

**Lunes**

- 4**
- 11** Pasta S/Gluten S/Huevo con Tomate Casero  
Gluten/Egg-Free Pasta with Homemade Tomato Sauce  
Bacalao al Horno  
Baked Cod  
  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 18** Pasta S/Gluten S/Huevo al Pomodoro  
Pasta gluten-egg free with Tomato Sauce  
Rape al Horno  
Baked Monkfish  
Zanahoria Baby  
Baby Carrots  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 25** Pasta S/Gluten S/Huevo con Verduras  
Gluten/Egg-Free Pasta with Vegetables  
Merluza a la Andaluza  
Floured Fish  
  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

**Martes**

- 5**
- 12**   
**FESTIVO**
- 19** Judías Verdes con Tomate  
Green Beans with Tomato Sauce  
Ternera a la Jardinera  
Beef with Vegetables  
Patata Dado  
Diced Potatoes  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread
- 26** Alubias Pintas con Magro  
Stewed Black Beans with Pork  
Revuelto de Champiñones  
Scrambled Eggs with Mushrooms  
  
Ensalada Variada  
Mixed Salad  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread

**Miércoles**

- 6** Pasta S/Gluten S/Huevo a la Napolitana  
Gluten-Egg Free Pasta with Tomato Sauce  
Cinta de Lomo a la plancha  
Loin  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 13** Crema de Zanahoria  
Carrots Cream  
  
Ragout de Pavo Estofado  
Stewed Turkey  
  
Guisantes Rehogados  
Sautéed Green Peas  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 20** Arroz Campero  
Rice with Vegetables  
Tortilla de Calabacín  
Zucchini Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 27** Guisantes Salteados  
Sautéed Green Peas  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon  
  
Patata Asada  
Roasted Potatoes  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

**Jueves**

- 7** Crema de Calabacín  
Zucchini Cream  
Tortilla Francesa de Atún  
Tuna Omelette  
Champiñones Rehogados  
Sautéed Mushrooms  
Fruta y Pan S/Gluten  
Yogurt and Gluten-Free Bread
- 14** Arroz con Tomate Confitado  
Rice with Tomato Sauce  
  
Caballa en Aceite  
Mackerel in Oil  
  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 21** Crema de Coliflor  
Cauliflower Cream  
Muslitos de Pollo Asados  
Roasted Chicken Drumsticks  
Ensalada Variada  
Mixed Salad  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread
- 28** Sopa de Fideos S/Gluten S/Huevo  
Gluten-Free Noodle Soup  
Cocido (Sin Chorizo)  
Chickpeas with Meat and Vegetables without Chorizo  
Rapollo  
Cabagge  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread

**Viernes**

- 8** Paella de Pollo  
Chicken Paella  
Jurel con Tomate  
Fish with Tomato Sauce  
Calabacín al Horno  
Baked Zucchini  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 15** Sopa de Fideos S/Gluten S/Huevo  
Gluten-Free Noodle Soup  
  
Cocido (Sin Chorizo)  
Chickpeas with Meat and Vegetables without Chorizo  
Rapollo  
Cabagge  
Natillas y Pan S/Gluten  
Custard and Gluten-Free Bread  
Garbanzos Estofados con Verduras  
Stewed Chickpeas with Vegetables  
Caballa con Tomate  
Mackerel with Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 22**
- 29** Arroz a Banda  
Rice with Seafood  
Gallo en Papillote  
Papillote Rooster Fish  
  
Pisto Casero  
Vegetables with Tomato Sauce  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

Lunes

- 4 Pasta S/Gluten S/Huevo con Tomate Casero  
Gluten/Egg-Free Pasta with Homemade Tomato Sauce  
Bacalao a la Riojana  
Cod with Tomato Sauce
- 11 Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 18 Pasta S/Gluten S/Huevo al Pomodoro  
Pasta gluten-egg free with Tomato Sauce  
Rape al Horno  
Baked Monkfish  
Zanahoria Baby  
Baby Carrots  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 25 Pasta S/Gluten S/Huevo con Verduras  
Gluten/Egg-Free Pasta with Vegetables  
Merluza a la Andaluza  
Floured Fish
- Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

Martes

- 5
- 12 
- 19 Judías Verdes con Tomate  
Green Beans with Tomato Sauce  
Ternera a la Jardinera  
Beef with Vegetables  
Patata Dado  
Diced Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 26 Alubias Pintas con Magro  
Stewed Black Beans with Pork  
Filete de Pollo  
Chicken Breast
- Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

Miércoles

- 6 Pasta S/Gluten S/Huevo a la Napolitana  
Gluten-Egg Free Pasta with Tomato Sauce  
Cinta de Lomo a la plancha  
Loin  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 13 Crema de Zanahorias con Picatostes  
Carrots Cream with Croutons
- Ragout de Pavo Estofado  
Stewed Turkey
- Guisantes Rehogados  
Sautéed Green Peas  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 20 Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Cinta de Lomo al Horno  
Baked Loin  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 27 Guisantes Salteados  
Sautéed Green Peas  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon
- Patata Asada  
Roasted Potatoes  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

Jueves

- 7 Lentejas Guisadas  
Stewed Lentils  
Filete de Pollo  
Chicken Breast  
Champiñones Rehogados  
Sautéed Mushrooms  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 14 Arroz con Tomate Confitado  
Rice with Tomato Sauce
- Caballa en Aceite  
Mackerel in Oil
- Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 21 Crema de Coliflor  
Cauliflower Cream  
Muslitos de Pollo Asados  
Roasted Chicken Drumsticks  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 28 Sopa de Fideos S/Gluten S/Huevo  
Gluten-Free Noodle Soup  
Cocido (Sin Chorizo)  
Chickpeas with Meat and Vegetables without Chorizo  
Rapollo  
Cabagge  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

Viernes

- 8 Paella de Pollo  
Chicken Paella  
Jurel con Tomate  
Fish with Tomato Sauce  
Calabacín al Horno  
Baked Zucchini  
Fruta y Pan  
Fruit and Bread
- 15 Sopa de Fideos S/Gluten S/Huevo  
Gluten-Free Noodle Soup
- Cocido (Sin Chorizo)  
Chickpeas with Meat and Vegetables without Chorizo  
Rapollo  
Cabagge  
Natillas y Pan  
Custard and Bread
- 22 Garbanzos Estofados con Verduras  
Stewed Chickpeas with Vegetables  
Caballa con Tomate  
Mackerel with Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
- 29 Arroz a Banda  
Rice with Seafood  
Gallo en Papillote  
Papillote Rooster Fish
- Pisto Casero  
Vegetables with Tomato Sauce  
Fruta y Pan  
Fruit and Bread

Lunes

- 4
- 11 Espaguettis INTEGRALES con Tomate Casero  
Whole Wheat Spaguettis with Homemade Tomato Sauce  
Bacalao a la Riojana  
Cod with Tomato Sauce
- Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 18 Macarrones al Pomodoro  
Pasta with Tomato Sauce  
Rape al Horno  
Baked Monkfish  
Zanahoria Baby  
Baby Carrots  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 25 Fideua de Verduras  
Pasta with Vegetables  
Merluza a la Andaluza  
Floured Fish
- Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

Martes

- 5
- 12   
**FESTIVO**
- 19 Judías Verdes con Tomate  
Green Beans with Tomato Sauce  
Ternera a la Jardinería  
Beef with Vegetables  
Patata Dado  
Diced Potatoes  
Yogur de Soja y Pan Integral  
Soy Yogurt and Whole Wheat Bread
- 26 Alubias Pintas con Magro  
Stewed Black Beans with Pork  
Revuelto de Champiñones  
Scrambled Eggs with Mushrooms
- Ensalada Variada  
Mixed Salad  
Yogur de Soja y Pan Integral  
Soy Yogurt and Whole Wheat Bread

Miércoles

- 6 Coditos a la Napolitana  
Pasta with Tomato Sauce  
Cinta de Lomo a la plancha  
Loín  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 13 Crema de Zanahorias con Picatostes  
Carrots Cream with Croutons
- Ragout de Pavo Estofado  
Stewed Turkey
- Guisantes Rehogados  
Sautéed Green Peas  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 20 Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Tortilla de Calabacín  
Zucchini Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 27 Guisantes Salteados  
Sautéed Green Peas  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon
- Patata Asada  
Roasted Potatoes  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

Jueves

- 7 Lentejas Guisadas  
Stewed Lentils  
Tortilla Francesa de Atún  
Tuna Omelette  
Champiñones Rehogados  
Sautéed Mushrooms  
Yogur de Soja y Pan Integral  
Soy Yogurt and Whole Wheat Bread
- 14 Arroz con Tomate Confitado  
Rice with Tomato Sauce
- Caballa en Aceite  
Mackerel in Oil
- Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 21 Crema de Coliflor  
Cauliflower Cream  
Muslitos de Pollo Asados  
Roasted Chicken Drumsticks  
Ensalada Variada  
Mixed Salad  
Yogur de Soja y Pan Integral  
Soy Yogurt and Whole Wheat Bread
- 28 Sopa de Fideos  
Noodle Soup  
Cocido (Sin Chorizo)  
Chickpeas with Meat and Vegetables without Chorizo  
Rapollo  
Cabagge  
Yogur de Soja y Pan Integral  
Soy Yogurt and Whole Wheat Bread

Viernes

- 8 Paella de Pollo  
Chicken Paella  
Jurel con Tomate  
Fish with Tomato Sauce  
Calabacín al Horno  
Baked Zucchini  
Fruta y Pan  
Fruit and Bread
- 15 Sopa de Fideos  
Noodle Soup
- Cocido (Sin Chorizo)  
Chickpeas with Meat and Vegetables without Chorizo  
Rapollo  
Cabagge  
Yogur de Soja y Pan  
Soy Yogurt and Bread
- 22 Garbanzos Estofados con Verduras  
Stewed Chickpeas with Vegetables  
Caballa con Tomate  
Mackerel with Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
- 29 Arroz a Banda  
Rice with Seafood  
Gallo en Papillote  
Papillote Rooster Fish
- Pisto Casero  
Vegetables with Tomato Sauce  
Fruta y Pan  
Fruit and Bread

Lunes

- 4 Filete de Pollo  
Chicken Breast  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 11 Espaguettis INTEGRALES con Tomate Casero  
Whole Wheat Spaguettis with Homemade Tomato Sauce  
Bacalao a la Riojana  
Cod with Tomato Sauce  
  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 18 Macarrones a la Boloñesa de Ternera  
Pasta with Veal Bolognese Sauce  
Rape al Horno  
Baked Monkfish  
Zanahoria Baby  
Baby Carrots  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 25 Fideua de Verduras  
Pasta with Vegetables  
Merluza a la Andaluza  
Floured Fish  
  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

Martes

- 5
- 12  FESTIVO
- 19 Judías Verdes con Tomate  
Green Beans with Tomato Sauce  
Ternera a la Jardinera  
Beef with Vegetables  
Patata Dado  
Diced Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 26 Alubias Pintas Estofadas con Verduras  
Stewed Black Beans with Vegetables  
Revuelto de Champiñones  
Scrambled Eggs with Mushrooms  
  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

Miércoles

- 6 Coditos a la Napolitana  
Pasta with Tomato Sauce  
Filete de Pollo  
Chicken Breast  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 13 Crema de Zanahorias con Picatostes  
Carrots Cream with Croutons  
  
Ragout de Pavo Estofado  
Stewed Turkey  
  
Guisantes Rehogados  
Sautéed Green Peas  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 20 Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Tortilla de Calabacín  
Zucchini Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 27 Guisantes Salteados  
Sautéed Green Peas  
Filete de Pollo  
Chicken Breast  
  
Patata Asada  
Roasted Potatoes  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

Jueves

- 7 Lentejas Guisadas  
Stewed Lentils  
Tortilla Francesa de Atún  
Tuna Omelette  
Champiñones Rehogados  
Sautéed Mushrooms  
Fruta y Pan Integral  
Yogurt and Whole Wheat Bread
- 14 Arroz con Tomate Confitado  
Rice with Tomato Sauce  
  
Caballa en Aceite  
Mackerel in Oil  
  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 21 Crema de Coliflor  
Cauliflower Cream  
Muslitos de Pollo Asados  
Roasted Chicken Drumsticks  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 28 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

Viernes

- 8 Paella de Pollo  
Chicken Paella  
Jurel con Tomate  
Fish with Tomato Sauce  
Calabacín al Horno  
Baked Zucchini  
Fruta y Pan Integral  
Fruit and Bread
- 15 Sopa de Fideos  
Noodle Soup  
  
Cocido (Sin Cerdo)  
Chickpeas with Meat and Vegetables Without Pork  
Rapollo  
Cabagge  
Natillas Caseras y Pan  
Homemade Custard and Bread
- 22 Garbanzos Estofados con Verduras  
Stewed Chickpeas with Vegetables  
Caballa con Tomate  
Mackerel with Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Bread
- 29 Arroz a Banda  
Rice with Seafood  
Gallo en Papillote  
Papillote Rooster Fish  
  
Pisto Casero  
Vegetables with Tomato Sauce  
Fruta y Pan Integral  
Fruit and Bread

**Lunes**

- 4** Espaguettis INTEGRALES con Tomate Casero  
Whole Wheat Spaguettis with Homemade Tomato Sauce  
Bacalao a la Riojana  
Cod with Tomato Sauce
- Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 11** Macarrones al Pomodoro  
Pasta with Tomato Sauce  
Rape al Horno  
Baked Monkfish  
Zanahoria Baby  
Baby Carrots  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 18** Fideua de Verduras  
Pasta with Vegetables  
Merluza a la Andaluza  
Floured Fish
- Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 25** Alubias Pintas con Magro  
Stewed Black Beans with Pork  
Revuelto de Champiñones  
Scrambled Eggs with Mushrooms
- Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

**Martes**

- 5**
- 12**   
**FESTIVO**
- 19** Judías Verdes con Tomate  
Green Beans with Tomato Sauce  
Ternera a la Jardinería  
Beef with Vegetables  
Patata Dado  
Diced Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 26** Patata Asada  
Roasted Potatoes  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

**Miércoles**

- 6** Coditos a la Napolitana  
Pasta with Tomato Sauce  
Cinta de Lomo a la plancha  
Loín  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 13** Crema de Zanahoria  
Carrots Cream
- Ragout de Pavo Estofado  
Stewed Turkey
- Guisantes Rehogados  
Sautéed Green Peas  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 20** Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Tortilla de Calabacín  
Zucchini Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 27** Guisantes Salteados  
Sautéed Green Peas  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon
- Patata Asada  
Roasted Potatoes  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

**Jueves**

- 7** Lentejas Guisadas  
Stewed Lentils  
Tortilla Francesa de Atún  
Tuna Omelette  
Champiñones Rehogados  
Sautéed Mushrooms  
Fruta y Pan Integral  
Yogurt and Whole Wheat Bread
- 14** Arroz con Tomate Confitado  
Rice with Tomato Sauce
- Caballa en Aceite  
Mackerel in Oil
- Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 21** Crema de Coliflor  
Cauliflower Cream  
Muslitos de Pollo Asados  
Roasted Chicken Drumsticks  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 28** Sopa de Fideos  
Noodle Soup  
Cocido (Sin Chorizo)  
Chickpeas with Meat and Vegetables without Chorizo  
Rapollo  
Cabagge  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

**Viernes**

- 8** Paella de Pollo  
Chicken Paella  
Jurel con Tomate  
Fish with Tomato Sauce  
Calabacín al Horno  
Baked Zucchini  
Fruta y Pan Integral  
Fruit and Bread
- 15** Sopa de Fideos  
Noodle Soup
- Cocido (Sin Chorizo)  
Chickpeas with Meat and Vegetables without Chorizo  
Rapollo  
Cabagge  
Natillas y Pan  
Custard and Bread  
Garbanzos Estofados con Verduras  
Stewed Chickpeas with Vegetables  
Caballa con Tomate  
Mackerel with Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Bread
- 22**
- 29** Arroz a Banda  
Rice with Seafood  
Gallo en Papillote  
Papillote Rooster Fish
- Pisto Casero  
Vegetables with Tomato Sauce  
Fruta y Pan  
Fruit and Bread

Lunes

4

11 Pasta S/Gluten S/Huevo con Tomate Casero  
Gluten/Egg-Free Pasta with Homemade Tomato Sauce  
Bacalao a la Riojana  
Cod with Tomato Sauce

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

18

Pasta S/Gluten S/Huevo al Pomodoro  
Pasta gluten-egg free with Tomato Sauce  
Rape al Horno  
Baked Monkfish  
Zanahoria Baby  
Baby Carrots  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

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

Martes

5



12

19 Judías Verdes con Tomate  
Green Beans with Tomato Sauce  
Ternera a la Jardinera  
Beef with Vegetables  
Patata Dado  
Diced Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

26

Alubias Pintas con Magro  
Stewed Black Beans with Pork  
Revuelto de Champiñones  
Scrambled Eggs with Mushrooms

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

Miércoles

6

Pasta S/Gluten S/Huevo a la Napolitana  
Gluten-Egg Free Pasta with Tomato Sauce  
Cinta de Lomo a la plancha  
Loin  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

13

Crema de Zanahoria  
Carrots Cream

Ragout de Pavo Estofado  
Stewed Turkey

20

Guisantes Rehogados  
Sautéed Green Peas  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread  
Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Tortilla de Calabacín  
Zucchini Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

27

Guisantes Salteados  
Sautéed Green Peas  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon

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

Jueves

7

Lentejas Guisadas  
Stewed Lentils  
Tortilla Francesa de Atún  
Tuna Omelette  
Champiñones Rehogados  
Sautéed Mushrooms  
Fruta y Pan Integral  
Yogurt and Whole Wheat Bread

14

Arroz con Tomate Confitado  
Rice with Tomato Sauce

Jurel al Horno  
Baked Fish

21

Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread  
Crema de Coliflor  
Cauliflower Cream  
Muslitos de Pollo Asados  
Roasted Chicken Drumsticks  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

28

Sopa de Fideos S/Gluten S/Huevo  
Gluten-Free Noodle Soup  
Cocido (Sin Chorizo)  
Chickpeas with Meat and Vegetables without Chorizo  
Rapollo  
Cabagge  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

Viernes

8

Paella de Pollo  
Chicken Paella  
Jurel con Tomate  
Fish with Tomato Sauce  
Calabacín al Horno  
Baked Zucchini  
Fruta y Pan Integral  
Fruit and Bread

15

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

Cocido (Sin Chorizo)  
Chickpeas with Meat and Vegetables without Chorizo  
Rapollo  
Cabagge  
Natillas y Pan  
Custard and Bread

22

Garbanzos Estofados con Verduras  
Stewed Chickpeas with Vegetables  
Merluza con Tomate  
Hake with Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Bread

29

Arroz a Banda  
Rice with Seafood  
Gallo en Papillote  
Papillote Rooster Fish  
Pisto Casero  
Vegetables with Tomato Sauce  
Fruta y Pan Integral  
Fruit and Bread

Lunes

- 4
- 11 Espaguettis INTEGRALES con Tomate Casero  
Whole Wheat Spaguettis with Homemade Tomato Sauce  
Bacalao a la Riojana  
Cod with Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 18 Macarrones al Pomodoro  
Pasta with Tomato Sauce
- Rape al Horno  
Baked Monkfish  
Zanahoria Baby  
Baby Carrots  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 25 Fideua de Verduras  
Pasta with Vegetables  
Merluza a la Andaluza  
Floured Fish  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

Martes

- 5
- 12   
**FESTIVO**
- 19 Brócoli con Patatas  
Sautéed Broccoli with Potatoes
- Ragout de Ternera Asada  
Baked Veal  
Patata Dado  
Diced Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 26 Patatas Estofadas con Magro  
Stewed Potatoes with Lean Pork  
Revuelto de Champiñones  
Scrambled Eggs with Mushrooms  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

Miércoles

- 6 Coditos a la Napolitana  
Pasta with Tomato Sauce
- Cinta de Lomo a la plancha  
Loin  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 13 Crema de Zanahoria  
Carrots Cream
- Ragout de Pavo Estofado  
Stewed Turkey  
Calabacín al Horno  
Baked Zucchini  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 20 Arroz Campero (Sin Judía verde ni Guisante)  
Rice with Vegetables Without Green Beans and Green Peas  
Tortilla de Calabacín  
Zucchini Omelette  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Fruit and Whole Wheat Bread
- 27 Brócoli con Patatas  
Sautéed Broccoli with Potatoes  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon  
Patata Asada  
Roasted Potatoes  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

Jueves

- 7 Crema de Calabacín  
Zucchini Cream
- Tortilla Francesa de Atún  
Tuna Omelette  
Champiñones Rehogados  
Sautéed Mushrooms  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 14 Arroz con Tomate Confitado  
Rice with Tomato Sauce
- Jurel al Horno  
Baked Fish  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 21 Crema de Coliflor  
Cauliflower Cream
- Muslitos de Pollo Asados  
Roasted Chicken Drumsticks  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 28 Sopa de Fideos  
Noodle Soup  
Ragout de Ternera Asada  
Baked Veal  
Rapollo  
Cabbage  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

Viernes

- 8 Paella de Pollo (Sin Judía verde ni Guisante)  
Chicken Paella Without Green Beans and Green Peas  
Jurel con Tomate  
Fish with Tomato Sauce  
Calabacín al Horno  
Baked Zucchini  
Fruta y Pan  
Fruit and Bread
- 15 Sopa de Fideos  
Noodle Soup
- Magro de Cerdo Estofado  
Stewed Lean Pork  
Rapollo  
Cabbage  
Natillas y Pan  
Custard and Bread
- 22 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables
- Merluza con Tomate  
Hake with Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
- 29 Arroz a Banda  
Rice with Seafood  
Gallo en Papillote  
Papillote Rooster Fish  
Pisto Casero  
Vegetables with Tomato Sauce  
Fruta y Pan  
Fruit and Bread

Lunes

- 4
- 11 Espaguettis INTEGRALES a la Carbonara  
Carbonara Whole Wheat Spaguettis  
Pollo al Horno  
Baked Chicken  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 18 Macarrones a la Boloñesa  
Pasta with Bolognese Sauce  
Cinta de Lomo al Horno  
Baked Loin  
Zanahoria Baby  
Baby Carrots  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 25 Fideua de Verduras  
Pasta with Vegetables  
Escalope de Pollo  
Breaded Chicken  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

Martes

- 5
- 12   
FESTIVO
- 19 Judías Verdes con Tomate  
Green Beans with Tomato Sauce  
Ternera a la Jardinera  
Beef with Vegetables  
Patata Dado  
Diced Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 26 Alubias Pintas con Magro  
Stewed Black Beans with Pork  
Revuelto de Champiñones  
Scrambled Eggs with Mushrooms  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

Miércoles

- 6 Coditos a la Napolitana  
Pasta with Tomato Sauce  
Lomo de Sajonia  
Saxony Style Pork  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 13 Crema de Zanahorias con Picatostes  
Carrots Cream with Croutons  
Ragout de Pavo Estofado  
Stewed Turkey  
Guisantes Rehogados  
Sautéed Green Peas  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 20 Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Tortilla de Calabacín  
Zucchini Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 27 Guisantes con Jamón  
Sautéed Green Peas with Ham  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon  
Patata Asada  
Roasted Potatoes  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

Jueves

- 7 Lentejas Guisadas  
Stewed Lentils  
Tortilla Francesa Casera  
Homemade Omelette  
Champiñones Rehogados  
Sautéed Mushrooms  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 14 Arroz con Tomate Confitado  
Rice with Tomato Sauce  
Cinta de Lomo a la plancha  
Loin  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 21 Crema de Coliflor  
Cauliflower Cream  
Muslitos de Pollo Asados  
Roasted Chicken Drumsticks  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 28 Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Rollo  
Cabbage  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

Viernes

- 8 Paella de Pollo  
Chicken Paella  
Lomo con Tomate  
Loin with Tomato Sauce  
Calabacín al Horno  
Baked Zucchini  
Fruta y Pan  
Fruit and Bread
- 15 Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Rollo  
Cabbage  
Natillas Caseras y Pan  
Homemade Custard and Bread
- 22 Garbanzos Estofados con Verduras  
Stewed Chickpeas with Vegetables  
Revuelto de Calabacín  
Scrambled Eggs with Zucchini  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
- 29 Arroz con Calabacín  
Rice with Zucchini  
Pavo al Horno  
Baked Turkey  
Pisto Casero  
Vegetables with Tomato Sauce  
Fruta y Pan  
Fruit and Bread



Lunes

- 4
- 11 Espaguettis INTEGRALES a la Carbonara  
Carbonara Whole Wheat Spaguettis  
Pollo al Horno  
Baked Chicken  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 18 Macarrones a la Boloñesa  
Pasta with Bolognese Sauce  
Cinta de Lomo al Horno  
Baked Loin  
Zanahoria Baby  
Baby Carrots  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 25 Fideua de Verduras  
Pasta with Vegetables  
Escalope de Pollo  
Breaded Chicken  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

Martes

- 5
- 12  FESTIVO
- 19 Judías Verdes con Tomate  
Green Beans with Tomato Sauce  
Ternera a la Jardinera  
Beef with Vegetables  
Patata Dado  
Diced Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 26 Alubias Pintas con Magro  
Stewed Black Beans with Pork  
Revuelto de Champiñones  
Scrambled Eggs with Mushrooms  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

Miércoles

- 6 Coditos a la Napolitana  
Pasta with Tomato Sauce  
Lomo de Sajonia  
Saxony Style Pork  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 13 Crema de Zanahorias con Picatostes  
Carrots Cream with Croutons  
Ragout de Pavo Estofado  
Stewed Turkey  
Guisantes Rehogados  
Sautéed Green Peas  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 20 Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Tortilla de Calabacín  
Zucchini Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 27 Guisantes con Jamón  
Sautéed Green Peas with Ham  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon  
Patata Asada  
Roasted Potatoes  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

Jueves

- 7 Lentejas Guisadas  
Stewed Lentils  
Tortilla Francesa Casera  
Homemade Omelette  
Champiñones Rehogados  
Sautéed Mushrooms  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 14 Arroz con Tomate Confitado  
Rice with Tomato Sauce  
Cinta de Lomo a la plancha  
Loin  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 21 Crema de Coliflor  
Cauliflower Cream  
Muslitos de Pollo Asados  
Roasted Chicken Drumsticks  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 28 Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

Viernes

- 8 Paella de Pollo  
Chicken Paella  
Lomo con Tomate  
Loin with Tomato Sauce  
Calabacín al Horno  
Baked Zucchini  
Fruta y Pan  
Fruit and Bread
- 15 Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Natillas Caseras y Pan  
Homemade Custard and Bread
- 22 Garbanzos Estofados con Verduras  
Stewed Chickpeas with Vegetables  
Revuelto de Queso  
Scrambled Eggs with Cheese  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
- 29 Arroz con Calabacín  
Rice with Zucchini  
Pavo al Horno  
Baked Turkey  
Pisto Casero  
Vegetables with Tomato Sauce  
Fruta y Pan  
Fruit and Bread

**Lunes**

- 4** Espaguettis INTEGRALES con Tomate Casero  
Whole Wheat Spaguettis with Homemade Tomato Sauce  
Bacalao a la Riojana  
Cod with Tomato Sauce
- Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 11** Espaguettis INTEGRALES con Tomate Casero  
Whole Wheat Spaguettis with Homemade Tomato Sauce  
Bacalao a la Riojana  
Cod with Tomato Sauce
- Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 18** Macarrones al Pomodoro  
Pasta with Tomato Sauce  
Rape al Horno  
Baked Monkfish  
Zanahoria Baby  
Baby Carrots  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 25** Fideua de Verduras  
Pasta with Vegetables  
Merluza a la Andaluza  
Floured Fish
- Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

**Martes**

- 5**
- 12**   
**FESTIVO**
- 19** Judías Verdes con Tomate  
Green Beans with Tomato Sauce  
Ternera a la Jardinera  
Beef with Vegetables  
Patata Dado  
Diced Potatoes  
Yogur de Soja y Pan Integral  
Soy Yogurt and Whole Wheat Bread
- 26** Alubias Pintas con Magro  
Stewed Black Beans with Pork  
Revuelto de Champiñones  
Scrambled Eggs with Mushrooms
- Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Soy Yogurt and Whole Wheat Bread

**Miércoles**

- 6** Coditos a la Napolitana  
Pasta with Tomato Sauce  
Cinta de Lomo a la plancha  
Loin  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 13** Crema de Zanahorias con Picatostes  
Carrots Cream with Croutons
- Ragout de Pavo Estofado  
Stewed Turkey
- Guisantes Rehogados  
Sautéed Green Peas  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 20** Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Tortilla de Calabacín  
Zucchini Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 27** Guisantes Salteados  
Sautéed Green Peas  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon
- Patata Asada  
Roasted Potatoes  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

**Jueves**

- 7** Lentejas Guisadas  
Stewed Lentils  
Tortilla Francesa de Atún  
Tuna Omelette  
Champiñones Rehogados  
Sautéed Mushrooms  
Yogur de Soja y Pan Integral  
Soy Yogurt and Whole Wheat Bread
- 14** Arroz con Tomate Confitado  
Rice with Tomato Sauce
- Caballa en Aceite  
Mackerel in Oil
- Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread
- 21** Crema de Coliflor  
Cauliflower Cream  
Muslitos de Pollo Asados  
Roasted Chicken Drumsticks  
Ensalada Variada  
Mixed Salad  
Yogur de Soja y Pan Integral  
Soy Yogurt and Whole Wheat Bread
- 28** Sopa de Fideos  
Noodle Soup  
Cocido (Sin Chorizo)  
Chickpeas with Meat and Vegetables without Chorizo  
Rapollo  
Cabagge  
Yogur de Soja y Pan Integral  
Soy Yogurt and Whole Wheat Bread

**Viernes**

- 8** Paella de Pollo  
Chicken Paella  
Jurel con Tomate  
Fish with Tomato Sauce  
Calabacín al Horno  
Baked Zucchini  
Fruta y Pan  
Fruit and Bread
- 15** Sopa de Fideos  
Noodle Soup
- Cocido (Sin Chorizo)  
Chickpeas with Meat and Vegetables without Chorizo  
Rapollo  
Cabagge  
Yogur de Soja y Pan  
Soy Yogurt and Bread
- 22** Garbanzos Estofados con Verduras  
Stewed Chickpeas with Vegetables  
Caballa con Tomate  
Mackerel with Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
- 29** Arroz a Banda  
Rice with Seafood  
Gallo en Papillote  
Papillote Rooster Fish
- Pisto Casero  
Vegetables with Tomato Sauce  
Fruta y Pan  
Fruit and Bread