

Lunes-Monday

9 Pasta S/Gluten S/Huevo a la Napolitana
 Gluten-Egg Free Pasta with Tomato Sauce
 Tortilla de Patata
 Potato Omelette
 Ensalada Variada
 Mixed Salad
 Fruta y Pan S/Gluten
 Fruit and Gluten-Free Bread

16 Arroz con Tomate Confitado
 Rice with Tomato Sauce
 Tortilla Francesa
 Omelette

 Ensalada Variada
 Mixed Salad
 Fruta y Pan S/Gluten
 Fruit and Gluten-Free Bread

23 Paella Hortelana
 Rice with Vegetables
 Caballa con Tomate
 Mackerel with Tomato Sauce
 Ensalada Variada
 Mixed Salad
 Fruta y Pan S/Gluten
 Fruit and Gluten-Free Bread

30 Pasta S/Gluten S/Huevo con Verduras
 Gluten/Egg-Free Pasta with Vegetables
 Huevos Revueltos
 Scrambled Eggs
 Ensalada Variada
 Mixed Salad
 Fruta y Pan S/Gluten
 Fruit and Gluten-Free Bread

Martes-Tuesday

10 Garbanzos Estofados con Verduras
 Stewed Chickpeas with Vegetables
 Bacalao al Ajillo
 Cod with garlic sauce
 Ensalada Variada
 Mixed Salad
 Fruta y Pan S/Gluten
 Fruit and Gluten-Free Bread

17 Patatas Estofadas con Verduras
 Stewed Potatoes with Vegetables
 Atún a la Andaluza
 Floured Tuna

 Ensalada Variada
 Mixed Salad
 Fruta y Pan S/Gluten
 Fruit and Gluten-Free Bread

24 Alubias Blancas a la Jardinera
 Stewed White Beans with Vegetables
 Tortilla Francesa
 Omelette
 Calabacín Asado
 Baked Zucchini
 Fruta y Pan S/Gluten
 Fruit and Gluten-Free Bread

Miercoles-Wednesday

11 Arroz con Verduras
 Rice with Vegetables
 Pollo en Pepitoria
 Chicken in Pepitoria
 Tomate Aliñado
 Seazoned Tomato
 Yogur y Pan S/Gluten
 Yogurt and Gluten-Free Bread

18 Crema de Calabaza
 Pumpkin Cream
 Pavo al Horno
 Baked Turkey

 Patata Cocida
 Boiled Potatoes
 Yogur y Pan S/Gluten
 Yogurt and Gluten-Free Bread

25 Judías Verdes con Tomate
 Green Beans with Tomato Sauce
 Pollo al Limón
 Chicken in Lemon Sauce
 Patata Cocida
 Boiled Potatoes
 Yogur y Pan S/Gluten
 Yogurt and Gluten-Free Bread

Jueves-Thursday

12 Crema de Brócoli y Zanahoria
 Broccoli and Carrot Cream
 Magro de Cerdo Estofado
 Stewed Lean Pork
 Quinoa Salteada
 Sauteéd Quinoa
 Fruta y Pan S/Gluten
 Fruit and Gluten-Free Bread

19 Ensalada de Pasta S/ Gluten S/Huevo
 Gluten-Egg Free Pasta Salad
 Merluza con Aceite de Ajo y Perejil
 Hake with Garlic and Parsley Oil

 Ensalada Variada
 Mixed Salad
 Fruta y Pan S/Gluten
 Fruit and Gluten-Free Bread

26 Pasta S/Gluten S/Huevo a la Boloñesa
 Gluten Free Pasta with Bolognese
 Fogonero al Horno
 Baked Fish
 Ensalada Variada
 Mixed Salad
 Fruta y Pan S/Gluten
 Fruit and Gluten-Free Bread

Viernes-Friday

13 Ensalada Campera
 Potato Salad
 Bacaladitos Enharinados (Harina de maíz)
 Floured Fish
 Calabacín al Horno
 Baked Zucchini
 Yogur y Pan S/Gluten
 Yogurt and Gluten-Free Bread

20 Sopa de Fideos S/Gluten S/Huevo
 Gluten- Free Noodle Soup
 Cocido (Sin Chorizo)
 Chickpeas with Meat and Vegetables
 (without Chorizo)

Natillas de Vanilla y Pan S/Gluten
 Custard and Gluten-Free Bread

27 Sopa de Fideos S/Gluten S/Huevo
 Gluten- Free Noodle Soup
 Ternera a la Jardinera
 Beef with Vegetables
 Menestra Salteada
 Sauteéd Vegetables
 Yogur y Pan S/Gluten
 Yogurt and Gluten-Free Bread



PAN Y LÁCTEOS SIN GLUTEN. FRUTA VARIADA y de TEMPORADA
 ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maíz, Pepino, Cebolla, Zanahoria)