

Lunes-Monday

3 Lentejas Guisadas
Stewed Lentils
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada (Sin Lechuga)
Mixed Salad without Lettuce
Fruta y Pan
Fruit and Bread

10 Ensalada de Pasta
Pasta Salad

Tortilla Francesa de Queso
Cheese French Omelette
Ensalada Variada (Sin Lechuga)
Mixed Salad without Lettuce
Fruta y Pan
Fruit and Bread

17 Arroz a Banda
Rice with Seafood
Empanadillas de Atún
Tuna Dumplings

Ensalada Variada (Sin Lechuga)
Mixed Salad without Lettuce
Fruta y Pan
Fruit and Bread

Martes-Tuesday

4 Crema de Zanahoria con Picatostes
Carrots Cream with Croutons
Salchichas de Pavo al Horno
Turkey Sausages
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

11 Fabada
Stewed White Beans without Chorizo and Potatoes
Varitas de Merluza
Hake Fingers
Ensalada Variada (Sin Lechuga)
Mixed Salad without Lettuce
Fruta y Pan
Fruit and Bread

18 Judías Verdes con Tomate
Green Beans with Tomato Sauce
Cinta de Lomo al Horno
Baked Loin

Patata Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread

Miercoles-Wednesday

5 Coditos a la Napolitana
Pasta with Tomato Sauce
Merluza al Horno
Baked Hake
Ensalada de Pimientos
Peppers Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

12 Crema de Calabacín
Zucchini Cream

Pollo al Horno
Baked Chicken
Cous Cous
Cous Cous
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

19 Lentejas con Arroz
Stewed Lentils with Rice
Merluza a la Andaluza
Floured Hake

Ensalada Variada (Sin Lechuga)
Mixed Salad without Lettuce
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Jueves-Thursday

6 Brócoli al Gratin
Broccoli au Gratin
Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Puré de Patata
Mashed potatoes
Fruta y Pan
Fruit and Bread

13 Arroz con Tomate Confitado
Rice with Tomato Sauce

Caballa en Aceite
Mackerel in Oil
Ensalada Variada (Sin Lechuga)
Mixed Salad without Lettuce
Fruta y Pan
Fruit and Bread

20 Macarrones a la Boloñesa
Pasta with Bolognese Sauce
Tortilla de Calabacín
Zucchini Omelette

Ensalada Variada (Sin Lechuga)
Mixed Salad without Lettuce
Fruta y Pan
Fruit and Bread

Viernes-Friday

7 Ensalada de Arroz
Rice Salad
Abadejo a la Riojana
Fish with Tomato Sauce
Calabacín al Horno
Baked Zucchini
Flan y Pan
Flan and Bread

14 Ensalada de Garbanzos
Chickpeas Salad

Escalope de Cerdo
Breaded Pork
Patata Dado
Diced Potatoes
Yogur y Pan
Yogurt and Bread

21 Sopa de Fideos
Noodle Soup
Hamburguesa de Ternera Completa con Queso
Veal Burger with Cheese
Patatas Fritas
French Fries
Helado de Nata-Fresa
Strawberry Cream Ice-Cream

Lunes-Monday

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

10 Ensalada de Pasta S/ Gluten S/Huevo
Gluten-Egg Free Pasta Salad

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

17 Arroz a Banda
Rice with Seafood
Atún con Tomate
Tuna with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Martes-Tuesday

4 Crema de Zanahoria
Carrots Cream
Salchichas de Pavo al Horno
Turkey Sausages
Arroz Pilaf
Rice
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

11 Fabada
Stewed White Beans without Chorizo and Potatoes
Merluza Enharinada (Harina de Maíz)
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

18 Judías Verdes con Tomate
Green Beans with Tomato Sauce
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Miercoles-Wednesday

5 Pasta S/Gluten S/Huevo a la Napolitana
Gluten-Egg Free Pasta with Tomato Sauce
Merluza al Horno
Baked Hake
Ensalada de Pimientos
Peppers Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

12 Crema de Calabacín
Zucchini Cream

Pollo al Horno
Baked Chicken
Arroz Pilaf
Rice
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

19 Crema de Zanahoria
Carrots Cream
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

Jueves-Thursday

6 Brócoli al Gratén
Broccoli au Gratin
Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Puré de Patata
Mashed potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

13 Arroz con Tomate Confitado
Rice with Tomato Sauce

Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

20 Pasta S/Gluten S/Huevo a la Boloñesa
Gluten Free Pasta with Bolognese
Tortilla de Calabacín
Zucchini Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Viernes-Friday

7 Ensalada de Arroz
Rice Salad
Abadejo a la Riojana
Fish with Tomato Sauce
Calabacín al Horno
Baked Zucchini
Flan y Pan S/Gluten
Flan and Gluten-Free Bread

14 Ensalada de Garbanzos
Chickpeas Salad

Cinta de Lomo Enharinada (Harina de Maíz)
Floured Pork
Patata Dado
Diced Potatoes
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

21 Ensalada Mixta
Mixed Salad without Tomato and carrot
Hamburguesa Adaptada a la Dieta al Horno
Diet Baked Burger
Patatas Fritas
French Fries
Helado de Nata-Fresa y Pan S/Gluten
Strawberry Cream Ice-Cream and Gluten Free Bread

Lunes-Monday

3 Lentejas Guisadas
Stewed Lentils
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

10 Ensalada de Pasta S/ Gluten S/Huevo
Gluten-Egg Free Pasta Salad

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

17 Arroz a Banda
Rice with Seafood
Atún con Tomate
Tuna with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Martes-Tuesday

4 Crema de Zanahoria
Carrots Cream
Salchichas de Pavo al Horno
Turkey Sausages
Arroz Pilaf
Rice
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

11 Fabada
Stewed White Beans without Chorizo and Potatoes

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

18 Judías Verdes con Tomate
Green Beans with Tomato Sauce
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Miercoles-Wednesday

5 Pasta S/Gluten S/Huevo a la Napolitana
Gluten-Egg Free Pasta with Tomato Sauce
Merluza al Horno
Baked Hake
Ensalada de Pimientos
Peppers Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

12 Crema de Calabacín
Zucchini Cream

Pollo al Horno
Baked Chicken
Arroz Pilaf
Rice
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

19 Lentejas con Arroz
Stewed Lentils with Rice
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Jueves-Thursday

6 Brócoli Salteado
Sautéed Broccoli
Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Patata Asada
Roasted Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

13 Arroz con Tomate Confitado
Rice with Tomato Sauce

Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

20 Pasta S/Gluten S/Huevo a la Boloñesa
Gluten Free Pasta with Bolognese
Tortilla de Calabacín
Zucchini Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Viernes-Friday

7 Ensalada de Arroz
Rice Salad
Abadejo a la Riojana
Fish with Tomato Sauce
Calabacín al Horno
Baked Zucchini
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

14 Ensalada de Garbanzos
Chickpeas Salad

Cinta de Lomo Enharinada (Harina de Maíz)
Floured Pork
Patata Dado
Diced Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

21 Ensalada Mixta
Mixed Salad without Tomato and carrot
Hamburguesa Adaptada a la Dieta al Horno
Diet Baked Burger
Patatas Fritas
French Fries
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Lunes-Monday

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

- 10 Ensalada de Pasta S/ Gluten S/Huevo
Gluten-Egg Free Pasta Salad

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

- 17 Arroz a Banda
Rice with Seafood
Atún con Tomate
Tuna with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Martes-Tuesday

- 4 Crema de Zanahoria
Carrots Cream
Salchichas de Pavo al Horno
Turkey Sausages
Arroz Pilaf
Rice
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

- 11 Fabada
Stewed White Beans without Chorizo and Potatoes
Merluza Enharinada (Harina de Maíz)
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

- 18 Judías Verdes con Tomate
Green Beans with Tomato Sauce
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Miercoles-Wednesday

- 5 Pasta S/Gluten S/Huevo a la Napolitana
Gluten-Egg Free Pasta with Tomato Sauce
Merluza al Horno
Baked Hake
Ensalada de Pimientos
Peppers Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

- 12 Crema de Calabacín
Zucchini Cream

Pollo al Horno
Baked Chicken
Arroz Pilaf
Rice
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

- 19 Crema de Zanahoria
Carrots Cream
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Jueves-Thursday

- 6 Brócoli Salteado
Sautéed Broccoli
Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Patata Asada
Roasted Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

- 13 Arroz con Tomate Confitado
Rice with Tomato Sauce

Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

- 20 Pasta S/Gluten S/Huevo a la Boloñesa
Gluten Free Pasta with Bolognese
Tortilla de Calabacín
Zucchini Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Viernes-Friday

- 7 Ensalada de Arroz
Rice Salad
Abadejo a la Riojana
Fish with Tomato Sauce
Calabacín al Horno
Baked Zucchini
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

- 14 Ensalada de Garbanzos
Chickpeas Salad

Cinta de Lomo Enharinada (Harina de Maíz)
Floured Pork
Patata Dado
Diced Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

- 21 Ensalada Mixta
Mixed Salad without Tomato and carrot
Hamburguesa Adaptada a la Dieta al Horno
Diet Baked Burger
Patatas Fritas
French Fries
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread



PAN SIN GLUTEN. FRUTA VARIADA y de TEMPORADA

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

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Lunes-Monday

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

10 Ensalada de Pasta S/ Gluten S/Huevo (sin Atún)
Gluten-Egg Free Pasta Salad without Tuna
Tortilla Francesa de Queso
Cheese French Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

17 Arroz Campero
Rice with Vegetables
Tortilla Francesa
Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Martes-Tuesday

4 Crema de Zanahoria
Carrots Cream
Salchichas de Pavo al Horno
Turkey Sausages
Arroz Pilaf
Rice
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

11 Fabada
Stewed White Beans without Chorizo and Potatoes
Lomo de Sajonia
Saxony Pork
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

18 Judías Verdes con Tomate
Green Beans with Tomato Sauce
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Miercoles-Wednesday

5 Pasta S/Gluten S/Huevo a la Napolitana
Gluten-Egg Free Pasta with Tomato Sauce
Tortilla Francesa de Calabacín
Zucchini Omelette
Ensalada de Pimientos
Peppers Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

12 Crema de Calabacín
Zucchini Cream

Pollo al Horno
Baked Chicken
Arroz Pilaf
Rice
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

19 Crema de Zanahoria
Carrots Cream
Salchichas de Pavo al Horno
Turkey Sausages
Ensalada Variada
Mixed Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

Jueves-Thursday

6 Brócoli al Gratén
Broccoli au Gratin
Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Puré de Patata
Mashed potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

13 Arroz con Tomate Confitado
Rice with Tomato Sauce

Revuelto de York
Scrambled Eggs with Ham
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

20 Pasta S/Gluten S/Huevo a la Boloñesa
Gluten Free Pasta with Bolognese
Tortilla de Calabacín
Zucchini Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Viernes-Friday

7 Ensalada de Arroz (Sin Atún)
Rice Salad Without Tuna
Cinta de Lomo al Horno
Baked Loin
Calabacín al Horno
Baked Zucchini
Flan y Pan S/Gluten
Flan and Gluten-Free Bread

14 Ensalada de Garbanzos (Sin Atún)
Chickpeas Salad Without Tuna

Cinta de Lomo Enharinada (Harina de Maíz)
Floured Pork
Patata Dado
Diced Potatoes
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

21 Ensalada Mixta
Mixed Salad without Tomato and carrot
Hamburguesa Adaptada a la Dieta al Horno
Diet Baked Burger
Patatas Fritas
French Fries
Helado de Nata-Fresa y Pan S/Gluten
Strawberry Cream Ice-Cream and Gluten Free Bread

Lunes-Monday

3 Lentejas Guisadas
Stewed Lentils
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

10 Ensalada de Pasta
Pasta Salad

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

17 Arroz a Banda
Rice with Seafood
Atún con Tomate
Tuna with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Martes-Tuesday

4 Crema de Zanahoria con Picatostes
Carrots Cream with Croutons
Salchichas de Pavo al Horno
Turkey Sausages
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

11 Fabada
Stewed White Beans without Chorizo and Potatoes
Merluza Enharinada (Harina de Maíz)
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

18 Judías Verdes con Tomate
Green Beans with Tomato Sauce
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread

Miercoles-Wednesday

5 Coditos a la Napolitana
Pasta with Tomato Sauce
Merluza al Horno
Baked Hake
Ensalada de Pimientos
Peppers Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

12 Crema de Calabacín
Zucchini Cream

Pollo al Horno
Baked Chicken
Cous Cous
Cous Cous
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

19 Lentejas con Arroz
Stewed Lentils with Rice
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

Jueves-Thursday

6 Brócoli Salteado
Sautéed Broccoli
Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Patata Asada
Roasted Potatoes
Fruta y Pan
Fruit and Bread

13 Arroz con Tomate Confitado
Rice with Tomato Sauce

Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

20 Macarrones a la Boloñesa
Pasta with Bolognese Sauce
Tortilla de Calabacín
Zucchini Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Viernes-Friday

7 Ensalada de Arroz
Rice Salad
Abadejo a la Riojana
Fish with Tomato Sauce
Calabacín al Horno
Baked Zucchini
Yogur de Soja y Pan
Soy Yogurt and Bread

14 Ensalada de Garbanzos
Chickpeas Salad

Escalope de Cerdo
Breaded Pork
Patata Dado
Diced Potatoes
Yogur de Soja y Pan
Soy Yogurt and Bread

21 Ensalada Mixta
Mixed Salad without Tomato and carrot
Hamburguesa de Ternera con Tomate
Veal Burger with Tomato Sauce
Patatas Fritas
French Fries
Yogur de Soja y Pan
Soy Yogurt and Bread

mediterránea

FRUTA VARIADA y de TEMPORADA

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

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Lunes-Monday

3 Lentejas Guisadas
Stewed Lentils
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

10 Ensalada de Pasta
Pasta Salad

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

17 Arroz a Banda
Rice with Seafood
Atún con Tomate
Tuna with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Martes-Tuesday

4 Crema de Zanahoria con Picatostes
Carrots Cream with Croutons
Salchichas de Pavo al Horno
Turkey Sausages
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

11 Fabada
Stewed White Beans without Chorizo and Potatoes
Merluza Enharinada (Harina de Maíz)
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

18 Judías Verdes con Tomate
Green Beans with Tomato Sauce
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread

Miercoles-Wednesday

5 Coditos a la Napolitana
Pasta with Tomato Sauce
Merluza al Horno
Baked Hake
Ensalada de Pimientos
Peppers Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

12 Crema de Calabacín
Zucchini Cream

Pollo al Horno
Baked Chicken
Cous Cous
Cous Cous
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

19 Lentejas con Arroz
Stewed Lentils with Rice
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

Jueves-Thursday

6 Brócoli Salteado
Sautéed Broccoli
Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Patata Asada
Roasted Potatoes
Fruta y Pan
Fruit and Bread

13 Arroz con Tomate Confitado
Rice with Tomato Sauce

Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

20 Macarrones a la Boloñesa
Pasta with Bolognese Sauce
Tortilla de Calabacín
Zucchini Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Viernes-Friday

7 Ensalada de Arroz
Rice Salad
Abadejo a la Riojana
Fish with Tomato Sauce
Calabacín al Horno
Baked Zucchini
Yogur de Soja y Pan
Soy Yogurt and Bread

14 Ensalada de Garbanzos
Chickpeas Salad

Escalope de Cerdo
Breaded Pork
Patata Dado
Diced Potatoes
Yogur de Soja y Pan
Soy Yogurt and Bread

21 Ensalada Mixta
Mixed Salad without Tomato and carrot
Hamburguesa de Ternera con Tomate
Veal Burger with Tomato Sauce
Patatas Fritas
French Fries
Yogur de Soja y Pan
Soy Yogurt and Bread

Lunes-Monday

- 3 Lentejas Guisadas
Stewed Lentils
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

- 10 Ensalada de Pasta (Sin Atún)
Pasta Salad

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

- 17 Arroz Campero
Rice with Vegetables
Merluza con Tomate
Hake with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Martes-Tuesday

- 4 Crema de Zanahoria con Picatostes
Carrots Cream with Croutons
Salchichas de Pavo al Horno
Turkey Sausages
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

- 11 Fabada
Stewed White Beans without Chorizo and Potatoes
Merluza Enharinada (Harina de Maíz)
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

- 18 Judías Verdes con Tomate
Green Beans with Tomato Sauce
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread

Miercoles-Wednesday

- 5 Coditos a la Napolitana
Pasta with Tomato Sauce
Merluza al Horno
Baked Hake
Ensalada de Pimientos
Peppers Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

- 12 Crema de Calabacín
Zucchini Cream

Pollo al Horno
Baked Chicken
Cous Cous
Cous Cous
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

- 19 Lentejas con Arroz
Stewed Lentils with Rice
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

Jueves-Thursday

- 6 Brócoli Salteado
Sautéed Broccoli
Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Patata Asada
Roasted Potatoes
Fruta y Pan
Fruit and Bread

- 13 Arroz con Tomate Confitado
Rice with Tomato Sauce

Merluza en Salsa
Hake in Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

- 20 Macarrones a la Boloñesa
Pasta with Bolognese Sauce
Tortilla de Calabacín
Zucchini Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Viernes-Friday

- 7 Ensalada de Arroz (Sin Atún)
Rice Salad Without Tuna
Merluza a la Riojana
Hake with Tomato Sauce
Calabacín al Horno
Baked Zucchini
Yogur de Soja y Pan
Soy Yogurt and Bread

- 14 Ensalada de Garbanzos (Sin Atún)
Chickpeas Salad Without Tuna

Escalope de Cerdo
Breaded Pork
Patata Dado
Diced Potatoes
Yogur de Soja y Pan
Soy Yogurt and Bread

- 21 Ensalada Mixta
Mixed Salad without Tomato and carrot
Hamburguesa de Ternera con Tomate
Veal Burger with Tomato Sauce
Patatas Fritas
French Fries
Yogur de Soja y Pan
Soy Yogurt and Bread

Lunes-Monday

3 Lentejas Guisadas
Stewed Lentils
Lomo de Sajonia
Saxony Pork
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

10 Ensalada de Pasta S/Gluten S/Huevo (Sin huevo)
Gluten-Egg Free Pasta Salad without Egg
Filete de Pollo
Chicken Breast
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

17 Arroz a Banda
Rice with Seafood
Atún con Tomate
Tuna with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Martes-Tuesday

4 Crema de Zanahoria con Picatostes
Carrots Cream with Croutons
Salchichas de Pavo al Horno
Turkey Sausages
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

11 Fabada
Stewed White Beans without Chorizo and Potatoes
Merluza Enharinada (Harina de Maíz)
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

18 Judías Verdes con Tomate
Green Beans with Tomato Sauce
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread

Miercoles-Wednesday

5 Pasta S/Gluten S/Huevo a la Napolitana
Gluten-Egg Free Pasta with Tomato Sauce
Merluza al Horno
Baked Hake
Ensalada de Pimientos
Peppers Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

12 Crema de Calabacín
Zucchini Cream

Pollo al Horno
Baked Chicken
Cous Cous
Cous Cous
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

19 Lentejas con Arroz
Stewed Lentils with Rice
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Jueves-Thursday

6 Brócoli Salteado
Sautéed Broccoli
Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Puré de Patata
Mashed potatoes
Fruta y Pan
Fruit and Bread

13 Arroz con Tomate Confitado
Rice with Tomato Sauce

Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

20 Pasta S/Gluten S/Huevo a la Boloñesa
Gluten Free Pasta with Bolognese
Pollo Asado
Roasted Chicken
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Viernes-Friday

7 Ensalada de Arroz (Sin Huevo)
Rice Salad without Egg
Abadejo a la Riojana
Fish with Tomato Sauce
Calabacín al Horno
Baked Zucchini
Flan y Pan
Flan and Bread

14 Ensalada de Garbanzos (Sin Huevo)
Chickpeas Salad without Egg

Cinta de Lomo Enharinada (Harina de Maíz)
Floured Pork
Patata Dado
Diced Potatoes
Yogur y Pan
Yogurt and Bread

21 Ensalada Mixta
Mixed Salad without Tomato and carrot
Hamburguesa de Ternera con Tomate
Veal Burger with Tomato Sauce
Patatas Fritas
French Fries
Helado de Nata-Fresa y Pan
Strawberry Cream Ice-Cream and Bread

Lunes-Monday

3 Lentejas Guisadas
Stewed Lentils
Lomo de Sajonia
Saxony Pork
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

10 Ensalada de Pasta (Sin Huevo Cocido)
Pasta Salad without Boiled Egg

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

17 Arroz a Banda
Rice with Seafood
Empanadillas de Atún
Tuna Dumplings

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Martes-Tuesday

4 Crema de Zanahoria con Picatostes
Carrots Cream with Croutons
Salchichas de Pavo al Horno
Turkey Sausages
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

11 Fabada
Stewed White Beans without Chorizo and Potatoes

Varitas de Merluza
Hake Fingers
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

18 Judías Verdes con Tomate
Green Beans with Tomato Sauce
Cinta de Lomo al Horno
Baked Loin

Patata Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread

Miercoles-Wednesday

5 Coditos a la Napolitana
Pasta with Tomato Sauce
Merluza al Horno
Baked Hake
Ensalada de Pimientos
Peppers Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

12 Crema de Calabacín
Zucchini Cream

Pollo al Horno
Baked Chicken
Cous Cous
Cous Cous
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

19 Lentejas con Arroz
Stewed Lentils with Rice
Merluza a la Andaluza
Floured Hake

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

Jueves-Thursday

6 Brócoli al Gratén
Broccoli au Gratin
Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Puré de Patata
Mashed potatoes
Fruta y Pan
Fruit and Bread

13 Arroz con Tomate Confitado
Rice with Tomato Sauce

Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

20 Macarrones a la Boloñesa
Pasta with Bolognese Sauce
Pollo Asado
Roasted Chicken

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Viernes-Friday

7 Ensalada de Arroz (Sin Huevo)
Rice Salad without Egg
Abadejo a la Riojana
Fish with Tomato Sauce
Calabacín al Horno
Baked Zucchini
Flan y Pan
Flan and Bread

14 Ensalada de Garbanzos (Sin Huevo)
Chickpeas Salad without Egg

Escalope de Cerdo
Breaded Pork
Patata Dado
Diced Potatoes
Yogur y Pan
Yogurt and Bread

21 Ensalada Mixta
Mixed Salad without Tomato and carrot
Hamburguesa de Ternera Completa con Queso
Veal Burger with Cheese
Patatas Fritas
French Fries
Helado de Nata-Fresa
Strawberry Cream Ice-Cream

Lunes-Monday

- 3 Lentejas Guisadas
Stewed Lentils
Lomo de Sajonia
Saxony Pork
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

- 10 Ensalada de Pasta S/Gluten S/Huevo (Sin huevo)
Gluten-Egg Free Pasta Salad without Egg
Filete de Pollo
Chicken Breast
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

- 17 Arroz a Banda
Rice with Seafood
Atún con Tomate
Tuna with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Martes-Tuesday

- 4 Crema de Zanahoria
Carrots Cream
Salchichas de Pavo al Horno
Turkey Sausages
Cous Cous
Cous Cous
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

- 11 Fabada
Stewed White Beans without Chorizo and Potatoes
Merluza Enharinada (Harina de Maíz)
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

- 18 Judías Verdes con Tomate
Green Beans with Tomato Sauce
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Miercoles-Wednesday

- 5 Pasta S/Gluten S/Huevo a la Napolitana
Gluten-Egg Free Pasta with Tomato Sauce
Merluza al Horno
Baked Hake
Ensalada de Pimientos
Peppers Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

- 12 Crema de Calabacín
Zucchini Cream

Pollo al Horno
Baked Chicken
Cous Cous
Cous Cous
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

- 19 Lentejas con Arroz
Stewed Lentils with Rice
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

Jueves-Thursday

- 6 Brócoli Salteado
Sautéed Broccoli
Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Puré de Patata
Mashed potatoes
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

- 13 Arroz con Tomate Confitado
Rice with Tomato Sauce

Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

- 20 Pasta S/Gluten S/Huevo a la Boloñesa
Gluten Free Pasta with Bolognese
Pollo Asado
Roasted Chicken
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Viernes-Friday

- 7 Ensalada de Arroz (Sin Huevo)
Rice Salad without Egg
Abadejo a la Riojana
Fish with Tomato Sauce
Calabacín al Horno
Baked Zucchini
Flan y Pan Sin Sésamo
Flan and Bread without Sesame Seeds

- 14 Ensalada de Garbanzos (Sin Huevo)
Chickpeas Salad without Egg

Cinta de Lomo Enharinada (Harina de Maíz)
Floured Pork
Patata Dado
Diced Potatoes
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

- 21 Ensalada Mixta
Mixed Salad without Tomato and carrot
Hamburguesa de Ternera con Tomate
Veal Burger with Tomato Sauce
Patatas Fritas
French Fries
Natillas de Vainilla y Pan Sin Sésamo
Custard and Bread without Sesame Seeds

Lunes-Monday

3 Lentejas Guisadas
Stewed Lentils
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

10 Ensalada de Pasta
Pasta Salad

Tortilla Francesa
Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

17 Arroz a Banda
Rice with Seafood
Atún con Tomate
Tuna with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Martes-Tuesday

4 Crema de Zanahoria
Carrots Cream
Salchichas de Pavo al Horno
Turkey Sausages
Cous Cous
Cous Cous
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

11 Fabada
Stewed White Beans without Chorizo and Potatoes
Merluza Enharinada (Harina de Maíz)
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

18 Judías Verdes con Tomate
Green Beans with Tomato Sauce
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Miercoles-Wednesday

5 Códigos a la Napolitana
Pasta with Tomato Sauce
Merluza al Horno
Baked Hake
Ensalada de Pimientos
Peppers Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

12 Crema de Calabacín
Zucchini Cream

Pollo al Horno
Baked Chicken
Cous Cous
Cous Cous
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

19 Lentejas con Arroz
Stewed Lentils with Rice
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Jueves-Thursday

6 Brócoli Salteado
Sautéed Broccoli
Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Patata Asada
Roasted Potatoes
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

13 Arroz con Tomate Confitado
Rice with Tomato Sauce

Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

20 Macarrones a la Boloñesa
Pasta with Bolognese Sauce
Tortilla de Calabacín
Zucchini Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Viernes-Friday

7 Ensalada de Arroz
Rice Salad
Abadejo a la Riojana
Fish with Tomato Sauce
Calabacín al Horno
Baked Zucchini
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

14 Ensalada de Garbanzos
Chickpeas Salad

Cinta de Lomo Enharinada (Harina de Maíz)
Floured Pork
Patata Dado
Diced Potatoes
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

21 Ensalada Mixta
Mixed Salad without Tomato and carrot
Hamburguesa de Ternera con Tomate
Veal Burger with Tomato Sauce
Patatas Fritas
French Fries
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

mediterránea

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

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

Lunes-Monday

3 Lentejas Guisadas
Stewed Lentils
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada (Sin Lechuga)
Mixed Salad without Lettuce
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

10 Ensalada de Pasta
Pasta Salad

Tortilla Francesa de Queso
Cheese French Omelette
Ensalada Variada (Sin Lechuga)
Mixed Salad without Lettuce
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

17 Arroz a Banda
Rice with Seafood
Empanadillas de Atún
Tuna Dumplings
Ensalada Variada (Sin Lechuga)
Mixed Salad without Lettuce
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Martes-Tuesday

4 Crema de Zanahoria
Carrots Cream
Salchichas de Pavo al Horno
Turkey Sausages
Cous Cous
Cous Cous
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

11 Fabada
Stewed White Beans without Chorizo and Potatoes
Varitas de Merluza
Hake Fingers
Ensalada Variada (Sin Lechuga)
Mixed Salad without Lettuce
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

18 Judías Verdes con Tomate
Green Beans with Tomato Sauce
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Miercoles-Wednesday

5 Coditos a la Napolitana
Pasta with Tomato Sauce
Merluza al Horno
Baked Hake
Ensalada de Pimientos
Peppers Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

12 Crema de Calabacín
Zucchini Cream

Pollo al Horno
Baked Chicken
Cous Cous
Cous Cous
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

19 Lentejas con Arroz
Stewed Lentils with Rice
Merluza a la Andaluza
Floured Hake
Ensalada Variada (Sin Lechuga)
Mixed Salad without Lettuce
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

Jueves-Thursday

6 Brócoli al Gratén
Broccoli au Gratin
Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Puré de Patata
Mashed potatoes
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

13 Arroz con Tomate Confitado
Rice with Tomato Sauce

Caballa en Aceite
Mackerel in Oil
Ensalada Variada (Sin Lechuga)
Mixed Salad without Lettuce
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

20 Macarrones a la Boloñesa
Pasta with Bolognese Sauce
Tortilla de Calabacín
Zucchini Omelette
Ensalada Variada (Sin Lechuga)
Mixed Salad without Lettuce
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Viernes-Friday

7 Ensalada de Arroz
Rice Salad
Abadejo a la Riojana
Fish with Tomato Sauce
Calabacín al Horno
Baked Zucchini
Flan y Pan Sin Sésamo
Flan and Bread without Sesame Seeds

14 Ensalada de Garbanzos
Chickpeas Salad

Cinta de Lomo Enharinada (Harina de Maíz)
Floured Pork
Patata Horno
Roasted Potatoes
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

21 Sopa de Fideos
Noodle Soup
Hamburguesa de Ternera con Tomate
Veal Burger with Tomato Sauce
Patatas Fritas
French Fries
Natillas de Vainilla y Pan Sin Sésamo
Custard and Bread without Sesame Seeds

Lunes-Monday

3 Lentejas Guisadas
Stewed Lentils
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

10 Ensalada de Pasta
Pasta Salad

Tortilla Francesa de Queso
Cheese French Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

17 Arroz a Banda
Rice with Seafood
Empanadillas de Atún
Tuna Dumplings

Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Martes-Tuesday

4 Crema de Zanahoria
Carrots Cream
Salchichas de Pavo al Horno
Turkey Sausages
Cous Cous
Cous Cous
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

11 Fabada
Stewed White Beans without Chorizo and Potatoes
Varitas de Merluza
Hake Fingers
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

18 Judías Verdes con Tomate
Green Beans with Tomato Sauce
Cinta de Lomo al Horno
Baked Loin

Patata Dado
Diced Potatoes
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Miercoles-Wednesday

5 Coditos a la Napolitana
Pasta with Tomato Sauce
Merluza al Horno
Baked Hake
Ensalada de Pimientos
Peppers Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

12 Crema de Calabacín
Zucchini Cream

Pollo al Horno
Baked Chicken
Cous Cous
Cous Cous
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

19 Lentejas con Arroz
Stewed Lentils with Rice
Merluza a la Andaluza
Floured Hake

Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

Jueves-Thursday

6 Brócoli al Gratén
Broccoli au Gratin
Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Puré de Patata
Mashed potatoes
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

13 Arroz con Tomate Confitado
Rice with Tomato Sauce

Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

20 Macarrones a la Boloñesa
Pasta with Bolognese Sauce
Tortilla de Calabacín
Zucchini Omelette

Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Viernes-Friday

7 Ensalada de Arroz
Rice Salad
Abadejo a la Riojana
Fish with Tomato Sauce
Calabacín al Horno
Baked Zucchini
Flan y Pan Sin Sésamo
Flan and Bread without Sesame Seeds

14 Ensalada de Garbanzos
Chickpeas Salad

Cinta de Lomo Enharinada (Harina de Maíz)
Floured Pork
Patata Dado
Diced Potatoes
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

21 Ensalada Mixta
Mixed Salad without Tomato and carrot
Hamburguesa de Ternera con Queso (Sin Pan)
Veal Burger with Cheese (without Bread)
Patatas Fritas
French Fries
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

Lunes-Monday

3 Lentejas Guisadas
Stewed Lentils
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

10 Ensalada de Pasta
Pasta Salad

Tortilla Francesa de Queso
Cheese French Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

17 Arroz a Banda
Rice with Seafood
Empanadillas de Atún
Tuna Dumplings

Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Martes-Tuesday

4 Crema de Zanahoria
Carrots Cream
Salchichas de Pavo al Horno
Turkey Sausages
Cous Cous
Cous Cous
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

11 Fabada
Stewed White Beans without Chorizo and Potatoes
Varitas de Merluza
Hake Fingers
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

18 Judías Verdes con Tomate
Green Beans with Tomato Sauce
Cinta de Lomo al Horno
Baked Loin

Patata Dado
Diced Potatoes
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Miercoles-Wednesday

5 Coditos a la Napolitana
Pasta with Tomato Sauce
Merluza al Horno
Baked Hake
Ensalada de Pimientos
Peppers Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

12 Crema de Calabacín
Zucchini Cream

Pollo al Horno
Baked Chicken
Cous Cous
Cous Cous
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

19 Lentejas con Arroz
Stewed Lentils with Rice
Merluza a la Andaluza
Floured Hake

Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

Jueves-Thursday

6 Brócoli al Gratén
Broccoli au Gratin
Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Puré de Patata
Mashed potatoes
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

13 Arroz con Tomate Confitado
Rice with Tomato Sauce

Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

20 Macarrones a la Boloñesa
Pasta with Bolognese Sauce
Tortilla de Calabacín
Zucchini Omelette

Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Viernes-Friday

7 Ensalada de Arroz
Rice Salad
Abadejo a la Riojana
Fish with Tomato Sauce
Calabacín al Horno
Baked Zucchini
Flan y Pan Sin Sésamo
Flan and Bread without Sesame Seeds

14 Ensalada de Garbanzos
Chickpeas Salad

Cinta de Lomo Enharinada (Harina de Maíz)
Floured Pork
Patata Dado
Diced Potatoes
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

21 Ensalada Mixta
Mixed Salad without Tomato and carrot
Hamburguesa de Ternera con Queso (Sin Pan)
Veal Burger with Cheese (without Bread)
Patatas Fritas
French Fries
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

Lunes-Monday

3 Lentejas Guisadas
Stewed Lentils
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

10 Ensalada de Pasta
Pasta Salad

Tortilla Francesa de Queso
Cheese French Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

17 Arroz a Banda
Rice with Seafood
Empanadillas de Atún
Tuna Dumplings

Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Martes-Tuesday

4 Crema de Zanahoria
Carrots Cream
Salchichas de Pavo al Horno
Turkey Sausages
Cous Cous
Cous Cous
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

11 Fabada
Stewed White Beans without Chorizo and Potatoes
Varitas de Merluza
Hake Fingers
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

18 Judías Verdes con Tomate
Green Beans with Tomato Sauce
Cinta de Lomo al Horno
Baked Loin

Patata Dado
Diced Potatoes
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Miercoles-Wednesday

5 Coditos a la Napolitana
Pasta with Tomato Sauce
Merluza al Horno
Baked Hake
Ensalada de Pimientos
Peppers Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

12 Crema de Calabacín
Zucchini Cream

Pollo al Horno
Baked Chicken
Cous Cous
Cous Cous
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

19 Lentejas con Arroz
Stewed Lentils with Rice
Merluza a la Andaluza
Floured Hake

Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

Jueves-Thursday

6 Brócoli al Gratén
Broccoli au Gratin
Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Puré de Patata
Mashed potatoes
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

13 Arroz con Tomate Confitado
Rice with Tomato Sauce

Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

20 Macarrones a la Boloñesa
Pasta with Bolognese Sauce
Tortilla de Calabacín
Zucchini Omelette

Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Viernes-Friday

7 Ensalada de Arroz
Rice Salad
Abadejo a la Riojana
Fish with Tomato Sauce
Calabacín al Horno
Baked Zucchini
Flan y Pan Sin Sésamo
Flan and Bread without Sesame Seeds

14 Ensalada de Garbanzos
Chickpeas Salad

Cinta de Lomo Enharinada (Harina de Maíz)
Floured Pork
Patata Dado
Diced Potatoes
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

21 Ensalada Mixta
Mixed Salad without Tomato and carrot
Hamburguesa de Ternera con Queso (Sin Pan)
Veal Burger with Cheese (without Bread)
Patatas Fritas
French Fries
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

Lunes-Monday

3 Lentejas Guisadas
Stewed Lentils
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

10 Ensalada de Pasta
Pasta Salad

Tortilla Francesa de Queso
Cheese French Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

17 Arroz Campero
Rice with Vegetables
Tortilla Francesa
Omelette

Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Martes-Tuesday

4 Crema de Zanahoria
Carrots Cream
Salchichas de Pavo al Horno
Turkey Sausages
Cous Cous
Cous Cous
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

11 Fabada
Stewed White Beans without Chorizo and Potatoes
Lomo de Sajonia
Saxony Pork
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

18 Judías Verdes con Tomate
Green Beans with Tomato Sauce
Cinta de Lomo al Horno
Baked Loin

Patata Dado
Diced Potatoes
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Miercoles-Wednesday

5 Coditos a la Napolitana
Pasta with Tomato Sauce
Tortilla Francesa de Calabacín
Zucchini Omelette
Ensalada de Pimientos
Peppers Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

12 Crema de Calabacín
Zucchini Cream

Pollo al Horno
Baked Chicken
Cous Cous
Cous Cous
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

19 Lentejas con Arroz
Stewed Lentils with Rice
Salchichas de Pavo al Horno
Turkey Sausages

Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

Jueves-Thursday

6 Brócoli al Gratén
Broccoli au Gratin
Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Puré de Patata
Mashed potatoes
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

13 Arroz con Tomate Confitado
Rice with Tomato Sauce

Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

20 Macarrones a la Boloñesa
Pasta with Bolognese Sauce
Tortilla de Calabacín
Zucchini Omelette

Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Viernes-Friday

7 Ensalada de Arroz
Rice Salad
Cinta de Lomo al Horno
Baked Loin
Calabacín al Horno
Baked Zucchini
Flan y Pan Sin Sésamo
Flan and Bread without Sesame Seeds

14 Ensalada de Garbanzos
Chickpeas Salad

Cinta de Lomo Enharinada (Harina de Maíz)
Floured Pork
Patata Dado
Diced Potatoes
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

21 Ensalada Mixta
Mixed Salad without Tomato and carrot
Hamburguesa de Ternera con Queso (Sin Pan)
Veal Burger with Cheese (without Bread)
Patatas Fritas
French Fries
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

Lunes-Monday

- 3 Lentejas Guisadas
Stewed Lentils
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

- 10 Ensalada de Pasta (Sin Atún)
Pasta Salad

Tortilla Francesa de Queso
Cheese French Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

- 17 Arroz Campero
Rice with Vegetables
Tortilla Francesa
Omelette

Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Martes-Tuesday

- 4 Crema de Zanahoria
Carrots Cream
Salchichas de Pavo al Horno
Turkey Sausages
Cous Cous
Cous Cous
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

- 11 Fabada
Stewed White Beans without Chorizo and Potatoes
Lomo de Sajonia
Saxony Pork
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

- 18 Judías Verdes con Tomate
Green Beans with Tomato Sauce
Cinta de Lomo al Horno
Baked Loin

Patata Dado
Diced Potatoes
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Miercoles-Wednesday

- 5 Coditos a la Napolitana
Pasta with Tomato Sauce
Tortilla Francesa de Calabacín
Zucchini Omelette
Ensalada de Pimientos
Peppers Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

- 12 Crema de Calabacín
Zucchini Cream

Pollo al Horno
Baked Chicken
Cous Cous
Cous Cous
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

- 19 Lentejas con Arroz
Stewed Lentils with Rice
Salchichas de Pavo al Horno
Turkey Sausages

Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

Jueves-Thursday

- 6 Brócoli al Gratén
Broccoli au Gratin
Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Puré de Patata
Mashed potatoes
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

- 13 Arroz con Tomate Confitado
Rice with Tomato Sauce

Revuelto de York
Scrambled Eggs with Ham
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

- 20 Macarrones a la Boloñesa
Pasta with Bolognese Sauce
Tortilla de Calabacín
Zucchini Omelette

Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Viernes-Friday

- 7 Ensalada de Arroz (Sin Atún)
Rice Salad Without Tuna
Cinta de Lomo al Horno
Baked Loin
Calabacín al Horno
Baked Zucchini
Flan y Pan Sin Sésamo
Flan and Bread without Sesame Seeds

- 14 Ensalada de Garbanzos (Sin Atún)
Chickpeas Salad Without Tuna

Cinta de Lomo Enharinada (Harina de Maíz)
Floured Pork
Patata Dado
Diced Potatoes
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

- 21 Ensalada Mixta
Mixed Salad without Tomato and carrot
Hamburguesa de Ternera con Queso (Sin Pan)
Veal Burger with Cheese (without Bread)
Patatas Fritas
French Fries
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

Lunes-Monday

3 Lentejas Guisadas
Stewed Lentils
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

10 Ensalada de Pasta
Pasta Salad

Tortilla Francesa de Queso
Cheese French Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

17 Arroz Campero
Rice with Vegetables
Tortilla Francesa
Omelette

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Martes-Tuesday

4 Crema de Zanahoria con Picatostes
Carrots Cream with Croutons
Salchichas de Pavo al Horno
Turkey Sausages
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

11 Fabada
Stewed White Beans without Chorizo and Potatoes

Lomo de Sajonia
Saxony Pork
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

18 Judías Verdes con Tomate
Green Beans with Tomato Sauce
Cinta de Lomo al Horno
Baked Loin

Patata Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread

Miercoles-Wednesday

5 Códigos a la Napolitana
Pasta with Tomato Sauce
Tortilla Francesa de Calabacín
Zucchini Omelette
Ensalada de Pimientos
Peppers Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

12 Crema de Calabacín
Zucchini Cream

Pollo al Horno
Baked Chicken
Cous Cous
Cous Cous
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

19 Lentejas con Arroz
Stewed Lentils with Rice
Salchichas de Pavo al Horno
Turkey Sausages

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

Jueves-Thursday

6 Brócoli al Gratén
Broccoli au Gratin
Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Puré de Patata
Mashed potatoes
Fruta y Pan
Fruit and Bread

13 Arroz con Tomate Confitado
Rice with Tomato Sauce

Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

20 Macarrones a la Boloñesa
Pasta with Bolognese Sauce
Tortilla de Calabacín
Zucchini Omelette

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Viernes-Friday

7 Ensalada de Arroz
Rice Salad
Cinta de Lomo al Horno
Baked Loin
Calabacín al Horno
Baked Zucchini
Flan y Pan
Flan and Bread

14 Ensalada de Garbanzos
Chickpeas Salad

Escalope de Cerdo
Breaded Pork
Patata Dado
Diced Potatoes
Yogur y Pan
Yogurt and Bread

21 Ensalada Mixta
Mixed Salad without Tomato and carrot
Hamburguesa de Ternera Completa con Queso
Veal Burger with Cheese
Patatas Fritas
French Fries
Helado de Nata-Fresa
Strawberry Cream Ice-Cream

Lunes-Monday

3 Lentejas Guisadas
Stewed Lentils
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

10 Ensalada de Pasta
Pasta Salad

Tortilla Francesa de Queso
Cheese French Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

17 Arroz Campero
Rice with Vegetables
Empanadillas de Atún
Tuna Dumplings

Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Martes-Tuesday

4 Crema de Zanahoria
Carrots Cream
Salchichas de Pavo al Horno
Turkey Sausages
Cous Cous
Cous Cous
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

11 Fabada
Stewed White Beans without Chorizo and Potatoes
Merluza Enharinada (Harina de Maíz)
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

18 Judías Verdes con Tomate
Green Beans with Tomato Sauce
Cinta de Lomo al Horno
Baked Loin

Patata Dado
Diced Potatoes
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Miercoles-Wednesday

5 Coditos a la Napolitana
Pasta with Tomato Sauce
Merluza al Horno
Baked Hake
Ensalada de Pimientos
Peppers Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

12 Crema de Calabacín
Zucchini Cream

Pollo al Horno
Baked Chicken
Cous Cous
Cous Cous
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

19 Lentejas con Arroz
Stewed Lentils with Rice
Merluza a la Andaluza
Floured Hake

Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

Jueves-Thursday

6 Brócoli al Gratén
Broccoli au Gratin
Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Puré de Patata
Mashed potatoes
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

13 Arroz con Tomate Confitado
Rice with Tomato Sauce

Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

20 Macarrones a la Boloñesa
Pasta with Bolognese Sauce
Tortilla de Calabacín
Zucchini Omelette

Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Viernes-Friday

7 Ensalada de Arroz
Rice Salad
Abadejo a la Riojana
Fish with Tomato Sauce
Calabacín al Horno
Baked Zucchini
Flan y Pan Sin Sésamo
Flan and Bread without Sesame Seeds

14 Ensalada de Garbanzos
Chickpeas Salad

Cinta de Lomo Enharinada (Harina de Maíz)
Floured Pork
Patata Dado
Diced Potatoes
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

21 Ensalada Mixta
Mixed Salad without Tomato and carrot
Hamburguesa de Ternera con Queso (Sin Pan)
Veal Burger with Cheese (without Bread)
Patatas Fritas
French Fries
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

Lunes-Monday

3 Lentejas Guisadas
Stewed Lentils
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

10 Ensalada de Pasta
Pasta Salad

Tortilla Francesa de Queso
Cheese French Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

17 Arroz Campero
Rice with Vegetables
Empanadillas de Atún
Tuna Dumplings

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Martes-Tuesday

4 Crema de Zanahoria con Picatostes
Carrots Cream with Croutons
Salchichas de Pavo al Horno
Turkey Sausages
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

11 Fabada
Stewed White Beans without Chorizo and Potatoes
Merluza Enharinada (Harina de Maíz)
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

18 Judías Verdes con Tomate
Green Beans with Tomato Sauce
Cinta de Lomo al Horno
Baked Loin

Patata Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread

Miercoles-Wednesday

5 Coditos a la Napolitana
Pasta with Tomato Sauce
Merluza al Horno
Baked Hake
Ensalada de Pimientos
Peppers Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

12 Crema de Calabacín
Zucchini Cream

Pollo al Horno
Baked Chicken
Cous Cous
Cous Cous
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

19 Lentejas con Arroz
Stewed Lentils with Rice
Merluza a la Andaluza
Floured Hake

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

Jueves-Thursday

6 Brócoli al Gratén
Broccoli au Gratin
Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Puré de Patata
Mashed potatoes
Fruta y Pan
Fruit and Bread

13 Arroz con Tomate Confitado
Rice with Tomato Sauce

Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

20 Macarrones a la Boloñesa
Pasta with Bolognese Sauce
Tortilla de Calabacín
Zucchini Omelette

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Viernes-Friday

7 Ensalada de Arroz
Rice Salad
Abadejo a la Riojana
Fish with Tomato Sauce
Calabacín al Horno
Baked Zucchini
Flan y Pan
Flan and Bread

14 Ensalada de Garbanzos
Chickpeas Salad

Escalope de Cerdo
Breaded Pork
Patata Dado
Diced Potatoes
Yogur y Pan
Yogurt and Bread

21 Ensalada Mixta
Mixed Salad without Tomato and carrot
Hamburguesa de Ternera Completa con Queso
Veal Burger with Cheese
Patatas Fritas
French Fries
Helado de Nata-Fresa
Strawberry Cream Ice-Cream

Lunes-Monday

3 Lentejas Guisadas 175g de Lentejas, 32,5g Patata Cocida 4R de HC
 Stewed Lentils
 Revuelto de Pavo
 Scrambled Eggs with Turkey
 Ensalada Variada
 Mixed Salad

Fruta 1R de HC
 Fruit

10 Ensalada de Pasta 157,5g de Pasta 25g de Maíz 4 R de HC
 Pasta Salad
 Tortilla Francesa de Queso
 Cheese French Omelette

Ensalada Variada
 Mixed Salad

Fruta 1R de HC
 Fruit

17 Arroz a Banda 133g de Arroz 3,5R de HC
 Rice with Seafood

Atún con Tomate 50 g de Tomate Frito 0,5R de HC
 Tuna with Tomato Sauce
 Ensalada Variada
 Mixed Salad

Fruta 1R de HC
 Fruit

Martes-Tuesday

4 Crema de Zanahoria 97,5g de Patata 100g de Zanahoria 2 R de HC
 Carrots Cream
 Salchichas de Pavo al Horno
 Turkey Sausages
 Cous Cous 45g de Pasta 1 R de HC
 Cous Cous

Fruta y Pan 2 R de HC
 Fruit and Bread

11 Alubias Blancas con Verduras 110 g de Alubias 2 R de HC
 Stewed White Beans with Vegetables
 Varitas de Merluza 73,6g de Varitas (Garcimar) 2R de HC
 Hake Fingers
 Ensalada Variada
 Mixed Salad

Fruta 1R de HC
 Fruit

18 Judías Verdes con Tomate 125g de Judías 50 g de Tomate Frito 1 R de HC
 Green Beans with Tomato Sauce
 Cinta de Lomo al Horno
 Baked Loin

Patata Asada 70 g de Patata Asada 2 R de HC
 Roasted Potatoes
 Fruta y Pan 2 R de HC
 Fruit and Bread

Miercoles-Wednesday

5 Coditos a la Napolitana 180g de Pasta, 50g de Tomate Frito 4,5R de HC
 Pasta with Tomato Sauce
 Merluza al Horno
 Baked Hake
 Ensalada de Pimientos
 Peppers Salad

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

12 Crema de Calabacín 150 g de Calabacín 65 g de Patata 2 R de HC
 Zucchini Cream
 Pollo al Horno
 Baked Chicken

Cous Cous 67,5g de Cou Cous Cocido 1,5R de HC
 Cous Cous

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

19 Lentejas con Verduras 175 g de Lentejas 3,5 R de HC
 Stewed Lentils with Vegetables
 Merluza a la Andaluza 15g de Maizena 1 R de HC
 Floured Hake
 Ensalada Variada
 Mixed Salad

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

Jueves-Thursday

6 Brócoli con Queso al Gratén 150g de Brócoli 0,5R de HC
 Broccoli au Gratin
 Muslitos de Pollo Asados
 Roasted Chicken Drumsticks
 Patata Asada 87,5 g de Patata Asada 2,5 R de HC
 Roasted Potatoes

Fruta y Pan 2 R de HC
 Fruit and Bread

13 Arroz con Tomate Frito 133g Arroz, 50g Tomate Frito 4R de HC
 Rice with Tomato Sauce
 Caballa en Aceite
 Mackerel in Oil

Ensalada Variada
 Mixed Salad

Fruta 1R de HC
 Fruit

20 Macarrones a la Boloñesa 90 g de Pasta 50 g de Tomate 2,5 R de HC
 Pasta with Bolognese Sauce
 Tortilla de Calabacín (Garcimar) 115g de Tortilla 1,5R de HC
 Zucchini Omelette
 Ensalada Variada
 Mixed Salad

Fruta 1R de HC
 Fruit

Viernes-Friday

7 Ensalada de Arroz 152g de Arroz, 25g Maíz Dulce 4,5R de HC
 Rice Salad
 Abadejo a la Riojana
 Fish with Tomato Sauce
 Calabacín al Horno
 Baked Zucchini

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

14 Ensalada de Garbanzos 165g de Garbanzos 3 R de HC
 Chickpeas Salad
 Cinta de Lomo Enharinada 15g Harina de Maíz 1R de HC
 Floured Pork
 Patata Cocida 35g 0,5R de HC.
 Boiled Potatoes

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

21 Ensalada Mixta 25g Maíz Dulce, 150g Tomate 1R de HC
 Mixed Salad
 Hamburguesa de Ternera al Horno 85g de Hamburguesa (Revilla) 1 R de HC
 Baked Veal Burger
 Patata Asada 52,5 g de Patata Asada 1,5 R de HC
 Roasted Potatoes

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



FRUTA VARIADA y de TEMPORADA

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

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

Lunes-Monday

- 3 Lentejas Guisadas
Stewed Lentils
Revuelto de Pavo
Scrambled Eggs with Turkey
Zanahorias Cubito Salteadas
Sautéed Carrots
Yogur y Pan
Yogurt and Bread

- 10 Macarrones con Verduras
Pasta with Vegetables

Tortilla Francesa de Queso
Cheese French Omelette
Calabacín Asado
Baked Zucchini
Yogur y Pan
Yogurt and Bread

- 17 Arroz a Banda
Rice with Seafood
Empanadillas de Atún
Tuna Dumplings
Calabacín Asado
Baked Zucchini
Yogur y Pan
Yogurt and Bread

Martes-Tuesday

- 4 Crema de Zanahoria con Picatostes
Carrots Cream with Croutons
Salchichas de Pavo al Horno
Turkey Sausages
Cous Cous
Cous Cous
Yogur y Pan
Yogurt and Bread

- 11 Fabada
Stewed White Beans without Chorizo and Potatoes
Varitas de Merluza
Hake Fingers
Champiñones Rehogados
Sautéed Mushrooms
Yogur y Pan
Yogurt and Bread

- 18 Judías Verdes con Tomate
Green Beans with Tomato Sauce
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Yogur y Pan
Yogurt and Bread

Miercoles-Wednesday

- 5 Códigos a la Napolitana
Pasta with Tomato Sauce
Merluza al Horno
Baked Hake
Pimientos Rojos Asados
Peppers Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

- 12 Crema de Calabacín
Zucchini Cream

Pollo al Horno
Baked Chicken
Cous Cous
Cous Cous
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

- 19 Lentejas con Arroz
Stewed Lentils with Rice
Merluza a la Andaluza
Floured Hake
Zanahorias Cubito Salteadas
Sautéed Carrots
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Jueves-Thursday

- 6 Brócoli al Gratén
Broccoli au Gratin
Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Puré de Patata
Mashed potatoes
Yogur y Pan
Yogurt and Bread

- 13 Arroz con Tomate Confitado
Rice with Tomato Sauce

Caballa en Aceite
Mackerel in Oil
Menestra Salteada
Sautéed Vegetables
Yogur y Pan
Yogurt and Bread

- 20 Macarrones a la Boloñesa
Pasta with Bolognese Sauce
Tortilla de Calabacín
Zucchini Omelette
Menestra Salteada
Sautéed Vegetables
Yogur y Pan
Yogurt and Bread

Viernes-Friday

- 7 Arroz con Verduras
Rice with Vegetables
Abadejo a la Riojana
Fish with Tomato Sauce
Calabacín al Horno
Baked Zucchini
Yogur y Pan
Yogurt and Bread

- 14 Garbanzos a la Jardinera
Stewed Chickpeas

Escalope de Cerdo
Breaded Pork
Patata Dado
Diced Potatoes
Yogur y Pan
Yogurt and Bread

- 21 Sopa de Fideos
Noodle Soup
Hamburguesa de Ternera con Queso y Pan
Veal Burger with Cheese
Patatas Fritas
French Fries
Yogur
Yogurt