

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

5 Pasta S/Gluten S/Huevo con Tomate Casero
 Gluten/Egg-Free Pasta with Homemade Tomato Sauce
 Gallo al Horno
 Roast Rooster Fish
 Ensalada Variada
 Mixed Salad
 Fruta y Pan S/Gluten
 Fruit and Gluten-Free Bread

12 Pasta S/Gluten S/Huevo con Salsa Cuatro Quesos
 Gluten-Egg Free Pasta with Mix Cheese Sauce
 Rape a la Riojana
 Monkfish with Pepper Sauce
 Menestra Salteada
 Sautéed Vegetables
 Fruta y Pan S/Gluten
 Fruit and Gluten-Free Bread

19 Pasta S/Gluten S/Huevo a la Carbonara
 Carbonara Gluten-Egg Free Pasta (Gluten-Free Flour)
 Merluza a la Gallega
 Hake with Paprika
 Ensalada de Remolacha
 Mixed Salad
 Fruta y Pan S/Gluten
 Fruit and Gluten-Free Bread

26 Pasta S/Gluten S/Huevo con Chorizo
 Gluten and Egg Free Pasta with Tomato Sauce and Chorizo
 Fogonero en Salsa de Cebolla
 Fish with Onion Sauce
 Judías Verdes Salteadas
 Sautéed Green Beans
 Fruta y Pan S/Gluten
 Fruit and Gluten-Free Bread

6 Patatas a la Riojana
 Stewed Potatoes with Chorizo
 Revuelto de Calabacín y Bacon
 Scrambled Eggs with Zucchini and Bacon
 Tomate Aliñado
 Seasoned Tomato
 Yogur y Pan S/Gluten
 Yogurt and Gluten-Free Bread

13 Guisantes con Jamón
 Sautéed Green Peas with Ham
 Lomo de Sajonia
 Saxony Pork
 Patata Panadera
 Baked Potatoes
 Yogur y Pan S/Gluten
 Yogurt and Gluten-Free Bread

20 Crema de Calabacín
 Zucchini Cream
 Tortilla de Patata
 Potato Omelette
 Pimientos Verdes Asados
 Green Peppers Salad
 Yogur y Pan S/Gluten
 Yogurt and Gluten-Free Bread

27 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 S/Gluten
 Yogurt and Gluten-Free Bread

7 Coliflor con Bechamel (Sin Gluten, Sin Lactosa)
 Gluten and Lactose-Free Cauliflower au Gratin
 Pollo al Limón
 Chicken in Lemon Sauce
 Patata Asada
 Roasted Potatoes
 Fruta y Pan S/Gluten
 Fruit and Gluten-Free Bread

14 Espinacas Gratinadas sin Queso (Sin Gluten, Sin Lactosa)
 Gluten and Lactose-Free Spinachs au Gratin
 Pollo Asado
 Roasted Chicken
 Ensalada Variada
 Mixed Salad
 Fruta y Pan S/Gluten
 Fruit and Gluten-Free Bread

21 Judías Verdes con Tomate
 Green Beans with Tomato Sauce
 Ternera a la Jardinera
 Beef with Vegetables
 Patatas Fritas
 French Fries
 Fruta y Pan S/Gluten
 Fruit and Gluten-Free Bread

28 Crema de Verduras
 Vegetable Cream
 Ragout de Pavo
 Stewed Turkey
 Patata Asada
 Roasted Potatoes
 Fruta y Pan S/Gluten
 Fruit and Gluten-Free Bread


1 Arroz Caldoso
 Brothy Rice
 Bacalao con Tomate
 Cod with Tomato Sauce
 Guisantes Rehogados
 Sautéed Green Peas
 Yogur y Pan S/Gluten
 Yogurt and Gluten-Free Bread

8 Sopa de Fideos S/Gluten S/Huevo
 Gluten- Free Noodle Soup

Merluza al Horno
 Baked Hake
 Ensalada Variada
 Mixed Salad
 Arroz con Leche Casero y Pan S/Gluten
 Homemade Rice Pudding and Gluten-Free Bread

15 Risotto de Champiñones sin Queso (Sin Gluten, Sin Lactosa)
 Gluen and Lactose-Free Mushroom Risotto

Salmón a la Naranja
 Salmon With Oranje Sauce
 Ensalada Variada
 Mixed Salad
 Yogur y Pan S/Gluten
 Yogurt and Gluten-Free Bread

22 
Festivo
Festive

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

2 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

9 Crema de Calabacín
 Zucchini Cream

Magro de Cerdo Estofado
 Stewed Lean Pork
 Arroz Pilaf
 Rice
 Fruta y Pan S/Gluten
 Fruit and Gluten-Free Bread

16 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

23 
Festivo
Festive

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

- 5

 Pasta S/Gluten S/Huevo con Tomate Casero
 Gluten/Egg-Free Pasta with Homemade Tomato Sauce
 Gallo al Horno
 Roast Rooster Fish
 Ensalada Variada
 Mixed Salad
 Fruta y Pan Integral
 Fruit and Whole Wheat Bread
- 12

 Pasta S/Gluten S/Huevo con Salsa Cuatro Quesos
 Gluten-Egg Free Pasta with Mix Cheese Sauce
 Rape a la Riojana
 Monkfish with Pepper Sauce
 Menestra Salteada
 Sautéed Vegetables
 Fruta y Pan Integral
 Fruit and Whole Wheat Bread
- 19

 Pasta S/Gluten S/Huevo a la Carbonara
 Carbonara Gluten-Egg Free Pasta (Gluten-Free Flour)
 Merluza a la Gallega
 Hake with Paprika
 Ensalada de Remolacha
 Mixed Salad
 Fruta y Pan Integral
 Fruit and Whole Wheat Bread
- 26

 Pasta S/Gluten S/Huevo con Chorizo
 Gluten and Egg Free Pasta with Tomato Sauce and Chorizo
 Fogonero en Salsa de Cebolla
 Fish with Onion Sauce
 Judías Verdes Salteadas
 Sautéed Green Beans
 Fruta y Pan Integral
 Fruit and Whole Wheat Bread

- 6

 Patatas a la Riojana
 Stewed Potatoes with Chorizo
 - 13

 Guisantes con Jamón
 Sautéed Green Peas with Ham
 - 20

 Lentejas con Chorizo
 Stewed Lentils with Chorizo
 - 27

 Sopa de Cocido (Fideos S/Gluten S/Huevo)
 Meat Soup with Gluten Free Noodles
- Cinta de Lomo al Horno
 Baked Loin
 Tomate Aliñado
 Seasoned Tomato
 Yogur y Pan Integral
 Yogurt and Whole Wheat Bread
 - Lomo de Sajonia
 Saxony Pork
 Patata Panadera
 Baked Potatoes
 Yogur y Pan Integral
 Yogurt and Whole Wheat Bread
 - Pollo en Salsa
 Chicken in Sauce
 Pimientos Verdes Asados
 Green Peppers Salad
 Yogur y Pan Integral
 Yogurt and Whole Wheat Bread
 - Cocido Completo
 Chickpeas with Meat and Vegetables
 Repollo
 Cabagge
 Yogur y Pan Integral
 Yogurt and Whole Wheat Bread

- 7

 Coliflor con Bechamel
 Cauliflower au Gratin
 - 14

 Espinacas Gratinadas
 Spinachs au Gratin
 - 21

 Judías Verdes con Tomate
 Green Beans with Tomato Sauce
 - 28

 Crema de Verduras con picatostes
 Vegetable Cream with Croutons
- Pollo al Limón
 Chicken in Lemon Sauce
 Patata Asada
 Roasted Potatoes
 Fruta y Pan Integral
 Fruit and Whole Wheat Bread
 - Pollo Asado
 Roasted Chicken
 Ensalada Variada
 Mixed Salad
 Fruta y Pan Integral
 Fruit and Whole Wheat Bread
 - Ternera a la Jardinera
 Beef with Vegetables
 Patatas Fritas
 French Fries
 Fruta y Pan Integral
 Fruit and Whole Wheat Bread
 - Ragout de Pavo
 Stewed Turkey
 Patata Asada
 Roasted Potatoes
 Fruta y Pan Integral
 Fruit and Whole Wheat Bread

- 1

 Arroz Caldoso
 Brothy Rice
 Bacalao con Tomate
 Cod with Tomato Sauce
 Guisantes Rehogados
 Sautéed Green Peas
 Yogur y Pan Integral
 Yogurt and Whole Wheat Bread
 - 8

 Potaje de Lentejas con Calabaza
 Stewed Lentils with Pumpkin
 - 15

 Rissotto de Champiñones
 Mushroom Risotto
 - 22


Festivo
Festive
 - 29

 Paella de Pollo
 Chicken Paella
- Merluza al Horno
 Baked Hake
 Ensalada Variada
 Mixed Salad
 Arroz con Leche Casero y Pan
 Homemade Rice Pudding and Bread
 - Salmón al Horno
 Baked Salmon
 Ensalada Variada
 Mixed Salad
 Yogur y Pan Integral
 Yogurt and Whole Wheat Bread
 - Palometa con Tomate
 Fish with Tomato Sauce
 Ensalada Variada
 Mixed Salad
 Yogur y Pan Integral
 Yogurt and Whole Wheat Bread

- 2

 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
 - 9

 Crema de Calabacín
 Zucchini Cream
 - 16

 Sopa de Cocido (Fideos S/Gluten S/Huevo)
 Meat Soup with Gluten Free Noodles
- Magro de Cerdo Estofado
 Stewed Lean Pork
 Cous Cous
 Cous Cous
 Fruta y Pan
 Fruit and Bread
 - Cocido Completo
 Chickpeas with Meat and Vegetables
 Repollo
 Cabagge
 Fruta y Pan
 Fruit and Bread

- 23


Festivo
Festive

MENÚ FEBRERO 2024 ANTONIO HERNÁNDEZ

Sin Proteína de Leche de Vaca - - CEIP Antonio Hernández

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

5 Espaguettis INTEGRALES con Tomate Casero
Whole Wheat Spaguettis with Homemade Tomato Sauce

Gallo al Horno
Roast Rooster Fish
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

12 Espirales Tricolor con Tomate Casero
Pasta with Homemade Tomato Sauce
Rape a la Riojana
Monkfish with Pepper Sauce
Menestra Salteada
Sautéed Vegetables
Fruta y Pan Integral
Fruit and Whole Wheat Bread

19 Coditos al Ajillo
Pasta with garlic sauce
Merluza a la Gallega
Hake with Paprika
Ensalada de Remolacha
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

26 Macarrones con Chorizo
Pasta with Tomato Sauce and Chorizo
Fogonero en Salsa de Cebolla
Fish with Onion Sauce
Judías Verdes Salteadas
Sautéed Green Beans
Fruta y Pan Integral
Fruit and Whole Wheat Bread

6 Patatas a la Riojana
Stewed Potatoes with Chorizo

Revuelto de Calabacín y Bacon
Scrambled Eggs with Zucchini and Bacon
Tomate Aliñado
Seasoned Tomato
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

13 Guisantes con Jamón
Sautéed Green Peas with Ham
Cinta de Lomo al Horno
Baked Loin
Patata Panadera
Baked Potatoes
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

20 Lentejas con Chorizo
Stewed Lentils with Chorizo
Tortilla de Patata
Potato Omelette
Pimientos Verdes Asados
Green Peppers Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

27 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

7 Coliflor Rehogada
Sautéed Cauliflower

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

14 Espinacas Salteadas con Patatas
Sautéed Spinach with Potatoes
Pollo Asado
Roasted Chicken
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

21 Judías Verdes con Tomate
Green Beans with Tomato Sauce
Ternera a la Jardinera
Beef with Vegetables
Patatas Fritas
French Fries
Fruta y Pan Integral
Fruit and Whole Wheat Bread

28 Crema de Verduras con picatostes
Vegetable Cream with Croutons
Ragout de Pavo
Stewed Turkey
Patata Asada
Roasted Potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

1 Arroz Caldoso
Brothy Rice
Bacalao con Tomate
Cod with Tomato Sauce
Guisantes Rehogados
Sautéed Green Peas
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

8 Potaje de Lentejas con Calabaza
Stewed Lentils with Pumpkin

Merluza al Horno
Baked Hake
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Bread

15 Arroz con Champiñones
Rice with Mushroom
Salmón a la Naranja
Salmon With Orange Sauce
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

22 
Festivo
Festive

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

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

9 Crema de Calabacín
Zucchini Cream

Magro de Cerdo Estofado
Stewed Lean Pork
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

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

23 
Festivo
Festive

mediterranea

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

5 Espaguettis INTEGRALES con Tomate Casero
 Whole Wheat Spaguettis with Homemade Tomato Sauce
 Gallo al Horno
 Roast Rooster Fish
 Ensalada Variada
 Mixed Salad
 Fruta y Pan Integral
 Fruit and Whole Wheat Bread

12 Espirales Tricolor con Tomate Casero
 Pasta with Homemade Tomato Sauce

Rape a la Riojana
 Monkfish with Pepper Sauce
 Menestra Salteada
 Sautéed Vegetables
 Fruta y Pan Integral
 Fruit and Whole Wheat Bread

19 Coditos a la Carbonara (Sin Lactosa)
 Lactose-Free Carbonara Pasta
 Merluza a la Gallega
 Hake with Paprika
 Ensalada de Remolacha
 Mixed Salad
 Fruta y Pan Integral
 Fruit and Whole Wheat Bread

26 Macarrones con Chorizo
 Pasta with Tomato Sauce and Chorizo
 Fogonero en Salsa de Cebolla
 Fish with Onion Sauce
 Judías Verdes Salteadas
 Sautéed Green Beans
 Fruta y Pan Integral
 Fruit and Whole Wheat Bread

6 Patatas a la Riojana
 Stewed Potatoes with Chorizo

Revuelto de Calabacín y Bacon
 Scrambled Eggs with Zucchini and Bacon
 Tomate Aliñado
 Seasoned Tomato
 Yogur de Soja y Pan Integral
 Soy Yogurt and Whole Wheat Bread

13 Guisantes con Jamón
 Sautéed Green Peas with Ham

Cinta de Lomo al Horno
 Baked Loin
 Patata Panadera
 Baked Potatoes
 Yogur de Soja y Pan Integral
 Soy Yogurt and Whole Wheat Bread

20 Lentejas con Chorizo
 Stewed Lentils with Chorizo
 Tortilla de Patata
 Potato Omelette
 Pimientos Verdes Asados
 Green Peppers Salad
 Yogur de Soja y Pan Integral
 Soy Yogurt and Whole Wheat Bread

27 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

7 Coliflor con Bechamel (Sin Gluten, Sin Lactosa)
 Gluten and Lactose-Free Cauliflower au Gratin
 Pollo al Limón
 Chicken in Lemon Sauce
 Patata Asada
 Roasted Potatoes
 Fruta y Pan Integral
 Fruit and Whole Wheat Bread

14 Espinacas Gratinadas sin Queso (Sin Gluten, Sin Lactosa)
 Gluten and Lactose-Free Spinachs au Gratin

Pollo Asado
 Roasted Chicken
 Ensalada Variada
 Mixed Salad
 Fruta y Pan Integral
 Fruit and Whole Wheat Bread

21 Judías Verdes con Tomate
 Green Beans with Tomato Sauce
 Ternera a la Jardinera
 Beef with Vegetables
 Patatas Fritas
 French Fries
 Fruta y Pan Integral
 Fruit and Whole Wheat Bread

28 Crema de Verduras con picatostes
 Vegetable Cream with Croutons
 Ragout de Pavo
 Stewed Turkey
 Patata Asada
 Roasted Potatoes
 Fruta y Pan Integral
 Fruit and Whole Wheat Bread


1 Arroz Caldoso
 Brothy Rice
 Bacalao con Tomate
 Cod with Tomato Sauce
 Guisantes Rehogados
 Sautéed Green Peas
 Yogur de Soja y Pan Integral
 Soy Yogurt and Whole Wheat Bread

8 Potaje de Lentejas con Calabaza
 Stewed Lentils with Pumpkin

Merluza al Horno
 Baked Hake
 Ensalada Variada
 Mixed Salad
 Arroz con Leche S/Lactosa Casero y Pan
 Homemade Lactose-Free Rice Pudding and Bread

15 Rissotto de Champiñones sin Queso (Sin Gluten, Sin Lactosa)
 Gluen and Lactose-Free Mushroom Risotto

Salmón a la Naranja
 Salmon With Oranje Sauce
 Ensalada Variada
 Mixed Salad
 Yogur de Soja y Pan Integral
 Soy Yogurt and Whole Wheat Bread

22 
Festivo
Festivo

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

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

9 Crema de Calabacín
 Zucchini Cream

Magro de Cerdo Estofado
 Stewed Lean Pork
 Cous Cous
 Cous Cous
 Fruta y Pan
 Fruit and Bread

16 Sopa de Cocido
 Meat Soup

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

23 
Festivo
Festivo

MENÚ FEBRERO 2024 ANTONIO HERNÁNDEZ

Sin Frutos Secos - - CEIP Antonio Hernández

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

5 Espaguettis INTEGRALES con Tomate Casero
Whole Wheat Spaguettis with Homemade Tomato Sauce

Gallo al Horno
Roast Rooster Fish

Ensalada Variada
Mixed Salad

Fruta y Pan Integral
Fruit and Whole Wheat Bread

12 Espirales Tricolor con Salsa Cuatro Quesos
Pasta with Mix Cheese Sauce

Rape a la Riojana
Monkfish with Pepper Sauce

Menestra Salteada
Sautéed Vegetables

Fruta y Pan Integral
Fruit and Whole Wheat Bread

19 Coditos a la Carbonara
Carbonara Pasta

Merluza a la Gallega
Hake with Paprika

Ensalada de Remolacha
Mixed Salad

Fruta y Pan Integral
Fruit and Whole Wheat Bread

26 Macarrones con Chorizo
Pasta with Tomato Sauce and Chorizo

Fogonero en Salsa de Cebolla
Fish with Onion Sauce

Judías Verdes Salteadas
Sautéed Green Beans

Fruta y Pan Integral
Fruit and Whole Wheat Bread

6 Patatas a la Riojana
Stewed Potatoes with Chorizo

Revuelto de Calabacín y Bacon
Scrambled Eggs with Zucchini and Bacon

Tomate Aliñado
Seasoned Tomato

Yogur y Pan Integral
Yogurt and Whole Wheat Bread

13 Guisantes con Jamón
Sautéed Green Peas with Ham

Lomo de Sajonia
Saxony Pork

Patata Panadera
Baked Potatoes

Yogur y Pan Integral
Yogurt and Whole Wheat Bread

20 Lentejas con Chorizo
Stewed Lentils with Chorizo

Tortilla de Patata
Potato Omelette

Pimientos Verdes Asados
Green Peppers Salad

Yogur y Pan Integral
Yogurt and Whole Wheat Bread

27 Sopa de Cocido
Meat Soup

Cocido Completo
Chickpeas with Meat and Vegetables

Repollo
Cabbage

Yogur y Pan Integral
Yogurt and Whole Wheat Bread

7 Coliflor con Bechamel
Cauliflower au Gratin

Pollo al Limón
Chicken in Lemon Sauce

Patata Asada
Roasted Potatoes

Fruta y Pan Integral
Fruit and Whole Wheat Bread

14 Espinacas Gratinadas
Spinachs au Gratin

Pollo Asado
Roasted Chicken

Ensalada Variada
Mixed Salad

Fruta y Pan Integral
Fruit and Whole Wheat Bread

21 Judías Verdes con Tomate
Green Beans with Tomato Sauce

Ternera a la Jardinera
Beef with Vegetables

Patatas Fritas
French Fries

Fruta y Pan Integral
Fruit and Whole Wheat Bread

28 Crema de Verduras
Vegetable Cream

Ragout de Pavo
Stewed Turkey

Patata Asada
Roasted Potatoes

Fruta y Pan Integral
Fruit and Whole Wheat Bread

1 Arroz Caldoso
Brothy Rice

Bacalao con Tomate
Cod with Tomato Sauce

Guisantes Rehogados
Sautéed Green Peas

Yogur y Pan Integral
Yogurt and Whole Wheat Bread

8 Potaje de Lentejas con Calabaza
Stewed Lentils with Pumpkin

Merluza al Horno
Baked Hake

Ensalada Variada
Mixed Salad

Arroz con Leche Casero y Pan
Homemade Rice Pudding and Bread

15 Rissotto de Champiñones
Mushroom Risotto

Salmón a la Naranja
Salmon With Orange Sauce

Ensalada Variada
Mixed Salad

Yogur y Pan Integral
Yogurt and Whole Wheat Bread

22 
Festivo
Festive

29 Paella de Pollo
Chicken Paella

Palometa con Tomate
Fish with Tomato Sauce

Ensalada Variada
Mixed Salad

Yogur y Pan Integral
Yogurt and Whole Wheat Bread

2 Sopa de Cocido
Meat Soup

Cocido Completo
Chickpeas with Meat and Vegetables

Repollo
Cabbage

Fruta y Pan
Fruit and Bread

9 Crema de Calabacín
Zucchini Cream

Magro de Cerdo Estofado
Stewed Lean Pork

Cous Cous
Cous Cous

Fruta y Pan
Fruit and Bread

16 Sopa de Cocido
Meat Soup

Cocido Completo
Chickpeas with Meat and Vegetables

Repollo
Cabbage

Fruta y Pan
Fruit and Bread

23 
Festivo
Festive

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

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

5 Espaguettis INTEGRALES con Tomate Casero
Whole Wheat Spaguettis with Homemade Tomato Sauce

Gallo al Horno
Roast Rooster Fish

Ensalada Variada
Mixed Salad

Fruta y Pan Integral
Fruit and Whole Wheat Bread

12 Espirales Tricolor con Salsa Cuatro Quesos
Pasta with Mix Cheese Sauce

Rape a la Riojana
Monkfish with Pepper Sauce

Menestra Salteada
Sautéed Vegetables
Fruta y Pan Integral
Fruit and Whole Wheat Bread

19 Coditos a la Carbonara (Sin Bacon)
Carbonara Pasta (without Bacon)

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

26 Macarrones con Tomate Casero
Pasta with Homemade Tomato Sauce

Fogonero en Salsa de Cebolla
Fish with Onion Sauce

Judías Verdes Salteadas
Sautéed Green Beans
Fruta y Pan Integral
Fruit and Whole Wheat Bread

6 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables

Revuelto de Calabacín
Scrambled Eggs with Zucchini
Tomate Aliñado
Seasoned Tomato
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

13 Guisantes Salteados
Sautéed Green Peas

Lomo de Sajonia
Saxony Pork

Patata Panadera
Baked Potatoes
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

20 Lentejas con Verduras
Stewed Lentils with Vegetables

Tortilla de Patata
Potato Omelette
Pimientos Verdes Asados
Green Peppers Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

27 Sopa de Fideos
Noodle Soup

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

7 Coliflor con Bechamel
Cauliflower au Gratin

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

14 Espinacas Gratinadas
Spinachs au Gratin

Pollo Asado
Roasted Chicken

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

21 Judías Verdes con Tomate
Green Beans with Tomato Sauce

Ternera a la Jardinera
Beef with Vegetables
Patatas Fritas
French Fries
Fruta y Pan Integral
Fruit and Whole Wheat Bread

28 Crema de Verduras con picatostes
Vegetable Cream with Croutons

Ragout de Pavo
Stewed Turkey

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

1 Arroz Caldoso
Brothy Rice

Bacalao con Tomate
Cod with Tomato Sauce

Guisantes Rehogados
Sautéed Green Peas
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

8 Potaje de Lentejas con Calabaza
Stewed Lentils with Pumpkin

Merluza al Horno
Baked Hake
Ensalada Variada
Mixed Salad
Arroz con Leche Casero y Pan
Homemade Rice Pudding and Bread

15 Rissotto de Champiñones
Mushroom Risotto

Salmón a la Naranja
Salmon With Oranje Sauce

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

22 
Festivo
Festive

29 Paella de Pollo
Chicken Paella

Palometa con Tomate
Fish with Tomato Sauce

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

2 Sopa de Fideos
Noodle Soup

Cocido (Sin Cerdo)
Chickpeas with Meat and Vegetables Without Pork
Rapollo
Cabagge
Fruta y Pan
Fruit and Bread

9 Crema de Calabacín
Zucchini Cream

Pollo en Salsa
Chicken in Sauce
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

16 Sopa de Fideos
Noodle Soup

Cocido (Sin Cerdo)
Chickpeas with Meat and Vegetables Without Pork
Rapollo
Cabagge
Fruta y Pan
Fruit and Bread

23 
Festivo
Festive

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

5 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce

Gallo al Horno
Roast Rooster Fish
Ensalada Variada
Mixed Salad
Fruta
Fruit

12 Arroz con Salsa Cuatro Quesos
Rice with Mix Cheese Sauce

Rape a la Riojana
Monkfish with Pepper Sauce
Menestra Salteada
Sautéed Vegetables
Fruta
Fruit

19 Arroz al Ajillo
Rice with garlic sauce
Merluza a la Gallega
Hake with Paprika
Ensalada de Remolacha
Mixed Salad
Fruta
Fruit

26 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Fogonero en Salsa de Cebolla
Fish with Onion Sauce
Judías Verdes Salteadas
Sautéed Green Beans
Fruta
Fruit

6 Patatas a la Riojana
Stewed Potatoes with Chorizo

Revuelto de Calabacín
Scrambled Eggs with Zucchini
Tomate Aliñado
Seasoned Tomato
Yogur
Yogurt

13 Guisantes Rehogados
Sautéed Green Peas

Cinta de Lomo al Horno
Baked Loin
Patata Panadera
Baked Potatoes
Yogur
Yogurt

20 Lentejas con Chorizo
Stewed Lentils with Chorizo
Tortilla de Patata
Potato Omelette
Pimientos Verdes Asados
Green Peppers Salad
Yogur
Yogurt

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

7 Coliflor con Bechamel (Sin Gluten, Sin Lactosa)
Gluten and Lactose-Free Cauliflower au Gratin

Pollo al Limón
Chicken in Lemon Sauce
Patata Asada
Roasted Potatoes
Fruta
Fruit

14 Espinacas Gratinadas sin Queso (Sin Gluten, Sin Lactosa)
Gluten and Lactose-Free Spinachs au Gratin

Pollo Asado
Roasted Chicken
Ensalada Variada
Mixed Salad
Fruta
Fruit

21 Judías Verdes con Tomate
Green Beans with Tomato Sauce
Ternera a la Jardinera
Beef with Vegetables
Patatas Fritas
French Fries
Fruta
Fruit

28 Crema de Verduras
Vegetable Cream
Ragout de Pavo
Stewed Turkey
Patata Asada
Roasted Potatoes
Fruta
Fruit

1 Arroz Caldoso
Brothy Rice
Bacalao con Tomate
Cod with Tomato Sauce
Guisantes Rehogados
Sautéed Green Peas
Yogur
Yogurt

8 Potaje de Lentejas con Calabaza
Stewed Lentils with Pumpkin

Merluza al Horno
Baked Hake
Ensalada Variada
Mixed Salad
Arroz con Leche Casero
Homemade Rice Pudding

15 Rissotto de Champiñones sin Queso (Sin Gluten, Sin Lactosa)
Gluten and Lactose-Free Mushroom Risotto

Salmón a la Naranja
Salmon With Oranje Sauce
Ensalada Variada
Mixed Salad
Yogur
Yogurt

22 
Festivo
Festive

29 Paella de Pollo
Chicken Paella
Palometa con Tomate
Fish with Tomato Sauce
Ensalada Variada
Mixed Salad
Yogur
Yogurt


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

9 Crema de Calabacín
Zucchini Cream

Magro de Cerdo Estofado
Stewed Lean Pork
Arroz Pilaf
Rice
Fruta
Fruit

16 Sopa Juliana de Verduras
Vegetables Soup

Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabbage
Fruta
Fruit

23 
Festivo
Festive

MENÚ FEBRERO 2024 ANTONIO HERNÁNDEZ
Sin Legumbre - - CEIP Antonio Hernández

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

5 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce

Gallo al Horno
Roast Rooster Fish
Ensalada Variada
Mixed Salad
Fruta
Fruit

12 Arroz con Salsa Cuatro Quesos
Rice with Mix Cheese Sauce

Rape a la Riojana
Monkfish with Pepper Sauce

Calabacín al Horno
Baked Zucchini
Fruta
Fruit

19 Arroz al Ajillo
Rice with garlic sauce
Merluza a la Gallega
Hake with Paprika
Ensalada de Remolacha
Mixed Salad
Fruta
Fruit

26 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce

Fogonero en Salsa de Cebolla
Fish with Onion Sauce

Zanahorias Cubito Salteadas
Sautéed Carrots
Fruta
Fruit

6 Patatas a la Riojana
Stewed Potatoes with Chorizo

Revuelto de Calabacín
Scrambled Eggs with Zucchini
Tomate Aliñado
Seasoned Tomato
Yogur
Yogurt

13 Brócoli Salteado
Sautéed Broccoli

Cinta de Lomo al Horno
Baked Loin

Patata Panadera
Baked Potatoes
Yogur
Yogurt

20 Crema de Calabacín
Zucchini Cream
Tortilla de Patata
Potato Omelette
Pimientos Verdes Asados
Green Peppers Salad
Yogur
Yogurt

27 Sopa Juliana de Verduras
Vegetables Soup

Pollo y Ternera con Patata y Zanahoria
Cocidos
Meat with Boiled Carrot and Potatoes
Repollo
Cabbage
Yogur
Yogurt

7 Coliflor con Bechamel (Sin Gluten, Sin Lactosa)
Gluten and Lactose-Free Cauliflower au Gratin

Pollo al Limón
Chicken in Lemon Sauce
Patata Asada
Roasted Potatoes
Fruta
Fruit

14 Espinacas Gratinadas sin Queso (Sin Gluten, Sin Lactosa)
Gluten and Lactose-Free Spinachs au Gratin
Pollo Asado
Roasted Chicken

Ensalada Variada
Mixed Salad
Fruta
Fruit

21 Brócoli Salteado
Sautéed Broccoli
Ragout de Ternera Asada
Baked Veal
Patatas Fritas
French Fries
Fruta
Fruit

28 Crema de Calabaza
Pumpkin Cream

Ragout de Pavo
Stewed Turkey

Patata Asada
Roasted Potatoes
Fruta
Fruit

1 Arroz Caldoso (Sin Judía Verde ni Guisante)
Brothy Rice Without Green Beans and Green Peas
Bacalao con Tomate
Cod with Tomato Sauce

Calabacín al Horno
Baked Zucchini
Yogur
Yogurt


8 Sopa Juliana de Verduras
Vegetables Soup

Merluza al Horno
Baked Hake
Ensalada Variada
Mixed Salad
Arroz con Leche Casero
Homemade Rice Pudding

15 Rissotto de Champiñones sin Queso (Sin Gluten, Sin Lactosa)
Gluten and Lactose-Free Mushroom Risotto

Salmón a la Naranja
Salmon With Orange Sauce

Ensalada Variada
Mixed Salad
Yogur
Yogurt

22 
Festivo
Festive

29 Paella de Pollo (Sin Judía Verde ni Guisante)
Chicken Paella Without Green Beans and Green Peas
Palometa con Tomate
Fish with Tomato Sauce

Ensalada Variada
Mixed Salad
Yogur
Yogurt

2 Sopa Juliana de Verduras
Vegetables Soup

Pollo y Ternera con Patata y Zanahoria
Cocidos
Meat with Boiled Carrot and Potatoes
Repollo
Cabbage
Fruta
Fruit

9 Crema de Calabacín
Zucchini Cream

Magro de Cerdo Estofado
Stewed Lean Pork
Arroz Pilaf
Mixed Salad
Fruta
Fruit
Sopa Juliana de Verduras
Vegetables Soup

16 Pollo y Ternera con Patata y Zanahoria
Cocidos
Meat with Boiled Carrot and Potatoes
Repollo
Cabbage
Fruta
Fruit

23 
Festivo
Festive

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

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

5 Espaguettis INTEGRALES con Tomate Casero

Whole Wheat Spaguettis with Homemade Tomato Sauce

Cinta de Lomo al Horno
Baked Loin

Ensalada Variada
Mixed Salad

Fruta y Pan Integral
Fruit and Whole Wheat Bread

12 Espirales Tricolor con Salsa Cuatro Quesos

Pasta with Mix Cheese Sauce

Salchichas de Pavo al Horno
Turkey Sausages

Menestra Salteada
Sautéed Vegetables

Fruta y Pan Integral
Fruit and Whole Wheat Bread

19 Coditos a la Carbonara

Carbonara Pasta

Pollo al Horno
Baked Chicken

Ensalada de Remolacha
Mixed Salad

Fruta y Pan Integral
Fruit and Whole Wheat Bread

26 Macarrones con Chorizo

Pasta with Tomato Sauce and Chorizo

Lomo de Sajonia
Saxony Pork

Judías Verdes Salteadas
Sautéed Green Beans

Fruta y Pan Integral
Fruit and Whole Wheat Bread

6 Patatas a la Riojana

Stewed Potatoes with Chorizo

Revuelto de Calabacín y Bacon
Scrambled Eggs with Zucchini and Bacon

Tomate Aliñado
Seasoned Tomato

Yogur y Pan Integral
Yogurt and Whole Wheat Bread

13 Guisantes con Jamón

Sautéed Green Peas with Ham

Lomo de Sajonia
Saxony Pork

Patata Panadera
Baked Potatoes

Yogur y Pan Integral
Yogurt and Whole Wheat Bread

20 Lentejas con Chorizo

Stewed Lentils with Chorizo

Tortilla de Patata
Potato Omelette

Pimientos Verdes Asados
Green Peppers Salad

Yogur y Pan Integral
Yogurt and Whole Wheat Bread

27 Sopa de Cocido

Meat Soup

Cocido Completo
Chickpeas with Meat and Vegetables

Repollo
Cabbage

Yogur y Pan Integral
Yogurt and Whole Wheat Bread

7 Coliflor con Bechamel

Cauliflower au Gratin

Pollo al Limón
Chicken in Lemon Sauce

Patata Asada
Roasted Potatoes

Fruta y Pan Integral
Fruit and Whole Wheat Bread

14 Espinacas Gratinadas

Spinachs au Gratin

Pollo Asado
Roasted Chicken

Ensalada Variada
Mixed Salad

Fruta y Pan Integral
Fruit and Whole Wheat Bread

21 Judías Verdes con Tomate

Green Beans with Tomato Sauce

Ternera a la Jardinera
Beef with Vegetables

Patatas Fritas
French Fries

Fruta y Pan Integral
Fruit and Whole Wheat Bread

28 Crema de Verduras con picatostes

Vegetable Cream with Croutons

Ragout de Pavo
Stewed Turkey

Patata Asada
Roasted Potatoes

Fruta y Pan Integral
Fruit and Whole Wheat Bread

1 Arroz Caldoso
Brothy Rice

Lomo con Tomate
Loin with Tomato Sauce

Guisantes Rehogados
Sautéed Green Peas

Yogur y Pan Integral
Yogurt and Whole Wheat Bread

8 Potaje de Lentejas con Calabaza

Stewed Lentils with Pumpkin

Tortilla Francesa
Omelette

Ensalada Variada
Mixed Salad

Arroz con Leche Casero y Pan
Homemade Rice Pudding and Bread

15 Rissotto de Champiñones

Mushroom Risotto

Tortilla Francesa de York
Ham French Omelette

Ensalada Variada
Mixed Salad

Yogur y Pan Integral
Yogurt and Whole Wheat Bread

22 
Festivo
Festive

29 Paella de Pollo
Chicken Paella

Revuelto de Calabacín
Scrambled Eggs with Zucchini

Ensalada Variada
Mixed Salad

Yogur y Pan Integral
Yogurt and Whole Wheat Bread

2 Sopa de Cocido
Meat Soup

Cocido Completo
Chickpeas with Meat and Vegetables

Repollo
Cabbage

Fruta y Pan
Fruit and Bread

9 Crema de Calabacín

Zucchini Cream

Magro de Cerdo Estofado
Stewed Lean Pork

Cous Cous
Cous Cous

Fruta y Pan
Fruit and Bread

16 Sopa de Cocido

Meat Soup

Cocido Completo
Chickpeas with Meat and Vegetables

Repollo
Cabbage

Fruta y Pan
Fruit and Bread

23 
Festivo
Festive

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

5 Espaguetitis INTEGRALES con Tomate Casero
 Whole Wheat Spaguetitis with Homemade Tomato Sauce

Cinta de Lomo al Horno
 Baked Loin

Ensalada Variada
 Mixed Salad

Fruta y Pan Integral
 Fruit and Whole Wheat Bread

12 Espirales Tricolor con Salsa Cuatro Quesos
 Pasta with Mix Cheese Sauce

Salchichas de Pavo al Horno
 Turkey Sausages

Menestra Salteada
 Sautéed Vegetables

Fruta y Pan Integral
 Fruit and Whole Wheat Bread

19 Coditos a la Carbonara
 Carbonara Pasta

Caballa con Tomate
 Mackerel with Tomato Sauce

Ensalada de Remolacha
 Mixed Salad

Fruta y Pan Integral
 Fruit and Whole Wheat Bread

26 Macarrones con Chorizo
 Pasta with Tomato Sauce and Chorizo

Lomo de Sajonia
 Saxony Pork

Judías Verdes Salteadas
 Sautéed Green Beans

Fruta y Pan Integral
 Fruit and Whole Wheat Bread

6 Patatas a la Riojana
 Stewed Potatoes with Chorizo

Revuelto de Calabacín y Bacon
 Scrambled Eggs with Zucchini and Bacon

Tomate Aliñado
 Seasoned Tomato

Yogur y Pan Integral
 Yogurt and Whole Wheat Bread

13 Guisantes con Jamón
 Sautéed Green Peas with Ham

Lomo de Sajonia
 Saxony Pork

Patata Panadera
 Baked Potatoes

Yogur y Pan Integral
 Yogurt and Whole Wheat Bread

20 Lentejas con Chorizo
 Stewed Lentils with Chorizo

Tortilla de Patata
 Potato Omelette

Pimientos Verdes Asados
 Green Peppers Salad

Yogur y Pan Integral
 Yogurt and Whole Wheat Bread

27 Sopa de Cocido
 Meat Soup

Cocido Completo
 Chickpeas with Meat and Vegetables

Repollo
 Cabbage

Yogur y Pan Integral
 Yogurt and Whole Wheat Bread

7 Coliflor con Bechamel
 Cauliflower au Gratin

Pollo al Limón
 Chicken in Lemon Sauce

Patata Asada
 Roasted Potatoes

Fruta y Pan Integral
 Fruit and Whole Wheat Bread

14 Espinacas Gratinadas
 Spinachs au Gratin

Pollo Asado
 Roasted Chicken

Ensalada Variada
 Mixed Salad

Fruta y Pan Integral
 Fruit and Whole Wheat Bread

21 Judías Verdes con Tomate
 Green Beans with Tomato Sauce

Ternera a la Jardinera
 Beef with Vegetables

Patatas Fritas
 French Fries

Fruta y Pan Integral
 Fruit and Whole Wheat Bread

28 Crema de Verduras con picatostes
 Vegetable Cream with Croutons

Ragout de Pavo
 Stewed Turkey

Patata Asada
 Roasted Potatoes

Fruta y Pan Integral
 Fruit and Whole Wheat Bread

1 Arroz Caldoso
 Brothy Rice
 Caballa con Tomate
 Mackerel with Tomato Sauce
 Guisantes Rehogados
 Sautéed Green Peas
 Yogur y Pan Integral
 Yogurt and Whole Wheat Bread

8 Potaje de Lentejas con Calabaza
 Stewed Lentils with Pumpkin

Tortilla Francesa
 Omelette

Ensalada Variada
 Mixed Salad

Arroz con Leche Casero y Pan
 Homemade Rice Pudding and Bread

15 Rissotto de Champiñones
 Mushroom Risotto

Tortilla Francesa de York
 Ham French Omelette

Ensalada Variada
 Mixed Salad

Yogur y Pan Integral
 Yogurt and Whole Wheat Bread

22 
Festivo
Festive

29 Paella de Pollo
 Chicken Paella
 Revuelto de Calabacín
 Scrambled Eggs with Zucchini
 Ensalada Variada
 Mixed Salad
 Yogur y Pan Integral
 Yogurt and Whole Wheat Bread

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

9 Crema de Calabacín
 Zucchini Cream

Magro de Cerdo Estofado
 Stewed Lean Pork

Cous Cous
 Cous Cous

Fruta y Pan
 Fruit and Bread

16 Sopa de Cocido
 Meat Soup

Cocido Completo
 Chickpeas with Meat and Vegetables

Repollo
 Cabbage

Fruta y Pan
 Fruit and Bread

23 
Festivo
Festive