- 8** Arroz con Verduras
Rice with Vegetables
Lacón al Horno
Baked Ham
Champiñones Rehogados
Sautéed Mushrooms
Melocotón en Almíbar
Peach in syrup

- 15** Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Fogonero en Salsa Verde
Fish with Green Sauce
Guisantes Rehogados
Sautéed Green Peas
Fruta
Fruit

- 22** Arroz al Ajillo
Rice with garlic sauce
Bacalao al Horno
Baked Cod
Lombarda Rehogada
Steamed Red Cabbage
Fruta
Fruit

- 29** Arroz con Verduras
Rice with Vegetables
Merluza con Aceite de Ajo y Perejil
Hake with Garlic and Parsley Oil
Ensalada de Col
Cabbage Salad
Fruta
Fruit

Martes - Tuesday

- 9** Crema de Verduras
Vegetable Cream
Merluza a la Gallega
Hake with Paprika
Patata Cocida
Boiled Potatoes
Yogur
Yogurt

- 16** Brócoli Salteado
Sautéed Broccoli
Ternera a la Jardinera
Beef with Vegetables
Patatas Fritas
French Fries
Yogur
Yogurt

- 23** Patatas a la Marinera
Stewed Potatoes with Squids
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Yogur
Yogurt

- 30** Alubias Blancas con Verduras
Stewed White Beans with Vegetables
Tortilla de Patata
Potato Omelette
Pimientos Verdes Asados
Green Peppers Salad
Yogur
Yogurt

Miercoles - Wednesday

- 10** Sopa Juliana de Verduras
Vegetables Soup
Pollo Asado
Roasted Chicken
Quinoa Salteada
Sautéed Quinoa
Fruta
Fruit

- 17** Alubias Blancas a la Jardinera
Stewed White Beans with Vegetables
Ragout de Pavo
Stewed Turkey
Calabacín al Horno
Baked Zucchini
Fruta
Fruit

- 24** Lentejas con Verduras
Stewed Lentils with Vegetables
Palometa con Tomate
Fish with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta
Fruit

- 31** Crema Vichyssoise
Leek Cream
Pollo al Ajillo
Chicken with garlic sauce
Ensalada Variada
Mixed Salad
Fruta
Fruit

Jueves - Thursday

- 11** Arroz Campero
Rice with Vegetables
Salmón a la Naranja
Salmon With Orange Sauce
Ensalada Variada
Mixed Salad
Yogur
Yogurt

- 18** Crema de Calabaza
Pumpkin Cream
Palometa con Tomate
Fish with Tomato Sauce
Ensalada Variada
Mixed Salad
Yogur
Yogurt

- 25** Menestra Salteada con Bacon
Sautéed Vegetables with Bacon
Pollo al Chilindrón
Chicken with Vegetables
Patata Dado
Diced Potatoes
Yogur
Yogurt

Viernes - Friday

- 12** Lentejas con Chorizo
Stewed Lentils with Chorizo
Revuelto de Calabacín
Scrambled Eggs with Zucchini
Ensalada de Col
Cabbage Salad
Fruta
Fruit

- 19** Sopa Juliana de Verduras
Vegetables Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Mixed Salad
Fruta
Fruit

- 26** Arroz Negro
Black Rice
Gallo al Horno
Roast Rooster Fish
Tomate Aliñado
Seasoned Tomato
Fruta
Fruit

Lunes - Monday

- 8 Arroz con Verduras (sin Judía verde ni Guisante)
Rice with Vegetables without Green Beans and Peas
Lacón al Horno
Baked Ham
Champiñones Rehogados
Sauteéd Mushrooms
Melocotón en Almíbar
Peach in syrup
- 15 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Fogonero en Salsa Verde
Fish with Green Sauce

Zanahoria Baby
Baby Carrots
Fruta
Fruit
- 22 Arroz al Ajillo
Rice with garlic sauce

Bacalao al Horno
Baked Cod
Lombarda Rehogada
Steamed Red Cabbage
Fruta
Fruit
- 29 Arroz con Verduras (sin Judía verde ni Guisante)
Rice with Vegetables without Green Beans and Peas
Merluza con Aceite de Ajo y Perejil
Hake with Garlic and Parsley Oil
Ensalada de Col
Cabbage Salad
Fruta
Fruit

Martes - Tuesday

- 9 Crema de Zanahoria
Carrots Cream

Merluza a la Gallega
Hake with Paprika
Patata Cocida
Boiled Potatoes
Yogur
Yogurt
- 16 Brócoli Salteado
Sauteéd Broccoli
Ragout de Ternera Asada
Baked Veal

Patatas Fritas
French Fries
Yogur
Yogurt
- 23 Patatas a la Marinera
Stewed Potatoes with Squids

Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Yogur
Yogurt
- 30 Sopa Juliana de Verduras
Vegetables Soup

Tortilla de Patata
Potato Omelette
Pimientos Verdes Asados
Green Peppers Salad
Yogur
Yogurt

Miercoles - Wednesday

- 10 Sopa Juliana de Verduras
Vegetables Soup

Pollo Asado
Roasted Chicken
Quinoa Salteada
Sauteéd Quinoa
Fruta
Fruit
- 17 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
Ragout de Pavo
Stewed Turkey

Calabacín al Horno
Baked Zucchini
Fruta
Fruit
- 24 Crema de Calabacín
Zucchini Cream

Palometa con Tomate
Fish with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta
Fruit
- 31 Crema Vichyssoise
Leek Cream

Pollo al Ajillo
Chicken with garlic sauce
Ensalada Variada
Mixed Salad
Fruta
Fruit

Jueves - Thursday

- 11 Arroz Campero (Sin Judía verde ni Guisante)
Rice with Vegetables Without Green Beans and Green Peas
Salmón a la Naranja
Salmon With Orange Sauce
Ensalada Variada
Mixed Salad
Yogur
Yogurt
- 18 Crema de Calabaza
Pumpkin Cream
Palometa con Tomate
Fish with Tomato Sauce

Ensalada Variada
Mixed Salad
Yogur
Yogurt
- 25 Brócoli Salteado
Sauteéd Broccoli

Pollo al Chilindrón
Chicken with Vegetables
Patata Dado
Diced Potatoes
Yogur
Yogurt

Viernes - Friday

- 12 Patatas Estofadas con Chorizo
Stewed Potatoes with Chorizo

Revuelto de Calabacín
Scrambled Eggs with Zucchini
Ensalada de Col
Cabbage Salad
Fruta
Fruit
- 19 Sopa Juliana de Verduras
Vegetables Soup
Pollo y Ternera con Patata y Zanahoria
Cocidos
Meat with Boiled Carrot and Potatoes
Rapollo
Cabbage
Fruta
Fruit
- 26 Arroz Negro (Sin guisantes ni Judías verdes)
Black Rice (without beans and green peas)
Gallo al Horno
Roast Rooster Fish
Tomate Aliñado
Seasoned Tomato
Fruta
Fruit

Lunes - Monday

- 8** Coditos con Verduras
Pasta with Vegetables
Lacón al Horno
Baked Ham
Champiñones Rehogados
Sautéed Mushrooms
Melocotón en Almíbar y Pan Integral
Peach in syrup and Whole Wheat Bread
- 15** Espaguetitis INTEGRALES a la Carbonara
Carbonara Whole Wheat Spaguetitis
Fogonero en Salsa Verde
Fish with Green Sauce
Guisantes Rehogados
Sautéed Green Peas
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 22** Macarrones al Ajillo
Pasta with garlic sauce
Bacalao al Horno
Baked Cod
Lombarda Rehogada
Steamed Red Cabbage
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 29** Lasaña de Verduras
Vegetable Lasagna
Merluza con Aceite de Ajo y Perejil
Hake with Garlic and Parsley Oil
Ensalada de Col
Cabbage Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

Martes - Tuesday

- 9** Crema de Verduras
Vegetable Cream
Merluza a la Gallega
Hake with Paprika
Patata Cocida
Boiled Potatoes
Yogur y Pan Integral
Yogurt and Whole Wheat Bread
- 16** Brócoli Salteado
Sautéed Broccoli
Albóndigas de Ternera en Salsa
Veal Meatballs in Sauce
Patatas Fritas
French Fries
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** Alubias Blancas con Verduras
Stewed White Beans with Vegetables
Tortilla de Patata
Potato Omelette
Pimientos Verdes Asados
Green Peppers Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Miércoles - Wednesday

- 10** Sopa de Fideos
Noodle Soup
Pollo al Curry
Curry Chicken
Cous Cous
Cous Cous
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 17** Alubias Blancas a la Jardinera
Stewed White Beans with Vegetables
Ragout de Pavo
Stewed Turkey
Calabacín al Horno
Baked Zucchini
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 24** Lentejas con Verduras
Stewed Lentils with Vegetables
Caballa con Tomate
Mackerel with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 31** Crema Vichyssoise
Leek Cream
Pollo al Ajillo
Chicken with garlic sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

Jueves - Thursday

- 11** Arroz Tres Delicias
Three Delights Rice
Salmón a la Naranja
Salmon With Orange Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread
- 18** Crema de Calabaza
Pumpkin Cream
Palometa con Tomate
Fish with Tomato Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread
- 25** Menestra Salteada con Bacon
Sautéed Vegetables with Bacon
Pollo al Chilindrón
Chicken with Vegetables
Cous Cous
Cous Cous
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Viernes - Friday

- 12** Lentejas con Chorizo
Stewed Lentils with Chorizo
Revuelto de Calabacín
Scrambled Eggs with Zucchini
Ensalada de Col
Cabbage Salad
Fruta y Pan
Fruit and Bread
- 19** Sopa de Cocido
Meat Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Mixed Salad
Fruta y Pan
Fruit and Bread
- 26** Arroz Negro
Black Rice
Gallo al Horno
Roast Rooster Fish
Tomate Aliñado
Seasoned Tomato
Fruta y Pan
Fruit and Bread

mediterránea

PAN Y 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 RESPECTO, NUESTRO PERSONAL LE ATENDERÁ