

Lunes-Monday

- 1** Tallarines a la Carbonara
Carbonara Spaguettis
Merluza en Salsa de Cebolla
Hake with Onion Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan
Yogurt and Bread
- 8** Lentejas Guisadas con Verduras de Temporada
Stewed Lentils with Vegetables
Filete de Pollo a la Plancha
Chicken Breast
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread
- 15** Arroz con Tomate Confitado
Rice with Tomato Sauce
Merluza al Horno con Perejil Fresco
Baked Hake with Fresh Parsley
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread
- 22** Lentejas con Verduras
Stewed Lentils with Vegetables
- Filete de Pollo a la Plancha
Chicken Breast
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread
- 29** Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Filete de Pollo a la Plancha
Chicken Breast
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Martes-Tuesday

- 2** Crema de Zanahoria
Carrots Cream
Escalope de Cerdo Casero
Breaded Pork
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread
- 9** Crema de Calabacín ECOLÓGICA
Organic Zucchini Cream
- Magro de Cerdo Estofado
Stewed Lean Pork
Arroz Pilaf
Rice
Fruta y Pan
Fruit and Bread
- 16** Alubias Blancas con Verduras
Stewed White Beans with Vegetables
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread
- 23** Judías Verdes con Sofrito de Tomate Casero
Green Beans with Homemade Tomato Sauce
Albóndigas Mixtas a la Jardinera
Meatballs with Vegetables
Patata Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread
- 30** Garbanzos a la Jardinera
Stewed Chickpeas
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Miercoles-Wednesday

- 3** Arroz Campero
Rice with Vegetables
Merluza con Tomate Casero
Hake with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 10** Macarrones INTEGRALES a la Napolitana
Whole Wheat Pasta with Tomato Sauce
- Merluza al Horno con Perejil Fresco
Baked Hake with Fresh Parsley
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 17** Macarrones con Tomate Casero
Pasta with Homemade Tomato Sauce
Pollo en Salsa
Chicken in Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 24** Macarrones al Pomodoro
Pasta with Tomato Sauce
- Merluza al Horno con Perejil Fresco
Baked Hake with Fresh Parsley
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread



Jueves-Thursday

- 4** Crema de Verduras de Temporada
Vegetable Cream
Ragout de Pavo Estofado con Verduritas
Stewed Turkey with Vegetables
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread
- 11** Brócoli al Gratén
Broccoli au Gratin
- Muslitos de Pollo Asados en su Jugo
Roasted Chicken Drumsticks
Patata Panadera
Baked Potatoes
Fruta y Pan
Fruit and Bread
- 18** Sopa de Estrellitas
Star Soup
Cocido Vegetal
Chickpeas with Vegetables
Rapollo con Ajo Rehogado
Cabagge
Fruta y Pan
Fruit and Bread
- 25** Crema Tricolor
Mixed Vegetables Cream
- Pollo al Horno
Baked Chicken
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread



Viernes-Friday

- 5** Sopa de Cocido
Meat Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Rapollo con Ajo Rehogado
Cabagge
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 12** Paella Hortelana
Rice with Vegetables
- Varitas de Merluza Caseras
Homemade Hake Fingers
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread
- 19** Crema de Zanahoria
Carrots Cream
Hamburguesa Mixta al Horno
Baked Burger
Patatas Fritas Crujientes
Crunchy French Fries
Yogur y Pan Integral
Yogurt and Whole Wheat Bread
- 26** Arroz con Verduritas y Pollo
Rice with Turkey
- Merluza con Tomate Casero
Hake with Tomato Sauce
Verduritas Salteadas
Vegetables
Yogur y Pan Integral
Yogurt and Whole Wheat 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

1 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
Yogur y Pan
Yogurt and Bread

8 Lentejas Guisadas con Verduras de Temporada
Stewed Lentils with Vegetables
Filete de Pollo a la Plancha
Chicken Breast
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

15 Arroz con Tomate Confitado
Rice with Tomato Sauce

Merluza al Horno con Perejil Fresco
Baked Hake with Fresh Parsley
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

22 Lentejas con Verduras
Stewed Lentils with Vegetables

Filete de Pollo a la Plancha
Chicken Breast
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

29 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce

Filete de Pollo a la Plancha
Chicken Breast
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Martes-Tuesday

2 Crema de Zanahoria
Carrots Cream

Cinta de Lomo Enharinada (Harina de Maíz)
Floured Pork
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

9 Crema de Calabacín ECOLÓGICA
Organic Zucchini Cream

Magro de Cerdo Estofado
Stewed Lean Pork
Arroz Pilaf
Rice
Fruta y Pan
Fruit and Bread

16 Alubias Blancas con Verduras
Stewed White Beans with Vegetables

Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

23 Judías Verdes con Sofrito de Tomate Casero
Green Beans with Homemade Tomato Sauce

Albóndigas Mixtas a la Jardinera
Meatballs with Vegetables
Patata Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread

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

Miercoles-Wednesday

3 Arroz Campero
Rice with Vegetables

Merluza con Tomate Casero
Hake with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

10 Pasta S/Gluten S/Huevo a la Napolitana
Gluten-Egg Free Pasta with Tomato Sauce

Merluza al Horno con Perejil Fresco
Baked Hake with Fresh Parsley
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

17 Pasta S/Gluten S/Huevo con Tomate Casero
Gluten/Egg-Free Pasta with Homemade Tomato Sauce
Pollo en Salsa
Chicken in Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

24 Pasta S/Gluten S/Huevo al Pomodoro
Pasta gluten-egg free with Tomato Sauce

Merluza al Horno con Perejil Fresco
Baked Hake with Fresh Parsley
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

Jueves-Thursday

4 Crema de Verduras de Temporada
Vegetable Cream

Ragout de Pavo Estofado con Verduritas
Stewed Turkey with Vegetables
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

11 Brócoli al Gratin
Broccoli au Gratin

Muslitos de Pollo Asados en su Jugo
Roasted Chicken Drumsticks
Patata Panadera
Baked Potatoes
Fruta y Pan
Fruit and Bread

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

Cocido Vegetal
Chickpeas with Vegetables
Repollo con Ajo Rehogado
Cabagge
Fruta y Pan
Fruit and Bread

25 Crema Tricolor
Mixed Vegetables Cream

Pollo al Horno
Baked Chicken
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Viernes-Friday

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

Cocido Completo
Chickpeas with Meat and Vegetables
Repollo con Ajo Rehogado
Cabagge
Fruta y Pan Integral
Fruit and Whole Wheat Bread

12 Paella Hortalana
Rice with Vegetables

Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

19 Crema de Zanahoria
Carrots Cream

Burguer de Ternera al Horno *
Baked Veal Burger
Patatas Fritas Crujientes
Crunchy French Fries
Yogur y Pan Integral
Yogurt and Whole Wheat Bread
Arroz con Verduritas y Pollo
Rice with Turkey

Merluza con Tomate Casero
Hake with Tomato Sauce
Verduritas Salteadas
Vegetables
Yogur y Pan Integral
Yogurt and Whole Wheat Bread



Lunes-Monday

- 1 Tallarines con Tomate Casero
Pasta with Homemade Tomato Sauce
Merluza en Salsa de Cebolla
Hake with Onion Sauce

Ensalada Variada
Mixed Salad
Yogur y Pan
Yogurt and Bread
- 8 Lentejas Guisadas con Verduras de Temporada
Stewed Lentils with Vegetables
Huevos Revueltos con Taquitos de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread
- 15 Arroz con Tomate Confitado
Rice with Tomato Sauce
Merluza al Horno con Perejil Fresco
Baked Hake with Fresh Parsley
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread
- 22 Lentejas con Verduras
Stewed Lentils with Vegetables

Huevos Revueltos
Scrambled Eggs
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread
- 29 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Tortilla Francesa
Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Martes-Tuesday

- 2 Crema de Zanahoria
Carrots Cream
Filete de Pollo Enharinado (Harina de Maíz)
Floured Chicken

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread
- 9 Crema de Calabacín ECOLÓGICA
Organic Zucchini Cream

Pollo al Horno
Baked Chicken
Arroz Pilaf
Rice
Fruta y Pan
Fruit and Bread
- 16 Alubias Blancas con Verduras
Stewed White Beans with Vegetables
Tortilla Francesa Rellena de Queso Fundido
Cheese French Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread
- 23 Judías Verdes con Sofrito de Tomate Casero
Green Beans with Homemade Tomato Sauce
Ragout de Ternera a la Jardinera
Beef with Vegetables
Patata Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread
- 30 Garbanzos a la Jardinera
Stewed Chickpeas
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread



Miercoles-Wednesday

- 3 Arroz Campero
Rice with Vegetables
Tortilla Francesa
Omelette

Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 10 Macarrones INTEGRALES a la Napolitana
Whole Wheat Pasta with Tomato Sauce

Merluza al Horno con Perejil Fresco
Baked Hake with Fresh Parsley
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 17 Macarrones con Tomate Casero
Pasta with Homemade Tomato Sauce
Pollo en Salsa
Chicken in Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 24 Macarrones al Pomodoro
Pasta with Tomato Sauce

Merluza al Horno con Perejil Fresco
Baked Hake with Fresh Parsley
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

Jueves-Thursday

- 4 Crema de Verduras de Temporada
Vegetable Cream
Ragout de Pavo Estofado con Verduritas
Stewed Turkey with Vegetables

Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread
- 11 Brócoli al Gratin
Broccoli au Gratin

Muslitos de Pollo Asados en su Jugo
Roasted Chicken Drumsticks
Patata Panadera
Baked Potatoes
Fruta y Pan
Fruit and Bread
- 18 Sopa de Estrellitas
Star Soup
Cocido Vegetal
Chickpeas with Vegetables
Repollo con Ajo Rehogado
Cabbage
Fruta y Pan
Fruit and Bread
- 25 Crema Tricolor
Mixed Vegetables Cream

Pollo al Horno
Baked Chicken
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread



Viernes-Friday

- 5 Sopa de Fideos
Noodle Soup
Cocido (Sin Cerdo)
Chickpeas with Meat and Vegetables (without Pork)
Repollo con Ajo Rehogado
Cabbage
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 12 Paella Hortelana
Rice with Vegetables

Varitas de Merluza Caseras
Homemade Hake Fingers
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread
- 19 Crema de Zanahoria
Carrots Cream
Burguer de Ternera al Horno *
Baked Veal Burger
Patatas Fritas Crujientes
Crunchy French Fries
Yogur y Pan Integral
Yogurt and Whole Wheat Bread
- 26 Arroz con Verduritas y Pollo
Rice with Turkey

Merluza con Tomate Casero
Hake with Tomato Sauce
Verduritas Salteadas
Vegetables
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Lunes-Monday

- 1 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
Yogur y Pan
Yogurt and Bread
- 8 Lentejas Guisadas con Verduras de Temporada
Stewed Lentils with Vegetables
Filete de Pollo a la Plancha
Chicken Breast
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread
- 15 Arroz con Tomate Confitado
Rice with Tomato Sauce
- Merluza al Horno con Perejil Fresco
Baked Hake with Fresh Parsley
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread
- 22 Lentejas con Verduras
Stewed Lentils with Vegetables
- Filete de Pollo a la Plancha
Chicken Breast
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread
- 29 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
- Filete de Pollo a la Plancha
Chicken Breast
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Martes-Tuesday

- 2 Crema de Zanahoria
Carrots Cream
- Cinta de Lomo Enharinada (Harina de Maíz)
Floured Pork
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread
- 9 Crema de Calabacín ECOLÓGICA
Organic Zucchini Cream
- Magro de Cerdo Estofado
Stewed Lean Pork
Arroz Pilaf
Rice
Fruta y Pan
Fruit and Bread
- 16 Alubias Blancas con Verduras
Stewed White Beans with Vegetables
- Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread
- 23 Judías Verdes con Sofrito de Tomate Casero
Green Beans with Homemade Tomato Sauce
- Albóndigas Mixtas a la Jardinera
Meatballs with Vegetables
Patata Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread
- 30 Pasta S/Gluten S/Huevo con Tomate Casero
Gluten/Egg-Free Pasta with Homemade Tomato Sauce
- Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread



Miercoles-Wednesday

- 3 Arroz Campero
Rice with Vegetables
- Merluza con Tomate Casero
Hake with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 10 Pasta S/Gluten S/Huevo a la Napolitana
Gluten-Egg Free Pasta with Tomato Sauce
- Merluza al Horno con Perejil Fresco
Baked Hake with Fresh Parsley
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 17 Pasta S/Gluten S/Huevo con Tomate Casero
Gluten/Egg-Free Pasta with Homemade Tomato Sauce
- Pollo en Salsa
Chicken in Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 24 Pasta S/Gluten S/Huevo al Pomodoro
Pasta gluten-egg free with Tomato Sauce
- Merluza al Horno con Perejil Fresco
Baked Hake with Fresh Parsley
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

Jueves-Thursday

- 4 Crema de Verduras de Temporada
Vegetable Cream
- Ragout de Pavo Estofado con Verduritas
Stewed Turkey with Vegetables
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread
- 11 Brócoli al Gratin
Broccoli au Gratin
- Muslitos de Pollo Asados en su Jugo
Roasted Chicken Drumsticks
Patata Panadera
Baked Potatoes
Fruta y Pan
Fruit and Bread
- 18 Sopa de Fideos S/Gluten S/Huevo
Gluten-Free Noodle Soup
- Cocido Vegetal
Chickpeas with Vegetables
Repollo con Ajo Rehogado
Cabbage
Fruta y Pan
Fruit and Bread
- 25 Crema Tricolor
Mixed Vegetables Cream
- Pollo al Horno
Baked Chicken
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread



Viernes-Friday

- 5 Sopa de Cocido (Fideos S/Gluten S/Huevo)
Meat Soup with Gluten Free Noodles
- Cocido Completo
Chickpeas with Meat and Vegetables
Repollo con Ajo Rehogado
Cabbage
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 12 Paella Hortalana
Rice with Vegetables
- Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread
- 19 Crema de Zanahoria
Carrots Cream
- Burguer de Ternera al Horno *
Baked Veal Burger
Patatas Fritas Crujientes
Crunchy French Fries
Yogur y Pan Integral
Yogurt and Whole Wheat Bread
- 26 Arroz con Verduritas y Pollo
Rice with Turkey
- Merluza con Tomate Casero
Hake with Tomato Sauce
Verduritas Salteadas
Vegetables
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Lunes-Monday

- 1 Tallarines a la Carbonara
Carbonara Spaguettis
Merluza en Salsa de Cebolla
Hake with Onion Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan
Yogurt and Bread
- 8 Lentejas Guisadas con Verduras de Temporada
Stewed Lentils with Vegetables
Huevos Revueltos con Taquitos de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread
- 15 Arroz con Tomate Confitado
Rice with Tomato Sauce
Merluza al Horno con Perejil Fresco
Baked Hake with Fresh Parsley
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread
- 22 Lentejas con Verduras
Stewed Lentils with Vegetables

Huevos Revueltos
Scrambled Eggs
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread
- 29 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Tortilla Francesa
Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Martes-Tuesday

- 2 Crema de Zanahoria
Carrots Cream
Escalope de Cerdo Casero
Breaded Pork
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread
- 9 Crema de Calabacín ECOLÓGICA
Organic Zucchini Cream

Magro de Cerdo Estofado
Stewed Lean Pork
Arroz Pilaf
Rice
Fruta y Pan
Fruit and Bread
- 16 Alubias Blancas con Verduras
Stewed White Beans with Vegetables
Tortilla Francesa Rellena de Queso Fundido
Cheese French Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread
- 23 Judías Verdes con Sofrito de Tomate Casero
Green Beans with Homemade Tomato Sauce
Albóndigas Mixtas a la Jardinera
Meatballs with Vegetables
Patata Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread
- 30 Garbanzos a la Jardinera
Stewed Chickpeas
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread



Miercoles-Wednesday

- 3 Arroz Campero
Rice with Vegetables
Tortilla Francesa de York
Ham French Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 10 Macarrones INTEGRALES a la Napolitana
Whole Wheat Pasta with Tomato Sauce

Merluza al Horno con Perejil Fresco
Baked Hake with Fresh Parsley
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 17 Macarrones con Tomate Casero
Pasta with Homemade Tomato Sauce
Pollo en Salsa
Chicken in Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 24 Macarrones al Pomodoro
Pasta with Tomato Sauce

Merluza al Horno con Perejil Fresco
Baked Hake with Fresh Parsley
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

Jueves-Thursday

- 4 Crema de Verduras de Temporada
Vegetable Cream
Ragout de Pavo Estofado con Verduritas
Stewed Turkey with Vegetables
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread
- 11 Brócoli al Gratén
Broccoli au Gratin

Muslitos de Pollo Asados en su Jugo
Roasted Chicken Drumsticks
Patata Panadera
Baked Potatoes
Fruta y Pan
Fruit and Bread
- 18 Sopa de Estrellitas
Star Soup
Cocido Vegetal
Chickpeas with Vegetables
Rapollo con Ajo Rehogado
Cabagge
Fruta y Pan
Fruit and Bread
- 25 Crema Tricolor
Mixed Vegetables Cream

Pollo al Horno
Baked Chicken
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread



Viernes-Friday

- 5 Sopa de Cocido
Meat Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Rapollo con Ajo Rehogado
Cabagge
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 12 Paella Hortelana
Rice with Vegetables

Varitas de Merluza Caseras
Homemade Hake Fingers
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread
- 19 Crema de Zanahoria
Carrots Cream
Hamburguesa Mixta al Horno
Baked Burger
Patatas Fritas Crujientes
Crunchy French Fries
Yogur y Pan Integral
Yogurt and Whole Wheat Bread
- 26 Arroz con Verduritas y Pollo
Rice with Turkey

Merluza con Tomate Casero
Hake with Tomato Sauce
Verduritas Salteadas
Vegetables
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Lunes-Monday

1 Tallarines a la Carbonara
Carbonara Spaguettis
Tortilla Francesa con Lascas de Calabacín
Zucchini Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Yogurt and Bread

8 Lentejas Guisadas con Verduras de Temporada
Stewed Lentils with Vegetables
Huevos Revueltos con Taquitos de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

15 Arroz con Tomate Confitado
Rice with Tomato Sauce
Filete de Pollo a la Plancha
Chicken Breast
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

22 Lentejas con Verduras
Stewed Lentils with Vegetables

Huevos Revueltos
Scrambled Eggs
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

29 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Tortilla Francesa
Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Martes-Tuesday

2 Crema de Zanahoria
Carrots Cream
Escalope de Cerdo Casero
Breaded Pork
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

9 Crema de Calabacín ECOLÓGICA
Organic Zucchini Cream
Magro de Cerdo Estofado
Stewed Lean Pork
Arroz Pilaf
Rice
Fruta y Pan
Fruit and Bread

16 Alubias Blancas con Verduras
Stewed White Beans with Vegetables
Tortilla Francesa Rellena de Queso Fundido
Cheese French Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

23 Judías Verdes con Sofrito de Tomate Casero
Green Beans with Homemade Tomato Sauce
Albóndigas Mixtas a la Jardinera
Meatballs with Vegetables
Patata Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread

30 Garbanzos a la Jardinera
Stewed Chickpeas
Filete de Pollo a la Plancha
Chicken Breast
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Miercoles-Wednesday

3 Arroz Campero
Rice with Vegetables
Tortilla Francesa de York
Ham French Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

10 Macarrones INTEGRALES a la Napolitana
Whole Wheat Pasta with Tomato Sauce
Tortilla de Patata
Potato Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

17 Macarrones con Tomate Casero
Pasta with Homemade Tomato Sauce
Pollo en Salsa
Chicken in Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

24 Macarrones al Pomodoro
Pasta with Tomato Sauce

Tortilla Francesa con Pavo
Turkey Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

Jueves-Thursday

4 Crema de Verduras de Temporada
Vegetable Cream
Ragout de Pavo Estofado con Verduritas
Stewed Turkey with Vegetables
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

11 Brócoli al Gratén
Broccoli au Gratin

Muslitos de Pollo Asados en su Jugo
Roasted Chicken Drumsticks
Patata Panadera
Baked Potatoes
Fruta y Pan
Fruit and Bread

18 Sopa de Estrellitas
Star Soup
Cocido Vegetal
Chickpeas with Vegetables
Rapollo con Ajo Rehogado
Cabagge
Fruta y Pan
Fruit and Bread

25 Crema Tricolor
Mixed Vegetables Cream

Pollo al Horno
Baked Chicken
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Viernes-Friday

5 Sopa de Cocido
Meat Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Rapollo con Ajo Rehogado
Cabagge
Fruta y Pan Integral
Fruit and Whole Wheat Bread

12 Paella Hortelana
Rice with Vegetables

Cinta de Lomo a la Plancha
Loin
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

19 Crema de Zanahoria
Carrots Cream
Hamburguesa Mixta al Horno
Baked Burger
Patatas Fritas Crujientes
Crunchy French Fries
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

26 Arroz con Verduritas y Pollo
Rice with Turkey

Lomo con Tomate
Loin with Tomato Sauce
Verduritas Salteadas
Vegetables
Yogur y Pan Integral
Yogurt and Whole Wheat Bread



Lunes-Monday

1 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
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

8 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
Huevos Revueltos con Taquitos de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

15 Arroz con Tomate Confitado
Rice with Tomato Sauce

Merluza al Horno con Perejil Fresco
Baked Hake with Fresh Parsley
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

22 Crema de Calabacín
Zucchini Cream

Huevos Revueltos
Scrambled Eggs
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

29 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce

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

Martes-Tuesday

2 Crema de Zanahoria
Carrots Cream

Cinta de Lomo Enharinada (Harina de Maíz)
Floured Pork
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

9 Crema de Calabacín ECOLÓGICA
Organic Zucchini Cream
Magro de Cerdo Estofado
Stewed Lean Pork
Arroz Pilaf
Rice
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

16 Alubias Blancas con Verduras
Stewed White Beans with Vegetables

Tortilla Francesa Rellena de Queso Fundido
Cheese French Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

23 Judías Verdes con Sofrito de Tomate Casero
Green Beans with Homemade Tomato Sauce

Albóndigas Mixtas a la Jardinera
Meatballs with Vegetables
Patata Dado
Diced Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

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

Miercoles-Wednesday

3 Arroz Campero
Rice with Vegetables

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

10 Pasta S/Gluten S/Huevo a la Napolitana
Gluten-Egg Free Pasta with Tomato Sauce
Merluza al Horno con Perejil Fresco
Baked Hake with Fresh Parsley
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

17 Pasta S/Gluten S/Huevo con Tomate Casero
Gluten/Egg-Free Pasta with Homemade Tomato Sauce
Pollo en Salsa
Chicken in Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

24 Pasta S/Gluten S/Huevo al Pomodoro
Pasta gluten-egg free with Tomato Sauce

Merluza al Horno con Perejil Fresco
Baked Hake with Fresh Parsley
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Jueves-Thursday

4 Crema de Verduras de Temporada
Vegetable Cream

Ragout de Pavo Estofado con Verduritas
Stewed Turkey with Vegetables
Arroz Pilaf
Rice
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

11 Brócoli al Gratin
Broccoli au Gratin
Muslitos de Pollo Asados en su Jugo
Roasted Chicken Drumsticks
Patata Panadera
Baked Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

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

Cocido Vegetal
Chickpeas with Vegetables
Repollo con Ajo Rehogado
Cabage
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

25 Crema Tricolor
Mixed Vegetables Cream

Pollo al Horno
Baked Chicken
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Viernes-Friday

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

Cocido Completo
Chickpeas with Meat and Vegetables
Repollo con Ajo Rehogado
Cabage
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

12 Paella Hortelana
Rice with Vegetables
Varitas de Merluza Caseras S/Gluten
Gluten-Free Homemade Hake Fingers
Ensalada Variada
Mixed Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

19 Crema de Zanahoria
Carrots Cream

Burguer de Ternera al Horno *
Baked Veal Burger
Patatas Fritas Crujientes
Crunchy French Fries
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread
Arroz con Verduritas y Pollo
Rice with Turkey

Merluza con Tomate Casero
Hake with Tomato Sauce
Verduritas Salteadas
Vegetables
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

