

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

1



**Festivo
Festive**

8

Lasaña Boloñesa
Bolognese Lasagna

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

15

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

22

Crema de Calabaza con Parmesano
Pumpkin Cream with Parmesan Cheese
Ragout de Pavo Estofado
Stewed Turkey
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

29

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

2

Fideua de Verduras
Pasta with Vegetables
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada (Sin Lechuga)
Mixed Salad without Lettuce
Fruta y Pan
Fruit and Bread

9

Sopa de Fideos
Noodle Soup

Lomo de Saxonía
Saxony Pork
Patatas Fritas
French Fries
Fruta y Pan
Fruit and Bread

16

Arroz Tres Delicias
Three Delights Rice

Merluza en Salsa de Cebolla
Hake with Onion Sauce
Calabacín Rebozado
Fried Zucchini
Fruta y Pan
Fruit and Bread

23

Lentejas con Arroz
Stewed Lentils with Rice
Fogonero a la Andaluza
Floured Fish
Ensalada Variada (Sin Lechuga)
Mixed Salad without Lettuce
Fruta y Pan
Fruit and Bread

30

Espaguettis a la Carbonara
Carbonara Spaguettis
Merluza en Salsa de Puerro
Hake with Leek Sauce
Tomate Aliñado
Seasoned Tomato
Fruta y Pan
Fruit and Bread

3

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 Integral
Yogurt and Whole Wheat Bread

10

Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables

Merluza a la Gallega
Hake with Paprika
Quinoa Salteada
Sautéed Quinoa
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

17

Fabada
Stewed White Beans without Chorizo and Potatoes
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

24

Paella Hortelana
Rice with Vegetables
Revuelto de Queso
Scrambled Eggs with Cheese
Ensalada de Maíz (sin Lechuga)
Corn Salad without Lettuce
Fruta y Pan Integral
Fruit and Whole Wheat Bread

4

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

11

Crema de Verduras
Vegetable Cream

Escalope de Pollo
Breaded Chicken
Tomate Aliñado
Seasoned Tomato
Fruta y Pan
Fruit and Bread

18

Judías Verdes Rehogadas
Sautéed Green Beans

Pollo al Chilindrón
Chicken with Vegetables
Ensalada Variada (Sin Lechuga)
Mixed Salad without Lettuce
Fruta y Pan
Fruit and Bread

25

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

5

Guisantes Rehogados
Sautéed Green Peas
Cinta de Lomo Asada al Limón
Roasted Pork with Lemon
Patata Asada
Roasted Potatoes
Yogur y Pan
Yogurt and Bread

12

Arroz con Tomate y Huevo Cocido
Rice with Homemade Tomato Sauce and Cooked Egg
Atún a la Andaluza
Floured Tuna
Ensalada Variada (Sin Lechuga)
Mixed Salad without Lettuce
Yogur y Pan
Yogurt and Bread

19

Sopa de Cocido
Meat Soup

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

26

Coditos al Gratén
Pasta au Gratin
Gallineta en Salsa
Cod in Sauce
Ensalada Variada (Sin Lechuga)
Mixed Salad without Lettuce
Yogur y Pan
Yogurt and Bread

mediterránea

FRUTA VARIADA y de TEMPORADA (NO PLÁTANO NI KIWI)

ENSALADAS: 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

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1



**Festivo
Festive**

8

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

15

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

22

Crema de Calabaza
Pumpkin Cream

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

29

Crema de Calabacín
Zucchini Cream

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

2

Pasta S/Gluten S/Huevo con Verduras
Gluten/Egg-Free Pasta with Vegetables
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

9

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

16

Arroz Tres Delicias
Three Delights Rice

Merluza en Salsa de Cebolla
Hake with Onion Sauce
Calabacín al Horno
Baked Zucchini
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

23

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

Fogonero a la Andaluza
Floured Fish
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread
Pasta S/Gluten S/Huevo a la Carbonara
Carbonara Gluten-Egg Free Pasta
(Gluten-Free Flour)
Merluza en Salsa de Puerro
Hake with Leek Sauce
Tomate Aliñado
Seasoned Tomato
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

30

3

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

10

Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables

Merluza a la Gallega
Hake with Paprika
Quinoa Salteada
Sautéed Quinoa
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

17

Fabada
Stewed White Beans without Chorizo and Potatoes
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

24

Paella Hortelana
Rice with Vegetables

Revuelto de Queso
Scrambled Eggs with Cheese
Ensalada de Maíz
Corn Salad
Plátano y Pan S/Gluten
Banana and Gluten-Free Bread

4

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

11

Crema de Verduras
Vegetable Cream

Escalope de Pollo S/Gluten
Gluten Free Breaded Chicken
Tomate Aliñado
Seasoned Tomato
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

18

Judías Verdes Rehogadas
Sautéed Green Beans

Pollo al Chilindrón
Chicken with Vegetables
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

25

Patatas a la Marinera
Stewed Potatoes with Squids

Cinta de Lomo al Horno
Baked Loin
Calabacín al Horno
Baked Zucchini
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

5

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

12

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

Atún a la Andaluza
Floured Tuna
Ensalada Variada
Mixed Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

19

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

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

26

Pasta S/Gluten S/Huevo con Tomate Casero
Gluten/Egg-Free Pasta with Homemade Tomato Sauce
Gallineta en Salsa
Cod in Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

mediterránea

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

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Festive**

8

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

15

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

22

Crema de Calabaza
Pumpkin Cream

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

29

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

2

Pasta S/Gluten S/Huevo con Verduras
Gluten/Egg-Free Pasta with Vegetables
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

9

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

16

Arroz Tres Delicias
Three Delights Rice

Merluza en Salsa de Cebolla
Hake with Onion Sauce
Calabacín al Horno
Baked Zucchini
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

23

Lentejas con Arroz
Stewed Lentils with Rice

Fogonero a la Andaluza
Floured Fish
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread
Pasta S/Gluten S/Huevo al Pomodoro
Pasta gluten-egg free with Tomato Sauce
Merluza en Salsa de Puerro
Hake with Leek Sauce
Tomate Aliñado
Seasoned Tomato
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

30

Pasta S/Gluten S/Huevo al Pomodoro
Pasta gluten-egg free with Tomato Sauce
Merluza en Salsa de Puerro
Hake with Leek Sauce
Tomate Aliñado
Seasoned Tomato
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

3

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

10

Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables

Merluza a la Gallega
Hake with Paprika
Quinoa Salteada
Sautéed Quinoa
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

17

Fabada
Stewed White Beans without Chorizo and Potatoes

Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

24

Paella Hortelana
Rice with Vegetables

Huevos Revueltos
Scrambled Eggs
Ensalada de Maíz
Corn Salad
Plátano y Pan S/Gluten
Banana and Gluten-Free Bread

4

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

11

Crema de Verduras
Vegetable Cream

Escalope de Pollo S/Gluten
Gluten Free Breaded Chicken
Tomate Aliñado
Seasoned Tomato
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

18

Judías Verdes Rehogadas
Sautéed Green Beans

Pollo al Chilindrón
Chicken with Vegetables
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

25

Patatas a la Marinera
Stewed Potatoes with Squids

Cinta de Lomo al Horno
Baked Loin
Calabacín al Horno
Baked Zucchini
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

5

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

12

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

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

19

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

26

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

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1



**Festivo
Festive**

8

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

15

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

22

Crema de Calabaza
Pumpkin Cream

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

29

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

2

Pasta S/Gluten S/Huevo con Verduras
Gluten/Egg-Free Pasta with Vegetables
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

9

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

16

Arroz Tres Delicias
Three Delights Rice

Merluza en Salsa de Cebolla
Hake with Onion Sauce
Calabacín al Horno
Baked Zucchini
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

23

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

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

30

Pasta S/Gluten S/Huevo al Pomodoro
Pasta gluten-egg free with Tomato Sauce
Merluza en Salsa de Puerro
Hake with Leek Sauce
Tomate Aliñado
Seasoned Tomato
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

3

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

10

Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables

Merluza a la Gallega
Hake with Paprika
Quinoa Salteada
Sautéed Quinoa
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

17

Fabada
Stewed White Beans without Chorizo and Potatoes

Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

24

Paella Hortelana
Rice with Vegetables

Huevos Revueltos
Scrambled Eggs
Ensalada de Maíz
Corn Salad
Plátano y Pan S/Gluten
Banana and Gluten-Free Bread

4

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

11

Crema de Verduras
Vegetable Cream

Escalope de Pollo S/Gluten
Gluten Free Breaded Chicken
Tomate Aliñado
Seasoned Tomato
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

18

Judías Verdes Rehogadas
Sautéed Green Beans

Pollo al Chilindrón
Chicken with Vegetables
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

25

Patatas a la Marinera
Stewed Potatoes with Squids

Cinta de Lomo al Horno
Baked Loin
Calabacín al Horno
Baked Zucchini
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

5

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

12

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

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

19

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

26

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



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

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

Lunes - Monday

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**Festivo
Festive**

8

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

15

Pasta S/Gluten S/Huevo con Verduras
Gluten/Egg-Free Pasta with Vegetables

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

22

Crema de Calabaza
Pumpkin Cream

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

29

Crema de Calabacín
Zucchini Cream

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

2

Pasta S/Gluten S/Huevo con Verduras
Gluten/Egg-Free Pasta with Vegetables
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

9

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

16

Arroz Tres Delicias
Three Delights Rice

Ragout de Ternera Asada
Baked Veal
Calabacín al Horno
Baked Zucchini
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

23

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

Escalope de Pollo S/Gluten
Gluten Free Breaded Chicken
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

30

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

3

Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Pollo en Salsa
Chicken in Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

10

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

17

Fabada
Stewed White Beans without Chorizo and Potatoes
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

24

Paella Hortelana
Rice with Vegetables

Revuelto de Queso
Scrambled Eggs with Cheese
Ensalada de Maíz
Corn Salad
Plátano y Pan S/Gluten
Banana and Gluten-Free Bread

4

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

11

Crema de Puerros
Leek Cream with Croutons

Escalope de Pollo S/Gluten
Gluten Free Breaded Chicken
Tomate Aliñado
Seasoned Tomato
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

18

Judías Verdes Rehogadas
Sautéed Green Beans

Pollo al Chilindrón
Chicken with Vegetables
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

25

Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables

Cinta de Lomo al Horno
Baked Loin
Calabacín al Horno
Baked Zucchini
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

5

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

12

Arroz con Tomate y Huevo Cocido
Rice with Homemade Tomato Sauce and Cooked Egg
Pavo en Salsa
Chicken in Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

19

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

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

26

Pasta S/Gluten S/Huevo con Tomate Casero
Gluten/Egg-Free Pasta with Homemade Tomato Sauce
Tortilla Francesa
Omelette
Ensalada Variada
Mixed Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

1



**Festivo
Festive**

8

Macarrones a la Boloñesa
Pasta with Bolognese Sauce

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

15

Tallarines al Wok
Sautéed Pasta with Soy Sauce

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

22

Crema de Calabaza
Pumpkin Cream
Ragout de Pavo Estofado
Stewed Turkey
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

29

Lentejas con Verduras
Stewed Lentils with Vegetables
Tortilla de Patata
Potato Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

2

Fideua de Verduras
Pasta with Vegetables
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

9

Sopa de Fideos
Noodle Soup

Cinta de Lomo al Horno
Baked Loin
Patatas Fritas
French Fries
Fruta y Pan
Fruit and Bread

16

Arroz Tres Delicias
Three Delights Rice

Merluza en Salsa de Cebolla
Hake with Onion Sauce
Calabacín al Horno
Baked Zucchini
Fruta y Pan
Fruit and Bread

23

Lentejas con Arroz
Stewed Lentils with Rice
Fogonero a la Andaluza
Floured Fish
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

30

Espaguettis al Pomodoro
Pasta with Tomato Sauce
Merluza en Salsa de Puerro
Hake with Leek Sauce
Tomate Aliñado
Seasoned Tomato
Fruta y Pan
Fruit and Bread

3

Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza en Salsa
Hake in Sauce
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

10

Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables

Merluza a la Gallega
Hake with Paprika
Quinoa Salteada
Sautéed Quinoa
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

17

Fabada
Stewed White Beans without Chorizo and Potatoes
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

24

Paella Hortelana
Rice with Vegetables
Huevos Revueltos
Scrambled Eggs
Ensalada de Maíz
Corn Salad
Plátano y Pan Integral
Banana and Whole Wheat Bread

4

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

11

Crema de Verduras
Vegetable Cream

Escalope de Pollo
Breaded Chicken
Tomate Aliñado
Seasoned Tomato
Fruta y Pan
Fruit and Bread

18

Judías Verdes Rehogadas
Sautéed Green Beans

Pollo al Chilindrón
Chicken with Vegetables
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

25

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

5

Guisantes Rehogados
Sautéed Green Peas
Cinta de Lomo Asada al Limón
Roasted Pork with Lemon
Patata Asada
Roasted Potatoes
Yogur de Soja y Pan
Soy Yogurt and Bread

12

Arroz con Tomate y Huevo Cocido
Rice with Homemade Tomato Sauce and Cooked Egg
Atún a la Andaluza
Floured Tuna
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan
Soy Yogurt and Bread

19

Sopa de Cocido
Meat Soup

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

26

Coditos con Tomate Casero
Pasta with Homemade Tomato Sauce
Gallineta en Salsa
Cod in Sauce
Ensalada Variada
Mixed Salad
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)

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

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

1



**Festivo
Festive**

8

Macarrones a la Boloñesa
Pasta with Bolognese Sauce

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

15

Tallarines al Wok
Sautéed Pasta with Soy Sauce

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

22

Crema de Calabaza
Pumpkin Cream
Ragout de Pavo Estofado
Stewed Turkey
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

29

Lentejas con Verduras
Stewed Lentils with Vegetables
Tortilla de Patata
Potato Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

2

Fideua de Verduras
Pasta with Vegetables
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

9

Sopa de Fideos
Noodle Soup

Cinta de Lomo al Horno
Baked Loin
Patatas Fritas
French Fries
Fruta y Pan
Fruit and Bread

16

Arroz Tres Delicias
Three Delights Rice

Merluza en Salsa de Cebolla
Hake with Onion Sauce
Calabacín al Horno
Baked Zucchini
Fruta y Pan
Fruit and Bread

23

Lentejas con Arroz
Stewed Lentils with Rice
Fogonero a la Andaluza
Floured Fish
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

30

Espaguettis al Pomodoro
Pasta with Tomato Sauce
Merluza en Salsa de Puerro
Hake with Leek Sauce
Tomate Aliñado
Seasoned Tomato
Fruta y Pan
Fruit and Bread

3

Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza en Salsa
Hake in Sauce
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

10

Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables

Merluza a la Gallega
Hake with Paprika
Quinoa Salteada
Sautéed Quinoa
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

17

Fabada
Stewed White Beans without Chorizo and Potatoes
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

24

Paella Hortelana
Rice with Vegetables
Huevos Revueltos
Scrambled Eggs
Ensalada de Maíz
Corn Salad
Plátano y Pan Integral
Banana and Whole Wheat Bread

4

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

11

Crema de Verduras
Vegetable Cream

Escalope de Pollo
Breaded Chicken
Tomate Aliñado
Seasoned Tomato
Fruta y Pan
Fruit and Bread

18

Judías Verdes Rehogadas
Sautéed Green Beans

Pollo al Chilindrón
Chicken with Vegetables
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

25

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

5

Guisantes Rehogados
Sautéed Green Peas
Cinta de Lomo Asada al Limón
Roasted Pork with Lemon
Patata Asada
Roasted Potatoes
Yogur de Soja y Pan
Soy Yogurt and Bread

12

Arroz con Tomate y Huevo Cocido
Rice with Homemade Tomato Sauce and Cooked Egg
Atún a la Andaluza
Floured Tuna
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan
Soy Yogurt and Bread

19

Sopa de Cocido
Meat Soup

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

26

Coditos con Tomate Casero
Pasta with Homemade Tomato Sauce
Gallineta en Salsa
Cod in Sauce
Ensalada Variada
Mixed Salad
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)

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

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

1



**Festivo
Festive**

8

Macarrones a la Boloñesa
Pasta with Bolognese Sauce

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

15

Tallarines al Wok
Sautéed Pasta with Soy Sauce

Tortilla Francesa de York
Ham French Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

22

Crema de Calabaza
Pumpkin Cream
Ragout de Pavo Estofado
Stewed Turkey
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

29

Lentejas con Verduras
Stewed Lentils with Vegetables
Tortilla de Patata
Potato Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

2

Fideua de Verduras
Pasta with Vegetables
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

9

Sopa de Fideos
Noodle Soup

Cinta de Lomo al Horno
Baked Loin
Patatas Fritas
French Fries
Fruta y Pan
Fruit and Bread

16

Arroz Tres Delicias
Three Delights Rice

Merluza en Salsa de Cebolla
Hake with Onion Sauce
Calabacín al Horno
Baked Zucchini
Fruta y Pan
Fruit and Bread

23

Lentejas con Arroz
Stewed Lentils with Rice
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

30

Espaguettis al Pomodoro
Pasta with Tomato Sauce
Merluza en Salsa de Puerro
Hake with Leek Sauce
Tomate Aliñado
Seasoned Tomato
Fruta y Pan
Fruit and Bread

3

Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza en Salsa
Hake in Sauce
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

10

Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables

Merluza a la Gallega
Hake with Paprika
Quinoa Salteada
Sautéed Quinoa
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

17

Fabada
Stewed White Beans without Chorizo and Potatoes
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

24

Paella Hortelana
Rice with Vegetables
Huevos Revueltos
Scrambled Eggs
Ensalada de Maíz
Corn Salad
Plátano y Pan Integral
Banana and Whole Wheat Bread

4

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

11

Crema de Verduras
Vegetable Cream

Escalope de Pollo
Breaded Chicken
Tomate Aliñado
Seasoned Tomato
Fruta y Pan
Fruit and Bread

18

Judías Verdes Rehogadas
Sautéed Green Beans

Pollo al Chilindrón
Chicken with Vegetables
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

25

Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
Hamburguesa de Ternera al Horno
Baked Veal Burger
Calabacín al Horno
Baked Zucchini
Fruta y Pan
Fruit and Bread

5

Guisantes Rehogados
Sautéed Green Peas
Cinta de Lomo Asada al Limón
Roasted Pork with Lemon
Patata Asada
Roasted Potatoes
Yogur de Soja y Pan
Soy Yogurt and Bread

12

Arroz con Tomate y Huevo Cocido
Rice with Homemade Tomato Sauce and Cooked Egg
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan
Soy Yogurt and Bread

19

Sopa de Cocido
Meat Soup

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

26

Coditos con Tomate Casero
Pasta with Homemade Tomato Sauce
Merluza en Salsa
Hake in Sauce
Ensalada Variada
Mixed Salad
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)

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

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

1



**Festivo
Festive**

8

Lasaña Boloñesa
Bolognese Lasagna
Pavo en Salsa
Chicken in Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

15

Tallarines al Wok
Sautéed Pasta with Soy Sauce

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

22

Crema de Calabaza con Parmesano
Pumpkin Cream with Parmesan Cheese
Ragout de Pavo Estofado
Stewed Turkey
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

29

Lentejas con Verduras
Stewed Lentils with Vegetables
Pollo al Horno
Baked Chicken
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

2

Fideua de Verduras
Pasta with Vegetables
Filete de Pollo
Chicken Breast
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

9

Sopa de Fideos
Noodle Soup
Lomo de Sajonia
Saxony Pork
Patatas Fritas
French Fries
Fruta y Pan
Fruit and Bread

16

Arroz Campero
Rice with Vegetables

Merluza en Salsa de Cebolla
Hake with Onion Sauce
Calabacín Rebozado
Fried Zucchini
Fruta y Pan
Fruit and Bread

23

Lentejas con Arroz
Stewed Lentils with Rice
Fogonero a la Andaluza
Floured Fish
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

30

Espaguettis a la Carbonara
Carbonara Spaguettis
Merluza en Salsa de Puerro
Hake with Leek Sauce
Tomate Aliñado
Seasoned Tomato
Fruta y Pan
Fruit and Bread

3

Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza en Salsa
Hake in Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

10

Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables
Merluza a la Gallega
Hake with Paprika
Quinoa Salteada
Seasoned Quinoa
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

17

Fabada
Stewed White Beans without Chorizo and Potatoes
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

24

Paella Hortelana
Rice with Vegetables
Pollo al Limón
Chicken in Lemon Sauce
Ensalada de Maíz
Corn Salad
Plátano y Pan Integral
Banana and Whole Wheat Bread

4

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

11

Crema de Verduras
Vegetable Cream
Pollo al Horno
Baked Chicken
Tomate Aliñado
Seasoned Tomato
Fruta y Pan
Fruit and Bread

18

Judías Verdes Rehogadas
Sautéed Green Beans

Pollo al Chilindrón
Chicken with Vegetables
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

25

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

5

Guisantes Rehogados
Sautéed Green Peas
Cinta de Lomo Asada al Limón
Roasted Pork with Lemon
Patata Asada
Roasted Potatoes
Yogur y Pan
Yogurt and Bread

12

Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Atún a la Andaluza
Floured Tuna
Ensalada Variada
Mixed Salad
Yogur y Pan
Yogurt and Bread

19

Sopa de Cocido
Meat Soup

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

26

Coditos al Gratén
Pasta au Gratin
Gallineta en Salsa
Cod in Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan
Yogurt and Bread

mediterránea

FRUTA VARIADA y de TEMPORADA (NO SANDÍA NI MELÓN)

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

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

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

1



**Festivo
Festive**

8

Pasta S/Gluten S/Huevo a la Boloñesa
Gluten Free Pasta with Bolognese
Pavo en Salsa
Chicken in Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

15

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

22

Crema de Calabaza
Pumpkin Cream

Ragout de Pavo Estofado
Stewed Turkey
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

29

Lentejas con Verduras
Stewed Lentils with Vegetables
Pollo al Horno
Baked Chicken
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

2

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

9

Sopa de Fideos S/Gluten S/Huevo
Gluten- Free Noodle Soup
Lomo de Saxonja
Saxony Pork
Patatas Fritas
French Fries
Fruta y Pan
Fruit and Bread

16

Arroz Campero
Rice with Vegetables

Merluza en Salsa de Cebolla
Hake with Onion Sauce
Calabacín Rebozado
Fried Zucchini
Fruta y Pan
Fruit and Bread

23

Lentejas con Arroz
Stewed Lentils with Rice

Fogonero a la Andaluza
Floured Fish
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

30

Pasta S/Gluten S/Huevo al Pomodoro
Pasta gluten-egg free with Tomato Sauce
Merluza en Salsa de Puerro
Hake with Leek Sauce
Tomate Aliñado
Seasoned Tomato
Fruta y Pan
Fruit and Bread

3

Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza en Salsa
Hake in Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

10

Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables
Merluza a la Gallega
Hake with Paprika
Quinoa Salteada
Seasoned Quinoa
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

17

Fabada
Stewed White Beans without Chorizo and Potatoes
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

24

Paella Hortelana
Rice with Vegetables

Pollo al Limón
Chicken in Lemon Sauce
Ensalada de Maíz
Corn Salad
Plátano y Pan Integral
Banana and Whole Wheat Bread

4

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

11

Crema de Verduras
Vegetable Cream
Pollo al Horno
Baked Chicken
Tomate Aliñado
Seasoned Tomato
Fruta y Pan
Fruit and Bread

18

Judías Verdes Rehogadas
Sautéed Green Beans

Pollo al Chilindrón
Chicken with Vegetables
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

25

Patatas a la Marinera
Stewed Potatoes with Squids

Hamburguesa de Ternera al Horno
Baked Veal Burger
Calabacín al Horno
Baked Zucchini
Fruta y Pan
Fruit and Bread

5

Guisantes Rehogados
Sautéed Green Peas
Cinta de Lomo Asada al Limón
Roasted Pork with Lemon
Patata Asada
Roasted Potatoes
Yogur y Pan
Yogurt and Bread

12

Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Atún a la Andaluza
Floured Tuna
Ensalada Variada
Mixed Salad
Yogur y Pan
Yogurt and Bread

19

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

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

26

Pasta S/Gluten S/Huevo con Tomate Casero
Gluten/Egg-Free Pasta with Homemade Tomato Sauce
Gallineta en Salsa
Cod in Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan
Yogurt and Bread

mediterranea

LÁCTEOS SIN HUEVO. 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

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

1



**Festivo
Festive**

8

Pasta S/Gluten S/Huevo a la Boloñesa
Gluten Free Pasta with Bolognese
Pavo en Salsa
Chicken in Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

15

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

22

Crema de Calabaza
Pumpkin Cream

Ragout de Pavo Estofado
Stewed Turkey
Cous Cous
Cous Cous
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

29

Lentejas con Verduras
Stewed Lentils with Vegetables
Pollo al Horno
Baked Chicken
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

2

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

9

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

16

Arroz Campero
Rice with Vegetables

Merluza en Salsa de Cebolla
Hake with Onion Sauce
Calabacín Rebozado
Fried Zucchini
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

23

Lentejas con Arroz
Stewed Lentils with Rice

Fogonero a la Andaluza
Floured Fish
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

30

Pasta S/Gluten S/Huevo al Pomodoro
Pasta gluten-egg free with Tomato Sauce
Merluza en Salsa de Puerro
Hake with Leek Sauce
Tomate Aliñado
Seasoned Tomato
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

3

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

10

Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables
Merluza a la Gallega
Hake with Paprika
Quinoa Salteada
Sauteéd Quinoa
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

17

Fabada
Stewed White Beans without Chorizo and Potatoes
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

24

Paella Hortelana
Rice with Vegetables

Pollo al Limón
Chicken in Lemon Sauce
Ensalada de Maíz
Corn Salad
Plátano y Pan sin Sésamo
Banana and Bread without Sesame Seeds

4

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

11

Crema de Verduras
Vegetable Cream
Pollo al Horno
Baked Chicken
Tomate Aliñado
Seasoned Tomato
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

18

Judías Verdes Rehogadas
Sauteéd Green Beans

Pollo al Chilindrón
Chicken with Vegetables
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

25

Patatas a la Marinera
Stewed Potatoes with Squids

Hamburguesa de Ternera al Horno
Baked Veal Burger
Calabacín al Horno
Baked Zucchini
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

5

Guisantes Rehogados
Sauteéd 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

12

Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Atún a la Andaluza
Floured Tuna
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

19

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

Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabagge
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

26

Pasta S/Gluten S/Huevo con Tomate Casero
Gluten/Egg-Free Pasta with Homemade Tomato Sauce
Gallineta en Salsa
Cod in Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

mediterránea

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

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

Lunes - Monday

1



**Festivo
Festive**

8

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

15

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

22

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

29

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

Martes - Tuesday

2

Fideua de Verduras
Pasta with Vegetables
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

9

Sopa de Fideos
Noodle Soup

Cinta de Lomo al Horno
Baked Loin
Patatas Fritas
French Fries
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

16

Arroz Tres Delicias
Three Delights Rice

Merluza en Salsa de Cebolla
Hake with Onion Sauce
Calabacín al Horno
Baked Zucchini
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

23

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

30

Espaguettis al Pomodoro
Pasta with Tomato Sauce
Merluza en Salsa de Puerro
Hake with Leek Sauce
Tomate Aliñado
Seasoned Tomato
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Miercoles - Wednesday

3

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

10

Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables

Merluza a la Gallega
Hake with Paprika
Quinoa Salteada
Sautéed Quinoa
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

17

Fabada
Stewed White Beans without Chorizo and Potatoes
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

24

Paella Hortelana
Rice with Vegetables
Huevos Revueltos
Scrambled Eggs
Ensalada de Maíz
Corn Salad
Plátano y Pan sin Sésamo
Banana and Bread without Sesame Seeds

Jueves - Thursday

4

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

11

Crema de Verduras
Vegetable Cream

Pollo al Horno
Baked Chicken
Tomate Aliñado
Seasoned Tomato
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

18

Judías Verdes Rehogadas
Sautéed Green Beans

Pollo al Chilindrón
Chicken with Vegetables
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

25

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

Viernes - Friday

5

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

12

Arroz con Tomate y Huevo Cocido
Rice with Homemade Tomato Sauce and Cooked Egg
Atún a la Andaluza
Floured Tuna
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

19

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

26

Coditos con Tomate Casero
Pasta with Homemade Tomato Sauce
Gallineta en Salsa
Cod in Sauce
Ensalada Variada
Mixed Salad
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

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday



**Festivo
Festive**

1

8 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

15

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

22

Crema de Calabaza con Parmesano
Pumpkin Cream with Parmesan Cheese
Ragout de Pavo Estofado
Stewed Turkey
Cous Cous
Cous Cous

Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

29

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

2

Fideua de Verduras
Pasta with Vegetables
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada (sin Lechuga ni Pepino)
Mixed Salad without Lettuce and Cucumber

Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

9

Sopa de Fideos
Noodle Soup

Lomo de Sajonia
Saxony Pork
Patatas Fritas
French Fries

Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

16

Arroz Tres Delicias
Three Delights Rice

Merluza en Salsa de Cebolla
Hake with Onion Sauce
Calabacín Rebozado
Fried Zucchini

Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

23

Lentejas con Arroz
Stewed Lentils with Rice
Fogonero 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

30

Espaguettis a la Carbonara
Carbonara Spaguettis
Merluza en Salsa de Puero
Hake with Leek Sauce
Tomate Aliñado
Seazoned Tomato
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

3

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

10

Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables

Merluza a la Gallega
Hake with Paprika
Quinoa Salteada
Sautéed Quinoa

Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

17

Fabada
Stewed White Beans without Chorizo and
Potatoes
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes

Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

24

Paella Hortelana
Rice with Vegetables
Revuelto de Queso
Scrambled Eggs with Cheese
Ensalada de Maíz (sin Lechuga ni Pepino)
Corn Salad without Lettuce and
Cucumber
Plátano y Pan sin Sésamo
Banana and Bread without Sesame Seeds

4

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

11

Crema de Puerros
Leek Cream with Croutons

Pollo al Horno
Baked Chicken
Tomate Aliñado
Seazoned Tomato

Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

18

Judías Verdes Rehogadas
Sautéed Green Beans
Pollo al Chilindrón
Chicken with Vegetables
Ensalada Variada (sin Lechuga ni Pepino)
Mixed Salad without Lettuce and
Cucumber

Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

25

Patatas a la Marinera
Stewed Potatoes with Squids
Hamburguesa de Ternera al Horno
Baked Veal Burger
Calabacín al Horno
Baked Zucchini

Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

5

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

12

Arroz con Tomate y Huevo Cocido
Rice with Homemade Tomato Sauce and
Cooked Egg
Atún a la Andaluza
Floured Tuna
Ensalada Variada (sin Lechuga ni Pepino)
Mixed Salad without Lettuce and
Cucumber

Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

19

Sopa de Cocido
Meat Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabagge

Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

26

Coditos al Gratén
Pasta au Gratin
Gallineta en Salsa
Cod 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

mediterránea

PAN SIN SÉSAMO. PAN Y LÁCTEOS SIN FRUTOS SECOS. FRUTA VARIADA y de TEMPORADA (NO MELOCOTÓN, ROSÁCESAS, MANZANA, PERA NI FRUTOS ROJOS)

ENSALADAS: (Tomate, Maíz, 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

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

1



**Festivo
Festive**

8

Lasaña Boloñesa
Bolognese Lasagna

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

15

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

22

Crema de Calabaza con Parmesano
Pumpkin Cream with Parmesan Cheese
Ragout de Pavo Estofado
Stewed Turkey
Cous Cous
Cous Cous
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

29

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

2

Fideua de Verduras
Pasta with Vegetables
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

9

Sopa de Fideos
Noodle Soup

Lomo de Saxonía
Saxony Pork
Patatas Fritas
French Fries
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

16

Arroz Tres Delicias
Three Delights Rice

Merluza en Salsa de Cebolla
Hake with Onion Sauce
Calabacín Rebozado
Fried Zucchini
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

23

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

30

Espaguettis a la Carbonara
Carbonara Spaguettis
Merluza en Salsa de Puerro
Hake with Leek Sauce
Tomate Aliñado
Seasoned Tomato
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

3

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

10

Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables

Merluza a la Gallega
Hake with Paprika
Quinoa Salteada
Sautéed Quinoa
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

17

Fabada
Stewed White Beans without Chorizo and Potatoes
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

24

Paella Hortelana
Rice with Vegetables
Revuelto de Queso
Scrambled Eggs with Cheese
Ensalada de Maíz
Corn Salad
Plátano y Pan sin Sésamo
Banana and Bread without Sesame Seeds

4

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

11

Crema de Verduras
Vegetable Cream

Pollo al Horno
Baked Chicken
Tomate Aliñado
Seasoned Tomato
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

18

Judías Verdes Rehogadas
Sautéed Green Beans

Pollo al Chilindrón
Chicken with Vegetables
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

25

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

5

Guisantes Rehogados
Sautéed Green Peas
Cinta de Lomo al Horno
Baked Loin
Patata Asada
Roasted Potatoes
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

12

Arroz con Tomate y Huevo Cocido
Rice with Homemade Tomato Sauce and Cooked Egg
Atún a la Andaluza
Floured Tuna
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

19

Sopa de Cocido
Meat Soup

Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabagge
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

26

Coditos al Gratén
Pasta au Gratin
Gallineta en Salsa
Cod in Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

mediterránea

FRUTA VARIADA y de TEMPORADA PELADA Y LAVADA.

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

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

Lunes - Monday

1



**Festivo
Festive**

8

Lasaña Boloñesa
Bolognese Lasagna

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

15

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

22

Crema de Calabaza con Parmesano
Pumpkin Cream with Parmesan Cheese
Ragout de Pavo Estofado
Stewed Turkey
Cous Cous
Cous Cous
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

29

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

Martes - Tuesday

2

Fideua de Verduras
Pasta with Vegetables
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

9

Sopa de Fideos
Noodle Soup

Lomo de Saxonía
Saxony Pork
Patatas Fritas
French Fries
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

16

Arroz Tres Delicias
Three Delights Rice

Merluza en Salsa de Cebolla
Hake with Onion Sauce
Calabacín Rebozado
Fried Zucchini
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

23

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

30

Espaguettis a la Carbonara
Carbonara Spaguettis
Merluza en Salsa de Puerro
Hake with Leek Sauce
Tomate Aliñado
Seasoned Tomato
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Miercoles - Wednesday

3

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

10

Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables

Merluza a la Gallega
Hake with Paprika
Quinoa Salteada
Sautéed Quinoa
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

17

Fabada
Stewed White Beans without Chorizo and Potatoes
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

24

Paella Hortelana
Rice with Vegetables
Revuelto de Queso
Scrambled Eggs with Cheese
Ensalada de Maíz
Corn Salad
Plátano y Pan sin Sésamo
Banana and Bread without Sesame Seeds

Jueves - Thursday

4

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

11

Crema de Verduras
Vegetable Cream

Pollo al Horno
Baked Chicken
Tomate Aliñado
Seasoned Tomato
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

18

Judías Verdes Rehogadas
Sautéed Green Beans

Pollo al Chilindrón
Chicken with Vegetables
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

25

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

Viernes - Friday

5

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

12

Arroz con Tomate y Huevo Cocido
Rice with Homemade Tomato Sauce and Cooked Egg
Atún a la Andaluza
Floured Tuna
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

19

Sopa de Cocido
Meat Soup

Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabagge
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

26

Coditos al Gratén
Pasta au Gratin
Gallineta en Salsa
Cod in Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

mediterránea

FRUTA VARIADA y de TEMPORADA PELADA Y LAVADA.

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

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

Lunes - Monday

Martes - Tuesday

Miércoles - Wednesday

Jueves - Thursday

Viernes - Friday



**Festivo
Festive**

1

8 Lasaña Boloñesa
Bolognese Lasagna

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

15

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

22

Crema de Calabaza con Parmesano
Pumpkin Cream with Parmesan Cheese
Ragout de Pavo Estofado
Stewed Turkey
Cous Cous
Cous Cous
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

29

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

2

Fideua de Verduras
Pasta with Vegetables
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

9

Sopa de Fideos
Noodle Soup

Lomo de Sajonia
Saxony Pork
Patatas Fritas
French Fries
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

16

Arroz Tres Delicias
Three Delights Rice

Merluza en Salsa de Cebolla
Hake with Onion Sauce
Calabacín Rebozado
Fried Zucchini
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

23

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

30

Espaguettis a la Carbonara
Carbonara Spaguettis
Merluza en Salsa de Puerro
Hake with Leek Sauce
Tomate Aliñado
Seasoned Tomato
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

3

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

10

Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables

Merluza a la Gallega
Hake with Paprika
Quinoa Salteada
Sautéed Quinoa
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

17

Fabada
Stewed White Beans without Chorizo and Potatoes
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

24

Paella Hortelana
Rice with Vegetables
Revuelto de Queso
Scrambled Eggs with Cheese
Ensalada de Maíz
Corn Salad
Plátano y Pan sin Sésamo
Banana and Bread without Sesame Seeds

4

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

11

Crema de Verduras
Vegetable Cream

Pollo al Horno
Baked Chicken
Tomate Aliñado
Seasoned Tomato
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

18

Judías Verdes Rehogadas
Sautéed Green Beans

Pollo al Chilindrón
Chicken with Vegetables
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

25

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

5

Guisantes Rehogados
Sautéed Green Peas
Cinta de Lomo al Horno
Baked Loin
Patata Asada
Roasted Potatoes
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

12

Arroz con Tomate y Huevo Cocido
Rice with Homemade Tomato Sauce and Cooked Egg
Atún a la Andaluza
Floured Tuna
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

19

Sopa de Cocido
Meat Soup

Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabagge
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

26

Coditos al Gratén
Pasta au Gratin
Gallineta en Salsa
Cod in Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

mediterránea

PAN SIN SÉSAMO. LÁCTEOS SIN FRUTOS SECOS. FRUTA VARIADA y de TEMPORADA PELADA Y LAVADA. (NO MELOCOTÓN, ZUMOS)
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

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

1



**Festivo
Festive**

8

Lasaña Boloñesa
Bolognese Lasagna

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

15

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

22

Crema de Calabaza con Parmesano
Pumpkin Cream with Parmesan Cheese
Ragout de Pavo Estofado
Stewed Turkey
Cous Cous
Cous Cous
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

29

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

2

Fideua de Verduras
Pasta with Vegetables
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

9

Sopa de Fideos
Noodle Soup

Lomo de Saxonía
Saxony Pork
Patatas Fritas
French Fries
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

16

Arroz Tres Delicias
Three Delights Rice

Merluza en Salsa de Cebolla
Hake with Onion Sauce
Calabacín Rebozado
Fried Zucchini
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

23

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

30

Espaguettis a la Carbonara
Carbonara Spaguettis
Merluza en Salsa de Puerro
Hake with Leek Sauce
Tomate Aliñado
Seasoned Tomato
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

3

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

10

Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables

Merluza a la Gallega
Hake with Paprika
Quinoa Salteada
Sautéed Quinoa
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

17

Fabada
Stewed White Beans without Chorizo and Potatoes
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

24

Paella Hortelana
Rice with Vegetables
Revuelto de Queso
Scrambled Eggs with Cheese
Ensalada de Maíz
Corn Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

4

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

11

Crema de Verduras
Vegetable Cream

Pollo al Horno
Baked Chicken
Tomate Aliñado
Seasoned Tomato
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

18

Judías Verdes Rehogadas
Sautéed Green Beans

Pollo al Chilindrón
Chicken with Vegetables
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

25

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

5

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

12

Arroz con Tomate y Huevo Cocido
Rice with Homemade Tomato Sauce and Cooked Egg
Atún a la Andaluza
Floured Tuna
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

19

Sopa de Cocido
Meat Soup

Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabagge
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

26

Coditos al Gratén
Pasta au Gratin
Gallineta en Salsa
Cod in Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

mediterránea

FRUTA VARIADA y de TEMPORADA PELADA Y LAVADA. (NO MELÓN, SANDÍA NI PLÁTANO)
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

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday



- 1 Fideo de Verduras
Pasta with Vegetables
Revuelto de Pavo
Scrambled Eggs with Turkey
Calabacín al Horno
Baked Zucchini
Yogur y Pan
Yogurt and Bread
- 8 Lasaña Boloñesa
Bolognese Lasagna

Tortilla Francesa
Omelette
Calabacín Rehogado
Sautéed Zucchini
Yogur y Pan
Yogurt and Bread
- 15 Tallarines al Wok
Sautéed Pasta with Soy Sauce

Tortilla Francesa de Atún
Tuna Omelette
Zanahorias Cubito Salteadas
Sautéed Carrots
Yogur y Pan
Yogurt and Bread
- 22 Crema de Calabaza con Parmesano
Pumpkin Cream with Parmesan Cheese
Ragout de Pavo Estofado
Stewed Turkey
Cous Cous
Cous Cous
Yogur y Pan
Yogurt and Bread
- 29 Lentejas con Verduras
Stewed Lentils with Vegetables
Tortilla de Patata
Potato Omelette
Menestra Salteada
Sautéed Vegetables
Yogur y Pan
Yogurt and Bread

- 2 Fideua de Verduras
Pasta with Vegetables
Revuelto de Pavo
Scrambled Eggs with Turkey
Calabacín al Horno
Baked Zucchini
Yogur y Pan
Yogurt and Bread

- 9 Sopa de Fideos
Noodle Soup

Lomo de Saxonía
Saxony Pork
Patatas Fritas
French Fries
Yogur y Pan
Yogurt and Bread

- 16 Arroz Tres Delicias
Three Delights Rice

Merluza en Salsa de Cebolla
Hake with Onion Sauce
Calabacín Rebozado
Fried Zucchini
Yogur y Pan
Yogurt and Bread

- 23 Lentejas con Arroz
Stewed Lentils with Rice
Fogonero a la Andaluza
Floured Fish
Zanahorias Cubito Salteadas
Sautéed Carrots
Yogur y Pan
Yogurt and Bread

- 30 Espaguettis a la Carbonara
Carbonara Spaguettis
Merluza en Salsa de Puerro
Hake with Leek Sauce
Champiñones Rehogados
Sautéed Mushrooms
Yogur y Pan
Yogurt and Bread

- 3 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza en Salsa
Hake in Sauce
Zanahorias Cubito Salteadas
Sautéed Carrots
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

- 10 Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables

- Merluza a la Gallega
Hake with Paprika
Quinoa Salteada
Sautéed Quinoa
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

- 17 Fabada
Stewed White Beans without Chorizo and Potatoes
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

- 24 Paella Hortelana
Rice with Vegetables
Revuelto de Queso
Scrambled Eggs with Cheese
Champiñones Rehogados
Sautéed Mushrooms
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

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

- 11 Crema de Verduras
Vegetable Cream

- Escalope de Pollo
Breaded Chicken
Zanahorias Cubito Salteadas
Sautéed Carrots
Yogur y Pan
Yogurt and Bread

- 18 Judías Verdes Rehogadas
Sautéed Green Beans

- Pollo al Chilindrón
Chicken with Vegetables
Arroz Pilaf
Rice
Yogur y Pan
Yogurt and Bread

- 25 Patatas a la Marinera
Stewed Potatoes with Squids
Hamburguesa de Ternera al Horno
Baked Veal Burger
Calabacín al Horno
Baked Zucchini
Yogur y Pan
Yogurt and Bread

- 5 Guisantes Rehogados
Sautéed Green Peas
Cinta de Lomo al Horno
Baked Loin
Patata Asada
Roasted Potatoes
Yogur y Pan
Yogurt and Bread

- 12 Arroz con Tomate y Huevo Cocido
Rice with Homemade Tomato Sauce and Cooked Egg
Atún a la Andaluza
Floured Tuna
Menestra Salteada
Sautéed Vegetables
Yogur y Pan
Yogurt and Bread

- 19 Sopa de Cocido
Meat Soup

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

- 26 Coditos al Gratén
Pasta au Gratin
Gallineta en Salsa
Cod in Sauce
Menestra Salteada
Sautéed Vegetables
Yogur y Pan
Yogurt and Bread

Lunes - Monday

Martes - Tuesday

Miércoles - Wednesday

Jueves - Thursday

Viernes - Friday

1



**Festivo
Festive**

8

Lasaña Boloñesa
Bolognese Lasagna

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

15

Tallarines al Wok
Sautéed Pasta with Soy Sauce

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

22

Crema de Calabaza con Parmesano
Pumpkin Cream with Parmesan Cheese
Ragout de Pavo Estofado
Stewed Turkey
Cous Cous
Cous Cous
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

29

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

2

Fideua de Verduras
Pasta with Vegetables
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

9

Sopa de Fideos
Noodle Soup

Lomo de Sajonia
Saxony Pork
Patatas Fritas
French Fries
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

16

Arroz Tres Delicias
Three Delights Rice

Ragout de Ternera Asada
Baked Veal
Calabacín al Horno
Baked Zucchini
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

23

Lentejas con Arroz
Stewed Lentils with Rice
Filete de Pollo
Chicken Breast
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

30

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

3

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

10

Lentejas Estofadas 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

17

Fabada
Stewed White Beans without Chorizo and Potatoes
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

24

Paella Hortelana
Rice with Vegetables
Revuelto de Queso
Scrambled Eggs with Cheese
Ensalada de Maíz
Corn Salad
Plátano y Pan sin Sésamo
Banana and Bread without Sesame Seeds

4

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

11

Crema de Verduras
Vegetable Cream

Pollo al Horno
Baked Chicken
Tomate Aliñado
Seasoned Tomato
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

18

Judías Verdes Rehogadas
Sautéed Green Beans

Pollo al Chilindrón
Chicken with Vegetables
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

25

Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
Hamburguesa de Ternera al Horno
Baked Veal Burger
Calabacín al Horno
Baked Zucchini
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

5

Guisantes Rehogados
Sautéed Green Peas
Cinta de Lomo al Horno
Baked Loin
Patata Asada
Roasted Potatoes
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

12

Arroz con Tomate y Huevo Cocido
Rice with Homemade Tomato Sauce and Cooked Egg
Pavo en Salsa
Chicken in Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

19

Sopa de Cocido
Meat Soup

Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabagge
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

26

Coditos al Gratén
Pasta au Gratin
Tortilla Francesa
Omelette
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

mediterránea

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

1



**Festivo
Festive**

8

Lasaña Boloñesa
Bolognese Lasagna

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

15

Tallarines al Wok
Sautéed Pasta with Soy Sauce

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

22

Crema de Calabaza con Parmesano
Pumpkin Cream with Parmesan Cheese
Ragout de Pavo Estofado
Stewed Turkey
Cous Cous
Cous Cous
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

29

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

2

Fideua de Verduras
Pasta with Vegetables
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

9

Sopa de Fideos
Noodle Soup

Lomo de Sajonia
Saxony Pork
Patatas Fritas
French Fries
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

16

Arroz Tres Delicias
Three Delights Rice

Ragout de Ternera Asada
Baked Veal
Calabacín al Horno
Baked Zucchini
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

23

Lentejas con Arroz
Stewed Lentils with Rice
Filete de Pollo
Chicken Breast
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

30

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

3

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

10

Lentejas Estofadas 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

17

Fabada
Stewed White Beans without Chorizo and Potatoes
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

24

Paella Hortelana
Rice with Vegetables
Revuelto de Queso
Scrambled Eggs with Cheese
Ensalada de Maíz
Corn Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

4

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

11

Crema de Verduras
Vegetable Cream

Pollo al Horno
Baked Chicken
Tomate Aliñado
Seasoned Tomato
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

18

Judías Verdes Rehogadas
Sautéed Green Beans

Pollo al Chilindrón
Chicken with Vegetables
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

25

Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
Hamburguesa de Ternera al Horno
Baked Veal Burger
Calabacín al Horno
Baked Zucchini
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

5

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

12

Arroz con Tomate y Huevo Cocido
Rice with Homemade Tomato Sauce and Cooked Egg
Pavo en Salsa
Chicken in Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

19

Sopa de Cocido
Meat Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabagge
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

26

Coditos al Gratén
Pasta au Gratin
Tortilla Francesa
Omelette
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

1



**Festivo
Festive**

8

Lasaña Boloñesa
Bolognese Lasagna

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

15

Tallarines al Wok
Sautéed Pasta with Soy Sauce

Tortilla Francesa de York
Ham French Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

22

Crema de Calabaza con Parmesano
Pumpkin Cream with Parmesan Cheese
Ragout de Pavo Estofado
Stewed Turkey
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

29

Lentejas con Verduras
Stewed Lentils with Vegetables
Tortilla de Patata
Potato Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

2

Fideua de Verduras
Pasta with Vegetables
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

9

Sopa de Fideos
Noodle Soup

Lomo de Sajonia
Saxony Pork
Patatas Fritas
French Fries
Fruta y Pan
Fruit and Bread

16

Arroz Tres Delicias
Three Delights Rice

Ragout de Ternera Asada
Baked Veal
Calabacín al Horno
Baked Zucchini
Fruta y Pan
Fruit and Bread

23

Lentejas con Arroz
Stewed Lentils with Rice
Filete de Pollo
Chicken Breast
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

30

Espaguettis a la Carbonara
Carbonara Spaguettis
Pollo en Salsa
Chicken in Sauce
Tomate Aliñado
Seasoned Tomato
Fruta y Pan
Fruit and Bread

3

Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Pollo en Salsa
Chicken in Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

10

Lentejas Estofadas 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

17

Fabada
Stewed White Beans without Chorizo and Potatoes
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

24

Paella Hortelana
Rice with Vegetables
Revuelto de Queso
Scrambled Eggs with Cheese
Ensalada de Maíz
Corn Salad
Plátano y Pan Integral
Banana and Whole Wheat Bread

4

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

11

Crema de Verduras
Vegetable Cream

Escalope de Pollo
Breaded Chicken
Tomate Aliñado
Seasoned Tomato
Fruta y Pan
Fruit and Bread

18

Judías Verdes Rehogadas
Sautéed Green Beans

Pollo al Chilindrón
Chicken with Vegetables
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

25

Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
Hamburguesa de Ternera al Horno
Baked Veal Burger
Calabacín al Horno
Baked Zucchini
Fruta y Pan
Fruit and Bread

5

Guisantes Rehogados
Sautéed Green Peas
Cinta de Lomo Asada al Limón
Roasted Pork with Lemon
Patata Asada
Roasted Potatoes
Yogur y Pan
Yogurt and Bread

12

Arroz con Tomate y Huevo Cocido
Rice with Homemade Tomato Sauce and Cooked Egg
Pavo en Salsa
Chicken in Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan
Yogurt and Bread

19

Sopa de Cocido
Meat Soup

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

26

Coditos al Gratén
Pasta au Gratin
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Yogur y Pan
Yogurt and Bread

mediterranea

FRUTA VARIADA y de TEMPORADA PELADA Y LAVADA.

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

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

Lunes - Monday

1



**Festivo
Festive**

8

Lasaña Boloñesa
Bolognese Lasagna

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

15

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

22

Crema de Calabaza con Parmesano
Pumpkin Cream with Parmesan Cheese
Ragout de Pavo Estofado
Stewed Turkey
Cous Cous
Cous Cous
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

29

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

Martes - Tuesday

2

Fideua de Verduras
Pasta with Vegetables
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

9

Sopa de Fideos
Noodle Soup

Lomo de Saxonja
Saxony Pork
Patatas Fritas
French Fries
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

16

Arroz Tres Delicias
Three Delights Rice

Merluza en Salsa de Cebolla
Hake with Onion Sauce
Calabacín al Horno
Baked Zucchini
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

23

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

30

Espaguettis a la Carbonara
Carbonara Spaguettis
Merluza en Salsa de Puerro
Hake with Leek Sauce
Tomate Aliñado
Seasoned Tomato
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Miercoles - Wednesday

3

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

10

Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables

Merluza a la Gallega
Hake with Paprika
Quinoa Salteada
Sautéed Quinoa
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

17

Fabada
Stewed White Beans without Chorizo and Potatoes
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

24

Paella Hortelana
Rice with Vegetables
Revuelto de Queso
Scrambled Eggs with Cheese
Ensalada de Maíz
Corn Salad
Plátano y Pan sin Sésamo
Banana and Bread without Sesame Seeds

Jueves - Thursday

4

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

11

Crema de Verduras
Vegetable Cream

Pollo al Horno
Baked Chicken
Tomate Aliñado
Seasoned Tomato
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

18

Judías Verdes Rehogadas
Sautéed Green Beans

Pollo al Chilindrón
Chicken with Vegetables
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

25

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

Viernes - Friday

5

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

12

Arroz con Tomate y Huevo Cocido
Rice with Homemade Tomato Sauce and Cooked Egg
Atún a la Andaluza
Floured Tuna
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

19

Sopa de Cocido
Meat Soup

Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabagge
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

26

Coditos al Gratén
Pasta au Gratin
Gallineta en Salsa
Cod in Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

mediterránea

FRUTA VARIADA y de TEMPORADA

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

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

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

1 
**Festivo
Festive**

8 Lasaña Boloñesa
Bolognese Lasagna

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

15 Tallarines al Wok
Sautéed Pasta with Soy Sauce

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

22 Crema de Calabaza con Parmesano
Pumpkin Cream with Parmesan Cheese
Ragout de Pavo Estofado
Stewed Turkey
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

29 Lentejas con Verduras
Stewed Lentils with Vegetables
Tortilla de Patata
Potato Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

2 Fideua de Verduras
Pasta with Vegetables
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

9 Sopa de Fideos
Noodle Soup

Lomo de Sajonia
Saxony Pork
Patatas Fritas
French Fries
Fruta y Pan
Fruit and Bread

16 Arroz Tres Delicias
Three Delights Rice

Merluza en Salsa de Cebolla
Hake with Onion Sauce
Calabacín al Horno
Baked Zucchini
Fruta y Pan
Fruit and Bread

23 Lentejas con Arroz
Stewed Lentils with Rice
Fogonero a la Andaluza
Floured Fish
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

30 Espaguettis a la Carbonara
Carbonara Spaguettis
Merluza en Salsa de Puerro
Hake with Leek Sauce
Tomate Aliñado
Seasoned Tomato
Fruta y Pan
Fruit and Bread

3 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza en Salsa
Hake in Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

10 Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables

Merluza a la Gallega
Hake with Paprika
Quinoa Salteada
Sautéed Quinoa
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

17 Fabada
Stewed White Beans without Chorizo and Potatoes
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

24 Paella Hortelana
Rice with Vegetables
Revuelto de Queso
Scrambled Eggs with Cheese
Ensalada de Maíz
Corn Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

4 Sopa de Cocido
Meat Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabagge
Fruta y Pan
Fruit and Bread

11 Crema de Verduras
Vegetable Cream

Escalope de Pollo
Breaded Chicken
Tomate Aliñado
Seasoned Tomato
Fruta y Pan
Fruit and Bread

18 Judías Verdes Rehogadas
Sautéed Green Beans

Pollo al Chilindrón
Chicken with Vegetables
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

25 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
Hamburguesa de Ternera al Horno
Baked Veal Burger
Calabacín al Horno
Baked Zucchini
Fruta y Pan
Fruit and Bread

5 Guisantes Rehogados
Sautéed Green Peas
Cinta de Lomo al Horno
Baked Loin
Patata Asada
Roasted Potatoes
Yogur y Pan
Yogurt and Bread

12 Arroz con Tomate y Huevo Cocido
Rice with Homemade Tomato Sauce and Cooked Egg
Atún a la Andaluza
Floured Tuna
Ensalada Variada
Mixed Salad
Yogur y Pan
Yogurt and Bread

19 Sopa de Cocido
Meat Soup

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

26 Coditos al Gratin
Pasta au Gratin
Gallineta en Salsa
Cod in Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan
Yogurt and Bread

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

1



**Festivo
Festive**

8

Macarrones a la Boloñesa 113 g de Pasta 50 g de Tomate Frito 3 R de HC
Pasta with Bolognese Sauce
Tortilla Francesa
Omelette
Ensalada Variada
Mixed Salad

Fruta y Pan 2 R de HC
Fruit and Bread

15

Tallarines con Tomate Frito 112,5g de Pasta, 50g de Tomate Frito 3R de HC
Pasta with Tomato Sauce
Tortilla Francesa de Atún
Tuna Omelette

Ensalada Variada
Mixed Salad
Fruta y Pan 2 R de HC
Fruit and Bread

22

Crema de Calabaza 150 g de Calabaza 81,25 g de Patata 2 R de HC
Pumpkin Cream
Pavo al Horno
Baked Turkey
Cous Cous 45g de Pasta 1 R de HC
Cous Cous
Fruta y Pan 2 R de HC
Fruit and Bread

29

Lentejas con Verduras 150 g de Lentejas 3 R de HC
Stewed Lentils with Vegetables
Tortilla Francesa
Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan 2 R de HC
Fruit and Bread

2

Fideua de Verduras 113 g de Pasta 50 g de Tomate 3 R de HC
Pasta with Vegetables
Revuelto de Pavo
Scrambled Eggs with Turkey

Ensalada Variada
Mixed Salad

Fruta y Pan 2 R de HC
Fruit and Bread

9

Sopa de Fideos 67,5 g de Fideos 1,5 R de HC
Noodle Soup
Lomo de Sajonia
Saxony Pork
Patatas Fritas 45g de Patatas Fritas 1,5R de HC
French Fries
Fruta y Pan 2 R de HC
Fruit and Bread

16

Arroz Tres Delicias 114g de Arroz 3 R de HC
Three Delights Rice
Merluza en Salsa de Cebolla
Hake with Onion Sauce

Calabacín al Horno
Baked Zucchini
Fruta y Pan 2 R de HC
Fruit and Bread

23

Lentejas con Verduras 150 g de Lentejas 3 R de HC
Stewed Lentils with Vegetables
Fogonero al Horno
Baked Fish
Ensalada Variada
Mixed Salad
Fruta y Pan 2 R de HC
Fruit and Bread

30

Espaguetis al Pomodoro 112,5g de Pasta, 50g Tomate Frito 3R de HC
Pasta with Tomato Sauce
Merluza al Horno
Baked Hake
Tomate Aliñado
Seasoned Tomato
Fruta y Pan 2 R de HC
Fruit and Bread

3

Arroz con Tomate Casero 95g de Arroz 50g de Tomate 3 R de HC
Rice with Homemade Tomato Sauce
Merluza en Salsa
Hake in Sauce

Ensalada Variada
Mixed Salad

Yogur Desnatado de Sabor y Pan 30g 2 R de HC
Flavored low-fat yogurt and Bread

10

Lentejas Estofadas con Verdura 150 g de Lentejas 3 R de HC
Stewed Lentils with Vegetables
Merluza a la Gallega
Hake with Paprika
Ensalada Variada
Mixed Salad

17

Yogur Desnatado de Sabor y Pan 30g 2 R de HC
Flavored low-fat yogurt and Bread
Fabada (Sin Chorizo, ni Patata) 165g de Alubias 3R de HC
Stewed White Beans with Chorizo
Cinta de Lomo al Horno
Baked Loin

24

Ensalada Variada
Mixed Salad
Yogur Desnatado de Sabor y Pan 30g 2 R de HC
Flavored low-fat yogurt and Bread
Paella Hortelana 95g Arroz 2,5R de HC
Rice with Vegetables
Huevos Revueltos
Scrambled Eggs
Ensalada de Maíz 25g de Maíz 0,5R de HC
Corn Salad
Fruta y Pan 2 R de HC
Fruit and Bread

4

Sopa de Cocido 45g de Pasta 1 R de HC
Meat Soup
Cocido Completo 82,5 g de garbanzos, 32,5g de Patata Cocida con Carne 2 R de HC
Chickpeas with Meat and Vegetables
Repollo
Cabagge

Fruta y Pan 2 R de HC
Fruit and Bread

11

Crema de Verduras 130 g de Patata 2 R de HC
Vegetable Cream with Pumpkin Croutons
Pollo al Horno
Baked Chicken
Tomate Aliñado
Seasoned Tomato

18

Fruta y Pan 3 R de HC
Fruit and Bread
Judías Verdes con Patatas 125g de Judías 97,5 g de Patata 2 R de HC
Green Beans with Potatoes
Pollo Asado
Roasted Chicken

25

Arroz Pilaf 38g de Arroz 1 R de HC
Rice
Fruta y Pan 2 R de HC
Fruit and Bread
Patatas Estofadas con Verduras 195 g de Patata 3 R de HC
Stewed Potatoes with Vegetables
Cinta de Lomo al Horno
Baked Loin
Calabacín al Horno
Baked Zucchini
Fruta y Pan 2 R de HC
Fruit and Bread

5

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 52,5 g de Patata Asada 1,5 R de HC
Roasted Potatoes

Yogur Desnatado de Sabor y Pan 30g 2 R de HC
Flavored low-fat yogurt and Bread

12

Arroz con Tomate Casero y Huevo, 95g de Arroz 50g de Tomate 3 R de HC
Rice with Tomato Sauce and Egg
Atún al Horno
Baked Tuna
Ensalada Variada
Mixed Salad

19

Yogur Desnatado de Sabor y Pan 30g 2 R de HC
Flavored low-fat yogurt and Bread
Sopa de Cocido 45g de Pasta 1 R de HC
Meat Soup
Cocido Completo 82,5 g de garbanzos, 32,5g de Patata Cocida con Carne 2 R de HC
Chickpeas with Meat and Vegetables
Repollo
Cabagge
Yogur Desnatado de Sabor y Pan 30g 2 R de HC
Flavored low-fat yogurt and Bread

26

Coditos con Tomate Casero 112,5 g de Pasta 50 g de Tomate 3 R de HC
Pasta with Homemade Tomato Sauce
Gallineta en Salsa
Cod in Sauce
Ensalada Variada
Mixed Salad
Yogur Desnatado de Sabor y Pan 30g 2 R de HC
Flavored 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

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

1



**Festivo
Festive**

8

Lasaña Boloñesa
Bolognese Lasagna

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

15

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

22

Crema de Calabaza con Parmesano
Pumpkin Cream with Parmesan Cheese
Ragout de Pavo Estofado
Stewed Turkey
Cous Cous
Cous Cous
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

29

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

2

Fideua de Verduras
Pasta with Vegetables
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

9

Sopa de Fideos
Noodle Soup

Lomo de Saxonía
Saxony Pork
Patatas Fritas
French Fries
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

16

Arroz Tres Delicias
Three Delights Rice

Merluza en Salsa de Cebolla
Hake with Onion Sauce
Calabacín Rebozado
Fried Zucchini
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

23

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

30

Espaguettis a la Carbonara
Carbonara Spaguettis
Merluza en Salsa de Puerro
Hake with Leek Sauce
Tomate Aliñado
Seasoned Tomato
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

3

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

10

Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables

Merluza a la Gallega
Hake with Paprika
Quinoa Salteada
Sautéed Quinoa
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

17

Fabada
Stewed White Beans without Chorizo and Potatoes
Cinta de Lomo al Horno
Baked Loin
Patata Dado
Diced Potatoes
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

24

Paella Hortelana
Rice with Vegetables
Revuelto de Queso
Scrambled Eggs with Cheese
Ensalada de Maíz
Corn Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

4

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

11

Crema de Verduras
Vegetable Cream

Escalope de Pollo
Breaded Chicken
Tomate Aliñado
Seasoned Tomato
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

18

Judías Verdes Rehogadas
Sautéed Green Beans

Pollo al Chilindrón
Chicken with Vegetables
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

25

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

5

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

12

Arroz con Tomate y Huevo Cocido
Rice with Homemade Tomato Sauce and Cooked Egg
Atún a la Andaluza
Floured Tuna
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

19

Sopa de Cocido
Meat Soup

Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabagge
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

26

Coditos al Gratén
Pasta au Gratin
Gallineta en Salsa
Cod in Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

mediterránea

PAN Y LÁCTEOS SIN FRUTOS SECOS. FRUTA VARIADA y de TEMPORADA (NO KIVI, PIÑA, AGUACATE, MELÓN NI PLÁTANO)

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