

Lunes

Martes

Miércoles

Jueves

Viernes

1



2

3

6 Pasta S/Gluten S/Huevo a la Carbonara
Carbonara Gluten-Egg Free Pasta (Gluten-Free Flour)
Rape a la Riojana
Monkfish with Pepper Sauce
Menestra Salteada
Sauteéd Vegetables
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

7 Crema de Zanahoria
Carrots Cream

Lomo de Sajonia
Saxony Style Pork
Ensalada Variada
Mixed Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

8 Guisantes con Jamón
Sautéed Green Peas with Ham

Pollo al Chilindrón
Chicken with Vegetables
Patata Panadera
Baked Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

9 Arroz con Tomate Confitado
Rice with Tomato Sauce

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

10 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

13 Arroz Campero
Rice with Vegetables
Merluza a la Gallega
Hake with Paprika
Patata Horno
Roasted Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

14 Patatas a la Riojana
Stewed Potatoes with Chorizo
Revuelto de Calabacín
Scrambled Eggs with Zucchini
Ensalada Variada
Mixed Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

15 Judías Verdes con Tomate
Green Beans with Tomato Sauce
Magro de Cerdo Estofado
Stewed Lean Pork
Zanahoria Baby
Baby Carrots
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

16 Pasta S/Gluten S/Huevo con Verduras
Gluten/Egg-Free Pasta with Vegetables
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

17 Alubias Blancas con Verduras
Stewed White Beans with Vegetables
Pollo Asado
Roasted Chicken
Arroz Pilaf
Rice
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

20 Pasta S/Gluten S/Huevo al Pomodoro
Pasta gluten-egg free with Tomato Sauce
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

21 Patatas Estofadas con Magro
Stewed Potatoes with Lean Pork
Huevos Revueltos
Scrambled Eggs
Tomate Aliñado
Seasoned Tomato
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

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

23 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

24 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

27 Pasta S/Gluten S/Huevo al Ajillo
Gluten-Egg Free Pasta with garlic sauce
Merluza al Horno
Baked Hake
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

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

29 Brócoli con Patatas
Sautéed Broccoli with Potatoes
Escalope de Pollo S/Gluten
Gluten Free Breaded Chicken
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

30 Crema de Calabacín
Zucchini Cream
Gallo en Salsa
Fish in Sauce
Champiñones Rehogados
Sauteéd Mushrooms
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

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1



2

Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables
Filete de Pollo
Chicken Breast
Pimientos Asados
Peppers Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

3

Espinacas Gratinadas
Spinachs au Gratin
Magro de Cerdo Estofado
Stewed Lean Pork
Arroz Pilaf
Rice
Fruta y Pan
Fruit and Bread

6

Pasta S/Gluten S/Huevo a la Carbonara
Carbonara Gluten-Egg Free Pasta
(Gluten-Free Flour)
Rape a la Riojana
Monkfish with Pepper Sauce
Menestra Salteada
Sauteed Vegetables
Fruta y Pan
Fruit and Bread

7

Crema de Zanahoria
Carrots Cream

Lomo de Sajonia
Saxony Style Pork
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

8

Guisantes con Jamón
Sautéed Green Peas with Ham

Pollo al Chilindrón
Chicken with Vegetables
Patata Panadera
Baked Potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

9

Arroz con Tomate Confitado
Rice with Tomato Sauce

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

10

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

13

Arroz Campero
Rice with Vegetables
Merluza a la Gallega
Hake with Paprika
Patata Horno
Roasted Potatoes
Fruta y Pan
Fruit and Bread

14

Lentejas con Chorizo
Stewed Lentils with Chorizo
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

15

Judías Verdes con Tomate
Green Beans with Tomato Sauce
Albóndigas de Ternera en Salsa
Veal Meatballs in Sauce
Zanahoria Baby
Baby Carrots
Fruta y Pan Integral
Fruit and Whole Wheat Bread

16

Pasta S/Gluten S/Huevo con Verduras
Gluten/Egg-Free Pasta with Vegetables
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

17

Alubias Blancas con Verduras
Stewed White Beans with Vegetables
Pollo Asado
Roasted Chicken
Cous Cous al Pimentón
Couscous with Paprika
Fruta y Pan
Fruit and Bread

20

Pasta S/Gluten S/Huevo al Pomodoro
Pasta gluten-egg free with Tomato Sauce
Fogonero en Salsa de Cebolla
Fish with Onion Sauce
Judías Verdes Salteadas
Sautéed Green Beans
Fruta y Pan
Fruit and Bread

21

Patatas Estofadas con Magro
Stewed Potatoes with Lean Pork
Filete de Pollo
Chicken Breast
Tomate Aliñado
Seasoned Tomato
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

22

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

23

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

24

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

27

Pasta S/Gluten S/Huevo al Ajillo
Gluten-Egg Free Pasta with garlic sauce
Merluza al Horno
Baked Hake
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

28

Garbanzos Estofados con Chorizo
Stewed Chickpeas with Chorizo
Lomo de Sajonia
Saxony Style Pork
Calabacín Asado
Baked Zucchini
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

29

Brocoli al Gratén
Broccoli au Gratin
Filete de Pollo
Chicken Breast
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

30

Lentejas Guisadas
Stewed Lentils
Gallo en Salsa
Fish in Sauce
Champiñones Rehogados
Sauteed Mushrooms
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

mediterránea

PAN Y LÁCTEOS SIN HUEVO. 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

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1



FESTIVO

2

Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables
Tortilla de Patata
Potato Omelette
Pimientos Asados
Peppers Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

3

Espinacas Salteadas con Patatas
Sautéed Spinach with Potatoes
Magro de Cerdo Estofado
Stewed Lean Pork
Arroz Pilaf
Rice
Fruta y Pan
Fruit and Bread

6

Espaguettis con Tomate Casero
Pasta with Homemade Tomato Sauce
Rape a la Riojana
Monkfish with Pepper Sauce
Menestra Salteada
Sautéed Vegetables
Fruta y Pan
Fruit and Bread

7

Crema de Zanahoria
Carrots Cream
Cinta de Lomo a la Plancha
Loin
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

8

Guisantes con Jamón
Sautéed Green Peas with Ham
Pollo al Chilindrón
Chicken with Vegetables
Patata Panadera
Baked Potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

9

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

10

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

13

Arroz Campero
Rice with Vegetables
Merluza a la Gallega
Hake with Paprika
Patata Horno
Roasted Potatoes
Fruta y Pan
Fruit and Bread

14

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

15

Judías Verdes con Tomate
Green Beans with Tomato Sauce
Magro de Cerdo Estofado
Stewed Lean Pork
Zanahoria Baby
Baby Carrots
Fruta y Pan Integral
Fruit and Whole Wheat Bread

16

Macarrones con Verduras
Pasta with Vegetables
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

17

Alubias Blancas con Verduras
Stewed White Beans with Vegetables
Pollo en Pepitoria
Chicken in Pepitoria
Cous Cous al Pimentón
Couscous with Paprika
Fruta y Pan
Fruit and Bread

20

Macarrones al Pomodoro
Pasta with Tomato Sauce
Fogonero en Salsa de Cebolla
Fish with Onion Sauce
Judías Verdes Salteadas
Sautéed Green Beans
Fruta y Pan
Fruit and Bread

21

Patatas Estofadas con Magro
Stewed Potatoes with Lean Pork
Huevos Revueltos
Scrambled Eggs
Tomate Aliñado
Seasoned Tomato
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

22

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

23

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

24

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

27

Coditos al Ajillo
Pasta with garlic sauce
Merluza al Horno
Baked Hake
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

28

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

29

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

30

Lentejas Guisadas
Stewed Lentils
Gallo en Salsa
Fish in Sauce
Champiñones Rehogados
Sautéed Mushrooms
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat 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

Martes

Miércoles

Jueves

Viernes

6 Espaguettis con Tomate Casero
 Pasta with Homemade Tomato Sauce
 Rape a la Riojana
 Monkfish with Pepper Sauce
 Menestra Salteada
 Sautéed Vegetables
 Fruta y Pan
 Fruit and Bread

13 Arroz Campero
 Rice with Vegetables
 Merluza a la Gallega
 Hake with Paprika
 Patata Horno
 Roasted Potatoes
 Fruta y Pan
 Fruit and Bread

20 Macarrones al Pomodoro
 Pasta with Tomato Sauce
 Fogonero en Salsa de Cebolla
 Fish with Onion Sauce
 Judías Verdes Salteadas
 Sautéed Green Beans
 Fruta y Pan
 Fruit and Bread

27 Coditos al Ajillo
 Pasta with garlic sauce
 Merluza al Horno
 Baked Hake
 Ensalada Variada
 Calabacín Asado
 Mixed Salad
 Fruta y Pan Integral
 Fruit and Whole Wheat Bread

7 Crema de Zanahoria
 Carrots Cream
 Cinta de Lomo a la Plancha
 Loin
 Ensalada Variada
 Mixed Salad
 Yogur de Soja y Pan Integral
 Soy Yogurt and Whole Wheat Bread

14 Lentejas con Chorizo
 Stewed Lentils with Chorizo
 Revuelto de Calabacín
 Scrambled Eggs with Zucchini
 Ensalada Variada
 Mixed Salad
 Yogur de Soja y Pan Integral
 Soy Yogurt and Whole Wheat Bread

21 Patatas Estofadas con Magro
 Stewed Potatoes with Lean Pork
 Huevos Revueltos
 Scrambled Eggs
 Tomate Aliñado
 Seasoned Tomato
 Yogur de Soja y Pan Integral
 Soy Yogurt and Whole Wheat Bread

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

1



8 Guisantes con Jamón
 Sautéed Green Peas with Ham
 Pollo al Chilindrón
 Chicken with Vegetables
 Patata Panadera
 Baked Potatoes
 Yogur de Soja y Pan Integral
 Fruit and Whole Wheat Bread

15 Judías Verdes con Tomate
 Green Beans with Tomato Sauce
 Magro de Cerdo Estofado
 Stewed Lean Pork
 Zanahoria Baby
 Baby Carrots
 Fruta y Pan Integral
 Fruit and Whole Wheat Bread

22 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

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

2

Lentejas Estofadas con Verduras
 Stewed Lentils with Vegetables
 Tortilla de Patata
 Potato Omelette
 Pimientos Asados
 Peppers Salad
 Yogur de Soja y Pan Integral
 Soy Yogurt and Whole Wheat Bread

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

16 Macarrones con Verduras
 Pasta with Vegetables
 Caballa en Aceite
 Mackerel in Oil
 Ensalada Variada
 Mixed Salad
 Yogur de Soja y Pan Integral
 Soy Yogurt and Whole Wheat Bread

23 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

30 Lentejas Guisadas
 Stewed Lentils
 Tortilla Francesa
 Omelette
 Champiñones Rehogados
 Sautéed Mushrooms
 Yogur de Soja y Pan Integral
 Soy Yogurt and Whole Wheat Bread

3

Espinacas Salteadas con Patatas
 Sautéed Spinach with Potatoes
 Magro de Cerdo Estofado
 Stewed Lean Pork
 Arroz Pilaf
 Rice
 Fruta y Pan
 Fruit and Bread

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

17 Alubias Blancas con Verduras
 Stewed White Beans with Vegetables
 Pollo en Pepitoria
 Chicken in Pepitoria
 Cous Cous al Pimentón
 Couscous with Paprika
 Fruta y Pan
 Fruit and Bread

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

Lunes

Martes

Miércoles

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Viernes

6 Espaguettis con Tomate Casero
Pasta with Homemade Tomato Sauce
Rape a la Riojana
Monkfish with Pepper Sauce

Menestra Salteada
Sautéed Vegetables
Fruta y Pan
Fruit and Bread

13 Arroz Campero
Rice with Vegetables
Merluza a la Gallega
Hake with Paprika
Patata Horno
Roasted Potatoes
Fruta y Pan
Fruit and Bread

20 Macarrones al Pomodoro
Pasta with Tomato Sauce
Fogonero en Salsa de Cebolla
Fish with Onion Sauce

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

27 Coditos al Ajillo
Pasta with garlic sauce
Merluza al Horno
Baked Hake
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

7 Crema de Zanahoria
Carrots Cream
Pavo en Salsa
Chicken in Sauce

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

14 Lentejas con Verduras
Stewed Lentils with Vegetables
Albóndigas de Calabacín
Scrambled Eggs with Zucchini
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

21 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
Huevos Revueltos
Scrambled Eggs

Tomate Aliñado
Seasoned Tomato
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

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

1



FESTIVO

8 Guisantes Salteados
Sautéed Green Peas
Pollo al Chilindrón
Chicken with Vegetables

Patata Panadera
Baked Potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

15 Judías Verdes con Tomate
Green Beans with Tomato Sauce
Caballa en Aceite
Veal Meatballs in Sauce
Zanahoria Baby
Baby Carrots
Fruta y Pan Integral
Fruit and Whole Wheat Bread

22 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

29 Brocoli al Gratén
Broccoli au Gratin
Escalope de Pollo
Breaded Chicken
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

2

Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables
Tortilla de Patata
Potato Omelette
Pimientos Asados
Peppers Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

9 Arroz con Tomate Confitado
Rice with Tomato Sauce
Salmón a la Naranja
Salmon With Oranje Sauce

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

16 Lasaña de Verduras
Vegetable Lasagna
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

23 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

30 Lentejas Guisadas
Stewed Lentils
Gallo en Salsa
Fish in Sauce
Champiñones Rehogados
Sautéed Mushrooms
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

3

Espinacas Gratinadas
Spinachs au Gratin
Ragout de Pavo Estofado
Stewed Turkey
Arroz Pilaf
Rice
Fruta y Pan
Fruit and Bread

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

17 Alubias Blancas con Verduras
Stewed White Beans with Vegetables
Pollo en Pepitoria
Chicken in Pepitoria
Cous Cous al Pimentón
Couscous with Paprika
Fruta y Pan
Fruit and Bread

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

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6 Espaguettis a la Carbonara
Carbonara Spaguettis
Rape a la Riojana
Monkfish with Pepper Sauce
Menestra Salteada
Sautéed Vegetables
Fruta y Pan
Fruit and Bread

13 Arroz Campero
Rice with Vegetables
Merluza a la Gallega
Hake with Paprika
Patata Horno
Roasted Potatoes
Fruta y Pan
Fruit and Bread

20 Macarrones al Pomodoro
Pasta with Tomato Sauce
Fogonero en Salsa de Cebolla
Fish with Onion Sauce
Judías Verdes Salteadas
Sautéed Green Beans
Fruta y Pan
Fruit and Bread

27 Coditos al Ajillo
Pasta with garlic sauce
Merluza al Horno
Baked Hake
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

7 Crema de Zanahoria
Carrots Cream
Lomo de Sajonia
Saxony Style Pork
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

14 Lentejas con Chorizo
Stewed Lentils with Chorizo
Revuelto de Calabacín
Scrambled Eggs with Zucchini
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

21 Patatas Estofadas con Magro
Stewed Potatoes with Lean Pork
Huevos Revueltos
Scrambled Eggs
Tomate Aliñado
Seasoned Tomato
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

28 Garbanzos Estofados con Chorizo
Stewed Chickpeas with Chorizo
Huevos Rellenos
Stuffed Eggs with Tuna
Calabacín Asado
Baked Zucchini
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

1



8 Guisantes con Jamón
Sautéed Green Peas with Ham
Pollo al Chilindrón
Chicken with Vegetables
Patata Panadera
Baked Potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

15 Judías Verdes con Tomate
Green Beans with Tomato Sauce
Albóndigas de Ternera en Salsa
Veal Meatballs in Sauce
Zanahoria Baby
Baby Carrots
Fruta y Pan Integral
Fruit and Whole Wheat Bread

22 Crema de Verduras
Vegetable Cream
Ragout de Pavo
Stewed Turkey
Patata Asada
Roasted Potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

29 Brocoli al Gratén
Broccoli au Gratin
Filete de Pollo
Chicken Breast
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

2

Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables
Tortilla de Patata
Potato Omelette
Pimientos Asados
Peppers Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

9 Arroz con Tomate Confitado
Rice with Tomato Sauce
Salmón a la Naranja
Salmon With Orange Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

16 Lasaña de Verduras
Vegetable Lasagna
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

23 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

30 Lentejas Guisadas
Stewed Lentils
Gallo en Salsa
Fish in Sauce
Champiñones Rehogados
Sautéed Mushrooms
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

3

Espinacas Gratinadas
Spinachs au Gratin
Magro de Cerdo Estofado
Stewed Lean Pork
Arroz Pilaf
Rice
Fruta y Pan
Fruit and Bread

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

17 Alubias Blancas con Verduras
Stewed White Beans with Vegetables
Pollo en Pepitoria
Chicken in Pepitoria
Cous Cous al Pimentón
Couscous with Paprika
Fruta y Pan
Fruit and Bread

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

Lunes

Martes

Miércoles

Jueves

Viernes

6 Espaguettis con Tomate Casero
 Pasta with Homemade Tomato Sauce
 Rape a la Riojana
 Monkfish with Pepper Sauce

7 Crema de Zanahoria
 Carrots Cream
 Cinta de Lomo a la Plancha
 Loín

8 Brócoli Salteado
 Sautéed Broccoli
 Pollo al Chilindrón
 Chicken with Vegetables

9 Arroz con Tomate Confitado
 Rice with Tomato Sauce
 Salmón a la Naranja
 Salmon With Oranje Sauce

10 Sopa de Fideos
 Noodle Soup
 Pollo y Ternera con Patata y Zanahoria
 Cocidos

Calabacín al Horno
 Baked Zucchini
 Fruta y Pan
 Fruit and Bread
 13 Arroz Campero (Sin Judía verde ni
 Guisante)
 Rice with Vegetables Without Green Beans
 and Green Peas

Ensalada Variada
 Mixed Salad
 Yogur y Pan Integral
 Yogurt and Whole Wheat Bread
 14 Patatas a la Riojana
 Stewed Potatoes with Chorizo

Patata Panadera
 Baked Potatoes
 Fruta y Pan Integral
 Fruit and Whole Wheat Bread
 15 Coliflor con Tomate
 Floured Cauliflower with Tomato Sauce

Ensalada Variada
 Mixed Salad
 Yogur y Pan Integral
 Yogurt and Whole Wheat Bread
 16 Lasaña de Verduras
 Vegetable Lasagna

Sopa de Fideos
 Noodle Soup
 Pollo y Ternera con Patata y Zanahoria
 Cocidos
 Meat and Vegetables Without Chickpeas,
 Green Beans and Chorizo
 Repollo
 Cabagge
 Fruta y Pan
 Fruit and Bread
 Crema de Zanahoria
 Carrots Cream

Merluza a la Gallega
 Hake with Paprika
 Patata Horno
 Roasted Potatoes
 Fruta y Pan
 Fruit and Bread
 20 Macarrones al Pomodoro
 Pasta with Tomato Sauce

Revuelto de Calabacín
 Scrambled Eggs with Zucchini
 Ensalada Variada
 Mixed Salad
 Yogur y Pan Integral
 Yogurt and Whole Wheat Bread
 21 Patatas Estofadas con Magro
 Stewed Potatoes with Lean Pork

Magro de Cerdo Estofado
 Stewed Lean Pork
 Zanahoria Baby
 Baby Carrots
 Fruta y Pan Integral
 Fruit and Whole Wheat Bread
 22 Crema de Calabacín
 Zucchini Cream

Gallo con Aceite de Ajo y Perejil
 Baked Fish with Garlic Oil and Parsley
 Ensalada Variada
 Mixed Salad
 Yogur y Pan Integral
 Yogurt and Whole Wheat Bread
 23 Paella de Pollo (Sin Judía verde ni Guisante)
 Chicken Paella Without Green Beans and
 Green Peas

Pollo en Pepitoria
 Chicken in Pepitoria
 Cous Cous al Pimentón
 Couscous with Paprika
 Fruta y Pan
 Fruit and Bread
 Sopa de Fideos
 Noodle Soup

Fogonero en Salsa de Cebolla
 Fish with Onion Sauce

Huevos Revueltos
 Scrambled Eggs

Ragout de Pavo
 Stewed Turkey

Palometa con Tomate
 Fish with Tomato Sauce

Pollo y Ternera con Patata y Zanahoria
 Cocidos
 Meat and Vegetables Without Chickpeas,
 Green Beans and Chorizo

Zanahorias Cubito Salteadas
 Sautéed Carrots
 Fruta y Pan
 Fruit and Bread
 Coditos al Ajillo
 Pasta with garlic sauce
 Merluza al Horno
 Baked Hake
 Ensalada Variada
 Mixed Salad
 Fruta y Pan Integral
 Fruit and Whole Wheat Bread

Tomate Aliñado
 Seazoned Tomato
 Yogur y Pan Integral
 Yogurt and Whole Wheat Bread
 28 Sopa de Fideos
 Noodle Soup
 Huevos Rellenos
 Stuffed Eggs with Tuna
 Calabacín Asado
 Baked Zucchini
 Yogur y Pan Integral
 Yogurt and Whole Wheat Bread

Patata Asada
 Roasted Potatoes
 Fruta y Pan Integral
 Fruit and Whole Wheat Bread
 29 Brocoli al Gratén
 Broccoli au Gratin
 Escalope de Pollo
 Breaded Chicken
 Ensalada Variada
 Mixed Salad
 Fruta y Pan Integral
 Fruit and Whole Wheat Bread

Ensalada Variada
 Mixed Salad
 Yogur y Pan Integral
 Yogurt and Whole Wheat Bread
 30 Crema de Calabacín
 Zucchini Cream
 Gallo en Salsa
 Fish in Sauce
 Champiñones Rehogados
 Sautéed Mushrooms
 Yogur y Pan Integral
 Yogurt and Whole Wheat Bread

Pollo y Ternera con Patata y Zanahoria
 Cocidos
 Meat and Vegetables Without Chickpeas,
 Green Beans and Chorizo
 Repollo
 Cabagge
 Fruta y Pan
 Fruit and Bread



Lunes

Martes

Miércoles

Jueves

Viernes

6 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Rape a la Riojana
Monkfish with Pepper Sauce
Menestra Salteada
Sautéed Vegetables
Fruta y Pan
Fruit and Bread

13 Arroz Campero
Rice with Vegetables
Merluza a la Gallega
Hake with Paprika
Patata Horno
Roasted Potatoes
Fruta y Pan
Fruit and Bread

20 Arroz al Pomodoro
Rice with Tomato Sauce
Fogonero en Salsa de Cebolla
Fish with Onion Sauce
Judías Verdes Salteadas
Sautéed Green Beans
Fruta y Pan
Fruit and Bread

27 Arroz al Ajillo
Rice with garlic sauce
Merluza al Horno
Baked Hake
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

7 Crema de Zanahoria
Carrots Cream
Cinta de Lomo a la Plancha
Loin
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

14 Lentejas con Chorizo
Stewed Lentils with Chorizo
Revuelto de Calabacín
Scrambled Eggs with Zucchini
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

21 Patatas Estofadas con Magro
Stewed Potatoes with Lean Pork
Huevos Revueltos
Scrambled Eggs
Tomate Aliñado
Seasoned Tomato
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

28 Garbanzos Estofados con Chorizo
Stewed Chickpeas with Chorizo
Huevos Rellenos
Stuffed Eggs with Tuna
Calabacín Asado
Baked Zucchini
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

1



8 Guisantes Salteados
Sautéed Green Peas
Pollo al Chilindrón
Chicken with Vegetables
Patata Panadera
Baked Potatoes
Yogur y Pan Integral
Fruit and Whole Wheat Bread

15 Judías Verdes con Tomate
Green Beans with Tomato Sauce
Magro de Cerdo Estofado
Stewed Lean Pork
Zanahoria Baby
Baby Carrots
Fruta y Pan Integral
Fruit and Whole Wheat Bread

22 Crema de Verduras
Vegetable Cream
Ragout de Pavo
Stewed Turkey
Patata Asada
Roasted Potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

29 Brocoli al Gratén
Broccoli au Gratin
Filete de Pollo
Chicken Breast
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

2

Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables
Tortilla de Patata
Potato Omelette
Pimientos Asados
Peppers Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

9 Arroz con Tomate Confitado
Rice with Tomato Sauce
Salmón a la Naranja
Salmon With Orange Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

16 Arroz con Verduras
Rice with Vegetables
Gallo con Aceite de Ajo y Perejil
Baked Fish with Garlic Oil and Parsley
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

23 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

30 Lentejas Guisadas
Stewed Lentils
Gallo en Salsa
Fish in Sauce
Champiñones Rehogados
Sautéed Mushrooms
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

3

Espinacas Salteadas con Patatas
Sautéed Spinach with Potatoes
Magro de Cerdo Estofado
Stewed Lean Pork
Arroz Pilaf
Rice
Fruta y Pan
Fruit and Bread

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

17 Alubias Blancas con Verduras
Stewed White Beans with Vegetables
Pollo en Pepitoria
Chicken in Pepitoria
Patata Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread

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

Lunes

Martes

Miércoles

Jueves

Viernes

6 Espaguettis a la Carbonara
Carbonara Spaguettis
Pollo en Salsa
Chicken in Sauce
Menestra Salteada
Sauteéd Vegetables
Fruta y Pan
Fruit and Bread

13 Arroz Campero
Rice with Vegetables
Filete de Pollo
Chicken Breast
Patata Horno
Roasted Potatoes
Fruta y Pan
Fruit and Bread

20 Macarrones al Pomodoro
Pasta with Tomato Sauce
Pollo en Salsa
Chicken in Sauce
Judías Verdes Salteadas
Sautéed Green Beans
Fruta y Pan
Fruit and Bread

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

7 Crema de Zanahoria
Carrots Cream
Lomo de Sajonia
Saxony Style Pork
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

14 Lentejas con Chorizo
Stewed Lentils with Chorizo
Revuelto de Calabacín
Scrambled Eggs with Zucchini
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

21 Patatas Estofadas con Magro
Stewed Potatoes with Lean Pork
Huevos Revueltos
Scrambled Eggs
Tomate Aliñado
Seasoned Tomato
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

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

1



FESTIVO

8 Guisantes con Jamón
Sautéed Green Peas with Ham
Pollo al Chilindrón
Chicken with Vegetables
Patata Panadera
Baked Potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

15 Judías Verdes con Tomate
Green Beans with Tomato Sauce
Albóndigas de Ternera en Salsa
Veal Meatballs in Sauce
Zanahoria Baby
Baby Carrots
Fruta y Pan Integral
Fruit and Whole Wheat Bread

22 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

29 Brocoli al Gratén
Broccoli au Gratin
Escalope de Pollo
Breaded Chicken
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

2

Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables
Tortilla de Patata
Potato Omelette
Pimientos Asados
Peppers Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

9 Arroz con Tomate Confitado
Rice with Tomato Sauce
Tortilla Francesa
Omelette
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

16 Lasaña de Verduras
Vegetable Lasagna
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

23 Paella de Pollo
Chicken Paella
Lomo con Tomate
Loin with Tomato Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

30 Lentejas Guisadas
Stewed Lentils
Tortilla Francesa
Omelette
Champiñones Rehogados
Sautéed Mushrooms
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

3

Espinacas Gratinadas
Spinachs au Gratin
Magro de Cerdo Estofado
Stewed Lean Pork
Arroz Pilaf
Rice
Fruta y Pan
Fruit and Bread

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

17 Alubias Blancas con Verduras
Stewed White Beans with Vegetables
Pollo en Pepitoria
Chicken in Pepitoria
Cous Cous al Pimentón
Couscous with Paprika
Fruta y Pan
Fruit and Bread

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

Lunes

Martes

Miércoles

Jueves

Viernes

6 Espaguettis a la Carbonara
Carbonara Spaguettis
Pollo en Salsa
Chicken in Sauce
Menestra Salteada
Sauteéd Vegetables
Fruta y Pan
Fruit and Bread

13 Arroz Campero
Rice with Vegetables
Pollo en Salsa
Chicken Breast
Patata Horno
Roasted Potatoes
Fruta y Pan
Fruit and Bread

20 Macarrones al Pomodoro
Pasta with Tomato Sauce
Pollo en Salsa
Chicken in Sauce
Judías Verdes Salteadas
Sautéed Green Beans
Fruta y Pan
Fruit and Bread

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

7 Crema de Zanahoria
Carrots Cream
Lomo de Sajonia
Saxony Style Pork
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

14 Lentejas con Chorizo
Stewed Lentils with Chorizo
Revuelto de Calabacín
Scrambled Eggs with Zucchini
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

21 Patatas Estofadas con Magro
Stewed Potatoes with Lean Pork
Huevos Revueltos
Scrambled Eggs
Tomate Aliñado
Seasoned Tomato
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

28 Garbanzos Estofados con Chorizo
Stewed Chickpeas with Chorizo
Huevos Rellenos
Stuffed Eggs with Tuna
Calabacín Asado
Baked Zucchini
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

1



8 Guisantes con Jamón
Sautéed Green Peas with Ham
Pollo al Chilindrón
Chicken with Vegetables
Patata Panadera
Baked Potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

15 Judías Verdes con Tomate
Green Beans with Tomato Sauce
Albóndigas de Ternera en Salsa
Veal Meatballs in Sauce
Zanahoria Baby
Baby Carrots
Fruta y Pan Integral
Fruit and Whole Wheat Bread

22 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

29 Brocoli al Gratén
Broccoli au Gratin
Escalope de Pollo
Breaded Chicken
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

2

Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables
Tortilla de Patata
Potato Omelette
Pimientos Asados
Peppers Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

9 Arroz con Tomate Confitado
Rice with Tomato Sauce
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

16 Lasaña de Verduras
Vegetable Lasagna
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

23 Paella de Pollo
Chicken Paella
Lomo con Tomate
Loin with Tomato Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

30 Lentejas Guisadas
Stewed Lentils
Tortilla Francesa
Omelette
Champiñones Rehogados
Sautéed Mushrooms
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

3

Espinacas Gratinadas
Spinachs au Gratin
Magro de Cerdo Estofado
Stewed Lean Pork
Arroz Pilaf
Rice
Fruta y Pan
Fruit and Bread

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

17 Alubias Blancas con Verduras
Stewed White Beans with Vegetables
Pollo en Pepitoria
Chicken in Pepitoria
Cous Cous al Pimentón
Couscous with Paprika
Fruta y Pan
Fruit and Bread

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