

Lunes

Martes

Miercoles

Jueves

Viernes

- 1 Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Gallineta a la Andaluza  
Floured Fish  
Ensalada Variada (Sin Lechuga)  
Mixed Salad (without Lettuce)  
Fruta y Pan  
Fruit and Bread
- 7 Lasaña Boloñesa  
Bolognese Lasagna  
  
Tortilla Francesa  
Omelette  
Ensalada Variada (Sin Lechuga)  
Mixed Salad (without Lettuce)  
Fruta y Pan  
Fruit and Bread
- 14 Tallarines al Wok  
Sautéed Pasta with Soy Sauce  
Tortilla Francesa de Atún  
Tuna Omelette  
Ensalada Variada (Sin Lechuga)  
Mixed Salad (without Lettuce)  
Fruta y Pan  
Fruit and Bread
- 21 Crema de Puerros con Picatostes  
Leek Cream with Croutons  
Ragout de Pavo Estofado  
Stewed Turkey  
Cous Cous  
Cous Cous  
Fruta y Pan  
Fruit and Bread
- 28 Lentejas con Verduras  
Stewed Lentils with Vegetables  
Tortilla de Patata  
Potato Omelette  
  
Ensalada Variada (Sin Lechuga)  
Mixed Salad (without Lettuce)  
Fruta y Pan  
Fruit and Bread

- 1 Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Gallineta a la Andaluza  
Floured Fish  
Ensalada Variada (Sin Lechuga)  
Mixed Salad (without Lettuce)  
Fruta y Pan  
Fruit and Bread
- 8 Sopa de Estrellitas  
Star Soup  
  
Lomo de Sajonia  
Saxony Pork  
Patatas Fritas  
French Fries  
Fruta y Pan  
Fruit and Bread
- 15 Arroz Tres Delicias  
Three Delights Rice  
Cinta de Lomo al Horno  
Baked Loin  
Calabacín Rebozado  
Fried Zucchini  
Fruta y Pan  
Fruit and Bread
- 22 Lentejas con Arroz  
Stewed Lentils with Rice  
Salmón al Eneldo  
Salmon in Dill Sauce  
Brócoli Salteado  
Sautéed Broccoli  
Fruta y Pan  
Fruit and Bread
- 29 Espaguettis a la Carbonara  
Carbonara Spaguettis  
Merluza en Salsa  
Hake in Sauce  
  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread

- 2 Guisantes Rehogados  
Sautéed Green Peas  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon  
Patata Asada  
Roasted Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 9 Lentejas con Verduras  
Stewed Lentils with Vegetables  
  
Merluza a la Andaluza  
Floured Hake  
Quinoa Salteada  
Sautéed Quinoa  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 16 Fabada  
Stewed White Beans with Chorizo  
Fogonero a la Romana  
Floured Fish  
Patata Dado  
Diced Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 23 Codos al Gratén  
Pasta au Gratin  
Revuelto de Jamón York  
Scrambled Eggs with Ham  
Ensalada Variada (Sin Lechuga)  
Mixed Salad (without Lettuce)  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 30 Paella de Verduras  
Rice with Vegetables  
Magro de Cerdo Estofado  
Stewed Lean Pork  
  
Quinoa Salteada  
Sautéed Quinoa  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

- 3 Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Fruta y Pan  
Fruit and Bread
- 10 Crema de Verduras  
Vegetable Cream  
  
Muslitos de Pollo en Salsa  
Chicken in Sauce  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread
- 17   
**Festivo**  
**Festive**
- 24 Patatas a la Marinera  
Stewed Potatoes with Squids  
Hamburguesa de Ternera al Horno  
Baked Veal Burger  
Calabacín Asado  
Baked Zucchini  
Fruta y Pan  
Fruit and Bread
- 31 Crema de Calabaza Terrorífica  
Terrorific Pumpkin Cream  
Salchichas de Pavo con Salsa Terrorífica  
Turkey Sausages with Terrorific Tomato Sauce  
Patata Dado  
Diced Potatoes  
Gelatina Sangrienta y Pan  
Bloody Jelly and Bread

- 4 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Merluza en Salsa  
Hake in Sauce  
Ensalada Variada (Sin Lechuga)  
Mixed Salad (without Lettuce)  
Yogur y Pan  
Yogurt and Bread
- 11 Arroz con Tomate y Huevo Cocido  
Rice with Homemade Tomato Sauce and Cooked Egg  
Bienmesabe en Adobo al Horno  
Marinated Dogfish  
Ensalada Variada (Sin Lechuga)  
Mixed Salad (without Lettuce)  
Flan y Pan  
Flan and Bread
- 18   
**Festivo**  
**Festive**
- 25 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Gallineta a la Andaluza  
Floured Fish  
Ensalada Variada (Sin Lechuga)  
Mixed Salad (without Lettuce)  
Natillas de Vainilla y Pan  
Custard and Bread

## Lunes

7 Lasaña Boloñesa de Ternera  
Veal Bolognese Lasagna

Tortilla Francesa  
Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

14 Tallarines con Verduras  
Pasta with Vegetables  
Tortilla Francesa de Atún  
Tuna Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

21 Crema de Puerros con Picatostes  
Leek Cream with Croutons  
Ragout de Pavo Estofado  
Stewed Turkey  
Cous Cous  
Cous Cous  
Fruta y Pan  
Fruit and Bread

28 Lentejas con Verduras  
Stewed Lentils with Vegetables  
Tortilla de Patata  
Potato Omelette

Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

## Martes

1 Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Gallineta a la Andaluza  
Floured Fish

Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

8 Sopa de Estrellitas  
Star Soup

Salchichas de Pavo al Horno  
Turkey Sausages  
Patatas Fritas  
French Fries  
Fruta y Pan  
Fruit and Bread

15 Arroz Campero  
Rice with Vegetables  
Pollo al Horno  
Baked Chicken  
Calabacín Rebozado  
Fried Zucchini  
Fruta y Pan  
Fruit and Bread

22 Lentejas con Arroz  
Stewed Lentils with Rice  
Salmón al Eneldo  
Salmon in Dill Sauce  
Brócoli Salteado  
Sautéed Broccoli  
Fruta y Pan  
Fruit and Bread

29 Espaguettis a la Carbonara (sin Bacon)  
Carbonara Spaguettis (without bacon)  
Merluza en Salsa  
Hake in Sauce

Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread

## Miercoles

2 Guisantes Rehogados  
Sautéed Green Peas  
Pollo Asado  
Roasted Chicken

Patata Asada  
Roasted Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

9 Lentejas con Verduras  
Stewed Lentils with Vegetables

Merluza a la Andaluza  
Floured Hake  
Quinoa Salteada  
Sautéed Quinoa  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

16 Alubias Blancas con Verduras  
Stewed White Beans with Vegetables  
Fogonero a la Romana  
Floured Fish  
Patata Dado  
Diced Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

23 Coditos al Gratén  
Pasta au Gratin  
Revuelto de Pavo  
Scrambled Eggs with Turkey  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

30 Paella de Verduras  
Rice with Vegetables  
Pollo en Salsa  
Chicken in Sauce

Quinoa Salteada  
Sautéed Quinoa  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

## Jueves

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

10 Crema de Verduras  
Vegetable Cream

Muslitos de Pollo en Salsa  
Chicken in Sauce  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread

17



**Festivo**  
**Festive**

24 Patatas a la Marinera  
Stewed Potatoes with Squids  
Hamburguesa de Ternera al Horno  
Baked Veal Burger  
Calabacín Asado  
Baked Zucchini  
Fruta y Pan  
Fruit and Bread

31 Crema de Calabaza Terrorífica  
Terrorific Pumpkin Cream  
Salchichas de Pavo con Salsa Terrorífica  
Turkey Sausages with Terrorific Tomato  
Sauce  
Patata Dado  
Diced Potatoes  
Gelatina Sangrienta y Pan  
Bloody Jelly and Bread

## Viernes

4 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Merluza en Salsa  
Hake in Sauce

Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

11 Arroz con Tomate y Huevo Cocido  
Rice with Homemade Tomato Sauce and  
Cooked Egg  
Bienmesabe en Adobo al Horno  
Marinated Dogfish  
Ensalada Variada  
Mixed Salad  
Flan y Pan  
Flan and Bread

18



**Festivo**  
**Festive**

25 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Gallineta a la Andaluza  
Floured Fish  
Ensalada Variada  
Mixed Salad  
Natillas de Vainilla y Pan  
Custard and Bread

mediterranea

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

Martes

Miercoles

Jueves

Viernes

- 7 Lasaña Boloñesa  
Bolognese Lasagna
- Tortilla Francesa  
Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
- 14 Tallarines con Verduras  
Pasta with Vegetables
- Tortilla Francesa de Atún  
Tuna Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
- 21 Crema de Puerros con Picatostes  
Leek Cream with Croutons  
Ragout de Pavo Estofado  
Stewed Turkey  
Cous Cous  
Cous Cous  
Fruta y Pan  
Fruit and Bread
- 28 Sopa de Fideos  
Noodle Soup
- Tortilla de Patata  
Potato Omelette
- Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

- 1 Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Gallineta a la Andaluza  
Floured Fish
- Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
- 8 Sopa de Estrellitas  
Star Soup
- Cinta de Lomo al Horno  
Baked Loin  
Patatas Fritas  
French Fries  
Fruta y Pan  
Fruit and Bread
- 15 Arroz Campero (Sin Judía Verde ni Guisante)  
Rice with Vegetables (Without Green Beans and Green Peas)  
Cinta de Lomo al Horno  
Baked Loin  
Calabacín Rebozado  
Fried Zucchini  
Fruta y Pan  
Fruit and Bread
- 22 Brócoli con Patatas  
Sautéed Broccoli with Potatoes  
Salmón al Eneldo  
Salmon in Dill Sauce  
Quinoa Salteada  
Sautéed Quinoa  
Fruta y Pan  
Fruit and Bread
- 29 Espaguettis a la Carbonara  
Carbonara Spaguettis
- Merluza en Salsa  
Hake in Sauce
- Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread

- 2 Brócoli Salteado  
Sautéed Broccoli  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon
- Patata Asada  
Roasted Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 9 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables
- Merluza a la Andaluza  
Floured Hake  
Quinoa Salteada  
Sautéed Quinoa  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 16 Crema de Zanahoria  
Carrots Cream
- Fogonero a la Romana  
Floured Fish  
Patata Dado  
Diced Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 23 Codos al Gratén  
Pasta au Gratin  
Revuelto de Jamón York  
Scrambled Eggs with Ham  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 30 Paella Hortelana (Sin Judía Verde ni Guisante)  
Rice with Vegetables (without Green Beans and Peas)  
Magro de Cerdo Estofado  
Stewed Lean Pork
- Quinoa Salteada  
Sautéed Quinoa  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

- 3 Sopa de Fideos  
Noodle Soup  
Pollo y Ternera con Patata y Zanahoria  
Cocidos  
Meat with Boiled Carrot and Potatoes  
Repollo  
Cabagge  
Fruta y Pan  
Fruit and Bread
- 10 Crema de Calabacín  
Zucchini Cream
- Muslitos de Pollo en Salsa  
Chicken in Sauce  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread
- 17   
**Festivo**  
**Festive**
- 24 Patatas a la Marinera  
Stewed Potatoes with Squids  
Cinta de Lomo al Horno  
Baked Loin  
Calabacín Asado  
Baked Zucchini  
Fruta y Pan  
Fruit and Bread
- 31 Crema de Calabaza Terrorífica  
Terrorific Pumpkin Cream
- Salchichas de Pavo con Salsa Terrorífica  
Turkey Sausages with Terrorific Tomato Sauce  
Patata Dado  
Diced Potatoes  
Gelatina Sangrienta y Pan  
Bloody Jelly and Bread

- 4 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Merluza en Salsa  
Hake in Sauce
- Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread
- 11 Arroz con Tomate y Huevo Cocido  
Rice with Homemade Tomato Sauce and Cooked Egg  
Bienmesabe en Adobo al Horno  
Marinated Dogfish  
Ensalada Variada  
Mixed Salad  
Flan y Pan  
Flan and Bread
- 18   
**Festivo**  
**Festive**
- 25 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Gallineta a la Andaluza  
Floured Fish  
Ensalada Variada  
Mixed Salad  
Natillas de Vainilla y Pan  
Custard and Bread

Lunes

Martes

Miercoles

Jueves

Viernes

- 1 Pasta S/Gluten S/Huevo a la Boloñesa  
Gluten Free Pasta with Bolognese
- 7 Tortilla Francesa  
Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 14 Pasta S/Gluten S/Huevo con Verduras  
Gluten/Egg-Free Pasta with Vegetables  
Tortilla Francesa de Atún  
Tuna Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 21 Crema de Puerros  
Leek Cream  
Ragout de Pavo Estofado  
Stewed Turkey  
Arroz Pilaf  
Rice  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 28 Sopa de Fideos S/Gluten S/Huevo  
Gluten- Free Noodle Soup
- Tortilla de Patata  
Potato Omelette
- Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

- 1 Crema de Calabacín  
Zucchini Cream  
Gallineta a la Andaluza  
Floured Fish  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 8 Sopa de Fideos S/Gluten S/Huevo  
Gluten- Free Noodle Soup
- Lomo de Sajonia  
Saxony Pork  
Patatas Fritas  
French Fries  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 15 Arroz Tres Delicias  
Three Delights Rice  
Cinta de Lomo al Horno  
Baked Loin  
Calabacín Asado  
Baked Zucchini  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 22 Brócoli con Patatas  
Sautéed Broccoli with Potatoes  
Salmón al Eneldo  
Salmon in Dill Sauce  
Quinoa Salteada  
Sautéed Quinoa  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 29 Pasta S/Gluten S/Huevo a la Carbonara  
Carbonara Gluten-Egg Free Pasta  
(Gluten-Free Flour)  
Merluza en Salsa  
Hake in Sauce
- Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

- 2 Guisantes Rehogados  
Sautéed Green Peas  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon  
Patata Asada  
Roasted Potatoes  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread
- 9 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables
- Merluza a la Andaluza  
Floured Hake  
Quinoa Salteada  
Sautéed Quinoa  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread
- 16 Fabada  
Stewed White Beans with Chorizo  
Fogonero a la Romana  
Floured Fish  
Patata Dado  
Diced Potatoes  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread
- 23 Pasta S/Gluten S/Huevo al Gratín  
Gluten-Egg Free Pasta au Gratin  
Revuelto de Jamón York  
Scrambled Eggs with Ham  
Ensalada Variada  
Mixed Salad  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread
- 30 Paella de Verduras  
Rice with Vegetables
- Magro de Cerdo Estofado  
Stewed Lean Pork
- Quinoa Salteada  
Sautéed Quinoa  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread

- 3 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
- 10 Crema de Verduras  
Vegetable Cream
- 17   
**Festivo**  
**Festive**
- 24 Patatas a la Marinera  
Stewed Potatoes with Squids  
Cinta de Lomo al Horno  
Baked Loin  
Calabacín Asado  
Baked Zucchini  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 31 Crema de Calabaza Terrorífica  
Terrorific Pumpkin Cream
- Salchichas de Pavo con Salsa Terrorífica  
Turkey Sausages with Terrorific Tomato Sauce  
Patata Dado  
Diced Potatoes  
Gelatina y Pan S/Gluten  
Jelly and Gluten-Free Bread

- 4 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Merluza en Salsa  
Hake in Sauce  
Ensalada Variada  
Mixed Salad  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread
- 11 Arroz con Tomate y Huevo Cocido  
Rice with Homemade Tomato Sauce and Cooked Egg  
Cazón al Horno  
Baked Dogfish  
Ensalada Variada  
Mixed Salad  
Flan y Pan S/Gluten  
Flan and Gluten-Free Bread
- 18   
**Festivo**  
**Festive**
- 25 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Gallineta a la Andaluza  
Floured Fish  
Ensalada Variada  
Mixed Salad  
Natillas de Vainilla y Pan S/Gluten  
Custard and Gluten-Free Bread

Lunes

Martes

Miercoles

Jueves

Viernes

- 1 Crema de Calabacín  
Zucchini Cream  
Gallineta a la Andaluza  
Floured Fish  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 7 Pasta S/Gluten S/Huevo a la Boloñesa  
Gluten Free Pasta with Bolognese  
  
Tortilla Francesa  
Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 14 Pasta S/Gluten S/Huevo con Verduras  
Gluten/Egg-Free Pasta with Vegetables  
Tortilla Francesa de Atún  
Tuna Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 21 Crema de Puerros  
Leek Cream  
Ragout de Pavo Estofado  
Stewed Turkey  
Arroz Pilaf  
Rice  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 28 Sopa de Fideos S/Gluten S/Huevo  
Gluten- Free Noodle Soup  
  
Tortilla de Patata  
Potato Omelette  
  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

- 1 Crema de Calabacín  
Zucchini Cream  
Gallineta a la Andaluza  
Floured Fish  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 8 Sopa de Fideos S/Gluten S/Huevo  
Gluten- Free Noodle Soup  
  
Cinta de Lomo al Horno  
Baked Loin  
Patatas Fritas  
French Fries  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 15 Arroz Tres Delicias  
Three Delights Rice  
Cinta de Lomo al Horno  
Baked Loin  
Calabacín Asado  
Baked Zucchini  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 22 Brócoli con Patatas  
Sautéed Broccoli with Potatoes  
Salmón al Eneldo  
Salmon in Dill Sauce  
Quinoa Salteada  
Sautéed Quinoa  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 29 Pasta S/Gluten S/Huevo con Tomate  
Casero  
Gluten/Egg-Free Pasta with Homemade  
Tomato Sauce  
Merluza en Salsa  
Hake in Sauce  
  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

- 2 Guisantes Rehogados  
Sautéed Green Peas  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon  
Patata Asada  
Roasted Potatoes  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 9 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
  
Merluza a la Andaluza  
Floured Hake  
Quinoa Salteada  
Sautéed Quinoa  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 16 Fabada  
Stewed White Beans with Chorizo  
Fogonero a la Romana  
Floured Fish  
Patata Dado  
Diced Potatoes  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 23 Pasta S/Gluten S/Huevo al Pomodoro  
Pasta gluten-egg free with Tomato Sauce  
Revuelto de Jamón York  
Scrambled Eggs with Ham  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 30 Paella de Verduras  
Rice with Vegetables  
  
Magro de Cerdo Estofado  
Stewed Lean Pork  
  
Quinoa Salteada  
Sautéed Quinoa  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

- 3 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
- 10 Crema de Verduras  
Vegetable Cream  
  
Muslitos de Pollo en Salsa  
Chicken in Sauce  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 17   
**Festivo**  
**Festive**
- 24 Patatas a la Marinera  
Stewed Potatoes with Squids  
Cinta de Lomo al Horno  
Baked Loin  
Calabacín Asado  
Baked Zucchini  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 31 Crema de Calabaza Terrorífica  
Terrorific Pumpkin Cream  
  
Salchichas de Pavo con Salsa Terrorífica  
Turkey Sausages with Terrorific Tomato  
Sauce  
Patata Dado  
Diced Potatoes  
Gelatina y Pan S/Gluten  
Jelly and Gluten-Free Bread

- 4 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Merluza en Salsa  
Hake in Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 11 Arroz con Tomate y Huevo Cocido  
Rice with Homemade Tomato Sauce and  
Cooked Egg  
Cazón al Horno  
Baked Dogfish  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 18   
**Festivo**  
**Festive**
- 25 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Gallineta a la Andaluza  
Floured Fish  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

Lunes

Martes

Miercoles

Jueves

Viernes

- 7** Pasta S/Gluten S/Huevo a la Boloñesa  
Gluten Free Pasta with Bolognese

Tortilla Francesa  
Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 14** Pasta S/Gluten S/Huevo con Verduras  
Gluten/Egg-Free Pasta with Vegetables  
Tortilla Francesa de Atún  
Tuna Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 21** Crema de Puerros  
Leek Cream  
Ragout de Pavo Estofado  
Stewed Turkey  
Arroz Pilaf  
Rice  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 28** Lentejas con Verduras  
Stewed Lentils with Vegetables

Tortilla de Patata  
Potato Omelette

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

- 1** Crema de Calabacín  
Zucchini Cream  
Gallineta a la Andaluza  
Floured Fish  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 8** Sopa de Fideos S/Gluten S/Huevo  
Gluten- Free Noodle Soup

Cinta de Lomo al Horno  
Baked Loin  
Patatas Fritas  
French Fries  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 15** Arroz Tres Delicias  
Three Delights Rice  
Cinta de Lomo al Horno  
Baked Loin  
Calabacín Asado  
Baked Zucchini  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 22** Lentejas con Arroz  
Stewed Lentils with Rice  
Salmón al Eneldo  
Salmon in Dill Sauce  
Brócoli Salteado  
Sautéed Broccoli  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 29** Pasta S/Gluten S/Huevo con Tomate  
Casero  
Gluten/Egg-Free Pasta with Homemade  
Tomato Sauce  
Merluza en Salsa  
Hake in Sauce

Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

- 2** Guisantes Rehogados  
Sautéed Green Peas  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon  
Patata Asada  
Roasted Potatoes  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 9** Lentejas con Verduras  
Stewed Lentils with Vegetables

Merluza a la Andaluza  
Floured Hake  
Quinoa Salteada  
Sautéed Quinoa  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 16** Fabada  
Stewed White Beans with Chorizo  
Fogonero a la Romana  
Floured Fish  
Patata Dado  
Diced Potatoes  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 23** Pasta S/Gluten S/Huevo al Pomodoro  
Pasta gluten-egg free with Tomato Sauce  
Revuelto de Jamón York  
Scrambled Eggs with Ham  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 30** Paella de Verduras  
Rice with Vegetables

Magro de Cerdo Estofado  
Stewed Lean Pork

Quinoa Salteada  
Sautéed Quinoa  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

- 3** 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
- 10** Crema de Verduras  
Vegetable Cream

Muslitos de Pollo en Salsa  
Chicken in Sauce  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 17**

  
**Festivo**  
**Festive**
- 24** Patatas a la Marinera  
Stewed Potatoes with Squids  
Cinta de Lomo al Horno  
Baked Loin  
Calabacín Asado  
Baked Zucchini  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 31** Crema de Calabaza Terrorífica  
Terrorific Pumpkin Cream

Salchichas de Pavo con Salsa Terrorífica  
Turkey Sausages with Terrorific Tomato  
Sauce  
Patata Dado  
Diced Potatoes  
Gelatina y Pan S/Gluten  
Jelly and Gluten-Free Bread

- 4** Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Merluza en Salsa  
Hake in Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 11** Arroz con Tomate y Huevo Cocido  
Rice with Homemade Tomato Sauce and  
Cooked Egg  
Cazón al Horno  
Baked Dogfish  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread
- 18**

  
**Festivo**  
**Festive**
- 25** Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Gallineta a la Andaluza  
Floured Fish  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

Lunes

Martes

Miercoles

Jueves

Viernes

7 Pasta S/Gluten S/Huevo a la Boloñesa  
Gluten Free Pasta with Bolognese

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

14 Pasta S/Gluten S/Huevo con Verduras  
Gluten/Egg-Free Pasta with Vegetables  
Tortilla Francesa  
Omelette

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

21 Crema de Puerros  
Leek Cream  
Ragout de Pavo Estofado  
Stewed Turkey  
Arroz Pilaf  
Rice  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

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

Tortilla de Patata  
Potato Omelette

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

1 Crema de Calabacín  
Zucchini Cream  
Tortilla Francesa  
Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

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

Lomo de Saxonía  
Saxony Pork  
Patatas Fritas  
French Fries  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

15 Arroz Tres Delicias  
Three Delights Rice  
Cinta de Lomo al Horno  
Baked Loin

Calabacín Asado  
Baked Zucchini  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

22 Brócoli con Patatas  
Sautéed Broccoli with Potatoes  
Pollo en Salsa  
Chicken in Sauce  
Quinoa Salteada  
Sautéed Quinoa  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

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

Pollo en Salsa  
Chicken in Sauce

Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

2 Guisantes Rehogados  
Sautéed Green Peas  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon  
Patata Asada  
Roasted Potatoes  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread

9 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables

Revuelto de Calabacín  
Scrambled Eggs with Zucchini  
Quinoa Salteada  
Sautéed Quinoa  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread

16 Fabada  
Stewed White Beans with Chorizo  
Filete de Pollo Enharinado (Harina de Maíz)  
Floured Chicken  
Patata Dado  
Diced Potatoes  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread

23 Pasta S/Gluten S/Huevo al Gratín  
Gluten-Egg Free Pasta au Gratin  
Revuelto de Jamón York  
Scrambled Eggs with Ham  
Ensalada Variada  
Mixed Salad  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread

30 Paella de Verduras (Sin Champiñón)  
Rice with Vegetables

Magro de Cerdo Estofado  
Stewed Lean Pork

Quinoa Salteada  
Sautéed Quinoa  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread

3 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

10 Crema de Verduras  
Vegetable Cream

Muslitos de Pollo en Salsa  
Chicken in Sauce  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

17   
**Festivo**  
**Festive**

24 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Cinta de Lomo al Horno  
Baked Loin  
Calabacín Asado  
Baked Zucchini  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

31 Crema de Calabaza Terrorífica  
Terrorific Pumpkin Cream

Salchichas de Pavo con Salsa Terrorífica  
Turkey Sausages with Terrorific Tomato Sauce  
Patata Dado  
Diced Potatoes  
Gelatina y Pan S/Gluten  
Jelly and Gluten-Free Bread

4 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Revuelto de Queso  
Scrambled Eggs with Cheese  
Ensalada Variada  
Mixed Salad  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread

11 Arroz con Tomate y Huevo Cocido  
Rice with Homemade Tomato Sauce and Cooked Egg

Salchichas de Pavo al Horno  
Turkey Sausages  
Ensalada Variada  
Mixed Salad  
Flan y Pan S/Gluten  
Flan and Gluten-Free Bread

18   
**Festivo**  
**Festive**

25 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Tortilla Francesa  
Omelette  
Ensalada Variada  
Mixed Salad  
Natillas de Vainilla y Pan S/Gluten  
Custard and Gluten-Free Bread

Lunes

Martes

Miercoles

Jueves

Viernes

- 7 Macarrones a la Boloñesa  
Pasta with Bolognese Sauce  
  
Tortilla Francesa  
Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
- 14 Tallarines con Verduras  
Pasta with Vegetables  
Tortilla Francesa de Atún  
Tuna Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
- 21 Crema de Puerros  
Leek Cream  
Ragout de Pavo Estofado  
Stewed Turkey  
Cous Cous  
Cous Cous  
Fruta y Pan  
Fruit and Bread
- 28 Lentejas con Verduras  
Stewed Lentils with Vegetables  
Tortilla de Patata  
Potato Omelette  
  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

- 1 Crema de Calabacín  
Zucchini Cream  
Gallineta a la Andaluza  
Floured Fish  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
- 8 Sopa de Estrellitas  
Star Soup  
  
Cinta de Lomo al Horno  
Baked Loin  
Patatas Fritas  
French Fries  
Fruta y Pan  
Fruit and Bread
- 15 Arroz Tres Delicias  
Three Delights Rice  
Cinta de Lomo al Horno  
Baked Loin  
Calabacín Asado  
Baked Zucchini  
Fruta y Pan  
Fruit and Bread
- 22 Lentejas con Arroz  
Stewed Lentils with Rice  
Salmón al Eneldo  
Salmon in Dill Sauce  
Brócoli Salteado  
Sautéed Broccoli  
Fruta y Pan  
Fruit and Bread
- 29 Espaguettis con Tomate Casero  
Pasta with Homemade Tomato Sauce  
Merluza en Salsa  
Hake in Sauce  
  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread

- 2 Guisantes Rehogados  
Sautéed Green Peas  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon  
Patata Asada  
Roasted Potatoes  
Yogur de Soja y Pan Integral  
Soy Yogurt and Whole Wheat Bread
- 9 Lentejas con Verduras  
Stewed Lentils with Vegetables  
  
Merluza a la Andaluza  
Floured Hake  
Quinoa Salteada  
Sautéed Quinoa  
Yogur de Soja y Pan Integral  
Soy Yogurt and Whole Wheat Bread
- 16 Fabada  
Stewed White Beans with Chorizo  
Fogonero a la Romana  
Floured Fish  
Patata Dado  
Diced Potatoes  
Yogur de Soja y Pan Integral  
Soy Yogurt and Whole Wheat Bread
- 23 Codos al Pomodoro  
Pasta with Tomato Sauce  
Revuelto de Jamón York  
Scrambled Eggs with Ham  
Ensalada Variada  
Mixed Salad  
Yogur de Soja y Pan Integral  
Soy Yogurt and Whole Wheat Bread
- 30 Paella de Verduras  
Rice with Vegetables  
Magro de Cerdo Estofado  
Stewed Lean Pork  
  
Quinoa Salteada  
Sautéed Quinoa  
Yogur de Soja y Pan Integral  
Soy Yogurt and Whole Wheat Bread

- 3 Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Fruta y Pan  
Fruit and Bread
- 10 Crema de Verduras  
Vegetable Cream  
  
Muslitos de Pollo en Salsa  
Chicken in Sauce  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread
- 17   
**Festivo**  
**Festive**
- 24 Patatas a la Marinera  
Stewed Potatoes with Squids  
Hamburguesa de Ternera al Horno  
Baked Veal Burger  
Calabacín Asado  
Baked Zucchini  
Fruta y Pan  
Fruit and Bread
- 31 Crema de Calabaza Terrorífica  
Terrorific Pumpkin Cream  
Salchichas de Pavo con Salsa Terrorífica  
Turkey Sausages with Terrorific Tomato Sauce  
Patata Dado  
Diced Potatoes  
Gelatina Sangrienta y Pan  
Bloody Jelly and Bread

- 4 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Merluza en Salsa  
Hake in Sauce  
Ensalada Variada  
Mixed Salad  
Yogur de Soja y Pan  
Soy Yogurt and Bread
- 11 Arroz con Tomate y Huevo Cocido  
Rice with Homemade Tomato Sauce and Cooked Egg  
Bienmesabe en Adobo al Horno  
Marinated Dogfish  
Ensalada Variada  
Mixed Salad  
Yogur de Soja y Pan  
Soy Yogurt and Bread
- 18   
**Festivo**  
**Festive**
- 25 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Gallineta a la Andaluza  
Floured Fish  
Ensalada Variada  
Mixed Salad  
Yogur de Soja y Pan  
Soy Yogurt and Bread



Lunes

Martes

Miercoles

Jueves

Viernes

- 1 Macarrones a la Boloñesa  
Pasta with Bolognese Sauce
- 7 Tortilla Francesa  
Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
- 14 Tallarines con Verduras  
Pasta with Vegetables  
Tortilla Francesa  
Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
- 21 Crema de Puerros  
Leek Cream  
Ragout de Pavo Estofado  
Stewed Turkey  
Cous Cous  
Cous Cous  
Fruta y Pan  
Fruit and Bread
- 28 Lentejas con Verduras  
Stewed Lentils with Vegetables  
Tortilla de Patata  
Potato Omelette
- Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

- 1 Crema de Calabacín  
Zucchini Cream  
Merluza a la Andaluza  
Floured Hake  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
- 8 Sopa de Estrellitas  
Star Soup
- Cinta de Lomo al Horno  
Baked Loin  
Patatas Fritas  
French Fries  
Fruta y Pan  
Fruit and Bread
- 15 Arroz Tres Delicias  
Three Delights Rice  
Cinta de Lomo al Horno  
Baked Loin  
Calabacín Asado  
Baked Zucchini  
Fruta y Pan  
Fruit and Bread
- 22 Lentejas con Arroz  
Stewed Lentils with Rice  
Merluza en Salsa  
Hake in Sauce  
Brócoli Salteado  
Sautéed Broccoli  
Fruta y Pan  
Fruit and Bread
- 29 Espaguettis con Tomate Casero  
Pasta with Homemade Tomato Sauce  
Merluza en Salsa  
Hake in Sauce
- Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread

- 2 Guisantes Rehogados  
Sautéed Green Peas  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon  
Patata Asada  
Roasted Potatoes  
Yogur de Soja y Pan Integral  
Soy Yogurt and Whole Wheat Bread
- 9 Lentejas con Verduras  
Stewed Lentils with Vegetables
- Merluza a la Andaluza  
Floured Hake  
Quinoa Salteada  
Sautéed Quinoa  
Yogur de Soja y Pan Integral  
Soy Yogurt and Whole Wheat Bread
- 16 Fabada  
Stewed White Beans with Chorizo  
Merluza a la Romana  
Floured Hake  
Patata Dado  
Diced Potatoes  
Yogur de Soja y Pan Integral  
Soy Yogurt and Whole Wheat Bread
- 23 Coditos al Pomodoro  
Pasta with Tomato Sauce  
Revuelto de Jamón York  
Scrambled Eggs with Ham  
Ensalada Variada  
Mixed Salad  
Yogur de Soja y Pan Integral  
Soy Yogurt and Whole Wheat Bread
- 30 Paella de Verduras  
Rice with Vegetables  
Magro de Cerdo Estofado  
Stewed Lean Pork
- Quinoa Salteada  
Sautéed Quinoa  
Yogur de Soja y Pan Integral  
Soy Yogurt and Whole Wheat Bread

- 3 Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Fruta y Pan  
Fruit and Bread
- 10 Crema de Verduras  
Vegetable Cream
- Muslitos de Pollo en Salsa  
Chicken in Sauce  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread
- 17   
**Festivo**  
**Festive**
- 24 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Hamburguesa de Ternera al Horno  
Baked Veal Burger  
Calabacín Asado  
Baked Zucchini  
Fruta y Pan  
Fruit and Bread
- 31 Crema de Calabaza Terrorífica  
Terrorific Pumpkin Cream  
Salchichas de Pavo con Salsa Terrorífica  
Turkey Sausages with Terrorific Tomato Sauce  
Patata Dado  
Diced Potatoes  
Gelatina Sangrienta y Pan  
Bloody Jelly and Bread

- 4 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Merluza en Salsa  
Hake in Sauce  
Ensalada Variada  
Mixed Salad  
Yogur de Soja y Pan  
Soy Yogurt and Bread
- 11 Arroz con Tomate y Huevo Cocido  
Rice with Homemade Tomato Sauce and Cooked Egg  
Merluza al Horno  
Baked Hake  
Ensalada Variada  
Mixed Salad  
Yogur de Soja y Pan  
Soy Yogurt and Bread
- 18   
**Festivo**  
**Festive**
- 25 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Merluza a la Andaluza  
Floured Hake  
Ensalada Variada  
Mixed Salad  
Yogur de Soja y Pan  
Soy Yogurt and Bread

Lunes

Martes

Miercoles


Jueves

Viernes

- 1 Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Gallineta a la Andaluza  
Floured Fish  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
- 7 Lasaña Boloñesa  
Bolognese Lasagna  
Salchichas de Pavo al Horno  
Turkey Sausages  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
- 14 Tallarines al Wok  
Sautéed Pasta with Soy Sauce  
Filete de Pollo  
Chicken Breast  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
- 21 Crema de Puerros con Picatostes  
Leek Cream with Croutons  
Ragout de Pavo Estofado  
Stewed Turkey  
Cous Cous  
Cous Cous  
Fruta y Pan  
Fruit and Bread
- 28 Lentejas con Verduras  
Stewed Lentils with Vegetables  
Pollo en Salsa  
Chicken in Sauce  
  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

- 1 Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Gallineta a la Andaluza  
Floured Fish  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
- 8 Sopa de Estrellitas  
Star Soup  
Lomo de Sajonia  
Saxony Pork  
Patatas Fritas  
French Fries  
Fruta y Pan  
Fruit and Bread
- 15 Arroz Campero  
Rice with Vegetables  
Cinta de Lomo al Horno  
Baked Loin  
Calabacín Rebozado  
Fried Zucchini  
Fruta y Pan  
Fruit and Bread
- 22 Lentejas con Arroz  
Stewed Lentils with Rice  
Salmón al Eneldo  
Salmon in Dill Sauce  
Brócoli Salteado  
Sautéed Broccoli  
Fruta y Pan  
Fruit and Bread
- 29 Espaguettis a la Carbonara  
Carbonara Spaguettis  
Merluza en Salsa  
Hake in Sauce  
  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread

- 2 Guisantes Rehogados  
Sautéed Green Peas  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon  
Patata Asada  
Roasted Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 9 Lentejas con Verduras  
Stewed Lentils with Vegetables  
Merluza a la Andaluza  
Floured Hake  
Quinoa Salteada  
Sautéed Quinoa  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 16 Fabada  
Stewed White Beans with Chorizo  
Fogonero a la Romana  
Floured Fish  
Patata Dado  
Diced Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 23 Coditos al Gratén  
Pasta au Gratin  
Pollo en Salsa  
Chicken in Sauce  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 30 Paella de Verduras  
Rice with Vegetables  
Magro de Cerdo Estofado  
Stewed Lean Pork  
  
Quinoa Salteada  
Sautéed Quinoa  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

- 3 Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Roasted Potatoes  
Fruta y Pan  
Fruit and Bread
- 10 Crema de Verduras  
Vegetable Cream  
Muslitos de Pollo en Salsa  
Chicken in Sauce  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread
- 17   
**Festivo**  
**Festive**
- 24 Patatas a la Marinera  
Stewed Potatoes with Squids  
Hamburguesa de Ternera al Horno  
Baked Veal Burger  
Calabacín Asado  
Baked Zucchini  
Fruta y Pan  
Fruit and Bread
- 31 Crema de Calabaza Terrorífica  
Terrorific Pumpkin Cream  
Salchichas de Pavo con Salsa Terrorífica  
Turkey Sausages with Terrorific Tomato Sauce  
Patata Dado  
Diced Potatoes  
Gelatina Sangrienta y Pan  
Bloody Jelly and Bread

- 4 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Merluza en Salsa  
Hake in Sauce  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread
- 11 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Bienmesabe en Adobo al Horno  
Marinated Dogfish  
Ensalada Variada  
Mixed Salad  
Flan y Pan  
Flan and Bread
- 18   
**Festivo**  
**Festive**
- 25 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Gallineta a la Andaluza  
Floured Fish  
Ensalada Variada  
Mixed Salad  
Natillas de Vainilla y Pan  
Custard and Bread

Lunes

Martes

Miercoles

Jueves

Viernes

- 1 Crema de Calabacín  
Zucchini Cream  
Gallineta a la Andaluza  
Floured Fish  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
- 7 Pasta S/Gluten S/Huevo a la Boloñesa  
Gluten Free Pasta with Bolognese  
Salchichas de Pavo al Horno  
Turkey Sausages  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
- 14 Pasta S/Gluten S/Huevo con Verduras  
Gluten/Egg-Free Pasta with Vegetables  
Filete de Pollo  
Chicken Breast  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
- 21 Crema de Puerros  
Leek Cream  
Ragout de Pavo Estofado  
Stewed Turkey  
Cous Cous  
Cous Cous  
Fruta y Pan  
Fruit and Bread
- 28 Lentejas con Verduras  
Stewed Lentils with Vegetables  
  
Pollo en Salsa  
Chicken in Sauce  
  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

- 1 Crema de Calabacín  
Zucchini Cream  
Gallineta a la Andaluza  
Floured Fish  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
- 8 Sopa de Fideos S/Gluten S/Huevo  
Gluten- Free Noodle Soup  
Lomo de Sajonia  
Saxony Pork  
Patatas Fritas  
French Fries  
Fruta y Pan  
Fruit and Bread
- 15 Arroz Campero  
Rice with Vegetables  
Cinta de Lomo al Horno  
Baked Loin  
Calabacín Asado  
Baked Zucchini  
Fruta y Pan  
Fruit and Bread
- 22 Lentejas con Arroz  
Stewed Lentils with Rice  
Salmón al Eneldo  
Salmon in Dill Sauce  
Brócoli Salteado  
Sauteéd Broccoli  
Fruta y Pan  
Fruit and Bread
- 29 Pasta S/Gluten S/Huevo a la Carbonara  
Carbonara Gluten-Egg Free Pasta  
(Gluten-Free Flour)  
Merluza en Salsa  
Hake in Sauce  
  
Tomate Aliñado  
Seazoned Tomato  
Fruta y Pan  
Fruit and Bread

- 2 Guisantes Rehogados  
Sautéed Green Peas  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon  
Patata Asada  
Roasted Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 9 Lentejas con Verduras  
Stewed Lentils with Vegetables  
Merluza a la Andaluza  
Floured Hake  
Quinoa Salteada  
Sauteéd Quinoa  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 16 Fabada  
Stewed White Beans with Chorizo  
Fogonero a la Andaluza  
Floured Fish  
Patata Dado  
Diced Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 23 Pasta S/Gluten S/Huevo al Gratén  
Gluten-Egg Free Pasta au Gratin  
Pollo en Salsa  
Chicken in Sauce  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 30 Paella de Verduras  
Rice with Vegetables  
  
Magro de Cerdo Estofado  
Stewed Lean Pork  
  
Quinoa Salteada  
Sauteéd Quinoa  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

- 3 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
- 10 Crema de Verduras  
Vegetable Cream  
Muslitos de Pollo en Salsa  
Chicken in Sauce  
Tomate Aliñado  
Seazoned Tomato  
Fruta y Pan  
Fruit and Bread
- 17   
**Festivo**  
**Festive**
- 24 Patatas a la Marinera  
Stewed Potatoes with Squids  
Hamburguesa de Ternera al Horno  
Baked Veal Burger  
Calabacín Asado  
Baked Zucchini  
Fruta y Pan  
Fruit and Bread
- 31 Crema de Calabaza Terrorífica  
Terrorific Pumpkin Cream  
  
Salchichas de Pavo con Salsa Terrorífica  
Turkey Sausages with Terrorific Tomato Sauce  
Patata Dado  
Diced Potatoes  
Gelatina Sangrienta y Pan  
Bloody Jelly and Bread

- 4 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Merluza en Salsa  
Hake in Sauce  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread
- 11 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Bienmesabe en Adobo al Horno  
Marinated Dogfish  
Ensalada Variada  
Mixed Salad  
Flan y Pan  
Flan and Bread
- 18   
**Festivo**  
**Festive**
- 25 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Gallineta a la Andaluza  
Floured Fish  
Ensalada Variada  
Mixed Salad  
Natillas de Vainilla y Pan  
Custard and Bread

Lunes

Martes

Miercoles

Jueves

Viernes

1 Crema de Calabacín  
Zucchini Cream  
Gallineta a la Andaluza  
Floured Fish  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds

2 Guisantes Rehogados  
Sautéed Green Peas  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon  
Patata Asada  
Roasted Potatoes  
Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds

3 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 Sin Sésamo  
Fruit and Bread without Sesame Seeds

4 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Merluza en Salsa  
Hake in Sauce  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds

7 Pasta S/Gluten S/Huevo a la Boloñesa  
Gluten Free Pasta with Bolognese  
Salchichas de Pavo al Horno  
Turkey Sausages  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds

8 Sopa de Fideos S/Gluten S/Huevo  
Gluten- Free Noodle Soup  
Lomo de Sajonia  
Saxony Pork  
Patatas Fritas  
French Fries  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds

9 Lentejas con Verduras  
Stewed Lentils with Vegetables  
Merluza a la Andaluza  
Floured Hake  
Quinoa Salteada  
Sautéed Quinoa  
Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds

10 Crema de Verduras  
Vegetable Cream  
Muslitos de Pollo en Salsa  
Chicken in Sauce  
Tomate Aliñado  
Seazoned Tomato  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds

11 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Bienmesabe en Adobo al Horno  
Marinated Dogfish  
Ensalada Variada  
Mixed Salad  
Flan y Pan Sin Sésamo  
Flan and Bread without Sesame Seeds

14 Pasta S/Gluten S/Huevo con Verduras  
Gluten/Egg-Free Pasta with Vegetables  
Filete de Pollo  
Chicken Breast  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds

15 Arroz Campero  
Rice with Vegetables  
Cinta de Lomo al Horno  
Baked Loin  
Calabacín Asado  
Baked Zucchini  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds

16 Fabada  
Stewed White Beans with Chorizo  
Fogonero a la Andaluza  
Floured Fish  
Patata Dado  
Diced Potatoes  
Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds

17   
**Festivo**  
**Festive**

18   
**Festivo**  
**Festive**

21 Crema de Puerros  
Leek Cream  
Ragout de Pavo Estofado  
Stewed Turkey  
Cous Cous  
Cous Cous  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds

22 Lentejas con Arroz  
Stewed Lentils with Rice  
Salmón al Eneldo  
Salmon in Dill Sauce  
Brócoli Salteado  
Sautéed Broccoli  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds

23 Pasta S/Gluten S/Huevo al Gratén  
Gluten-Egg Free Pasta au Gratin  
Pollo en Salsa  
Chicken in Sauce  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds

24 Patatas a la Marinera  
Stewed Potatoes with Squids  
Hamburguesa de Ternera al Horno  
Baked Veal Burger  
Calabacín Asado  
Baked Zucchini  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds

25 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Gallineta a la Andaluza  
Floured Fish  
Ensalada Variada  
Mixed Salad  
Natillas de Vainilla y Pan Sin Sésamo  
Custard and Bread without Sesame Seeds

28 Lentejas con Verduras  
Stewed Lentils with Vegetables  
  
Pollo en Salsa  
Chicken in Sauce  
  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds

29 Pasta S/Gluten S/Huevo a la Carbonara  
Carbonara Gluten-Egg Free Pasta  
(Gluten-Free Flour)  
Merluza en Salsa  
Hake in Sauce  
  
Tomate Aliñado  
Seazoned Tomato  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds

30 Paella de Verduras  
Rice with Vegetables  
  
Magro de Cerdo Estofado  
Stewed Lean Pork  
  
Quinoa Salteada  
Sautéed Quinoa  
Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds

31 Crema de Calabaza Terrorífica  
Terrorific Pumpkin Cream  
  
Salchichas de Pavo con Salsa Terrorífica  
Turkey Sausages with Terrorific Tomato  
Sauce  
Patata Dado  
Diced Potatoes  
Gelatina Sangrienta y Pan sin Sésamo  
Bloody Jelly and Bread

Lunes

Martes

Miercoles

Jueves

Viernes

- 1 Crema de Calabacín  
Zucchini Cream  
Gallineta a la Andaluza  
Floured Fish  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 7 Macarrones a la Boloñesa  
Pasta with Bolognese Sauce  
  
Tortilla Francesa  
Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 14 Tallarines con Verduras  
Pasta with Vegetables  
Tortilla Francesa de Atún  
Tuna Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 21 Crema de Puerros  
Leek Cream  
Ragout de Pavo Estofado  
Stewed Turkey  
Cous Cous  
Cous Cous  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 28 Lentejas con Verduras  
Stewed Lentils with Vegetables  
Tortilla de Patata  
Potato Omelette  
  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds

- 1 Crema de Calabacín  
Zucchini Cream  
Gallineta a la Andaluza  
Floured Fish  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 8 Sopa de Estrellitas  
Star Soup  
  
Cinta de Lomo al Horno  
Baked Loin  
Patatas Fritas  
French Fries  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 15 Arroz Tres Delicias  
Three Delights Rice  
Cinta de Lomo al Horno  
Baked Loin  
Calabacín Asado  
Baked Zucchini  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 22 Lentejas con Arroz  
Stewed Lentils with Rice  
Salmón al Eneldo  
Salmon in Dill Sauce  
Brócoli Salteado  
Sautéed Broccoli  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 29 Espaguettis con Tomate Casero  
Pasta with Homemade Tomato Sauce  
Merluza en Salsa  
Hake in Sauce  
  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds

- 2 Guisantes Rehogados  
Sautéed Green Peas  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon  
Patata Asada  
Roasted Potatoes  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 9 Lentejas con Verduras  
Stewed Lentils with Vegetables  
  
Merluza a la Andaluza  
Floured Hake  
Quinoa Salteada  
Sautéed Quinoa  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 16 Fabada  
Stewed White Beans with Chorizo  
Fogonero a la Romana  
Floured Fish  
Patata Dado  
Diced Potatoes  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 23 Codos al Pomodoro  
Pasta with Tomato Sauce  
Revuelto de Jamón York  
Scrambled Eggs with Ham  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 30 Paella de Verduras  
Rice with Vegetables  
Magro de Cerdo Estofado  
Stewed Lean Pork  
  
Quinoa Salteada  
Sautéed Quinoa  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds

- 3 Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 10 Crema de Verduras  
Vegetable Cream  
  
Muslitos de Pollo en Salsa  
Chicken in Sauce  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 17   
**Festivo**  
**Festive**
- 24 Patatas a la Marinera  
Stewed Potatoes with Squids  
Hamburguesa de Ternera al Horno  
Baked Veal Burger  
Calabacín Asado  
Baked Zucchini  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 31 Crema de Calabaza Terrorífica  
Terrorific Pumpkin Cream  
Salchichas de Pavo con Salsa Terrorífica  
Turkey Sausages with Terrorific Tomato Sauce  
Patata Dado  
Diced Potatoes  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds

- 4 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Merluza en Salsa  
Hake in Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 11 Arroz con Tomate y Huevo Cocido  
Rice with Homemade Tomato Sauce and Cooked Egg  
Bienmesabe en Adobo al Horno  
Marinated Dogfish  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 18   
**Festivo**  
**Festive**
- 25 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Gallineta a la Andaluza  
Floured Fish  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds



PAN SIN SÉSAMO NI FRUTOS SECOS. FRUTA VARIADA y de TEMPORADA (NO KIWI)  
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

Martes

Miercoles

Jueves

Viernes

- 1 Crema de Calabacín  
Zucchini Cream  
Gallineta a la Andaluza  
Floured Fish  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 7 Lasaña Boloñesa  
Bolognese Lasagna  
  
Tortilla Francesa  
Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 14 Tallarines al Wok  
Sautéed Pasta with Soy Sauce  
Tortilla Francesa de Atún  
Tuna Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 21 Crema de Puerros  
Leek Cream  
Ragout de Pavo Estofado  
Stewed Turkey  
Cous Cous  
Cous Cous  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 28 Lentejas con Verduras  
Stewed Lentils with Vegetables  
Tortilla de Patata  
Potato Omelette  
  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds

- 1 Crema de Calabacín  
Zucchini Cream  
Gallineta a la Andaluza  
Floured Fish  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 8 Sopa de Estrellitas  
Star Soup  
  
Cinta de Lomo al Horno  
Baked Loin  
Patatas Fritas  
French Fries  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 15 Arroz Tres Delicias  
Three Delights Rice  
Cinta de Lomo al Horno  
Baked Loin  
Calabacín Asado  
Baked Zucchini  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 22 Lentejas con Arroz  
Stewed Lentils with Rice  
Salmón al Eneldo  
Salmon in Dill Sauce  
Brócoli Salteado  
Sautéed Broccoli  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 29 Espaguettis a la Carbonara  
Carbonara Spaguettis  
Merluza en Salsa  
Hake in Sauce  
  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds

- 2 Guisantes Rehogados  
Sautéed Green Peas  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon  
Patata Asada  
Roasted Potatoes  
Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds
- 9 Lentejas con Verduras  
Stewed Lentils with Vegetables  
  
Merluza a la Andaluza  
Floured Hake  
Quinoa Salteada  
Sautéed Quinoa  
Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds
- 16 Fabada  
Stewed White Beans with Chorizo  
Fogonero a la Romana  
Floured Fish  
Patata Dado  
Diced Potatoes  
Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds
- 23 Coditos al Gratén  
Pasta au Gratin  
Revuelto de Jamón York  
Scrambled Eggs with Ham  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds
- 30 Paella de Verduras  
Rice with Vegetables  
Magro de Cerdo Estofado  
Stewed Lean Pork  
  
Quinoa Salteada  
Sautéed Quinoa  
Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds

- 3 Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 10 Crema de Verduras  
Vegetable Cream  
  
Muslitos de Pollo en Salsa  
Chicken in Sauce  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 17   
**Festivo**  
**Festive**
- 24 Patatas a la Marinera  
Stewed Potatoes with Squids  
Hamburguesa de Ternera al Horno  
Baked Veal Burger  
Calabacín Asado  
Baked Zucchini  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 31 Crema de Calabaza Terrorífica  
Terrorific Pumpkin Cream  
Salchichas de Pavo con Salsa Terrorífica  
Turkey Sausages with Terrorific Tomato Sauce  
Patata Dado  
Diced Potatoes  
Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds

- 4 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Merluza en Salsa  
Hake in Sauce  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds
- 11 Arroz con Tomate y Huevo Cocido  
Rice with Homemade Tomato Sauce and Cooked Egg  
Bienmesabe en Adobo al Horno  
Marinated Dogfish  
Ensalada Variada  
Mixed Salad  
Flan y Pan Sin Sésamo  
Flan and Bread without Sesame Seeds
- 18   
**Festivo**  
**Festive**
- 25 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Gallineta a la Andaluza  
Floured Fish  
Ensalada Variada  
Mixed Salad  
Natillas de Vainilla y Pan Sin Sésamo  
Custard and Bread without Sesame Seeds

Lunes

Martes

Miercoles

Jueves

Viernes

- 1 Crema de Calabacín  
Zucchini Cream  
Gallineta a la Andaluza  
Floured Fish  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 7 Lasaña Boloñesa  
Bolognese Lasagna  
  
Tortilla Francesa  
Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 14 Tallarines al Wok  
Sautéed Pasta with Soy Sauce  
Tortilla Francesa de Atún  
Tuna Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 21 Crema de Puerros  
Leek Cream  
Ragout de Pavo Estofado  
Stewed Turkey  
Cous Cous  
Cous Cous  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 28 Lentejas con Verduras  
Stewed Lentils with Vegetables  
Tortilla de Patata  
Potato Omelette  
  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds

- 1 Crema de Calabacín  
Zucchini Cream  
Gallineta a la Andaluza  
Floured Fish  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 8 Sopa de Estrellitas  
Star Soup  
  
Cinta de Lomo al Horno  
Baked Loin  
Patatas Fritas  
French Fries  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 15 Arroz Tres Delicias  
Three Delights Rice  
Cinta de Lomo al Horno  
Baked Loin  
Calabacín Asado  
Baked Zucchini  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 22 Lentejas con Arroz  
Stewed Lentils with Rice  
Salmón al Eneldo  
Salmon in Dill Sauce  
Brócoli Salteado  
Sautéed Broccoli  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 29 Espaguettis a la Carbonara  
Carbonara Spaguettis  
Merluza en Salsa  
Hake in Sauce  
  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds

- 2 Guisantes Rehogados  
Sautéed Green Peas  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon  
Patata Asada  
Roasted Potatoes  
Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds
- 9 Lentejas con Verduras  
Stewed Lentils with Vegetables  
  
Merluza a la Andaluza  
Floured Hake  
Quinoa Salteada  
Sautéed Quinoa  
Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds
- 16 Fabada  
Stewed White Beans with Chorizo  
Fogonero a la Romana  
Floured Fish  
Patata Dado  
Diced Potatoes  
Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds
- 23 Codos al Gratén  
Pasta au Gratin  
Revuelto de Jamón York  
Scrambled Eggs with Ham  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds
- 30 Paella de Verduras  
Rice with Vegetables  
Magro de Cerdo Estofado  
Stewed Lean Pork  
  
Quinoa Salteada  
Sautéed Quinoa  
Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds

- 3 Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 10 Crema de Verduras  
Vegetable Cream  
  
Muslitos de Pollo en Salsa  
Chicken in Sauce  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 17   
**Festivo**  
**Festive**
- 24 Patatas a la Marinera  
Stewed Potatoes with Squids  
Hamburguesa de Ternera al Horno  
Baked Veal Burger  
Calabacín Asado  
Baked Zucchini  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 31 Crema de Calabaza Terrorífica  
Terrorific Pumpkin Cream  
Salchichas de Pavo con Salsa Terrorífica  
Turkey Sausages with Terrorific Tomato Sauce  
Patata Dado  
Diced Potatoes  
Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds

- 4 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Merluza en Salsa  
Hake in Sauce  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds
- 11 Arroz con Tomate y Huevo Cocido  
Rice with Homemade Tomato Sauce and Cooked Egg  
Bienmesabe en Adobo al Horno  
Marinated Dogfish  
Ensalada Variada  
Mixed Salad  
Flan y Pan Sin Sésamo  
Flan and Bread without Sesame Seeds
- 18   
**Festivo**  
**Festive**
- 25 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Gallineta a la Andaluza  
Floured Fish  
Ensalada Variada  
Mixed Salad  
Natillas de Vainilla y Pan Sin Sésamo  
Custard and Bread without Sesame Seeds

Lunes

Martes

Miercoles

Jueves

Viernes

- 7 Lasaña Boloñesa  
Bolognese Lasagna
- Tortilla Francesa  
Omelette  
Menestra Salteada  
Sauteéd Vegetables  
Yogur y Pan  
Yogurt and Bread
- 14 Tallarines con Verduras  
Pasta with Vegetables  
Tortilla Francesa de Atún  
Tuna Omelette  
Menestra Salteada  
Sauteéd Vegetables  
Yogur y Pan  
Yogurt and Bread
- 21 Crema de Puerros con Picatostes  
Leek Cream with Croutons  
Ragout de Pavo Estofado  
Stewed Turkey  
Cous Cous  
Cous Cous  
Yogur y Pan  
Yogurt and Bread
- 28 Lentejas con Verduras  
Stewed Lentils with Vegetables  
Tortilla de Patata  
Potato Omelette
- Menestra Salteada  
Sauteéd Vegetables  
Yogur y Pan  
Yogurt and Bread

- 1 Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Gallineta a la Andaluza  
Floured Fish  
Zanahorias Cubito Salteadas  
Sauteéd Carrots  
Yogur y Pan  
Yogurt and Bread
- 8 Sopa de Estrellitas  
Star Soup
- Lomo de Sajonia  
Saxony Pork  
Patatas Fritas  
French Fries  
Yogur y Pan  
Yogurt and Bread
- 15 Arroz Tres Delicias  
Three Delights Rice  
Cinta de Lomo al Horno  
Baked Loin  
Calabacín Rebozado  
Fried Zucchini  
Yogur y Pan  
Yogurt and Bread
- 22 Lentejas con Arroz  
Stewed Lentils with Rice  
Salmón al Eneldo  
Salmon in Dill Sauce  
Brócoli Salteado  
Sauteéd Broccoli  
Yogur y Pan  
Yogurt and Bread
- 29 Espaguettis a la Carbonara  
Carbonara Spaguettis  
Merluza en Salsa  
Hake in Sauce
- Calabacín Asado  
Baked Zucchini  
Yogur y Pan  
Yogurt and Bread

- 2 Guisantes Rehogados  
Sautéed Green Peas  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon  
Patata Asada  
Roasted Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 9 Lentejas con Verduras  
Stewed Lentils with Vegetables
- Merluza a la Andaluza  
Floured Hake  
Quinoa Salteada  
Sautéed Quinoa  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 16 Fabada  
Stewed White Beans with Chorizo  
Fogonero a la Romana  
Floured Fish  
Patata Dado  
Diced Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 23 Coditos al Gratén  
Pasta au Gratin  
Revuelto de Jamón York  
Scrambled Eggs with Ham  
Zanahorias Cubito Salteadas  
Sauteéd Carrots  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 30 Paella de Verduras  
Rice with Vegetables  
Magro de Cerdo Estofado  
Stewed Lean Pork
- Quinoa Salteada  
Sautéed Quinoa  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

- 3 Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Yogur y Pan  
Yogurt and Bread
- 10 Crema de Verduras  
Vegetable Cream
- Muslitos de Pollo en Salsa  
Chicken in Sauce  
Zanahorias Cubito Salteadas  
Sauteéd Carrots  
Yogur y Pan  
Yogurt and Bread
- 17   
**Festivo**  
**Festive**
- 24 Patatas a la Marinera  
Stewed Potatoes with Squids  
Hamburguesa de Ternera al Horno  
Baked Veal Burger  
Calabacín Asado  
Baked Zucchini  
Yogur y Pan  
Yogurt and Bread
- 31 Crema de Calabaza Terrorífica  
Terrorific Pumpkin Cream  
Salchichas de Pavo con Salsa Terrorífica  
Turkey Sausages with Terrorific Tomato Sauce  
Patata Dado  
Diced Potatoes  
Yogur y Pan  
Yogurt and Bread

- 4 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Merluza en Salsa  
Hake in Sauce  
Calabacín Asado  
Baked Zucchini  
Yogur y Pan  
Yogurt and Bread
- 11 Arroz con Tomate y Huevo Cocido  
Rice with Homemade Tomato Sauce and Cooked Egg  
Bienmesabe en Adobo al Horno  
Marinated Dogfish  
Calabacín al Horno  
Baked Zucchini  
Yogur y Pan  
Yogurt and Bread
- 18   
**Festivo**  
**Festive**
- 25 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Gallineta a la Andaluza  
Floured Fish  
Calabacín al Horno  
Baked Zucchini  
Yogur y Pan  
Yogurt and Bread



Lunes

Martes

Miercoles

Jueves

Viernes

- 7 Lasaña Boloñesa  
Bolognese Lasagna
  
- Tortilla Francesa  
Omelette  
Ensalada Variada (sin Lechuga ni Pepino)  
Mixed Salad (without Lettuce and Cucumber)  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
  
- 14 Tallarines al Wok  
Sautéed Pasta with Soy Sauce  
Tortilla Francesa de Atún  
Tuna Omelette  
Ensalada Variada (sin Lechuga ni Pepino)  
Mixed Salad (without Lettuce and Cucumber)  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
  
- 21 Crema de Puerros  
Leek Cream  
Ragout de Pavo Estofado  
Stewed Turkey  
Cous Cous  
Cous Cous
  
- Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
  
- 28 Lentejas con Verduras  
Stewed Lentils with Vegetables  
Tortilla de Patata  
Potato Omelette
  
- Ensalada Variada (sin Lechuga ni Pepino)  
Mixed Salad (without Lettuce and Cucumber)  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds

- 1 Crema de Calabacín  
Zucchini Cream  
Gallineta a la Andaluza  
Floured Fish  
Ensalada Variada (sin Lechuga ni Pepino)  
Mixed Salad (without Lettuce and Cucumber)  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
  
- 8 Sopa de Estrellitas  
Star Soup
  
- Lomo de Sajonia  
Saxony Pork  
Patatas Fritas  
French Fries
  
- Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
  
- 15 Arroz Tres Delicias  
Three Delights Rice  
Cinta de Lomo al Horno  
Baked Loin  
Calabacín Asado  
Baked Zucchini
  
- Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
  
- 22 Lentejas con Arroz  
Stewed Lentils with Rice  
Salmón al Eneldo  
Salmon in Dill Sauce  
Brócoli Salteado  
Sautéed Broccoli
  
- Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
  
- 29 Espaguettis a la Carbonara  
Carbonara Spaguettis  
Merluza en Salsa  
Hake in Sauce
  
- Tomate Aliñado  
Seazoned Tomato
  
- Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds

- 2 Guisantes Rehogados  
Sautéed Green Peas  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon  
Patata Asada  
Roasted Potatoes
  
- Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds
  
- 9 Lentejas con Verduras  
Stewed Lentils with Vegetables
  
- Merluza a la Andaluza  
Floured Hake  
Quinoa Salteada  
Sautéed Quinoa
  
- Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds
  
- 16 Fabada  
Stewed White Beans with Chorizo  
Fogonero a la Romana  
Floured Fish  
Patata Dado  
Diced Potatoes
  
- Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds
  
- 23 Coditos al Gratén  
Pasta au Gratin  
Revuelto de Jamón York  
Scrambled Eggs with Ham  
Ensalada Variada (sin Lechuga ni Pepino)  
Mixed Salad (without Lettuce and Cucumber)  
Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds
  
- 30 Paella de Verduras  
Rice with Vegetables  
Magro de Cerdo Estofado  
Stewed Lean Pork
  
- Quinoa Salteada  
Sautéed Quinoa
  
- Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds

- 3 Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge
  
- Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
  
- 10 Crema de Calabacín  
Zucchini Cream
  
- Muslitos de Pollo en Salsa  
Chicken in Sauce  
Tomate Aliñado  
Seazoned Tomato
  
- Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
  
- 17   
**Festivo**  
**Festive**
  
- 24 Patatas a la Marinera  
Stewed Potatoes with Squids  
Hamburguesa de Ternera al Horno  
Baked Veal Burger  
Calabacín Asado  
Baked Zucchini
  
- Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
  
- 31 Crema de Calabaza Terrorífica  
Terrorific Pumpkin Cream  
Salchichas de Pavo con Salsa Terrorífica  
Turkey Sausages with Terrorific Tomato Sauce  
Patata Dado  
Diced Potatoes
  
- Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds

- 4 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Merluza en Salsa  
Hake in Sauce  
Ensalada Variada (sin Lechuga ni Pepino)  
Mixed Salad (without Lettuce and Cucumber)  
Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds
  
- 11 Arroz con Tomate y Huevo Cocido  
Rice with Homemade Tomato Sauce and Cooked Egg  
Bienmesabe en Adobo al Horno  
Marinated Dogfish  
Ensalada Variada (sin Lechuga ni Pepino)  
Mixed Salad (without Lettuce and Cucumber)  
Flan y Pan Sin Sésamo  
Flan and Bread without Sesame Seeds
  
- 18   
**Festivo**  
**Festive**
  
- 25 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Gallineta a la Andaluza  
Floured Fish  
Ensalada Variada (sin Lechuga ni Pepino)  
Mixed Salad (without Lettuce and Cucumber)  
Natillas de Vainilla y Pan Sin Sésamo  
Custard and Bread without Sesame Seeds

## Lunes

- 7 Lasaña Boloñesa  
Bolognese Lasagna
- Tortilla Francesa  
Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
- 14 Tallarines al Wok  
Sautéed Pasta with Soy Sauce  
Tortilla Francesa de Atún  
Tuna Omelette
- Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
- 21 Crema de Puerros con Picatostes  
Leek Cream with Croutons  
Ragout de Pavo Estofado  
Stewed Turkey  
Cous Cous  
Cous Cous  
Fruta y Pan  
Fruit and Bread
- 28 Lentejas con Verduras  
Stewed Lentils with Vegetables  
Tortilla de Patata  
Potato Omelette
- Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

## Martes

- 1 Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Tortilla Francesa  
Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
- 8 Sopa de Estrellitas  
Star Soup
- Lomo de Sajonia  
Saxony Pork  
Patatas Fritas  
French Fries  
Fruta y Pan  
Fruit and Bread
- 15 Arroz Tres Delicias  
Three Delights Rice  
Cinta de Lomo al Horno  
Baked Loin
- Calabacín Asado  
Baked Zucchini  
Fruta y Pan  
Fruit and Bread
- 22 Lentejas con Arroz  
Stewed Lentils with Rice  
Pollo en Salsa  
Chicken in Sauce  
Brócoli Salteado  
Sautéed Broccoli  
Fruta y Pan  
Fruit and Bread
- 29 Espaguettis a la Carbonara  
Carbonara Spaguettis  
Pollo en Salsa  
Chicken in Sauce
- Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread

## Miércoles

- 2 Guisantes Rehogados  
Sautéed Green Peas  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon  
Patata Asada  
Roasted Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 9 Lentejas con Verduras  
Stewed Lentils with Vegetables
- Revuelto de Calabacín  
Scrambled Eggs with Zucchini  
Quinoa Salteada  
Sautéed Quinoa  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 16 Fabada  
Stewed White Beans with Chorizo  
Filete de Pollo Enharinado (Harina de Maíz)  
Floured Chicken  
Patata Dado  
Diced Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 23 Coditos al Gratén  
Pasta au Gratin  
Revuelto de Jamón York  
Scrambled Eggs with Ham  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 30 Paella de Verduras  
Rice with Vegetables  
Magro de Cerdo Estofado  
Stewed Lean Pork
- Quinoa Salteada  
Sautéed Quinoa  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

## Jueves

- 3 Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Fruta y Pan  
Fruit and Bread
- 10 Crema de Verduras  
Vegetable Cream
- Muslitos de Pollo en Salsa  
Chicken in Sauce  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread
- 17   
**Festivo**  
**Festive**
- 24 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Hamburguesa de Ternera al Horno  
Baked Veal Burger  
Calabacín Asado  
Baked Zucchini  
Fruta y Pan  
Fruit and Bread
- 31 Crema de Calabaza Terrorífica  
Terrorific Pumpkin Cream  
Salchichas de Pavo con Salsa Terrorífica  
Turkey Sausages with Terrorific Tomato Sauce  
Patata Dado  
Diced Potatoes  
Gelatina Sangrienta y Pan  
Bloody Jelly and Bread

## Viernes

- 4 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Revuelto de Queso  
Scrambled Eggs with Cheese  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread
- 11 Arroz con Tomate y Huevo Cocido  
Rice with Homemade Tomato Sauce and Cooked Egg  
Salchichas de Pavo al Horno  
Turkey Sausages  
Ensalada Variada  
Mixed Salad  
Flan y Pan  
Flan and Bread
- 18   
**Festivo**  
**Festive**
- 25 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Tortilla Francesa  
Omelette  
Ensalada Variada  
Mixed Salad  
Natillas de Vainilla y Pan  
Custard 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 RESPETO, NUESTRO PERSONAL LE ATENDERÁ

Lunes

Martes

Miercoles

Jueves

Viernes

- 7 Lasaña Boloñesa  
Bolognese Lasagna
- Tortilla Francesa  
Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 14 Tallarines al Wok  
Sautéed Pasta with Soy Sauce  
Tortilla Francesa  
Omelette
- Ensalada Variada  
Mixed Salad  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 21 Crema de Puerros  
Leek Cream  
Ragout de Pavo Estofado  
Stewed Turkey  
Cous Cous  
Cous Cous  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 28 Lentejas con Verduras  
Stewed Lentils with Vegetables  
Tortilla de Patata  
Potato Omelette
- Ensalada Variada  
Mixed Salad  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds

- 1 Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Tortilla Francesa  
Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 8 Sopa de Estrellitas  
Star Soup
- Cinta de Lomo al Horno  
Baked Loin  
Patatas Fritas  
French Fries  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 15 Arroz Tres Delicias  
Three Delights Rice  
Cinta de Lomo al Horno  
Baked Loin
- Calabacín Asado  
Baked Zucchini  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 22 Lentejas con Arroz  
Stewed Lentils with Rice  
Pollo en Salsa  
Chicken in Sauce  
Brócoli Salteado  
Sautéed Broccoli  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 29 Espaguettis a la Carbonara  
Carbonara Spaguettis  
Pollo en Salsa  
Chicken in Sauce
- Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds

- 2 Guisantes Rehogados  
Sautéed Green Peas  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon  
Patata Asada  
Roasted Potatoes  
Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds
- 9 Lentejas con Verduras  
Stewed Lentils with Vegetables
- Revuelto de Calabacín  
Scrambled Eggs with Zucchini  
Quinoa Salteada  
Sautéed Quinoa  
Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds
- 16 Fabada  
Stewed White Beans with Chorizo  
Filete de Pollo Enharinado (Harina de Maíz)  
Floured Chicken  
Patata Dado  
Diced Potatoes  
Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds
- 23 Codos al Gratén  
Pasta au Gratin  
Revuelto de Jamón York  
Scrambled Eggs with Ham  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds
- 30 Paella de Verduras  
Rice with Vegetables  
Magro de Cerdo Estofado  
Stewed Lean Pork
- Quinoa Salteada  
Sautéed Quinoa  
Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds

- 3 Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 10 Crema de Verduras  
Vegetable Cream
- Muslitos de Pollo en Salsa  
Chicken in Sauce  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 17
- 24 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Hamburguesa de Ternera al Horno  
Baked Veal Burger  
Calabacín Asado  
Baked Zucchini  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 31 Crema de Calabaza Terrorífica  
Terrorific Pumpkin Cream  
Salchichas de Pavo con Salsa Terrorífica  
Turkey Sausages with Terrorific Tomato Sauce  
Patata Dado  
Diced Potatoes  
Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds

- 4 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Revuelto de Queso  
Scrambled Eggs with Cheese  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds
- 11 Arroz con Tomate y Huevo Cocido  
Rice with Homemade Tomato Sauce and Cooked Egg  
Salchichas de Pavo al Horno  
Turkey Sausages  
Ensalada Variada  
Mixed Salad  
Flan y Pan Sin Sésamo  
Flan and Bread without Sesame Seeds
- 18
- 25 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Tortilla Francesa  
Omelette  
Ensalada Variada  
Mixed Salad  
Natillas de Vainilla y Pan Sin Sésamo  
Custard and Bread without Sesame Seeds



Festivo  
Festive



Festivo  
Festive

Lunes

Martes

Miercoles

Jueves

Viernes

- 7 Lasaña Boloñesa  
Bolognese Lasagna
- Tortilla Francesa  
Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 14 Tallarines al Wok  
Sautéed Pasta with Soy Sauce  
Tortilla Francesa  
Omelette
- Ensalada Variada  
Mixed Salad  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 21 Crema de Puerros  
Leek Cream  
Ragout de Pavo Estofado  
Stewed Turkey  
Cous Cous  
Cous Cous  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 28 Lentejas con Verduras  
Stewed Lentils with Vegetables  
Tortilla de Patata  
Potato Omelette
- Ensalada Variada  
Mixed Salad  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds

- 1 Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Tortilla Francesa  
Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 8 Sopa de Estrellitas  
Star Soup
- Cinta de Lomo al Horno  
Baked Loin  
Patatas Fritas  
French Fries  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 15 Arroz Tres Delicias  
Three Delights Rice  
Lomo de Sajonia  
Saxony Pork
- Calabacín Asado  
Baked Zucchini  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 22 Lentejas con Arroz  
Stewed Lentils with Rice  
Pollo en Salsa  
Chicken in Sauce  
Brócoli Salteado  
Sautéed Broccoli  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 29 Espaguettis a la Carbonara  
Carbonara Spaguettis  
Pollo en Salsa  
Chicken in Sauce
- Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds

- 2 Guisantes Rehogados  
Sautéed Green Peas  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon  
Patata Asada  
Roasted Potatoes  
Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds
- 9 Lentejas con Verduras  
Stewed Lentils with Vegetables
- Revuelto de Calabacín  
Scrambled Eggs with Zucchini  
Quinoa Salteada  
Sautéed Quinoa  
Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds
- 16 Fabada  
Stewed White Beans with Chorizo  
Filete de Pollo Enharinado (Harina de Maíz)  
Floured Chicken  
Patata Dado  
Diced Potatoes  
Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds
- 23 Codos al Gratin  
Pasta au Gratin  
Revuelto de Jamón York  
Scrambled Eggs with Ham  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds
- 30 Paella de Verduras  
Rice with Vegetables  
Magro de Cerdo Estofado  
Stewed Lean Pork
- Quinoa Salteada  
Sautéed Quinoa  
Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds

- 3 Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 10 Crema de Verduras  
Vegetable Cream
- Muslitos de Pollo en Salsa  
Chicken in Sauce  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 17
- 24 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Hamburguesa de Ternera al Horno  
Baked Veal Burger  
Calabacín Asado  
Baked Zucchini  
Fruta y Pan Sin Sésamo  
Fruit and Bread without Sesame Seeds
- 31 Crema de Calabaza Terrorífica  
Terrorific Pumpkin Cream  
Salchichas de Pavo con Salsa Terrorífica  
Turkey Sausages with Terrorific Tomato Sauce  
Patata Dado  
Diced Potatoes  
Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds

- 4 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Revuelto de Queso  
Scrambled Eggs with Cheese  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Sin Sésamo  
Yogurt and Bread without Sesame Seeds
- 11 Arroz con Tomate y Huevo Cocido  
Rice with Homemade Tomato Sauce and Cooked Egg  
Salchichas de Pavo al Horno  
Turkey Sausages  
Ensalada Variada  
Mixed Salad  
Flan y Pan Sin Sésamo  
Flan and Bread without Sesame Seeds
- 18
- 25 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Tortilla Francesa  
Omelette  
Ensalada Variada  
Mixed Salad  
Natillas de Vainilla y Pan Sin Sésamo  
Custard and Bread without Sesame Seeds



Lunes

Martes

Miercoles

Jueves

Viernes

- 7 Lasaña Boloñesa  
Bolognese Lasagna
- Tortilla Francesa  
Omelette  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit
- 14 Tallarines con Verduras  
Pasta with Vegetables  
Tortilla Francesa de Atún  
Tuna Omelette  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit
- 21 Crema de Puerros  
Leek Cream  
Ragout de Pavo Estofado  
Stewed Turkey  
Cous Cous  
Cous Cous  
Fruta  
Fruit
- 28 Lentejas con Verduras  
Stewed Lentils with Vegetables  
Tortilla de Patata  
Potato Omelette
- Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

- 1 Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Gallineta a la Andaluza  
Floured Fish  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit
- 8 Sopa de Estrellitas  
Star Soup
- Lomo de Sajonia  
Saxony Pork  
Patatas Fritas  
French Fries  
Fruta  
Fruit
- 15 Arroz Tres Delicias  
Three Delights Rice  
Cinta de Lomo al Horno  
Baked Loin  
Calabacín Rebozado  
Fried Zucchini  
Fruta  
Fruit
- 22 Lentejas con Arroz  
Stewed Lentils with Rice  
Merluza en Salsa  
Hake in Sauce  
Brócoli Salteado  
Sautéed Broccoli  
Fruta  
Fruit
- 29 Espaguettis a la Carbonara  
Carbonara Spaguettis  
Merluza en Salsa  
Hake in Sauce
- Tomate Aliñado  
Seasoned Tomato  
Fruta  
Fruit

- 2 Guisantes Rehogados  
Sautéed Green Peas  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon  
Patata Asada  
Roasted Potatoes  
Yogur  
Yogurt
- 9 Lentejas con Verduras  
Stewed Lentils with Vegetables
- Merluza a la Andaluza  
Floured Hake  
Quinoa Salteada  
Sautéed Quinoa  
Yogur  
Yogurt
- 16 Fabada  
Stewed White Beans with Chorizo  
Fogonero a la Romana  
Floured Fish  
Patata Dado  
Diced Potatoes  
Yogur  
Yogurt
- 23 Coditos al Gratén  
Pasta au Gratin  
Revuelto de Jamón York  
Scrambled Eggs with Ham  
Ensalada Variada  
Mixed Salad  
Yogur  
Yogurt
- 30 Paella de Verduras  
Rice with Vegetables  
Magro de Cerdo Estofado  
Stewed Lean Pork
- Quinoa Salteada  
Sautéed Quinoa  
Yogur  
Yogurt

- 3 Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Fruta  
Fruit
- 10 Crema de Verduras  
Vegetable Cream
- Muslitos de Pollo en Salsa  
Chicken in Sauce  
Tomate Aliñado  
Seasoned Tomato  
Fruta  
Fruit
- 17
- 24 Patatas a la Marinera  
Stewed Potatoes with Squids  
Hamburguesa de Ternera al Horno  
Baked Veal Burger  
Calabacín Asado  
Baked Zucchini  
Fruta  
Fruit
- 31 Crema de Calabaza Terrorífica  
Terrorific Pumpkin Cream  
Salchichas de Pavo con Salsa Terrorífica  
Turkey Sausages with Terrorific Tomato Sauce  
Patata Dado  
Diced Potatoes  
Gelatina  
Jelly

- 4 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Merluza en Salsa  
Hake in Sauce  
Ensalada Variada  
Mixed Salad  
Yogur  
Yogurt
- 11 Arroz con Tomate y Huevo Cocido  
Rice with Homemade Tomato Sauce and Cooked Egg  
Bienmesabe en Adobo al Horno  
Marinated Dogfish  
Ensalada Variada  
Mixed Salad  
Flan  
Flan
- 18
- 25 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Gallineta a la Andaluza  
Floured Fish  
Ensalada Variada  
Mixed Salad  
Natillas de Vainilla  
Custard



**Festivo**  
**Festive**



**Festivo**  
**Festive**

Lunes

Martes

Miercoles

Jueves

Viernes

- 7 Lasaña Boloñesa  
Bolognese Lasagna
  
- Tortilla Francesa  
Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
  
- 14 Tallarines al Wok  
Sautéed Pasta with Soy Sauce  
Tortilla Francesa de Atún  
Tuna Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
  
- 21 Crema de Puerros con Picatostes  
Leek Cream with Croutons  
Ragout de Pavo Estofado  
Stewed Turkey  
Cous Cous  
Cous Cous  
Fruta y Pan  
Fruit and Bread
  
- 28 Lentejas con Verduras  
Stewed Lentils with Vegetables  
Tortilla de Patata  
Potato Omelette
  
- Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

- 1 Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Gallineta a la Andaluza  
Floured Fish  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
  
- 8 Sopa de Estrellitas  
Star Soup
  
- Lomo de Sajonia  
Saxony Pork  
Patatas Fritas  
French Fries  
Fruta y Pan  
Fruit and Bread
  
- 15 Arroz Tres Delicias  
Three Delights Rice  
Cinta de Lomo al Horno  
Baked Loin  
Calabacín Asado  
Baked Zucchini  
Fruta y Pan  
Fruit and Bread
  
- 22 Lentejas con Arroz  
Stewed Lentils with Rice  
Salmón al Eneldo  
Salmon in Dill Sauce  
Brócoli Salteado  
Sautéed Broccoli  
Fruta y Pan  
Fruit and Bread
  
- 29 Espaguettis a la Carbonara  
Carbonara Spaguettis  
Merluza en Salsa  
Hake in Sauce
  
- Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread

- 2 Guisantes Rehogados  
Sautéed Green Peas  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon  
Patata Asada  
Roasted Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
  
- 9 Lentejas con Verduras  
Stewed Lentils with Vegetables
  
- Merluza a la Andaluza  
Floured Hake  
Quinoa Salteada  
Sautéed Quinoa  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
  
- 16 Fabada  
Stewed White Beans with Chorizo  
Fogonero a la Romana  
Floured Fish  
Patata Dado  
Diced Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
  
- 23 Coditos al Gratén  
Pasta au Gratin  
Revuelto de Jamón York  
Scrambled Eggs with Ham  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
  
- 30 Paella de Verduras  
Rice with Vegetables  
Magro de Cerdo Estofado  
Stewed Lean Pork
  
- Quinoa Salteada  
Sautéed Quinoa  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

- 3 Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Fruta y Pan  
Fruit and Bread
  
- 10 Crema de Verduras  
Vegetable Cream
  
- Muslitos de Pollo en Salsa  
Chicken in Sauce  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread
  
- 17   
**Festivo**  
**Festive**
  
- 24 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Hamburguesa de Ternera al Horno  
Baked Veal Burger  
Calabacín Asado  
Baked Zucchini  
Fruta y Pan  
Fruit and Bread
  
- 31 Crema de Calabaza Terrorífica  
Terrorific Pumpkin Cream  
Salchichas de Pavo con Salsa Terrorífica  
Turkey Sausages with Terrorific Tomato Sauce  
Patata Dado  
Diced Potatoes  
Gelatina Sangrienta y Pan  
Bloody Jelly and Bread

- 4 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Merluza en Salsa  
Hake in Sauce  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread
  
- 11 Arroz con Tomate y Huevo Cocido  
Rice with Homemade Tomato Sauce and Cooked Egg  
Bienmesabe en Adobo al Horno  
Marinated Dogfish  
Ensalada Variada  
Mixed Salad  
Flan y Pan  
Flan and Bread
  
- 18   
**Festivo**  
**Festive**
  
- 25 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Gallineta a la Andaluza  
Floured Fish  
Ensalada Variada  
Mixed Salad  
Natillas de Vainilla y Pan  
Custard and Bread

Lunes

Martes

Miercoles

Jueves

Viernes

7 Macarrones a la Boloñesa 157g de Pasta, 50g de Tomate Frito 4R de HC  
Pasta with Bolognese Sauce

Tortilla Francesa  
Omelette

Ensalada Variada  
Mixed Salad

Fruta 1R de HC  
Fruit

14 Tallarines con Verduras 180g de Pasta 4R de HC  
Pasta with Vegetables  
Tortilla Francesa de Atún  
Tuna Omelette

Ensalada Variada  
Mixed Salad  
Fruta 1R de HC  
Fruit

21 Crema de Puerros 130g Patata Cocida 2R de HC  
Leek Cream  
Ragout de Pavo Estofado  
Stewed Turkey

Cous Cous 45g de Pasta 1 R de HC  
Cous Cous  
Fruta y Pan 2 R de HC  
Fruit and Bread

28 Lentejas con Verduras (sin Patata) 100g de Lentejas 2 R de HC  
Stewed Lentils with Vegetables  
Tortilla de Patata 150g de Tortilla 2 R de HC  
Potato Omelette

Ensalada Variada  
Mixed Salad  
Fruta 1R de HC  
Fruit

1 Crema de Calabacín 150 g de Calabacín 65 g de Patata 2 R de HC  
Zucchini Cream  
Gallineta a la Andaluza 15g Maizena 1R de HC  
Floured Fish

Ensalada Variada  
Mixed Salad

Fruta y Pan 2 R de HC  
Fruit and Bread

8 Sopa de Fideos 45 g de Fideos 1 R de HC  
Noodle Soup

Lomo de Sajonia  
Saxony Pork

Patatas Fritas 60 g de Patatas Fritas 2 R de HC  
French Fries  
Fruta y Pan 2 R de HC  
Fruit and Bread

15 Arroz Tres Delicias 114g de Arroz 3 R de HC  
Three Delights Rice  
Cinta de Lomo al Horno  
Baked Loin

Calabacín Rebozado 40 g de Calabacín 1 R  
Fried Zucchini  
Fruta 1R de HC  
Fruit

22 Lentejas con Arroz (150g Lentejas y 38g Arroz) 4R de HC  
Stewed Lentils with Rice  
Salmón al Eneldo  
Salmon in Dill Sauce

Brócoli Salteado  
Sautéed Broccoli  
Fruta 1R de HC  
Fruit

29 Espaguettis a la Carbonara (Sin Harina) 180g de Pasta 4R de HC  
Carbonara Spaguettis  
Merluza en Salsa  
Hake in Sauce

Tomate Aliñado  
Seazoned Tomato  
Fruta 1R de HC  
Fruit

2 Guisantes Rehogados 150g de Guisantes 1,5 R de HC  
Sautéed Green Peas  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon

Patata Asada 70 g de Patata Asada 2 R de HC  
Roasted Potatoes

Yogur Desnatado de Sabor y Pan 20g de pan 1,5R de HC  
Low-fat Yogurt and Bread

9 Lentejas Estofadas con Verdura (sin Patata) 150 g de Lentejas 3 R de HC  
Stewed Lentils with Vegetables

Merluza a la Andaluza 15g de Maizena 1 R de HC  
Floured Hake

Quinoa con Albahaca 24g de Quinoa 0,5R de HC  
Quinoa with Basil  
Yogur Desnatado 0,5R de HC  
Low-fat Yogurt

16 Fabada (sin Patata) 165g de Alubias 3R de HC  
Stewed White Beans with Chorizo  
Fogonero a la Romana (15g Harina de Maiz) 1R de HC  
Floured Fish  
Patata Dado 15 g de Patata 0,5 R de HC  
Diced Potatoes  
Yogur Desnatado 0,5R de HC  
Low-fat Yogurt

23 Coditos con Tomate Frito y Queso (180g de Pasta, 50g de Tomate Frito) 4,5R de HC  
Pasta with Tomato Sauce and Cheese  
Revuelto de Jamón York  
Scrambled Eggs with Ham

Ensalada Variada  
Mixed Salad  
Yogur Desnatado 0,5R de HC  
Low-fat Yogurt

30 Paella de Verduras 133 g Arroz 3,5 R de HC  
Rice with Vegetables  
Magro de Cerdo Estofado  
Stewed Lean Pork

Quinoa Salteada (48g Quinoa) 1R de HC  
Sautéed Quinoa  
Yogur Desnatado 0,5R de HC  
Low-fat Yogurt

3 Sopa de Cocido 22,5 g de Pasta 0,5 R de HC  
Meat Soup  
Cocido Completo (sin zanahoria): 137,5g Garbanzos y 65g Patata Cocida 3,5R de HC  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge

Fruta 1R de HC  
Fruit

10 Crema de Verduras 195 g de Patata 3R de HC  
Vegetable Cream with Pumpkin Croutons

Muslitos de Pollo en Salsa  
Chicken in Sauce

Tomate Aliñado  
Seazoned Tomato

Fruta y Pan 2 R de HC  
Fruit and Bread

17

  
**Festivo**  
**Festive**

24 Patatas a la Marinera 195g de Patata Cocida 3R de HC  
Stewed Potatoes with Squids  
Hamburguesa de Ternera al Horno 85g de Hamburguesa (Revilla) 1 R de HC  
Baked Veal Burger  
Calabacín Asado  
Baked Zucchini  
Fruta 1R de HC  
Fruit

31 Crema de Calabaza 150 g de Calabaza 81,25 g de Patata Cocida 2 R de HC  
Pumpkin Cream  
Salchichas de Pavo con Salsa Terrorífica 850g de Tomate Frito) 0,5R de HC  
Turkey Sausages with Terrific Tomato Sauce  
Patata Dado 60 g de Patata Frita 2 R de HC  
Diced Potatoes  
Yogur Desnatado 0,5R de HC  
Low-fat Yogurt

4 Arroz con Tomate Frito 114g Arroz, 50g Tomate Frito 3,5R de HC  
Rice with Tomato Sauce  
Merluza en Salsa  
Hake in Sauce

Ensalada Variada  
Mixed Salad

Yogur Desnatado de Sabor y Pan 20g de pan 1,5R de HC  
Low-fat Yogurt and Bread

11 Arroz con Tomate y Huevo Cocido 114 g de Arroz 50g de Tomate Frito 3,5R de HC  
Rice with Homemade Tomato Sauce and Cooked Egg  
Bienmesabe en Adobo al Horno (15g Harina) 1R de HC  
Marinated Dogfish  
Ensalada Variada  
Mixed Salad

Yogur Desnatado 0,5R de HC  
Low-fat Yogurt

18

  
**Festivo**  
**Festive**

25 Arroz con Tomate Frito 114g Arroz, 50g Tomate Frito 3,5R de HC  
Rice with Tomato Sauce  
Gallineta a la Andaluza 15g Maizena 1R de HC  
Floured Fish  
Ensalada Variada  
Mixed Salad  
Yogur Desnatado 0,5R de HC  
Low-fat Yogurt