

Lunes

Martes

Miércoles

Jueves

Viernes

6 Brócoli al Gratin  
Broccoli au Gratin  
Tortilla de Calabacín  
Zucchini Omelette  
Ensalada Variada  
Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

13 Arroz con Tomate Confitado  
Rice with Confit Tomato Sauce  
Revuelto de Champiñones  
Scrambled Eggs with Mushrooms  
  
Ensalada Variada  
Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

20 Lasaña Boloñesa de Ternera  
Veal Bolognese Lasagna  
Tortilla Francesa  
Omelette  
  
Ensalada Variada  
Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

27   
FESTIVO

7 Lentejas con Verduras  
Stewed Lentils with Vegetables  
Bacalao con Tomate  
Cod with Tomato Sauce  
Arroz Pilaf  
Rice  
Fruta y Pan  
Fruit and Bread

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

21 Alubias Blancas con Verduras  
Stewed White Beans with Vegetables  
Fogonero a la Andaluza  
Floured Fish  
  
Cous Cous  
Cous Cous  
Fruta y Pan  
Fruit and Bread

28 Potaje de Lentejas con Calabaza  
Stewed Lentils with Pumpkin  
Merluza a la Gallega  
Hake with Paprika  
Patata Asada  
Roasted Potato  
Fruta y Pan  
Fruit and Bread

1 Risotto de Champiñones  
Mushrooms Risotto  
Tacos de Pavo Marinados  
Marinated Diced Turkey  
  
Ensalada Variada  
Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

8 Arroz con Verduras  
Rice with Vegetables  
Ternera Asada  
Roasted Veal  
Ensalada Variada  
Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

15 Tallarines con Verduras  
Pasta with Vegetables  
Filete de Merluza con Aceite de Ajo y  
Perejil  
Baked Hake with Garlic Oil and Parsley  
Ensalada Variada  
Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

22 Judías Verdes con Tomate  
Sautéed Green Beans with Tomato Sauce  
Pollo al Limón  
Chicken with Lemon Sauce  
  
Patatas Panadera  
Baked Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

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

9 Crema de Guisantes  
Green Peas Cream  
Pollo en Pepitoria  
Chicken in Sauce  
Patatas Panaderas con Pimientos  
Baked Potatoes and Peppers  
Fruta y Pan  
Fruit and Bread

16 Lentejas con Verduras  
Stewed Lentils with Vegetables  
Roti de Pavo al Horno  
Baked Turkey Roti  
  
Patatas Dado  
Diced Potatoes  
Fruta y Pan  
Fruit and Bread

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

3 Crema de Verduras  
Vegetables Cream  
Hamburguesa de Atún  
Tuna Burger  
  
Patatas Dado  
Diced Potatoes  
Yogur y Pan  
Yogurt and Bread

10 Coditos Napolitana  
Pasta with Tomato Sauce  
Salmón al Eneldo  
Salmon in Dill Sauce  
Calabacín Asado  
Roasted Zucchini  
Yogur y Pan  
Yogurt and Bread

17 Crema de Calabaza  
Pumpkin Cream  
Cazón Adobado  
Marinated Dogfish  
  
Ensalada Variada  
Salad  
Natillas y Pan  
Custard and Bread

24   
FESTIVO

**Lunes**

**Martes**

**Miércoles**

**Jueves**

**Viernes**

**6** Crema de Zanahoria  
Carrot Cream  
Tortilla de Calabacín  
Zucchini Omelette  
Ensalada Variada  
Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

**13** Arroz con Tomate Confitado  
Rice with Confit Tomato Sauce

Revuelto de Pavo  
Scrambled Eggs with Turkey

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

**20** Lasaña Boloñesa de Ternera  
Veal Bolognese Lasagna  
Tortilla Francesa  
Omelette

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

**27**



**FESTIVO**

**7** Lentejas con Verduras  
Stewed Lentils with Vegetables  
Pavo al Horno  
Baked Turkey  
Arroz Pilaf  
Rice  
Fruta y Pan  
Fruit and Bread

**14** Sopa de Fideos  
Noodle Soup  
  
Cocido (Sin Cerdo)  
Chickpeas with Meat and Vegetables Without Pork

Fruta y Pan  
Fruit and Bread

**21** Alubias Blancas con Verduras  
Stewed White Beans with Vegetables  
Ternera Asada  
Roasted Veal

Cous Cous  
Cous Cous  
Fruta y Pan  
Fruit and Bread

**28** Potaje de Lentejas con Calabaza  
Stewed Lentils with Pumpkin  
Pavo Estofado  
Stewed Turkey  
Patata Asada  
Roasted Potato  
Fruta y Pan  
Fruit and Bread

**1** Arroz con Calabacín  
Rice with Zucchini  
Tacos de Pavo Marinados (Sin Champiñones)  
Marinated Diced Turkey Without Mushrooms  
Ensalada Variada  
Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

**8** Arroz con Verduras (Sin Champiñones)  
Rice with Vegetables Without Mushrooms  
Ternera Asada  
Roasted Veal  
Ensalada Variada  
Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

**15** Tallarines Salteados con Verduras (Sin Champiñones)  
Sautéed Pasta with Vegetables Without Mushrooms  
Tortilla Española  
Potato Omelette

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

**22** Judías Verdes con Tomate  
Sautéed Green Beans with Tomato Sauce  
Pollo al Limón  
Chicken with Lemon Sauce

Patatas Panadera  
Baked Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

**2** Sopa de Fideos  
Noodle Soup  
Cocido (Sin Cerdo)  
Chickpeas with Meat and Vegetables Without Pork

Fruta y Pan  
Fruit and Bread

**9** Crema de Guisantes  
Green Peas Cream  
Pollo en Pepitoria  
Chicken in Sauce  
Patatas Panaderas con Pimientos  
Baked Potatoes and Peppers  
Fruta y Pan  
Fruit and Bread

**16** Lentejas con Verduras  
Stewed Lentils with Vegetables

Rotti de Pavo al Horno  
Baked Turkey Roti

Patatas Dado  
Diced Potatoes  
Fruta y Pan  
Fruit and Bread

**23** Sopa de Fideos  
Noodle Soup  
Cocido (Sin Cerdo)  
Chickpeas with Meat and Vegetables Without Pork

Fruta y Pan  
Fruit and Bread

**3** Crema de Verduras  
Vegetables Cream  
Tortilla Francesa  
Omelette

Patatas Dado  
Diced Potatoes  
Yogur y Pan  
Yogurt and Bread

**10** Coditos Napolitana  
Pasta with Tomato Sauce  
Tortilla Francesa  
Omelette  
Calabacín Asado  
Roasted Zucchini  
Yogur y Pan  
Yogurt and Bread

**17** Crema de Calabaza  
Pumpkin Cream

Muslitos de Pollo Asados  
Roasted Chicken Thighs

Ensalada Variada  
Salad  
Natillas y Pan  
Custard and Bread

**24**



**FESTIVO**