

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



- 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 Guisantes Salteados con Jamón/ Crema de Guisantes
Sautéed Green Peas with Ham/ 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
Nuggets de Pollo
Chicken Nuggets
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
- Bacalao Encebollado
Cod with Onion
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 

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
Alitas de Pollo al Horno
Baked Chicken Wings
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
Pollo al Limón
Chicken with Lemon Sauce
Tomate a la Provenzal
Seasoned Tomato
Fruta y Pan
Fruit and Bread

21 Espirales al Pomodoro
Pasta with Tomato Sauce

Revuelto de Calabacín
Scrambled Eggs with Zucchini
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

Salchichas de Pavo con Tomate
Turkey Sausages 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
Croûtons
Filete de Pollo Empanado
Breaded Chicken
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
Revuelto de Queso
Scrambled Eggs with Cheese
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread

10

Verdura Multicolor (Coliflor, Judía Verde,
Zanahoria y Patata)
Mixed Vegetables
Tortilla Francesa
Omelette
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread

17

Arroz Campero
Rice with Vegetables
Tortilla Francesa
Omelette
Ensalada Variada
Salad
Flan y Pan
Flan and Bread

24

Arroz con Tomate Confitado
Rice with Confit Tomato Sauce

Pavo En Salsa
Turkey in Sauce
Patatas Panadera
Baked Potatoes
Yogur y Pan
Yogurt and Bread

31

