

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

1 Alubias Blancas a la Jardinera
Stewed White Beans with Vegetables
Magro de Cerdo Estofado
Stewed Lean Pork
Arroz Pilaf
Rice
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

8 Arroz Negro
Black Rice
Salmón a la Naranja
Salmon With Orange Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

15 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

22 
Festivo
Festive

7 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
Albóndigas de Ternera (sin Gluten) en Salsa
Gluten-Free Veal Meatballs in Sauce
Champiñones Rehogados
Sauteed Mushrooms
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

14 Crema de Zanahoria
Carrots Cream

Ragout de Pavo Estofado
Stewed Turkey
Arroz Pilaf
Rice
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

21 Judías Verdes con Tomate
Green Beans with Tomato Sauce

Lomo de Sajonia
Saxony Pork
Patata Cocida
Boiled Potatoes
Torrija Casera (Pan S/Gluten) y Pan S/
Gluten
Homemade Gluten Free Torrija and Gluten
Free Bread

6 Brócoli al Gratén
Broccoli au Gratin
Escalope de Pollo S/Gluten
Gluten Free Breaded Chicken
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

13 Paella Hortelana
Rice with Vegetables

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

20 Arroz con Verduras
Rice with Vegetables

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

5 Garbanzos Estofados con Chorizo
Stewed Chickpeas with Chorizo
Huevos Rellenos
Stuffed Eggs with Tuna
Calabacín al Horno
Baked Zucchini
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

12 Alubias Blancas con Verduras
Stewed White Beans with Vegetables

Tortilla de Patata
Potato Omelette
Pimientos Asados
Peppers Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

19 Crema de Calabacín
Zucchini Cream

Ternera a la Jardinera
Beef with Vegetables
Patata Panadera
Baked Potatoes
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

4 Pasta S/Gluten S/Huevo al Ajillo
Gluten-Egg Free Pasta with garlic sauce
Bacalao a la Andaluza
Floured Cod
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

11 Pasta S/Gluten S/Huevo con Tomate
Casero y Queso
Gluten/Egg-Free Pasta with Homemade
Tomato Sauce and Cheese
Rape en Salsa Verde
Fish with Green Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

18 Pasta S/Gluten S/Huevo a la Carbonara
Carbonara Gluten-Egg Free Pasta
(Gluten-Free Flour)
Merluza al Horno
Baked Hake
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

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4 Pasta S/Gluten S/Huevo al Ajillo
Gluten-Egg Free Pasta with garlic sauce
Bacalao a la Andaluza
Floured Cod
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

11 Pasta S/Gluten S/Huevo con Tomate Casero y Queso
Gluten/Egg-Free Pasta with Homemade Tomato Sauce and Cheese
Rape en Salsa Verde
Fish with Green Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

18 Pasta S/Gluten S/Huevo a la Carbonara
Carbonara Gluten-Egg Free Pasta (Gluten-Free Flour)
Merluza al Horno
Baked Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

5 Garbanzos Estofados con Chorizo
Stewed Chickpeas with Chorizo
Cinta de Lomo al Horno
Baked Loin
Calabacín Rebozado
Fried Zucchini
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

12 Alubias Blancas con Verduras
Stewed White Beans with Vegetables

Cinta de Lomo al Horno
Baked Loin
Pimientos Asados
Peppers Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

19 Crema de Calabacín
Zucchini Cream

Ternera a la Jardinera
Beef with Vegetables
Patata Panadera
Baked Potatoes
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

6 Brócoli al Gratén
Broccoli au Gratin
Pollo al Horno
Baked Chicken
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

13 Paella Hortelana
Rice with Vegetables

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

20 Lentejas con Arroz
Stewed Lentils with Rice

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

7 Lentejas Guisadas
Stewed Lentils
Albóndigas de Ternera en Salsa
Veal Meatballs in Sauce
Champiñones Rehogados
Sauteed Mushrooms
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

14 Crema de Zanahoria con Picatostes
Carrots Cream with Croutons

Ragout de Pavo Estofado
Stewed Turkey
Arroz Pilaf
Rice
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

21 Judías Verdes con Tomate
Green Beans with Tomato Sauce

Lomo de Sajonia
Saxony Pork
Patata Cocida
Boiled Potatoes
Natillas de Vainilla y Pan
Custard and Bread

1 Alubias Blancas a la Jardinera
Stewed White Beans with Vegetables
Magro de Cerdo Estofado
Stewed Lean Pork
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

8 Arroz Negro
Black Rice
Salmón al Horno
Baked Salmon
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

15 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

22



**Festivo
Festive**

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

4 Coditos al Ajillo
Pasta with garlic sauce
Bacalao a la Andaluza
Floured Cod
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

11 Espaguetis INTEGRALES con Tomate Casero y Queso
Whole Wheat Spaguetis with Homemade Tomato Sauce and Cheese
Rape en Salsa Verde
Fish with Green Sauce

Ensalada Variada
Mixed Salad
Fruta y Pan

18 Macarrones a la Carbonara (Sin Bacon)
Carbonara Pasta without Bacon
Merluza al Horno
Baked Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

5 Garbanzos Estofados con Verduras
Stewed Chickpeas with Vegetables
Huevos Rellenos
Stuffed Eggs with Tuna
Calabacín Rebozado
Fried Zucchini
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

12 Alubias Blancas con Verduras
Stewed White Beans with Vegetables

Tortilla de Patata
Potato Omelette

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

19 Crema de Calabacín
Zucchini Cream
Ternera a la Jardinera
Beef with Vegetables
Patata Panadera
Baked Potatoes
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

6 Brócoli al Gratén
Broccoli au Gratin
Escalope de Pollo
Breaded Chicken
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

13 Paella Hortelana
Rice with Vegetables

Palometa con Tomate
Fish with Tomato Sauce

Ensalada Variada
Mixed Salad
Fruta y Pan

20 Lentejas con Arroz
Stewed Lentils with Rice
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

7 Lentejas Guisadas
Stewed Lentils
Albóndigas de Ternera en Salsa
Veal Meatballs in Sauce
Champiñones Rehogados
Sauteed Mushrooms
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

14 Crema de Zanahoria con Picatostes
Carrots Cream with Croutons

Ragout de Pavo Estofado
Stewed Turkey

Arroz Pilaf
Rice
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

21 Judías Verdes con Tomate
Green Beans with Tomato Sauce
Pollo al Horno
Baked Chicken
Patata Cocida
Boiled Potatoes
Torrija Casera y Pan Integral
Homemade Torrija and Whole Wheat Bread

1 Alubias Blancas a la Jardinera
Stewed White Beans with Vegetables
Pollo al Horno
Baked Chicken
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

8 Arroz Negro
Black Rice
Salmón a la Naranja
Salmon With Oranje Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

15 Sopa de Fideos
Noodle Soup

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

22 
Festivo
Festivo

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

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Viernes - Friday

4 Coditos al Ajillo
Pasta with garlic sauce
Bacalao a la Andaluza
Floured Cod
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

11 Espaguettis INTEGRALES con Tomate Casero y Queso
Whole Wheat Spaguettis with Homemade Tomato Sauce and Cheese
Rape en Salsa Verde
Fish with Green Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

18 Macarrones a la Carbonara
Carbonara Pasta
Merluza al Horno
Baked Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

5 Garbanzos Estofados con Chorizo
Stewed Chickpeas with Chorizo
Huevos Rellenos
Stuffed Eggs with Tuna
Calabacín Rebozado
Fried Zucchini
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

12 Alubias Blancas con Verduras
Stewed White Beans with Vegetables

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

19 Crema de Calabacín
Zucchini Cream
Ternera a la Jardinera
Beef with Vegetables
Patata Panadera
Baked Potatoes
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

6 Brócoli al Gratén
Broccoli au Gratin
Pollo al Horno
Baked Chicken
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

13 Paella Hortelana
Rice with Vegetables

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

20 Lentejas con Arroz
Stewed Lentils with Rice
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

7 Lentejas Guisadas
Stewed Lentils
Albóndigas de Ternera en Salsa
Veal Meatballs in Sauce
Champiñones Rehogados
Sauteed Mushrooms
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

14 Crema de Zanahoria
Carrots Cream

Ragout de Pavo Estofado
Stewed Turkey
Arroz Pilaf
Rice
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

21 Judías Verdes con Tomate
Green Beans with Tomato Sauce
Lomo de Sajonia
Saxony Pork
Patata Cocida
Boiled Potatoes
Torrija Casera y Pan Integral
Homemade Torrija and Whole Wheat Bread

1 Alubias Blancas a la Jardinera
Stewed White Beans with Vegetables
Magro de Cerdo Estofado
Stewed Lean Pork
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

8 Arroz Negro
Black Rice
Salmón a la Naranja
Salmon With Oranje Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

15 Sopa de Cocido
Meat Soup

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

22



Festivo
Festive

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

4

Coditos al Ajillo
Pasta with garlic sauce
Bacalao a la Andaluza
Floured Cod
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

11

Espaguettis INTEGRALES con Tomate Casero
Whole Wheat Spaguettis with Homemade Tomato Sauce
Rape en Salsa Verde
Fish with Green Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

18

Macarrones al Pomodoro
Pasta with Tomato Sauce
Merluza al Horno
Baked Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

5

Garbanzos Estofados con Chorizo
Stewed Chickpeas with Chorizo
Huevos Rellenos
Stuffed Eggs with Tuna
Calabacín al Horno
Baked Zucchini
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

12

Alubias Blancas con Verduras
Stewed White Beans with Vegetables

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

19

Crema de Calabacín
Zucchini Cream
Ternera a la Jardinera
Beef with Vegetables
Patata Panadera
Baked Potatoes
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

6

Brócoli con Patatas
Sautéed Broccoli with Potatoes
Escalope de Pollo
Breaded Chicken
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

13

Paella Hortelana
Rice with Vegetables

20

Palometa con Tomate
Fish with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread
Lentejas con Arroz
Stewed Lentils with Rice
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

7

Lentejas Guisadas
Stewed Lentils
Albóndigas de Ternera en Salsa
Veal Meatballs in Sauce
Champiñones Rehogados
Sautéed Mushrooms
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

14

Crema de Zanahoria con Picatostes
Carrots Cream with Croutons

21

Ragout de Pavo Estofado
Stewed Turkey
Arroz Pilaf
Rice
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread
Judías Verdes con Tomate
Green Beans with Tomato Sauce
Pollo al Horno
Baked Chicken
Patata Cocida
Boiled Potatoes
Torrija Casera (con Bebida de Soja) y Pan
Homemade Torrija with Soy Drink and Bread

1

Alubias Blancas a la Jardinera
Stewed White Beans with Vegetables
Magro de Cerdo Estofado
Stewed Lean Pork
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

8

Arroz Campero
Rice with Vegetables
Salmón a la Naranja
Salmon With Orange Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

15

Sopa de Cocido
Meat Soup

22

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



Festivo
Festive

mediterránea

FRUTA VARIADA y de TEMPORADA

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

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

Lunes - Monday

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4 Coditos al Ajillo
Pasta with garlic sauce
Bacalao a la Andaluza
Floured Cod
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

11 Espaguettis INTEGRALES con Tomate Casero
Whole Wheat Spaguettis with Homemade Tomato Sauce
Rape en Salsa Verde
Fish with Green Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

18 Macarrones al Pomodoro
Pasta with Tomato Sauce
Merluza al Horno
Baked Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

5 Garbanzos Estofados con Chorizo
Stewed Chickpeas with Chorizo
Huevos Rellenos
Stuffed Eggs with Tuna
Calabacín al Horno
Baked Zucchini
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

12 Alubias Blancas con Verduras
Stewed White Beans with Vegetables

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

19 Crema de Calabacín
Zucchini Cream
Ternera a la Jardinera
Beef with Vegetables
Patata Panadera
Baked Potatoes
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

6 Brócoli con Patatas
Sautéed Broccoli with Potatoes
Escalope de Pollo
Breaded Chicken
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

13 Paella Hortelana
Rice with Vegetables

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

20 Lentejas con Arroz
Stewed Lentils with Rice
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

7 Lentejas Guisadas
Stewed Lentils
Albóndigas de Ternera en Salsa
Veal Meatballs in Sauce
Champiñones Rehogados
Sautéed Mushrooms
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

14 Crema de Zanahoria con Picatostes
Carrots Cream with Croutons

Ragout de Pavo Estofado
Stewed Turkey
Arroz Pilaf
Rice
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

21 Judías Verdes con Tomate
Green Beans with Tomato Sauce
Pollo al Horno
Baked Chicken
Patata Cocida
Boiled Potatoes
Torrija Casera (con Bebida de Soja) y Pan
Homemade Torrija with Soy Drink and Bread

1 Alubias Blancas a la Jardinera
Stewed White Beans with Vegetables
Magro de Cerdo Estofado
Stewed Lean Pork
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

8 Arroz Campero
Rice with Vegetables
Salmón a la Naranja
Salmon With Orange Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

15 Sopa de Cocido
Meat Soup

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



**Festivo
Festive**

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

- 1 Alubias Blancas a la Jardinera
Stewed White Beans with Vegetables
Magro de Cerdo Estofado
Stewed Lean Pork
Arroz Pilaf
Rice
Fruta
Fruit

- 8 Arroz Negro
Black Rice
Salmón a la Naranja
Salmon With Oranje Sauce

- Ensalada Variada
Mixed Salad
Fruta
Fruit

- 15 Sopa Juliana de Verduras
Vegetables Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabagge
Fruta
Fruit



- 4 Arroz Rehogado
Rice
Bacalao a la Andaluza
Floured Cod

- Ensalada Variada
Mixed Salad
Fruta
Fruit

- 11 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Rape en Salsa Verde
Fish with Green Sauce
Ensalada Variada
Mixed Salad
Fruta
Fruit

- 18 Arroz al Pomodoro
Rice with Tomato Sauce
Merluza al Horno
Baked Hake
Ensalada Variada
Mixed Salad
Fruta
Fruit

- 5 Garbanzos Estofados con Chorizo
Stewed Chickpeas with Chorizo
Huevos Rellenos (Sin Mayonesa)
Stuffed Eggs with Tuna (without Mayonnaise)
Calabacín al Horno
Baked Zucchini
Yogur
Yogurt

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

- 19 Crema de Calabacín
Zucchini Cream
Ternera a la Jardinera
Beef with Vegetables
Patata Panadera
Baked Potatoes
Yogur
Yogurt

- 6 Brócoli al Gratén
Broccoli au Gratin
Pollo al Horno
Baked Chicken

- Ensalada Variada
Mixed Salad
Fruta
Fruit

- 13 Paella de Pollo
Chicken Paella
Palometa con Tomate
Fish with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta
Fruit

- 20 Lentejas con Arroz
Stewed Lentils with Rice
Merluza con Aceite de Ajo y Perejil
Hake with Garlic and Parsley Oil
Ensalada Variada
Mixed Salad
Fruta
Fruit

- 7 Lentejas Guisadas
Stewed Lentils
Ternera en Salsa de Tomate
Veal with Tomato Sauce

- Champiñones Rehogados
Sautéed Mushrooms
Yogur
Yogurt

- 14 Crema de Zanahoria
Carrots Cream
Ragout de Pavo Estofado
Stewed Turkey
Arroz Pilaf
Rice
Yogur
Yogurt

- 21 Judías Verdes con Tomate
Green Beans with Tomato Sauce
Pollo al Horno
Baked Chicken
Patata Cocida
Boiled Potatoes
Natillas de Vainilla
Custard

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

1 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
Magro de Cerdo Estofado
Stewed Lean Pork
Arroz Pilaf
Rice
Fruta
Fruit

8 Arroz Negro
Black Rice
Salmón a la Naranja
Salmon With Oranje Sauce

Ensalada Variada
Mixed Salad
Fruta
Fruit

15 Sopa Juliana de Verduras
Vegetables Soup

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

Fruta
Fruit

22



Festivo
Festive

7 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
Ternera en Salsa de Tomate
Veal with Tomato Sauce

Champiñones Rehogados
Sautéed Mushrooms
Yogur
Yogurt

14 Crema de Zanahoria
Carrots Cream

Ragout de Pavo Estofado
Stewed Turkey

Arroz Pilaf
Rice
Yogur
Yogurt

21 Brócoli Salteado
Sautéed Broccoli

Pollo al Horno
Baked Chicken
Patata Cocida
Boiled Potatoes
Natillas de Vainilla
Custard

6 Brócoli al Gratén
Broccoli au Gratin
Pollo al Horno
Baked Chicken

Ensalada Variada
Mixed Salad
Fruta
Fruit

13 Paella Hortelana (Sin Judía Verde ni
Guisante)
Rice with Vegetables without Green Beans
and Peas
Palometa con Tomate
Fish with Tomato Sauce

Ensalada Variada
Mixed Salad
Fruta
Fruit

20 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 Variada
Mixed Salad
Fruta
Fruit

5 Crema de Calabaza
Pumpkin Cream
Huevos Rellenos (Sin Mayonesa)
Stuffed Eggs with Tuna (without
Mayonnaise)
Calabacín al Horno
Baked Zucchini
Yogur
Yogurt

12 Crema de Calabacín
Zucchini Cream

Tortilla de Patata
Potato Omelette

Pimientos Asados
Peppers Salad
Yogur
Yogurt

19 Crema de Calabacín
Zucchini Cream

Ragout de Ternera Asada
Baked Veal
Patata Panadera
Baked Potatoes
Yogur
Yogurt

4 Arroz Rehogado
Rice
Bacalao a la Andaluza
Floured Cod

Ensalada Variada
Mixed Salad
Fruta
Fruit

11 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce

Rape en Salsa Verde
Fish with Green Sauce

Ensalada Variada
Mixed Salad
Fruta
Fruit

18 Arroz al Pomodoro
Rice with Tomato Sauce

Merluza al Horno
Baked Hake
Ensalada Variada
Mixed Salad
Fruta
Fruit

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

4 Coditos al Ajillo
 Pasta with garlic sauce
 Cinta de Lomo al Horno
 Baked Loin
 Ensalada Variada
 Mixed Salad
 Fruta y Pan
 Fruit and Bread

11 Espaguettis INTEGRALES con Tomate Casero y Queso
 Whole Wheat Spaguettis with Homemade Tomato Sauce and Cheese
 Pollo en Salsa
 Chicken in Sauce
 Ensalada Variada
 Mixed Salad
 Fruta y Pan
 Fruit and Bread

18 Macarrones a la Carbonara
 Carbonara Pasta
 Pollo al Horno
 Baked Chicken
 Ensalada Variada
 Mixed Salad
 Fruta y Pan
 Fruit and Bread

5 Garbanzos Estofados con Chorizo
 Stewed Chickpeas with Chorizo
 Huevos en Salsa de Tomate
 Eggs in Sauce
 Calabacín al Horno
 Baked Zucchini
 Yogur y Pan Integral
 Yogurt and Whole Wheat Bread

12 Alubias Blancas con Verduras
 Stewed White Beans with Vegetables

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

19 Crema de Calabacín
 Zucchini Cream
 Ternera a la Jardinera
 Beef with Vegetables
 Patata Panadera
 Baked Potatoes
 Yogur y Pan Integral
 Yogurt and Whole Wheat Bread

6 Brócoli al Gratén
 Broccoli au Gratin
 Escalope de Pollo
 Breaded Chicken
 Ensalada Variada
 Mixed Salad
 Fruta y Pan
 Fruit and Bread

13 Paella Hortelana
 Rice with Vegetables

Lomo con Tomate
 Loin with Tomato Sauce
 Ensalada Variada
 Mixed Salad
 Fruta y Pan
 Fruit and Bread

20 Lentejas con Arroz
 Stewed Lentils with Rice
 Tortilla Francesa
 Omelette
 Ensalada Variada
 Mixed Salad
 Fruta y Leche
 Fruit and Milk

7 Lentejas Guisadas
 Stewed Lentils
 Albóndigas de Ternera en Salsa
 Veal Meatballs in Sauce
 Champiñones Rehogados
 Sauteed Mushrooms
 Yogur y Pan Integral
 Yogurt and Whole Wheat Bread

14 Crema de Zanahoria con Picatostes
 Carrots Cream with Croutons

Ragout de Pavo Estofado
 Stewed Turkey
 Arroz Pilaf
 Rice
 Yogur y Pan Integral
 Yogurt and Whole Wheat Bread

21 Judías Verdes con Tomate
 Green Beans with Tomato Sauce
 Lomo de Sajonia
 Saxony Pork
 Patata Cocida
 Boiled Potatoes
 Torrija Casera y Pan Integral
 Homemade Torrija and Whole Wheat Bread

1 Alubias Blancas a la Jardinera
 Stewed White Beans with Vegetables
 Magro de Cerdo Estofado
 Stewed Lean Pork
 Cous Cous
 Cous Cous
 Fruta y Pan
 Fruit and Bread

8 Arroz Campero
 Rice with Vegetables
 Tortilla Francesa de Queso
 Cheese French Omelette
 Ensalada Variada
 Mixed Salad
 Fruta y Pan
 Fruit and Bread

15 Sopa de Cocido
 Meat Soup

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

22 
Festivo
Festive

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

4 Coditos al Ajillo
Pasta with garlic sauce
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

11 Espaguettis INTEGRALES con Tomate Casero y Queso
Whole Wheat Spaguettis with Homemade Tomato Sauce and Cheese
Pollo en Salsa
Chicken in Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

18 Macarrones a la Carbonara
Carbonara Pasta
Pollo al Horno
Baked Chicken
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

5 Garbanzos Estofados con Chorizo
Stewed Chickpeas with Chorizo
Huevos en Salsa de Tomate
Eggs in Sauce
Calabacín al Horno
Baked Zucchini
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

12 Alubias Blancas con Verduras
Stewed White Beans with Vegetables

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

19 Crema de Calabacín
Zucchini Cream
Ternera a la Jardinera
Beef with Vegetables
Patata Panadera
Baked Potatoes
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

6 Brócoli al Gratén
Broccoli au Gratin
Escalope de Pollo
Breaded Chicken
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

13 Paella Hortelana
Rice with Vegetables

Lomo con Tomate
Loin with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

20 Lentejas con Arroz
Stewed Lentils with Rice
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

7 Lentejas Guisadas
Stewed Lentils
Albóndigas de Ternera en Salsa
Veal Meatballs in Sauce
Champiñones Rehogados
Sauteed Mushrooms
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

14 Crema de Zanahoria con Picatostes
Carrots Cream with Croutons

Ragout de Pavo Estofado
Stewed Turkey
Arroz Pilaf
Rice
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

21 Judías Verdes con Tomate
Green Beans with Tomato Sauce
Lomo de Sajonia
Saxony Pork
Patata Cocida
Boiled Potatoes
Torrija Casera y Pan Integral
Homemade Torrija and Whole Wheat Bread

1 Alubias Blancas a la Jardinera
Stewed White Beans with Vegetables
Magro de Cerdo Estofado
Stewed Lean Pork
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

8 Arroz Campero
Rice with Vegetables
Tortilla Francesa de Queso
Cheese French Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

15 Sopa de Cocido
Meat Soup

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

22 
Festivo
Festive