

Lunes-Monday

9 Pasta S/Gluten S/Huevo a la Napolitana
 Gluten-Egg Free Pasta with Tomato Sauce
 Lomo de Sajonia
 Saxony Pork
 Ensalada Variada
 Mixed Salad
 Fruta y Pan Integral
 Fruit and Whole Wheat Bread

16 Arroz con Tomate Confitado
 Rice with Tomato Sauce

Filete de Pollo
 Chicken Breast
 Ensalada Variada
 Mixed Salad
 Fruta y Pan Integral
 Fruit and Whole Wheat Bread

23 Paella Hortelana
 Rice with Vegetables
 Caballa con Tomate
 Mackerel with Tomato Sauce
 Ensalada Variada
 Mixed Salad
 Fruta y Pan Integral
 Fruit and Whole Wheat Bread

30 Pasta S/Gluten S/Huevo con Verduras
 Gluten/Egg-Free Pasta with Vegetables
 Pavo al Horno
 Baked Turkey
 Ensalada Variada
 Mixed Salad
 Fruta y Pan Integral
 Fruit and Whole Wheat Bread

Martes-Tuesday

10 Garbanzos Estofados con Chorizo
 Stewed Chickpeas with Chorizo
 Bacalao al Ajillo
 Cod with garlic sauce
 Ensalada Variada
 Mixed Salad
 Fruta y Pan
 Fruit and Bread

17 Lentejas Estofadas con Verduras
 Stewed Lentils with Vegetables

Atún a la Andaluz
 Floured Tuna
 Ensalada Variada
 Mixed Salad
 Fruta y Pan
 Fruit and Bread

24 Alubias Blancas con Chorizo
 Stewed White Beans with Chorizo
 Cinta de Lomo al Horno
 Baked Loin
 Calabacín Asado
 Baked Zucchini
 Fruta y Pan
 Fruit and Bread

Miercoles-Wednesday

11 Arroz con Verduras
 Rice with Vegetables
 Pollo Asado
 Roasted Chicken
 Tomate Aliñado
 Seazoned Tomato
 Yogur y Pan Integral
 Yogurt and Whole Wheat Bread

18 Crema de Calabaza
 Pumpkin Cream

Rotti de Pavo Asado
 Baked Turkey Roti
 Patata Cocida
 Boiled Potatoes
 Yogur y Pan Integral
 Yogurt and Whole Wheat Bread

25 Judías Verdes con Tomate
 Green Beans with Tomato Sauce
 Pollo al Limón
 Chicken in Lemon Sauce
 Cous Cous
 Cous Cous
 Yogur y Pan Integral
 Yogurt and Whole Wheat Bread

Jueves-Thursday

12 Crema de Brócoli y Zanahoria
 Broccoli and Carrot Cream
 Magro de Cerdo Estofado
 Stewed Lean Pork
 Cous Cous
 Cous Cous
 Fruta y Pan
 Fruit and Bread

19 Ensalada de Pasta S/Gluten S/Huevo (Sin huevo)
 Gluten-Egg Free Pasta Salad without Egg
 Merluza con Aceite de Ajo y Perejil
 Hake with Garlic and Parsley Oil
 Ensalada Variada
 Mixed Salad

Fruta y Pan
 Fruit and 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
 Fruit and Bread

Viernes-Friday

13 Ensalada Campera (Sin Huevo)
 Potato Salad (Without Egg)
 Bacaladitos Enharinados (Harina de maíz)
 Floured Fish
 Calabacín al Horno
 Baked Zucchini
 Yogur y Pan
 Yogurt and Bread

20 Sopa de Cocido (Fideos S/Gluten S/Huevo)
 Meat Soup with Gluten Free Noodles

Cocido Completo
 Chickpeas with Meat and Vegetables

Natillas Caseras y Pan
 Homemade Custard and Bread

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