

Lunes

Martes

Miércoles

Jueves

Viernes

6 Macarrones con Tomate
Pasta with Tomato Sauce

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

13 Espaguetis INTEGRALES con Verduras
Whole Wheat Pasta with Vegetables
Huevos Gratinados al Horno
Baked Eggs au Gratin
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

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FESTIVO

27 Crema Vichyssoise
Leek Cream
Tofu a la Plancha con Hierbas Provenzales
Grilled Tofu with Herbs

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

7 Guisantes con Huevo Cocido
Sautéed Green Peas with Boiled Egg

Quinoa con Verduras
Quinoa with Vegetables

Fruta y Pan
Fruit and Bread

14 Ensalada de Tomate y Queso Fresco
Tomato and Fresh Cheese Salad
Lentejas con Arroz
Stewed Lentils with Rice

Fruta y Pan
Fruit and Bread

21 Guisantes Salteados
Sautéed Green Peas

Espirales al Pomodoro
Pasta with Tomato Sauce
Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

28 Lentejas Guisadas
Stewed Lentils
Tortilla de Patata
Potato Omelette

Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

1 Arroz con Pisto y Huevo Cocido
Ratatouille Rice and Boiled Egg
Hummus con Verduritas
Hummus With Vegetables

Yogur y Pan Integral
Yogurt and Whole Wheat Bread

8 Arroz con Calabacín
Rice with Zucchini

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

15 Crema de Calabaza
Pumpkin Cream
Hamburguesa Vegetal
Veggie Burger
Cous Cous al Romero
Cous Cous with Rosemary
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

22 Crema de Zanahoria con Picatostes
Integrales
Carrot Cream with Whole Wheat
Croutons
Falafel de Garbanzos
Chickpeas Falafel
Tomate Natural Aliñado
Natural Seasoned Tomato
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

29 Arroz con Verduras
Rice with Vegetables
Tofu a la Plancha Sazonado con Ajo y
Aceite de Oliva
Grilled Tofu with Garlic and Olive Oil
Calabacín Asado
Roasted Zucchini
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

2 Sopa de Fideos (Sin Carne)
Noodle Soup Without Meat
Garbanzos Encebollados
Chickpeas with Onion

Fruta y Pan
Fruit and Bread

9 Crema de Verduras
Vegetables Cream

Alubias Blancas a la Jardinera
Stewed White Beans with Vegetables
Zanahorias Rehogadas
Sautéed Carrots
Fruta y Pan
Fruit and Bread

16 Sopa de Fideos (Sin Carne)
Noodle Soup Without Meat
Garbanzos Estofados con Verduras
Stewed Chickpeas with Vegetables

Fruta y Pan
Fruit and Bread

23 Garbanzos Estofados
Stewed Chickpeas

Tortilla Francesa
Omelette
Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

30 Sopa de Fideos (Sin Carne)
Noodle Soup Without Meat
Garbanzos Estofados con Verduras
Stewed Chickpeas with Vegetables

Fruta y Pan
Fruit and Bread

3 Crema de Calabacín
Zucchini Cream
Lasaña Vegetal
Vegetable Lasagna
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread


10 Verdura Multicolor (Coliflor, Judía Verde,
Zanahoria y Patata)
Mixed Vegetables
Tofu a la Plancha con Hierbas Provenzales
Grilled Tofu with Herbs
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread

17 Arroz Campero
Rice with Vegetables
Tortilla Francesa
Omelette
Ensalada Variada
Salad
Flan y Pan
Flan and Bread

24 Ensalada Variada
Salad

Arroz con Tomate y Huevo Duro
Rice with Tomato Sauce and Boiled Egg

Yogur y Pan
Yogurt and Bread

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FESTIVO