

Lunes

Martes

Miércoles

Jueves

Viernes

6 Brócoli Rehogado
Sautéed Broccoli

Tortilla de Patata
Potato Omelette
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

13 Crema de Verduras
Vegetables Cream
Huevos Gratinados al Horno
Baked Eggs au Gratin
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

20 
FESTIVO

27 Crema Vichyssoise con Virutas de Jamón
Leek Cream With Ham
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

7 Guisantes Salteados con Jamón
Sautéed Green Peas with Ham

Jamoncitos de Pollo al Chilindrón
Chicken Thighs with Vegetables
Quinoa con Albahaca
Quinoa with Basil
Fruta y Pan Integral
Fruit and Whole Wheat Bread

14 Lentejas con Verduras
Stewed Lentils with Vegetables
Merluza al Limón
Hake in Lemon Sauce
Tomate a la Provenzal
Seasoned Tomato
Fruta y Pan Integral
Fruit and Whole Wheat Bread

21 Guisantes Salteados
Sautéed Green Peas

Fogonero en Salsa Verde
Fish in Green Sauce
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

28 Lentejas Guisadas
Stewed Lentils
Tortilla de Patata
Potato Omelette
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

1 Pisto
Ratatouille
Albóndigas de Ternera en Salsa
Veal Meatballs in Sauce
Menestra de Verduras Rehogada
Sautéed Vegetables
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

8 Crema de Verduras
Vegetables Cream

Jurel con Tomate
Fish with Tomato Sauce
Ensalada Variada
Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

15 Crema de Calabaza
Pumpkin Cream
Ragout de Pavo Estofado
Stewed Turkey Ragout
Ensalada Variada
Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

22 Crema de Zanahoria con Picatostes
Integrales
Carrot Cream with Whole Wheat
CROUTONS
Nuggets de Pollo
Chicken Nuggets
Tomate Natural Aliñado
Natural Seasoned Tomato
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

29 Menestra de Verduras
Sautéed Vegetables
Tacos de Pavo Marinados
Marinated Diced Turkey
Calabacín Asado
Roasted Zucchini
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

2 Sopa Juliana
Vegetables Soup
Cocido Completo
Chickpeas with Meat and Vegetables

Fruta y Pan Integral
Fruit and Whole Wheat Bread

9 Alubias Blancas a la Jardinera
Stewed White Beans with Vegetables

Cinta de Lomo al Horno
Baked Loin
Zanahorias Rehogadas
Sautéed Carrots
Fruta y Pan Integral
Fruit and Whole Wheat Bread

16 Sopa Juliana
Vegetables Soup
Cocido Completo
Chickpeas with Meat and Vegetables

Fruta y Pan Integral
Fruit and Whole Wheat Bread

23 Garbanzos Estofados
Stewed Chickpeas

Tortilla de York
Ham Omelette
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

30 Sopa Juliana
Vegetables Soup
Cocido Completo
Chickpeas with Meat and Vegetables

Fruta y Pan Integral
Fruit and Whole Wheat Bread


3 Crema de Calabacín
Zucchini Cream
Caballa con Tomate
Mackerel with Tomato Sauce
Ensalada Variada
Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

10 Verdura Multicolor (Coliflor, Judía Verde,
Zanahoria y Patata)
Mixed Vegetables
Croquetas de Bacalao
Cod Croquettes
Ensalada Variada
Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

17 Menestra de Verduras
Sautéed Vegetables
Dados de Salmón con Salsa de Soja
Diced Salmon with Soy Sauce
Ensalada Variada
Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

24 Pisto con Tomate
Ratatouille with Tomato

Jurel a la Bilbaína
Fish with Peppers
Patatas Panadera
Baked Potatoes
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

31 
FESTIVO

Lunes

Martes

Miércoles

Jueves

Viernes

6 Pasta S/Gluten S/Huevo Amatriciana
Amatriciana Gluten/Egg-Free Pasta

Tortilla de Patata
Potato Omelette
Ensalada Variada
Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

13 Pasta S/Gluten S/Huevo Boloñesa
Bolognese Gluten/Egg-Free Pasta
Huevos Cocidos con Tomate
Boiled Egg with Tomato Sauce
Ensalada Variada
Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

20



FESTIVO

27 Crema Vichyssoise con Virutas de Jamón
Leek Cream With Ham
Merluza a la Andaluza (Sin Gluten)
Gluten-Free Floured Hake
Ensalada Variada
Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

7 Crema de Guisantes
Green Peas Cream

Jamoncitos de Pollo al Chilindrón
Chicken Thighs with Vegetables
Quinoa con Albahaca
Quinoa with Basil
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

14 Menestra de Verduras
Sautéed Vegetables
Merluza al Ajillo
Hake in Garlic Sauce
Tomate a la Provençala
Seasoned Tomato
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

21 Pasta S/Gluten S/Huevo al Pomodoro
Gluten/Egg-Free Pasta with Tomato Sauce
Fogonero en Salsa
Fish in Sauce
Guisantes Salteados
Sautéed Green Peas
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

28 Menestra de Verduras
Sautéed Vegetables
Tortilla de Patata
Potato Omelette
Ensalada Variada
Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

1 Arroz con Pisto
Ratatouille Rice
Ragout de Ternera en Salsa
Veal Ragout in Sauce
Menestra de Verduras Rehogada
Sautéed Vegetables
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

8 Arroz Tres Delicias
Three Delights Rice

Jurel con Tomate (Sin Harina)
Fish with Tomato Sauce Without Flour
Ensalada Variada
Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

15 Crema de Calabaza
Pumpkin Cream
Ragout de Pavo Estofado
Stewed Turkey Ragout
Patata Cocida
Boiled Potato
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

22 Crema de Zanahoria
Carrot Cream
Filete de Pollo
Chicken Breast
Tomate Natural Aliñado
Natural Seasoned Tomato
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

29 Risotto de Bacon
Bacon Risotto
Tacos de Pavo Marinados
Marinated Diced Turkey
Calabacín Asado
Roasted Zucchini
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

2 Sopa de Cocido Fideos S/Gluten S/Huevo
Gluten-Free Noodle Soup
Cocido Completo
Chickpeas with Meat and Vegetables

Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

9 Alubias Blancas a la Jardinera
Stewed White Beans with Vegetables

Cinta de Lomo al Horno
Baked Loin
Zanahorias Rehogadas
Sautéed Carrots
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

16 Sopa de Cocido Fideos S/Gluten S/Huevo
Gluten-Free Noodle Soup
Cocido Completo
Chickpeas with Meat and Vegetables

Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

23 Garbanzos Estofados
Stewed Chickpeas
Tortilla de York
Ham Omelette
Ensalada Variada
Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

30 Sopa de Cocido Fideos S/Gluten S/Huevo
Gluten-Free Noodle Soup
Cocido Completo
Chickpeas with Meat and Vegetables

Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

3 Crema de Calabacín
Zucchini Cream
Caballa con Tomate
Mackerel with Tomato Sauce
Ensalada Variada
Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

10 Verdura Multicolor (Coliflor, Judía Verde,
Zanahoria y Patata)
Mixed Vegetables
Bacalao Encebollado
Cod with Onion
Ensalada Variada
Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

17 Arroz Campero
Rice with Vegetables
Salmon al Horno
Baked Salmon
Ensalada Variada
Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

24 Arroz con Tomate Confitado
Rice with Confit Tomato Sauce
Jurel a la Bilbaína
Fish with Peppers
Patatas Panadera
Baked Potatoes
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

31



FESTIVO

Lunes

Martes

Miércoles

Jueves

Viernes

6 Pasta S/Gluten S/Huevo Amatriciana
Amatriciana Gluten/Egg-Free Pasta

Tortilla de Patata
Potato Omelette
Ensalada Variada
Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

13 Pasta S/Gluten S/Huevo Boloñesa
Bolognese Gluten/Egg-Free Pasta
Huevos Cocidos con Tomate
Boiled Egg with Tomato Sauce

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

20



FESTIVO

27 Crema Vichyssoise con Virutas de Jamón
Leek Cream With Ham
Merluza a la Andaluza (Sin Gluten)
Gluten-Free Floured Hake

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

7 Crema de Guisantes
Green Peas Cream

Jamoncitos de Pollo al Chilindrón
Chicken Thighs with Vegetables
Quinoa con Albahaca
Quinoa with Basil
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

14 Menestra de Verduras
Sautéed Vegetables
Merluza al Ajillo
Hake in Garlic Sauce

Tomate a la Provenzal
Seasoned Tomato
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

21 Pasta S/Gluten S/Huevo al Pomodoro
Gluten/Egg-Free Pasta with Tomato Sauce

Fogonero en Salsa
Fish in Sauce
Guisantes Salteados
Sautéed Green Peas
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

28 Menestra de Verduras
Sautéed Vegetables
Tortilla de Patata
Potato Omelette

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

1 Arroz con Pisto
Ratatouille Rice
Ragout de Ternera en Salsa
Veal Ragout in Sauce

Menestra de Verduras Rehogada
Sautéed Vegetables
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

8 Arroz Tres Delicias
Three Delights Rice

Jurel con Tomate (Sin Harina)
Fish with Tomato Sauce Without Flour
Ensalada Variada
Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

15 Crema de Calabaza
Pumpkin Cream
Ragout de Pavo Estofado
Stewed Turkey Ragout

Patata Cocida
Boiled Potato
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

22 Crema de Zanahoria
Carrot Cream
Filete de Pollo
Chicken Breast
Tomate Natural Aliñado
Natural Seasoned Tomato
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

29 Arroz con Verduras
Rice with Vegetables
Tacos de Pavo Marinados
Marinated Diced Turkey

Calabacín Asado
Roasted Zucchini
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

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

Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

9 Alubias Blancas a la Jardinera
Stewed White Beans with Vegetables

Cinta de Lomo al Horno
Baked Loin
Zanahorias Rehogadas
Sautéed Carrots
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

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

Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

23 Garbanzos Estofados
Stewed Chickpeas
Tortilla de York
Ham Omelette
Ensalada Variada
Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

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

Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

3 Crema de Calabacín
Zucchini Cream
Caballa con Tomate
Mackerel with Tomato Sauce

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

10 Verdura Multicolor (Coliflor, Judía Verde,
Zanahoria y Patata)
Mixed Vegetables
Bacalao Encebollado
Cod with Onion
Ensalada Variada
Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

17 Arroz Campero
Rice with Vegetables
Salmón al Horno
Baked Salmon

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

24 Arroz con Tomate Confitado
Rice with Confit Tomato Sauce
Jurel a la Bilbaína
Fish with Peppers
Patatas Panadera
Baked Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

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FESTIVO