

Lunes

Martes

Miércoles

Jueves

Viernes

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

Pavo al Horno
Baked Turkey
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

13 Pasta S/Gluten S/Huevo Boloñesa
Bolognese Gluten/Egg-Free Pasta
Pollo al Horno
Baked Chicken
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 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 Pasta S/Gluten S/Huevo al Pomodoro
Gluten/Egg-Free 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
Cinta de Lomo
Loin
Ensalada Variada
Salad
Fruta y Pan
Fruit and 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 Integral
Yogurt and Whole Wheat Bread

8

Arroz con Calabacín
Rice with Zucchini

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

Arroz con Verduras
Rice with Vegetables
Tacos de Pavo Marinados
Marinated Diced Turkey
Calabacín Asado
Roasted Zucchini
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

2

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

Fruta y Pan
Fruit and Bread

23

Garbanzos Estofados
Stewed Chickpeas

Cinta de Lomo
Loin
Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

30

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

Fruta y Pan
Fruit and Bread

3

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

10

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

17

Arroz Campero
Rice with Vegetables
Salmón al Horno
Baked Salmon
Ensalada Variada
Salad
Yogur y Pan
Yogurt 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



FESTIVO