

Lunes

Martes

Miércoles

Jueves

Viernes

6 Macarrones Amatriciana  
Amatriciana Pasta

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

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

20



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 Crema de Guisantes  
Green Peas Cream

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

14 Lentejas con Arroz  
Stewed Lentils with Rice  
Merluza al Limón  
Hake in Lemon Sauce  
Tomate a la Provenzal  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread

21 Espirales al Pomodoro  
Pasta with Tomato Sauce

Fogonero en Salsa Verde  
Fish in Green Sauce  
Guisantes Salteados  
Sautéed Green Peas  
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  
Ratatouille Rice  
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

Arroz Tres Delicias  
Three Delights Rice

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  
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  
Filete de Pollo  
Chicken Breast  
Tomate Natural Aliñado  
Natural Seasoned Tomato  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

29

Risotto de Bacon  
Bacon Risotto  
Tacos de Pavo Marinados  
Marinated Diced Turkey  
Calabacín Asado  
Roasted Zucchini  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

2

Sopa de Cocido  
Noodle Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables

Fruta y Pan  
Fruit and 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  
Fruit and Bread

16

Sopa de Cocido  
Noodle Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables

Fruta y Pan  
Fruit and Bread

23

Garbanzos Estofados  
Stewed Chickpeas

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

30

Sopa de Cocido  
Noodle Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables

Fruta y Pan  
Fruit and Bread

3

Crema de Calabacín  
Zucchini Cream  
Lasaña Casera de Atún  
Homemade Tuna Lasagna  
Ensalada Variada  
Salad  
Yogur y Pan  
Yogurt and Bread

10

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

17

Arroz Campero  
Rice with Vegetables  
Dados de Salmón con Salsa de Soja  
Diced Salmon with Soy Sauce  
Ensalada Variada  
Salad  
Flan y Pan  
Flan and 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  
Yogurt and Bread

31

