

Lunes-Monday

4 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

11 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

18 Judías Verdes con Jamón
Sautéed Green Beans with Ham

Ternera en Salsa de Tomate
Veal with Tomato Sauce
Patata Dado
Diced Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

25 Crema de Verduras
Vegetable Cream

Ragout de Pavo
Stewed Turkey
Arroz Pilaf
Rice
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Martes-Tuesday

5 Brócoli Salteado
Sautéed Broccoli
Pollo Asado
Roasted Chicken
Patatas Fritas
French Fries
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

12 Crema de Verduras
Vegetable Cream
Revuelto de Patatas
Scrambled Eggs with Potato
Tomate Aliñado
Seasoned Tomato
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

19 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce

Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

26 Coliflor con Patatas
Sautéed Cauliflower with Potatoes

Pollo Asado
Roasted Chicken
Arroz Pilaf
Rice
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Miercoles-Wednesday

6 Pasta S/Gluten S/Huevo al Pomodoro
Pasta gluten-egg free with Tomato Sauce
Merluza al Horno
Baked Hake
Ensalada Variada
Mixed Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

13 Pasta S/Gluten S/Huevo con Verduras
Gluten/Egg-Free Pasta with Vegetables
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

20 Sopa de Fideos S/Gluten S/Huevo
Gluten-Free Noodle Soup

Pollo en Pepitoria
Chicken in Pepitoria
Patata Asada
Roasted Potatoes
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

27 Arroz Campero
Rice with Vegetables

Tortilla Francesa
Omelette
Ensalada Variada
Mixed Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

Jueves-Thursday

7 Crema de Verduras
Vegetable Cream
Magro de Cerdo en Salsa
Stewed Lean Pork
Arroz Pilaf
Rice
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

14 Sopa de Cocido (Fideos S/Gluten S/Huevo)
Meat Soup with Gluten Free Noodles
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabagge
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

21 Crema de Zanahoria
Carrots Cream

Tortilla de Patata
Potato Omelette
Ensalada Variada
Mixed Salad
Naranja y Pan S/Gluten
Orange and Gluten-Free Bread

28 Pasta S/Gluten S/Huevo a la Carbonara
Carbonara Gluten-Egg Free Pasta
(Gluten-Free Flour)

Merluza en Salsa de Cebolla
Hake with Onion Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Viernes-Friday

8 Alubias Pintas Estofadas con Verduras
Stewed Black Beans with Vegetables
Tortilla de Patata
Potato Omelette
Tomate a la Provenzal
Baked Tomato
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

15 Patatas a la Marinera
Stewed Potatoes with Squids
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

22 Pasta S/Gluten S/Huevo con Tomate
Casero
Gluten/Egg-Free Pasta with Homemade
Tomato Sauce

Merluza en Salsa
Hake in Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

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

Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabagge
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

Lunes-Monday

4 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

11 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

18 Judías Verdes con Jamón
Sautéed Green Beans with Ham
Albóndigas de Ternera en Salsa
Veal Meatballs in Sauce
Patata Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread

25 Crema de Verduras
Vegetable Cream
Ragout de Pavo
Stewed Turkey
Arroz Pilaf
Rice
Fruta y Pan
Fruit and Bread

Martes-Tuesday

5 Brócoli Salteado
Sautéed Broccoli
Pollo Asado
Roasted Chicken
Patatas Fritas
French Fries
Fruta y Pan
Fruit and Bread

12 Crema de Verduras
Vegetable Cream
Salchichas de Pavo al Horno
Turkey Sausages
Tomate Aliñado
Seasoned Tomato
Fruta y Pan
Fruit and Bread

19 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

26 Coliflor con Patatas
Sautéed Cauliflower with Potatoes
Pollo Asado
Roasted Chicken
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

Miercoles-Wednesday

6 Macarrones al Pomodoro
Pasta with Tomato Sauce
Merluza al Horno
Baked Hake
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

13 Espaguetis Salteados con Verduras
Spaguettis with Vegetables
Merluza Rebozada
Breaded Fish
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

20 Lentejas con Verduras y Chorizo
Stewed Lentils with Chorizo
Pollo en Salsa
Chicken in Sauce
Cous Cous
Cous Cous
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

27 Arroz Campero
Rice with Vegetables
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Jueves-Thursday

7 Crema de Verduras
Vegetable Cream
Magro de Cerdo en Salsa
Stewed Lean Pork
Cous Cous
Cous Cous
Mixed Salad
Fruta y Pan
Fruit and Bread

14 Sopa de Cocido
Meat Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Mixed Salad
Fruta y Pan
Fruit and Bread

21 Crema de Zanahoria
Carrots Cream
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Naranja y Pan
Orange and Bread

28 Tallarines a la Carbonara
Carbonara Spaguettis
Merluza en Salsa de Cebolla
Hake with Onion Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Viernes-Friday

8 Alubias Pintas Estofadas con Verduras
Stewed Black Beans with Vegetables
Pollo en Salsa
Chicken in Sauce
Tomate a la Provenzal
Baked Tomato
Yogur y Pan
Yogurt and Bread

15 Patatas a la Marinera
Stewed Potatoes with Squids
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Yogur y Pan
Yogurt and Bread

22 Macarrones con Tomate Casero
Pasta with Homemade Tomato Sauce
Merluza en Salsa
Hake in Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan
Yogurt and Bread

29 Sopa de Cocido
Meat Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabagge
Yogur y Pan
Yogurt and Bread

mediterránea

FRUTA VARIADA y de TEMPORADA

ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maíz, Pepino, Cebolla, Zanahoria)

REGLAMENTO 1169/2011. TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGICOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA EN EL CENTRO. PARA CUALQUIER CONSULTA AL RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

Lunes-Monday

4 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

11 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

18 Judías Verdes con Jamón
Sautéed Green Beans with Ham

Albóndigas de Ternera en Salsa
Veal Meatballs in Sauce
Patata Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread

25 Crema de Verduras
Vegetable Cream

Ragout de Pavo
Stewed Turkey
Arroz Pilaf
Rice
Fruta y Pan
Fruit and Bread

Martes-Tuesday

5 Brócoli Salteado
Sautéed Broccoli
Pollo Asado
Roasted Chicken
Patatas Fritas
French Fries
Fruta y Pan
Fruit and Bread

12 Crema de Verduras
Vegetable Cream
Salchichas de Pavo al Horno
Turkey Sausages
Tomate Aliñado
Seasoned Tomato
Fruta y Pan
Fruit and Bread

19 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce

Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

26 Coliflor con Patatas
Sautéed Cauliflower with Potatoes

Pollo Asado
Roasted Chicken
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

Miercoles-Wednesday

6 Pasta S/Gluten S/Huevo al Pomodoro
Pasta gluten-egg free with Tomato Sauce
Merluza al Horno
Baked Hake
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

13 Pasta S/Gluten S/Huevo con Verduras
Gluten/Egg-Free Pasta with Vegetables
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

20 Lentejas con Verduras y Chorizo
Stewed Lentils with Chorizo

Pollo en Salsa
Chicken in Sauce
Cous Cous
Cous Cous
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

27 Arroz Campero
Rice with Vegetables

Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Jueves-Thursday

7 Crema de Verduras
Vegetable Cream
Magro de Cerdo en Salsa
Stewed Lean Pork
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

14 Sopa de Cocido (Fideos S/Gluten S/Huevo)
Meat Soup with Gluten Free Noodles
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabagge
Fruta y Pan
Fruit and Bread

21 Crema de Zanahoria
Carrots Cream

Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Naranja y Pan
Orange and Bread

28 Pasta S/Gluten S/Huevo a la Carbonara
Carbonara Gluten-Egg Free Pasta
(Gluten-Free Flour)
Merluza en Salsa de Cebolla
Hake with Onion Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Viernes-Friday

8 Alubias Pintas Estofadas con Verduras
Stewed Black Beans with Vegetables
Pollo en Salsa
Chicken in Sauce
Tomate a la Provenzal
Baked Tomato
Yogur y Pan
Yogurt and Bread

15 Patatas a la Marinera
Stewed Potatoes with Squids
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Yogur y Pan
Yogurt and Bread

22 Pasta S/Gluten S/Huevo con Tomate Casero
Gluten/Egg-Free Pasta with Homemade Tomato Sauce

Merluza en Salsa
Hake in Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan
Yogurt and Bread

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

Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabagge
Yogur y Pan
Yogurt and Bread

Lunes-Monday

4 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

11 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

18 Judías Verdes con Jamón
Sautéed Green Beans with Ham

Albóndigas de Ternera en Salsa
Veal Meatballs in Sauce
Patata Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread

25 Crema de Verduras
Vegetable Cream

Ragout de Pavo
Stewed Turkey
Arroz Pilaf
Rice
Fruta y Pan
Fruit and Bread

Martes-Tuesday

5 Brócoli Salteado
Sautéed Broccoli
Pollo Asado
Roasted Chicken
Patatas Fritas
French Fries
Fruta y Pan
Fruit and Bread

12 Crema de Verduras
Vegetable Cream
Salchichas de Pavo al Horno
Turkey Sausages
Tomate Aliñado
Seasoned Tomato
Fruta y Pan
Fruit and Bread

19 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce

Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

26 Coliflor con Patatas
Sautéed Cauliflower with Potatoes

Pollo Asado
Roasted Chicken
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

Miercoles-Wednesday

6 Pasta S/Gluten S/Huevo al Pomodoro
Pasta gluten-egg free with Tomato Sauce
Merluza al Horno
Baked Hake
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

13 Pasta S/Gluten S/Huevo con Verduras
Gluten/Egg-Free Pasta with Vegetables
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

20 Lentejas con Verduras y Chorizo
Stewed Lentils with Chorizo

Pollo en Salsa
Chicken in Sauce
Cous Cous
Cous Cous
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

27 Arroz Campero
Rice with Vegetables

Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Jueves-Thursday

7 Crema de Verduras
Vegetable Cream
Magro de Cerdo en Salsa
Stewed Lean Pork
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

14 Sopa de Cocido (Fideos S/Gluten S/Huevo)
Meat Soup with Gluten Free Noodles
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabagge
Fruta y Pan
Fruit and Bread

21 Crema de Zanahoria
Carrots Cream

Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Naranja y Pan
Orange and Bread

28 Pasta S/Gluten S/Huevo a la Carbonara
Carbonara Gluten-Egg Free Pasta (Gluten-Free Flour)
Merluza en Salsa de Cebolla
Hake with Onion Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Viernes-Friday

8 Alubias Pintas Estofadas con Verduras
Stewed Black Beans with Vegetables
Pollo en Salsa
Chicken in Sauce
Tomate a la Provenzal
Baked Tomato
Yogur y Pan
Yogurt and Bread

15 Patatas a la Marinera
Stewed Potatoes with Squids
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Yogur y Pan
Yogurt and Bread

22 Pasta S/Gluten S/Huevo con Tomate Casero
Gluten/Egg-Free Pasta with Homemade Tomato Sauce

Merluza en Salsa
Hake in Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan
Yogurt and Bread

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

Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabagge
Yogur y Pan
Yogurt and Bread

mediterránea

PAN Y LÁCTEOS SIN HUEVO NI FRUTOS SECOS. FRUTA VARIADA y de TEMPORADA
ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maíz, Pepino, Cebolla, Zanahoria)

REGLAMENTO 1169/2011. TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGICOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA EN EL CENTRO. PARA CUALQUIER CONSULTA AL RESPETO, NUESTRO PERSONAL LE ATENDERÁ

Lunes-Monday

4 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

11 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza a la Andaluza
Floured Hake

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

18 Judías Verdes Rehogadas
Sautéed Green Beans
Albóndigas de Ternera en Salsa
Veal Meatballs in Sauce
Patata Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread

25 Crema de Verduras
Vegetable Cream
Ragout de Pavo
Stewed Turkey

Arroz Pilaf
Rice
Fruta y Pan
Fruit and Bread

Martes-Tuesday

5 Brócoli Salteado
Sautéed Broccoli
Pollo Asado
Roasted Chicken
Patatas Fritas
French Fries
Fruta y Pan
Fruit and Bread

12 Crema de Verduras
Vegetable Cream
Revuelto de Patatas
Scrambled Eggs with Potato

Tomate Aliñado
Seasoned Tomato
Fruta y Pan
Fruit and Bread

19 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

26 Coliflor con Patatas
Sautéed Cauliflower with Potatoes
Pollo Asado
Roasted Chicken

Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

Miercoles-Wednesday

6 Macarrones al Pomodoro
Pasta with Tomato Sauce
Merluza al Horno
Baked Hake
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

13 Espaguetis Salteados con Verduras
Spaguettis with Vegetables
Merluza Rebozada
Breaded Fish

Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

20 Lentejas con Verduras
Stewed Lentils with Vegetables
Pollo en Pepitoria
Chicken in Pepitoria
Cous Cous
Cous Cous
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

27 Arroz Campero
Rice with Vegetables
Tortilla Francesa
Omelette

Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Jueves-Thursday

7 Crema de Verduras
Vegetable Cream
Salchichas de Pavo al Horno
Turkey Sausages
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

14 Sopa de Fideos
Noodle Soup
Cocido (Sin Cerdo)
Chickpeas with Meat and Vegetables (without Pork)
Repollo
Cabbage
Fruta y Pan
Fruit and Bread

21 Crema de Zanahoria
Carrots Cream
Tortilla de Patata
Potato Omelette
Ensalada Variada
Mixed Salad
Naranja y Pan
Orange and Bread

28 Tallarines a la Carbonara (Sin Bacon)
Carbonara Spaguettis without bacon
Merluza en Salsa de Cebolla
Hake with Onion Sauce

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Viernes-Friday

8 Alubias Pintas Estofadas con Verduras
Stewed Black Beans with Vegetables
Tortilla de Patata
Potato Omelette
Tomate a la Provenzal
Baked Tomato
Yogur y Pan
Yogurt and Bread

15 Patatas a la Marinera
Stewed Potatoes with Squids
Pollo al Horno
Baked Chicken

Ensalada Variada
Mixed Salad
Yogur y Pan
Yogurt and Bread

22 Macarrones con Tomate Casero
Pasta with Homemade Tomato Sauce
Merluza en Salsa
Hake in Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan
Yogurt and Bread

29 Sopa de Fideos
Noodle Soup
Cocido (Sin Cerdo)
Chickpeas with Meat and Vegetables (without Pork)
Repollo
Cabbage
Yogur y Pan
Yogurt and Bread

Lunes-Monday

4 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Cinta de Lomo Enharinada (Harina de Maíz)
Floured Pork
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

11 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Salchichas de Pavo al Horno
Turkey Sausages

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

18 Judías Verdes con Jamón
Sautéed Green Beans with Ham
Albóndigas de Ternera en Salsa
Veal Meatballs in Sauce
Patata Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread

25 Crema de Verduras
Vegetable Cream
Ragout de Pavo
Stewed Turkey
Arroz Pilaf
Rice
Fruta y Pan
Fruit and Bread

Martes-Tuesday

5 Brócoli Salteado
Sautéed Broccoli
Pollo Asado
Roasted Chicken
Patatas Fritas
French Fries
Fruta y Pan
Fruit and Bread

12 Crema de Verduras
Vegetable Cream
Revuelto de Patatas
Scrambled Eggs with Potato

Tomate Aliñado
Seasoned Tomato
Fruta y Pan
Fruit and Bread

19 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Tortilla Francesa de Queso
Cheese French Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

26 Coliflor con Patatas
Sautéed Cauliflower with Potatoes
Pollo Asado
Roasted Chicken
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

Miercoles-Wednesday

6 Macarrones al Pomodoro
Pasta with Tomato Sauce
Tortilla Francesa de York
Ham French Omelette
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

13 Espaguetis Salteados con Verduras
Spaguettis with Vegetables
Filete de Pollo Enharinado (Harina de Maíz)
Floured Chicken
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

20 Lentejas con Verduras y Chorizo
Stewed Lentils with Chorizo
Pollo en Pepitoria
Chicken in Pepitoria
Cous Cous
Cous Cous
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

27 Arroz Campero
Rice with Vegetables
Tortilla Francesa
Omelette
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Jueves-Thursday

7 Crema de Verduras
Vegetable Cream
Magro de Cerdo en Salsa
Stewed Lean Pork
Cous Cous
Cous Cous
Mixed Salad
Fruta y Pan
Fruit and Bread

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

Repollo
Cabbage
Fruta y Pan
Fruit and Bread

21 Crema de Zanahoria
Carrots Cream
Tortilla de Patata
Potato Omelette
Ensalada Variada
Mixed Salad
Naranja y Pan
Orange and Bread

28 Tallarines a la Carbonara
Carbonara Spaguettis
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Viernes-Friday

8 Alubias Pintas Estofadas con Verduras
Stewed Black Beans with Vegetables
Tortilla de Patata
Potato Omelette
Tomate a la Provenzal
Baked Tomato
Yogur y Pan
Yogurt and Bread

15 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
Cinta de Lomo al Horno
Baked Loin

Ensalada Variada
Mixed Salad
Yogur y Pan
Yogurt and Bread

22 Macarrones con Tomate Casero
Pasta with Homemade Tomato Sauce
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Yogur y Pan
Yogurt and Bread

29 Sopa de Cocido
Meat Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabbage
Yogur y Pan
Yogurt and Bread

Lunes-Monday

4 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Cinta de Lomo Enharinada (Harina de Maíz)
Floured Pork
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

11 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Salchichas de Pavo al Horno
Turkey Sausages

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

18 Judías Verdes con Jamón
Sautéed Green Beans with Ham
Albóndigas de Ternera en Salsa
Veal Meatballs in Sauce
Patata Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread

25 Crema de Verduras
Vegetable Cream
Ragout de Pavo
Stewed Turkey
Arroz Pilaf
Rice
Fruta y Pan
Fruit and Bread

Martes-Tuesday

5 Brócoli Salteado
Sautéed Broccoli
Pollo Asado
Roasted Chicken
Patatas Fritas
French Fries
Fruta y Pan
Fruit and Bread

12 Crema de Verduras
Vegetable Cream
Revuelto de Patatas
Scrambled Eggs with Potato

Tomate Aliñado
Seasoned Tomato
Fruta y Pan
Fruit and Bread

19 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Tortilla Francesa de Queso
Cheese French Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

26 Coliflor con Patatas
Sautéed Cauliflower with Potatoes
Pollo Asado
Roasted Chicken
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

Miercoles-Wednesday

6 Macarrones al Pomodoro
Pasta with Tomato Sauce
Tortilla Francesa de York
Ham French Omelette
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

13 Espaguetis Salteados con Verduras
Spaguettis with Vegetables
Filete de Pollo Enharinado (Harina de Maíz)
Floured Chicken
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

20 Lentejas con Verduras y Chorizo
Stewed Lentils with Chorizo
Pollo en Pepitoria
Chicken in Pepitoria
Cous Cous
Cous Cous
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

27 Arroz Campero
Rice with Vegetables
Tortilla Francesa
Omelette
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Jueves-Thursday

7 Crema de Verduras
Vegetable Cream
Magro de Cerdo en Salsa
Stewed Lean Pork
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

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

Repollo
Cabbage
Fruta y Pan
Fruit and Bread

21 Crema de Zanahoria
Carrots Cream
Tortilla de Patata
Potato Omelette
Ensalada Variada
Mixed Salad
Naranja y Pan
Orange and Bread

28 Tallarines a la Carbonara
Carbonara Spaguettis
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Viernes-Friday

8 Alubias Pintas Estofadas con Verduras
Stewed Black Beans with Vegetables
Tortilla de Patata
Potato Omelette
Tomate a la Provenzal
Baked Tomato
Yogur y Pan
Yogurt and Bread

15 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
Cinta de Lomo al Horno
Baked Loin

Ensalada Variada
Mixed Salad
Yogur y Pan
Yogurt and Bread

22 Macarrones con Tomate Casero
Pasta with Homemade Tomato Sauce
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Yogur y Pan
Yogurt and Bread

29 Sopa de Cocido
Meat Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabbage
Yogur y Pan
Yogurt and Bread

mediterránea

FRUTA VARIADA y de TEMPORADA

ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maíz, Pepino, Cebolla, Zanahoria)

REGLAMENTO 1169/2011. TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGICOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA EN EL CENTRO. PARA CUALQUIER CONSULTA AL RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

Lunes-Monday

4 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

11 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

18 Judías Verdes con Jamón
Sautéed Green Beans with Ham

Ternera en Salsa de Tomate
Veal with Tomato Sauce
Patata Dado
Diced Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

25 Crema de Verduras
Vegetable Cream

Ragout de Pavo
Stewed Turkey
Arroz Pilaf
Rice
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Martes-Tuesday

5 Brócoli Salteado
Sautéed Broccoli
Pollo Asado
Roasted Chicken
Patatas Fritas
French Fries
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

12 Crema de Verduras
Vegetable Cream
Revuelto de Patatas
Scrambled Eggs with Potato
Tomate Aliñado
Seasoned Tomato
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

19 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce

Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

26 Coliflor con Patatas
Sautéed Cauliflower with Potatoes

Pollo Asado
Roasted Chicken
Arroz Pilaf
Rice
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Miercoles-Wednesday

6 Pasta S/Gluten S/Huevo al Pomodoro
Pasta gluten-egg free with Tomato Sauce
Merluza al Horno
Baked Hake
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

13 Pasta S/Gluten S/Huevo con Verduras
Gluten/Egg-Free Pasta with Vegetables
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

20 Lentejas con Verduras y Chorizo
Stewed Lentils with Chorizo

Pollo en Pepitoria
Chicken in Pepitoria
Patata Asada
Roasted Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

27 Arroz Campero
Rice with Vegetables

Tortilla Francesa
Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Jueves-Thursday

7 Crema de Verduras
Vegetable Cream
Magro de Cerdo en Salsa
Stewed Lean Pork
Arroz Pilaf
Rice
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

14 Sopa de Cocido (Fideos S/Gluten S/Huevo)
Meat Soup with Gluten Free Noodles
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabagge
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

21 Crema de Zanahoria
Carrots Cream

Tortilla de Patata
Potato Omelette
Ensalada Variada
Mixed Salad
Naranja y Pan S/Gluten
Orange and Gluten-Free Bread

28 Pasta S/Gluten S/Huevo con Tomate Casero
Gluten/Egg-Free Pasta with Homemade Tomato Sauce
Merluza en Salsa de Cebolla
Hake with Onion Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Viernes-Friday

8 Alubias Pintas Estofadas con Verduras
Stewed Black Beans with Vegetables
Tortilla de Patata
Potato Omelette
Tomate a la Provenzal
Baked Tomato
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

15 Patatas a la Marinera
Stewed Potatoes with Squids
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

22 Pasta S/Gluten S/Huevo con Tomate Casero
Gluten/Egg-Free Pasta with Homemade Tomato Sauce

Merluza en Salsa
Hake in Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

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

Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabagge
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread