

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 Cocidos con Tomate
Boiled Egg with Tomato Sauce

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
Ragout de Ternera en Salsa
Veal Ragout in Sauce

Menestra de Verduras Rehogada
Sautéed Vegetables
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

8

Arroz Tres Delicias
Three Delights Rice

Jurel con Tomate
Fish with Tomato Sauce
Ensalada Variada
Salad
Yogur de Soja y Pan Integral
Soy 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 de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

22

Crema de Zanahoria con Picatostes
Integrales
Carrot Cream with Whole Wheat
CROUTONS
Filete de Pollo Empanado
Breaded Chicken
Tomate Natural Aliñado
Natural Seasoned Tomato
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

29

Arroz con Verduras
Rice with Vegetables
Tacos de Pavo Marinados
Marinated Diced Turkey

Calabacín Asado
Roasted Zucchini
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

2

Sopa de Fideos
Noodle Soup
Cocido (Sin Chorizo)
Chickpeas with Meat and Vegetables
Without Chorizo

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 Fideos
Noodle Soup
Cocido (Sin Chorizo)
Chickpeas with Meat and Vegetables
Without Chorizo

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 Fideos
Noodle Soup
Cocido (Sin Chorizo)
Chickpeas with Meat and Vegetables
Without Chorizo

Fruta y Pan
Fruit and Bread

3

Crema de Calabacín
Zucchini Cream
Caballa con Tomate
Mackerel with Tomato Sauce

Ensalada Variada
Salad
Yogur de Soja y Pan
Soy Yogurt and Bread

10

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

17

Arroz Campero
Rice with Vegetables
Dados de Salmón con Salsa de Soja
Diced Salmon with Soy Sauce

Ensalada Variada
Salad
Yogur de Soja y Pan
Soy 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 de Soja y Pan
Soy Yogurt and Bread

31

