

Lunes-Monday

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

11 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Croquetas de Bacalao
Cod Croquettes

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

18 Judías Verdes Rehogadas sin Ajo
Sautéed Green Beans without Garlic
Albóndigas de Ternera en Salsa
Veal Meatballs in Sauce
Patata Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread

25 Crema de Verduras
Vegetable Cream
Ragout de Pavo
Stewed Turkey

Arroz Pilaf
Rice
Fruta y Pan
Fruit and Bread

Martes-Tuesday

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

12 Guisantes Salteados
Sautéed Green Peas
Revuelto de Patatas
Scrambled Eggs with Potato

Ensalada de Pimientos
Peppers Salad
Fruta y Pan
Fruit and Bread

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

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

Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

Miercoles-Wednesday

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

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

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

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

27 Arroz Campero
Rice with Vegetables
Tortilla Francesa
Omelette

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

Jueves-Thursday

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

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

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

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

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Viernes-Friday

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

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

Ensalada Variada
Mixed Salad
Yogur y Pan
Yogurt and Bread

22 Lasaña Boloñesa de Ternera
Veal Bolognese Lasagna
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Natillas de Vainilla y Pan
Custard and Bread

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

Lunes-Monday

4 Arroz a la Milanese
Milanese Rice
Cinta de Lomo Enharinada (Harina de Maíz)
Floured Pork
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

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

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

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

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

Martes-Tuesday

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

12 Guisantes con Jamón
Sautéed Green Peas with Ham
Revuelto de Patatas
Scrambled Eggs with Potato

Ensalada de Pimientos
Peppers Salad
Fruta y Pan
Fruit and Bread

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

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

Miercoles-Wednesday

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

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

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

27 Arroz Campero
Rice with Vegetables
Huevos Rellenos
Stuffed Eggs with Tuna
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Jueves-Thursday

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

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

Repollo
Cabbage
Fruta y Pan
Fruit and Bread

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

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

Viernes-Friday

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

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

Ensalada Variada
Mixed Salad
Yogur y Pan
Yogurt and Bread

22 Lasaña Casera de Carne y Verdura
Meat and Vegetable Lasagna
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Natillas de Vainilla y Pan
Custard and Bread

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

mediterranea

FRUTA VARIADA y de TEMPORADA

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

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

Lunes-Monday

4 Arroz a la Milanese
Milanese Rice
Merluza a la Andaluza
Floured Hake
Ensalada Variada (Sin Lechuga)
Mixed Salad (without Lettuce)
Fruta y Pan
Fruit and Bread

11 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Croquetas de Bacalao
Cod Croquettes
Ensalada Variada (Sin Lechuga)
Mixed Salad (without Lettuce)
Fruta y Pan
Fruit and Bread

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

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

Martes-Tuesday

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

12 Guisantes con Jamón
Sautéed Green Peas with Ham
Revuelto de Patatas
Scrambled Eggs with Potato
Ensalada de Pimientos
Peppers Salad
Fruta y Pan
Fruit and Bread

19 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Fogonero a la Andaluza
Floured Fish
Ensalada Variada (Sin Lechuga)
Mixed Salad (without Lettuce)
Fruta y Pan
Fruit and Bread

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

Miercoles-Wednesday

6 Macarrones al Pomodoro
Pasta with Tomato Sauce
Salmón al Horno
Baked Salmon
Ensalada Variada (Sin Lechuga)
Mixed Salad (without Lettuce)
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

13 Espaguetis Salteados con Verduras
Spaguettis with Vegetables
Merluza Rebozada
Breaded Fish
Ensalada Variada (Sin Lechuga)
Mixed Salad (without Lettuce)
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

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

27 Arroz Campero
Rice with Vegetables
Huevos Rellenos
Stuffed Eggs with Tuna
Ensalada Variada (Sin Lechuga)
Mixed Salad (without Lettuce)
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Jueves-Thursday

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

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

21 Crema de Zanahoria con Picatostes
Carrots Cream with Croutons
Tortilla de Patata
Potato Omelette
Ensalada Variada (Sin Lechuga)
Mixed Salad (without Lettuce)
Naranja y Pan
Orange and Bread

28 Tallarines a la Carbonara
Carbonara Spaguettis
Merluza en Salsa de Cebolla
Hake with Onion Sauce
Ensalada Variada (Sin Lechuga)
Mixed Salad (without Lettuce)
Fruta y Pan
Fruit and Bread

Viernes-Friday

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

15 Patatas a la Marinera
Stewed Potatoes with Squids
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada (Sin Lechuga)
Mixed Salad (without Lettuce)
Yogur y Pan
Yogurt and Bread

22 Lasaña Casera de Carne y Verdura
Meat and Vegetable Lasagna
Caballa en Aceite
Mackerel in Oil
Ensalada Variada (Sin Lechuga)
Mixed Salad (without Lettuce)
Natillas de Vainilla y Pan
Custard and Bread

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

mediterranea

FRUTA VARIADA y de TEMPORADA (NO KIWI NI PLÁTANO)
ENSALADAS: (Tomate, Maiz, Pepino, Cebolla, Zanahoria)

Lunes-Monday

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

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

18 Judías Verdes con Jamón
Sautéed Green Beans with Ham
Ternera en Salsa de Tomate
Veal with Tomato Sauce
Patata Dado
Diced Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

25 Crema de Verduras
Vegetable Cream

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

Martes-Tuesday

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

12 Guisantes con Jamón
Sautéed Green Peas with Ham
Revuelto de Patatas
Scrambled Eggs with Potato
Ensalada de Pimientos
Peppers Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

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

26 Coliflor con Patatas
Sautéed Cauliflower with Potatoes

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

Miercoles-Wednesday

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

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

20 Sopa de Fideos S/Gluten S/Huevo
Gluten- Free Noodle Soup
Pollo en Pepitoria
Chicken in Pepitoria
Patata Asada
Roasted Potatoes
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

27 Arroz Campero
Rice with Vegetables

Huevos Rellenos
Stuffed Eggs with Tuna
Ensalada Variada
Mixed Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

Jueves-Thursday

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

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

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

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

Viernes-Friday

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

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

22 Pasta S/Gluten S/Huevo a la Boloñesa
Gluten Free Pasta with Bolognese
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Natillas de Vainilla y Pan S/Gluten
Custard and Gluten-Free Bread

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

Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabbage
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)

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

Lunes-Monday

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

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

18 Judías Verdes con Jamón
Sautéed Green Beans with Ham
Ternera en Salsa de Tomate
Veal with Tomato Sauce
Patata Dado
Diced Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

25 Crema de Verduras
Vegetable Cream

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

Martes-Tuesday

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

12 Guisantes con Jamón
Sautéed Green Peas with Ham
Revuelto de Patatas
Scrambled Eggs with Potato
Ensalada de Pimientos
Peppers Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

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

26 Coliflor con Patatas
Sautéed Cauliflower with Potatoes

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

Miercoles-Wednesday

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

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

20 Lentejas con Verduras y Chorizo
Stewed Lentils with Chorizo
Pollo en Pepitoria
Chicken in Pepitoria
Patata Asada
Roasted Potatoes
Yogur de Soja y Pan S/Gluten
Soy Yogurt and Gluten-Free Bread

27 Arroz Campero
Rice with Vegetables

Huevos Rellenos
Stuffed Eggs with Tuna
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan S/Gluten
Soy Yogurt and Gluten-Free Bread

Jueves-Thursday

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

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

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

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

Viernes-Friday

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

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

22 Pasta S/Gluten S/Huevo a la Boloñesa
Gluten Free Pasta with Bolognese
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan S/Gluten
Soy Yogurt and Gluten-Free Bread

29 Sopa de Cocido (Fideos S/Gluten S/Huevo)
Meat Soup with Gluten Free Noodles
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabbage
Yogur de Soja y Pan S/Gluten
Soy Yogurt and Gluten-Free Bread

Lunes-Monday

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

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

18 Judías Verdes con Jamón
Sautéed Green Beans with Ham
Ternera en Salsa de Tomate
Veal with Tomato Sauce
Patata Dado
Diced Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

25 Crema de Verduras
Vegetable Cream

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

Martes-Tuesday

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

12 Guisantes con Jamón
Sautéed Green Peas with Ham
Revuelto de Patatas
Scrambled Eggs with Potato
Ensalada de Pimientos
Peppers Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

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

26 Coliflor con Patatas
Sautéed Cauliflower with Potatoes

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

Miercoles-Wednesday

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

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

20 Sopa de Fideos S/Gluten S/Huevo
Gluten- Free Noodle Soup
Pollo en Pepitoria
Chicken in Pepitoria
Patata Asada
Roasted Potatoes
Yogur de Soja y Pan S/Gluten
Soy Yogurt and Gluten-Free Bread

27 Arroz Campero
Rice with Vegetables

Huevos Rellenos
Stuffed Eggs with Tuna
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan S/Gluten
Soy Yogurt and Gluten-Free Bread

Jueves-Thursday

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

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

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

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

Viernes-Friday

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

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

22 Pasta S/Gluten S/Huevo a la Boloñesa
Gluten Free Pasta with Bolognese
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan S/Gluten
Soy Yogurt and Gluten-Free Bread

29 Sopa de Cocido (Fideos S/Gluten S/Huevo)
Meat Soup with Gluten Free Noodles
Cocido Completo
Chickpeas with Meat and Vegetables
Rollo
Cabbage
Yogur de Soja y Pan S/Gluten
Soy Yogurt and Gluten-Free Bread

Lunes-Monday

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

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

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

18 Judías Verdes con Jamón
Sautéed Green Beans with Ham
Ternera en Salsa de Tomate
Veal with Tomato Sauce
Patata Dado
Diced Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

25 Crema de Verduras
Vegetable Cream

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

Martes-Tuesday

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

12 Guisantes con Jamón
Sautéed Green Peas with Ham
Revuelto de Patatas
Scrambled Eggs with Potato

Ensalada de Pimientos
Peppers Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

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

26 Coliflor con Patatas
Sautéed Cauliflower with Potatoes

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

Miercoles-Wednesday

6 Pasta S/Gluten S/Huevo al Pomodoro
Pasta gluten-egg free with Tomato Sauce
Tortilla Francesa de York
Ham French Omelette
Ensalada Variada
Mixed Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

13 Pasta S/Gluten S/Huevo con Verduras
Gluten/Egg-Free Pasta with Vegetables
Filete de Pollo Enharinado (Harina de Maíz)
Floured Chicken
Ensalada Variada
Mixed Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

20 Sopa de Fideos S/Gluten S/Huevo
Gluten-Free Noodle Soup
Pollo en Pepitoria
Chicken in Pepitoria
Patata Asada
Roasted Potatoes
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

27 Arroz Campero
Rice with Vegetables

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

Jueves-Thursday

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

14 Sopa de Cocido (Fideos S/Gluten S/Huevo)
Meat Soup with Gluten Free Noodles
Cocido Completo
Chickpeas with Meat and Vegetables

Repollo
Cabbage
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

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

28 Pasta S/Gluten S/Huevo a la Carbonara
Carbonara Gluten-Egg Free Pasta
(Gluten-Free Flour)
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Viernes-Friday

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

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

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

22 Pasta S/Gluten S/Huevo a la Boloñesa
Gluten Free Pasta with Bolognese
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Natillas de Vainilla y Pan S/Gluten
Custard and Gluten-Free Bread

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

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

Lunes-Monday

4 Arroz a la Milanese (sin Queso)
Milanese Rice (without Cheese)
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

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

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

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

Martes-Tuesday

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

12 Guisantes con Jamón
Sautéed Green Peas with Ham
Revuelto de Patatas
Scrambled Eggs with Potato
Ensalada de Pimientos
Peppers Salad
Fruta y Pan
Fruit and Bread

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

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

Miercoles-Wednesday

6 Macarrones al Pomodoro
Pasta with Tomato Sauce
Salmón al Horno
Baked Salmon
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

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

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

27 Arroz Campero
Rice with Vegetables
Huevos Rellenos
Stuffed Eggs with Tuna
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

Jueves-Thursday

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

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

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

28 Tallarines con Tomate Casero
Pasta with Homemade Tomato Sauce
Merluza en Salsa de Cebolla
Hake with Onion Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Viernes-Friday

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

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

22 Macarrones a la Boloñesa
Pasta with Bolognese Sauce
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan
Soy Yogurt and Bread

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

Lunes-Monday

4 Arroz a la Milanese (sin Queso)
Milanese Rice (without Cheese)
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

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

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

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

Martes-Tuesday

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

12 Guisantes con Jamón
Sautéed Green Peas with Ham
Revuelto de Patatas
Scrambled Eggs with Potato
Ensalada de Pimientos
Peppers Salad
Fruta y Pan
Fruit and Bread

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

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

Miercoles-Wednesday

6 Macarrones al Pomodoro
Pasta with Tomato Sauce
Salmón al Horno
Baked Salmon
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

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

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

27 Arroz Campero
Rice with Vegetables
Huevos Rellenos
Stuffed Eggs with Tuna
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

Jueves-Thursday

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

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

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

28 Tallarines con Tomate Casero
Pasta with Homemade Tomato Sauce
Merluza en Salsa de Cebolla
Hake with Onion Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Viernes-Friday

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

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

22 Macarrones a la Boloñesa
Pasta with Bolognese Sauce
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan
Soy Yogurt and Bread

29 Sopa de Cocido
Meat Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabagge
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 RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

Lunes-Monday

4 Arroz a la Milanese (sin Queso)
Milanese Rice (without Cheese)
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

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

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

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

Martes-Tuesday

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

12 Guisantes con Jamón
Sautéed Green Peas with Ham
Revuelto de Patatas
Scrambled Eggs with Potato
Ensalada de Pimientos
Peppers Salad
Fruta y Pan
Fruit and Bread

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

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

Miercoles-Wednesday

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

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

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

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

Jueves-Thursday

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

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

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

28 Tallarines con Tomate Casero
Pasta with Homemade Tomato Sauce
Merluza en Salsa de Cebolla
Hake with Onion Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Viernes-Friday

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

15 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan
Soy Yogurt and Bread

22 Macarrones a la Boloñesa
Pasta with Bolognese Sauce
Merluza en Salsa
Hake in Sauce
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan
Soy Yogurt and Bread

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

Lunes-Monday

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

11 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Croquetas de Bacalao
Cod Croquettes
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

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

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

Martes-Tuesday

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

12 Guisantes con Jamón
Sautéed Green Peas with Ham
Salchichas de Pavo al Horno
Turkey Sausages
Ensalada de Pimientos
Peppers Salad
Fruta y Pan
Fruit and Bread

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

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

Miercoles-Wednesday

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

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

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

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

Jueves-Thursday

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

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

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

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

Viernes-Friday

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

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

22 Lasaña Casera de Carne y Verdura
Meat and Vegetable Lasagna
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Natillas de Vainilla y Pan
Custard and Bread

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

Lunes-Monday

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

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

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

25 Crema de Verduras
Vegetable Cream

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

Martes-Tuesday

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

12 Guisantes con Jamón
Sautéed Green Peas with Ham
Salchichas de Pavo al Horno
Turkey Sausages
Ensalada de Pimientos
Peppers Salad
Fruta y Pan
Fruit and Bread

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

26 Coliflor con Patatas
Sautéed Cauliflower with Potatoes

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

Miercoles-Wednesday

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

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

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

27 Arroz Campero
Rice with Vegetables

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

Jueves-Thursday

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

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

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

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

Viernes-Friday

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

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

22 Pasta S/Gluten S/Huevo a la Boloñesa
Gluten Free Pasta with Bolognese
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Natillas de Vainilla y Pan
Custard and Bread

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

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

mediterránea

PAN Y LÁCTEOS SIN HUEVO. FRUTA VARIADA y de TEMPORADA

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

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

Lunes-Monday

4 Arroz a la Milanésa
Milanese Rice
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

11 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

18 Judías Verdes con Jamón
Sautéed Green Beans with Ham
Albóndigas de Ternera en Salsa
Veal Meatballs in Sauce
Patata Dado
Diced Potatoes
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

25 Crema de Verduras
Vegetable Cream

Ragout de Pavo
Stewed Turkey
Arroz Pilaf
Rice
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Martes-Tuesday

5 Brócoli Salteado con Bacon
Sautéed Broccoli with Bacon
Pollo Asado
Roasted Chicken
Patatas Fritas
French Fries
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

12 Guisantes con Jamón
Sautéed Green Peas with Ham
Salchichas de Pavo al Horno
Turkey Sausages
Ensalada de Pimientos
Peppers Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

19 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Fogonero a la Andaluza
Floured Fish
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

26 Coliflor con Patatas
Sautéed Cauliflower with Potatoes

Pollo Asado
Roasted Chicken
Cous Cous
Cous Cous
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Miercoles-Wednesday

6 Pasta S/Gluten S/Huevo al Pomodoro
Pasta gluten-egg free with Tomato Sauce
Salmón al Horno
Baked Salmon
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

13 Pasta S/Gluten S/Huevo con Verduras
Gluten/Egg-Free Pasta with Vegetables
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

20 Lentejas con Verduras y Chorizo
Stewed Lentils with Chorizo
Pollo en Salsa
Chicken in Sauce
Cous Cous
Cous Cous
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

27 Arroz Campero
Rice with Vegetables

Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

Jueves-Thursday

7 Crema de Verduras
Vegetable Cream
Magro de Cerdo en Salsa
Stewed Lean Pork
Cous Cous
Cous Cous
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

14 Sopa de Cocido (Fideos S/Gluten S/Huevo)
Meat Soup with Gluten Free Noodles
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabagge
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

21 Crema de Zanahoria
Carrots Cream
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Naranja y Pan sin Sésamo
Orange and Bread without Sesame Seeds

28 Pasta S/Gluten S/Huevo a la Carbonara
Carbonara Gluten-Egg Free Pasta
(Gluten-Free Flour)
Merluza en Salsa de Cebolla
Hake with Onion Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Viernes-Friday

8 Alubias Pintas Estofadas con Verduras
Stewed Black Beans with Vegetables
Pollo en Salsa
Chicken in Sauce
Tomate a la Provenzal
Baked Tomato
Flan y Pan Sin Sésamo
Flan and Bread without Sesame Seeds

15 Patatas a la Marinera
Stewed Potatoes with Squids
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

22 Pasta S/Gluten S/Huevo a la Boloñesa
Gluten Free Pasta with Bolognese
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Natillas de Vainilla y Pan Sin Sésamo
Custard and Bread without Sesame Seeds

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

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

Lunes-Monday

4 Arroz a la Milanésa (sin Queso)
Milanese Rice (without Cheese)
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

11 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

18 Judías Verdes con Jamón
Sautéed Green Beans with Ham
Albóndigas de Ternera en Salsa
Veal Meatballs in Sauce
Patata Dado
Diced Potatoes
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

25 Crema de Verduras
Vegetable Cream
Ragout de Pavo
Stewed Turkey
Arroz Pilaf
Rice
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Martes-Tuesday

5 Brócoli Salteado con Bacon
Sautéed Broccoli with Bacon
Pollo Asado
Roasted Chicken
Patatas Fritas
French Fries
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

12 Guisantes con Jamón
Sautéed Green Peas with Ham
Revuelto de Patatas
Scrambled Eggs with Potato
Ensalada de Pimientos
Peppers Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

19 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Fogonero a la Andaluza
Floured Fish
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

26 Coliflor con Patatas
Sautéed Cauliflower with Potatoes
Pollo Asado
Roasted Chicken
Cous Cous
Cous Cous
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Miercoles-Wednesday

6 Macarrones al Pomodoro
Pasta with Tomato Sauce
Salmón al Horno
Baked Salmon
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

13 Espaguetis Salteados con Verduras
Spaguettis with Vegetables
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

20 Lentejas con Verduras y Chorizo
Stewed Lentils with Chorizo
Pollo en Pepitoria
Chicken in Pepitoria
Cous Cous
Cous Cous
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

27 Arroz Campero
Rice with Vegetables
Huevos Rellenos
Stuffed Eggs with Tuna
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Jueves-Thursday

7 Crema de Verduras
Vegetable Cream
Magro de Cerdo en Salsa
Stewed Lean Pork
Cous Cous
Cous Cous
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

14 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

21 Crema de Zanahoria
Carrots Cream
Tortilla de Patata
Potato Omelette
Ensalada Variada
Mixed Salad
Naranja y Pan sin Sésamo
Orange and Bread without Sesame Seeds

28 Tallarines con Tomate Casero
Pasta with Homemade Tomato Sauce
Merluza en Salsa de Cebolla
Hake with Onion Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Viernes-Friday

8 Alubias Pintas Estofadas con Verduras
Stewed Black Beans with Vegetables
Tortilla de Patata
Potato Omelette
Tomate a la Provenzal
Baked Tomato
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

15 Patatas a la Marinera
Stewed Potatoes with Squids
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

22 Macarrones a la Boloñesa
Pasta with Bolognese Sauce
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

29 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

Lunes-Monday

4 Arroz a la Milanésa
Milanese Rice
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

11 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Croquetas de Bacalao
Cod Croquettes
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

18 Judías Verdes con Jamón
Sautéed Green Beans with Ham
Albóndigas de Ternera en Salsa
Veal Meatballs in Sauce
Patata Dado
Diced Potatoes
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

25 Crema de Verduras
Vegetable Cream
Ragout de Pavo
Stewed Turkey
Arroz Pilaf
Rice
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Martes-Tuesday

5 Brócoli Salteado con Bacon
Sautéed Broccoli with Bacon
Pollo Asado
Roasted Chicken
Patatas Fritas
French Fries
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

12 Guisantes con Jamón
Sautéed Green Peas with Ham
Revuelto de Patatas
Scrambled Eggs with Potato
Ensalada de Pimientos
Peppers Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

19 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Fogonero a la Andaluza
Floured Fish
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

26 Coliflor con Patatas
Sautéed Cauliflower with Potatoes
Pollo Asado
Roasted Chicken
Cous Cous
Cous Cous
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Miercoles-Wednesday

6 Macarrones al Pomodoro
Pasta with Tomato Sauce
Salmón al Horno
Baked Salmon
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

13 Espaguetis Salteados con Verduras
Spaguettis with Vegetables
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

20 Lentejas con Verduras y Chorizo
Stewed Lentils with Chorizo
Pollo en Pepitoria
Chicken in Pepitoria
Cous Cous
Cous Cous
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

27 Arroz Campero
Rice with Vegetables
Huevos Rellenos
Stuffed Eggs with Tuna
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

Jueves-Thursday

7 Crema de Verduras
Vegetable Cream
Magro de Cerdo en Salsa
Stewed Lean Pork
Cous Cous
Cous Cous
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

14 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

21 Crema de Zanahoria
Carrots Cream
Tortilla de Patata
Potato Omelette
Ensalada Variada
Mixed Salad
Naranja y Pan sin Sésamo
Orange and Bread without Sesame Seeds

28 Tallarines a la Carbonara
Carbonara Spaguettis
Merluza en Salsa de Cebolla
Hake with Onion Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Viernes-Friday

8 Alubias Pintas Estofadas con Verduras
Stewed Black Beans with Vegetables
Tortilla de Patata
Potato Omelette
Tomate a la Provenzal
Baked Tomato
Flan y Pan Sin Sésamo
Flan and Bread without Sesame Seeds

15 Patatas a la Marinera
Stewed Potatoes with Squids
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

22 Lasaña Casera de Carne y Verdura
Meat and Vegetable Lasagna
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Natillas de Vainilla y Pan Sin Sésamo
Custard and Bread without Sesame Seeds

29 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

mediterránea

PAN SIN SÉSAMO NI FRUTOS SECOS. FRUTA VARIADA y de TEMPORADA
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 RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

Lunes-Monday

4 Arroz a la Milanésa
Milanese Rice
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

11 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Croquetas de Bacalao
Cod Croquettes
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

18 Judías Verdes con Jamón
Sautéed Green Beans with Ham
Albóndigas de Ternera en Salsa
Veal Meatballs in Sauce
Patata Dado
Diced Potatoes
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

25 Crema de Verduras
Vegetable Cream
Ragout de Pavo
Stewed Turkey
Arroz Pilaf
Rice
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Martes-Tuesday

5 Brócoli Salteado con Bacon
Sautéed Broccoli with Bacon
Pollo Asado
Roasted Chicken
Patatas Fritas
French Fries
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

12 Guisantes con Jamón
Sautéed Green Peas with Ham
Revuelto de Patatas
Scrambled Eggs with Potato
Ensalada de Pimientos
Peppers Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

19 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Fogonero a la Andaluza
Floured Fish
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

26 Coliflor con Patatas
Sautéed Cauliflower with Potatoes
Pollo Asado
Roasted Chicken
Cous Cous
Cous Cous
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Miercoles-Wednesday

6 Macarrones al Pomodoro
Pasta with Tomato Sauce
Salmón al Horno
Baked Salmon
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

13 Espaguetis Salteados con Verduras
Spaguettis with Vegetables
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

20 Lentejas con Verduras y Chorizo
Stewed Lentils with Chorizo
Pollo en Pepitoria
Chicken in Pepitoria
Cous Cous
Cous Cous
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

27 Arroz Campero
Rice with Vegetables
Huevos Rellenos
Stuffed Eggs with Tuna
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

Jueves-Thursday

7 Crema de Verduras
Vegetable Cream
Magro de Cerdo en Salsa
Stewed Lean Pork
Cous Cous
Cous Cous
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

14 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

21 Crema de Zanahoria
Carrots Cream
Tortilla de Patata
Potato Omelette
Ensalada Variada
Mixed Salad
Naranja y Pan sin Sésamo
Orange and Bread without Sesame Seeds

28 Tallarines a la Carbonara
Carbonara Spaguettis
Merluza en Salsa de Cebolla
Hake with Onion Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Viernes-Friday

8 Alubias Pintas Estofadas con Verduras
Stewed Black Beans with Vegetables
Tortilla de Patata
Potato Omelette
Tomate a la Provenzal
Baked Tomato
Flan y Pan Sin Sésamo
Flan and Bread without Sesame Seeds

15 Patatas a la Marinera
Stewed Potatoes with Squids
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

22 Lasaña Casera de Carne y Verdura
Meat and Vegetable Lasagna
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Natillas de Vainilla y Pan Sin Sésamo
Custard and Bread without Sesame Seeds

29 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

Lunes-Monday

- 4** Arroz a la Milanese
Milanese Rice
Merluza a la Andaluza
Floured Hake
Calabacín Salteado
Sauteéd Zucchini
Yogur y Pan
Yogurt and Bread

- 11** Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Croquetas de Bacalao
Cod Croquettes
Patata Cocida
Boiled Potatoes
Yogur y Pan
Yogurt and Bread

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

- 25** Crema de Verduras
Vegetable Cream
Ragout de Pavo
Stewed Turkey
Arroz Pilaf
Rice
Yogur y Pan
Yogurt and Bread

Martes-Tuesday

- 5** Brócoli Salteado con Bacon
Sautéed Broccoli with Bacon
Pollo Asado
Roasted Chicken
Patatas Fritas
French Fries
Yogur y Pan
Yogurt and Bread

- 12** Guisantes con Jamón
Sautéed Green Peas with Ham
Revuelto de Patatas
Scrambled Eggs with Potato
Zanahoria Baby
Baby Carrots
Yogur y Pan
Yogurt and Bread

- 19** Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Fogonero a la Andaluza
Floured Fish
Zanahoria Baby
Baby Carrots
Yogur y Pan
Yogurt and Bread

- 26** Coliflor con Patatas
Sautéed Cauliflower with Potatoes
Pollo Asado
Roasted Chicken
Cous Cous
Cous Cous
Yogur y Pan
Yogurt and Bread

Miercoles-Wednesday

- 6** Macarrones al Pomodoro
Pasta with Tomato Sauce
Salmón al Horno
Baked Salmon
Menestra Salteada
Sautéed Vegetables
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

- 13** Espaguetis Salteados con Verduras
Spaguettis with Vegetables
Merluza Rebozada
Breaded Fish
Menestra Salteada
Sautéed Vegetables
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

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

- 27** Arroz Campero
Rice with Vegetables
Huevos Rellenos
Stuffed Eggs with Tuna
Menestra Salteada
Sautéed Vegetables
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Jueves-Thursday

- 7** Crema de Verduras
Vegetable Cream
Magro de Cerdo en Salsa
Stewed Lean Pork
Cous Cous
Cous Cous
Yogur y Pan
Yogurt and Bread

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

- 21** Crema de Zanahoria con Picatostes
Carrots Cream with Croutons
Tortilla de Patata
Potato Omelette
Menestra Salteada
Sautéed Vegetables
Yogur y Pan
Yogurt and Bread

- 28** Tallarines a la Carbonara
Carbonara Spaguettis
Merluza en Salsa de Cebolla
Hake with Onion Sauce
Zanahoria Baby
Baby Carrots
Yogur y Pan
Yogurt and Bread

Viernes-Friday

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

- 15** Patatas a la Marinera
Stewed Potatoes with Squids
Cinta de Lomo al Horno
Baked Loin
Calabacín Salteado
Sautéed Zucchini
Yogur y Pan
Yogurt and Bread

- 22** Lasaña Casera de Carne y Verdura
Meat and Vegetable Lasagna
Caballa en Aceite
Mackerel in Oil
Calabacín Asado
Baked Zucchini
Yogur y Pan
Yogurt and Bread

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

Lunes-Monday

4 Arroz a la Milanesea
Milanese Rice
Cinta de Lomo Enharinada (Harina de Maíz)
Floured Pork
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

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

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

18 Judías Verdes con Jamón
Sautéed Green Beans with Ham
Albóndigas de Ternera en Salsa
Veal Meatballs in Sauce
Patata Dado
Diced Potatoes
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

25 Crema de Verduras
Vegetable Cream
Ragout de Pavo
Stewed Turkey
Arroz Pilaf
Rice
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Martes-Tuesday

5 Brócoli Salteado con Bacon
Sautéed Broccoli with Bacon
Pollo Asado
Roasted Chicken
Patatas Fritas
French Fries
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

12 Guisantes con Jamón
Sautéed Green Peas with Ham
Revuelto de Patatas
Scrambled Eggs with Potato

Ensalada de Pimientos
Peppers Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

19 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Tortilla Francesa de Queso
Cheese French Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

26 Coliflor con Patatas
Sautéed Cauliflower with Potatoes
Pollo Asado
Roasted Chicken
Cous Cous
Cous Cous
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Miercoles-Wednesday

6 Macarrones al Pomodoro
Pasta with Tomato Sauce
Tortilla Francesa de York
Ham French Omelette
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

13 Espaguettis Salteados con Verduras
Spaguettis with Vegetables
Filete de Pollo Enharinado (Harina de Maíz)
Floured Chicken
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

20 Lentejas con Verduras y Chorizo
Stewed Lentils with Chorizo
Pollo en Pepitoria
Chicken in Pepitoria
Cous Cous
Cous Cous
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

27 Arroz Campero
Rice with Vegetables
Huevos Rellenos
Stuffed Eggs with Tuna
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

Jueves-Thursday

7 Crema de Verduras
Vegetable Cream
Magro de Cerdo en Salsa
Stewed Lean Pork
Cous Cous
Cous Cous
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

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

Repollo
Cabbage
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

21 Crema de Zanahoria
Carrots Cream
Tortilla de Patata
Potato Omelette
Ensalada Variada
Mixed Salad
Naranja y Pan sin Sésamo
Orange and Bread without Sesame Seeds

28 Tallarines a la Carbonara
Carbonara Spaguettis
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Viernes-Friday

8 Alubias Pintas Estofadas con Verduras
Stewed Black Beans with Vegetables
Tortilla de Patata
Potato Omelette
Tomate a la Provenzal
Baked Tomato
Flan y Pan Sin Sésamo
Flan and Bread without Sesame Seeds

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

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

22 Lasaña Casera de Carne y Verdura
Meat and Vegetable Lasagna
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Natillas de Vainilla y Pan Sin Sésamo
Custard and Bread without Sesame Seeds

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

Lunes-Monday

4 Arroz a la Milanésa
Milanese Rice
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

11 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Croquetas de Bacalao
Cod Croquettes
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

18 Judías Verdes con Jamón
Sautéed Green Beans with Ham
Albóndigas de Ternera en Salsa
Veal Meatballs in Sauce
Patata Dado
Diced Potatoes
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

25 Crema de Verduras
Vegetable Cream
Ragout de Pavo
Stewed Turkey
Arroz Pilaf
Rice
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Martes-Tuesday

5 Brócoli Salteado con Bacon
Sautéed Broccoli with Bacon
Pollo Asado
Roasted Chicken
Patatas Fritas
French Fries
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

12 Guisantes con Jamón
Sautéed Green Peas with Ham
Revuelto de Patatas
Scrambled Eggs with Potato
Ensalada de Pimientos
Peppers Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

19 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Fogonero a la Andaluza
Floured Fish
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

26 Coliflor con Patatas
Sautéed Cauliflower with Potatoes
Pollo Asado
Roasted Chicken
Cous Cous
Cous Cous
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Miercoles-Wednesday

6 Macarrones al Pomodoro
Pasta with Tomato Sauce
Salmón al Horno
Baked Salmon
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

13 Espaguetis Salteados con Verduras
Spaguettis with Vegetables
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

20 Lentejas con Verduras y Chorizo
Stewed Lentils with Chorizo
Pollo en Pepitoria
Chicken in Pepitoria
Cous Cous
Cous Cous
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

27 Arroz Campero
Rice with Vegetables
Huevos Rellenos
Stuffed Eggs with Tuna
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

Jueves-Thursday

7 Crema de Verduras
Vegetable Cream
Magro de Cerdo en Salsa
Stewed Lean Pork
Cous Cous
Cous Cous
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

14 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

21 Crema de Zanahoria
Carrots Cream
Tortilla de Patata
Potato Omelette
Ensalada Variada
Mixed Salad
Naranja y Pan sin Sésamo
Orange and Bread without Sesame Seeds

28 Tallarines a la Carbonara
Carbonara Spaguettis
Merluza en Salsa de Cebolla
Hake with Onion Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Viernes-Friday

8 Alubias Pintas Estofadas con Verduras
Stewed Black Beans with Vegetables
Tortilla de Patata
Potato Omelette
Tomate a la Provenzal
Baked Tomato
Flan y Pan Sin Sésamo
Flan and Bread without Sesame Seeds

15 Patatas a la Marinera
Stewed Potatoes with Squids
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

22 Lasaña Casera de Carne y Verdura
Meat and Vegetable Lasagna
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Natillas de Vainilla y Pan Sin Sésamo
Custard and Bread without Sesame Seeds

29 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

mediterránea

PAN SIN SÉSAMO NI FRUTOS SECOS. 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 RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

Lunes-Monday

- 4** Arroz a la Milanese
Milanese Rice
Cinta de Lomo Enharinada (Harina de Maíz)
Floured Pork
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds
- 11** Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Salchichas de Pavo al Horno
Turkey Sausages
- Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds
- 18** Judías Verdes con Jamón
Sautéed Green Beans with Ham
Albóndigas de Ternera en Salsa
Veal Meatballs in Sauce
Patata Dado
Diced Potatoes
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds
- 25** Crema de Verduras
Vegetable Cream
Ragout de Pavo
Stewed Turkey
Arroz Pilaf
Rice
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Martes-Tuesday

- 5** Brócoli Salteado con Bacon
Sautéed Broccoli with Bacon
Pollo Asado
Roasted Chicken
Patatas Fritas
French Fries
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds
- 12** Guisantes con Jamón
Sautéed Green Peas with Ham
Revuelto de Patatas
Scrambled Eggs with Potato
- Ensalada de Pimientos
Peppers Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds
- 19** Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Tortilla Francesa de Queso
Cheese French Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds
- 26** Coliflor con Patatas
Sautéed Cauliflower with Potatoes
Pollo Asado
Roasted Chicken
Cous Cous
Cous Cous
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Miercoles-Wednesday

- 6** Macarrones al Pomodoro
Pasta with Tomato Sauce
Tortilla Francesa de York
Ham French Omelette
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds
- 13** Espaguetis Salteados con Verduras
Spaguettis with Vegetables
Filete de Pollo Enharinado (Harina de Maíz)
Floured Chicken
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds
- 20** Lentejas con Verduras y Chorizo
Stewed Lentils with Chorizo
Pollo en Pepitoria
Chicken in Pepitoria
Cous Cous
Cous Cous
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds
- 27** Arroz Campero
Rice with Vegetables
Tortilla Francesa de Pavo
Turkey Omelette
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

Jueves-Thursday

- 7** Crema de Verduras
Vegetable Cream
Magro de Cerdo en Salsa
Stewed Lean Pork
Cous Cous
Cous Cous
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds
- 14** Sopa de Cocido
Meat Soup
Cocido Completo
Chickpeas with Meat and Vegetables
- Repollo
Cabbage
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds
- 21** Crema de Zanahoria
Carrots Cream
Tortilla de Patata
Potato Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds
- 28** Tallarines a la Carbonara
Carbonara Spaguettis
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Viernes-Friday

- 8** Alubias Pintas Estofadas con Verduras
Stewed Black Beans with Vegetables
Tortilla de Patata
Potato Omelette
Tomate a la Provenzal
Baked Tomato
Flan y Pan Sin Sésamo
Flan and Bread without Sesame Seeds
- 15** Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
Cinta de Lomo al Horno
Baked Loin
- Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds
- 22** Lasaña Casera de Carne y Verdura
Meat and Vegetable Lasagna
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Natillas de Vainilla y Pan Sin Sésamo
Custard and Bread without Sesame Seeds
- 29** Sopa de Cocido
Meat Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabbage
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

mediterránea

PAN SIN SÉSAMO NI FRUTOS SECOS. NO NARANJA, PLÁTANO, SANDÍA NI MELÓN. FRUTA 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 RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

Lunes-Monday

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

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

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

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

Martes-Tuesday

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

12 Guisantes con Jamón
Sautéed Green Peas with Ham
Revuelto de Patatas
Scrambled Eggs with Potato
Ensalada de Pimientos
Peppers Salad
Fruta y Pan
Fruit and Bread

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

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

Miercoles-Wednesday

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

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

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

27 Arroz Campero
Rice with Vegetables
Huevos Rellenos
Stuffed Eggs with Tuna
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Jueves-Thursday

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

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

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

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

Viernes-Friday

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

15 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Yogur y Pan
Yogurt and Bread

22 Lasaña Casera de Carne y Verdura
Meat and Vegetable Lasagna
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Natillas de Vainilla y Pan
Custard and Bread

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

Lunes-Monday

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

11 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce

Croquetas de Bacalao
Cod Croquettes

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

18 Brócoli Salteado
Sauteéd Broccoli
Ternera en Salsa de Tomate
Veal with Tomato Sauce
Patata Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread

25 Crema de Calabacín
Zucchini Cream
Ragout de Pavo
Stewed Turkey

Arroz Pilaf
Rice
Fruta y Pan
Fruit and Bread

Martes-Tuesday

5 Brócoli Salteado con Bacon
Sauteéd Broccoli with Bacon
Pollo Asado
Roasted Chicken
Patatas Fritas
French Fries
Fruta y Pan
Fruit and Bread

12 Verdura Tricolor (Brócoli, Coliflor y Zanahoria)
Mixed Vegetables
Revuelto de Patatas
Scrambled Eggs with Potato

Ensalada de Pimientos
Peppers Salad
Fruta y Pan
Fruit and Bread

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

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

Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

Miercoles-Wednesday

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

13 Espaguettis Salteados con Verduras
Spaguettis with Vegetables

Merluza Rebozada
Breaded Fish

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

20 Sopa Juliana de Verduras
Vegetables Soup
Pollo en Pepitoria
Chicken in Pepitoria
Cous Cous
Cous Cous
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

27 Arroz Campero
Rice with Vegetables
Huevos Rellenos
Stuffed Eggs with Tuna

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

Jueves-Thursday

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

14 Sopa de Fideos
Noodle Soup

Pollo y Ternera con Patata y Zanahoria
Cocidos
Meat with Boiled Carrot and Potatoes
Rapollo
Cabagge
Fruta y Pan
Fruit and Bread

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

28 Tallarines a la Carbonara
Carbonara Spaguettis
Merluza en Salsa de Cebolla
Hake with Onion Sauce

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Viernes-Friday

8 Sopa de Fideos
Noodle Soup
Tortilla de Patata
Potato Omelette
Tomate a la Provenzal
Baked Tomato
Flan y Pan
Flan and Bread

15 Patatas a la Marinera
Stewed Potatoes with Squids

Cinta de Lomo al Horno
Baked Loin

Ensalada Variada
Mixed Salad
Yogur y Pan
Yogurt and Bread

22 Lasaña Casera de Carne y Verdura
Meat and Vegetable Lasagna
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Natillas de Vainilla y Pan
Custard and Bread

29 Sopa de Fideos
Noodle Soup
Pollo y Ternera con Patata y Zanahoria
Cocidos
Meat with Boiled Carrot and Potatoes
Rapollo
Cabagge
Yogur y Pan
Yogurt and Bread

Lunes-Monday

4 Arroz a la Milanese
Milanese Rice
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta
Fruit

11 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce

Merluza a la Andaluza
Floured Hake

Ensalada Variada
Mixed Salad
Fruta
Fruit

18 Brócoli Rehogado
Sauteéd Broccoli
Ternera en Salsa de Tomate
Veal with Tomato Sauce
Patata Dado
Diced Potatoes
Fruta
Fruit

25 Crema de Calabacín
Zucchini Cream
Ragout de Pavo
Stewed Turkey

Arroz Pilaf
Rice
Fruta
Fruit

Martes-Tuesday

5 Brócoli Salteado
Sauteéd Broccoli
Pollo Asado
Roasted Chicken
Patatas Fritas
French Fries
Fruta
Fruit

12 Verdura Tricolor (Brócoli, Coliflor y Zanahoria)
Mixed Vegetables
Salchichas de Pavo al Horno
Turkey Sausages

Ensalada de Pimientos
Peppers Salad
Fruta
Fruit

19 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Fogonero a la Andaluza
Floured Fish
Ensalada Variada
Mixed Salad
Fruta
Fruit

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

Arroz Pilaf
Rice
Fruta
Fruit

Miercoles-Wednesday

6 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Salmón al Horno
Baked Salmon
Ensalada Variada
Mixed Salad
Yogur
Yogurt

13 Arroz con Verduras
Rice with Vegetables

Merluza a la Andaluza
Floured Hake

Ensalada Variada
Mixed Salad
Yogur
Yogurt

20 Sopa Juliana de Verduras
Vegetables Soup
Pollo en Salsa
Chicken in Sauce
Patata Asada
Roasted Potatoes
Yogur
Yogurt

27 Arroz Campero
Rice with Vegetables
Cinta de Lomo al Horno
Baked Loin

Ensalada Variada
Mixed Salad
Yogur
Yogurt

Jueves-Thursday

7 Crema de Calabacín
Zucchini Cream
Magro de Cerdo en Salsa
Stewed Lean Pork
Arroz Pilaf
Rice
Fruta
Fruit

14 Sopa Juliana de Verduras
Vegetables Soup

Pollo y Ternera con Patata y Zanahoria
Cocidos
Meat with Boiled Carrot and Potatoes
Rollo
Cabagge
Fruta
Fruit

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

28 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
Merluza en Salsa de Cebolla
Hake with Onion Sauce

Ensalada Variada
Mixed Salad
Fruta
Fruit

Viernes-Friday

8 Sopa de Ave y Arroz
Rice and Chicken Soup
Pollo en Salsa
Chicken in Sauce
Tomate a la Provenzal
Baked Tomato
Flan
Flan

15 Patatas a la Marinera
Stewed Potatoes with Squids

Cinta de Lomo al Horno
Baked Loin

Ensalada Variada
Mixed Salad
Yogur
Yogurt

22 Arroz a la Boloñesa
Rice with Bolognese Sauce
Merluza en Salsa
Hake in Sauce
Ensalada Variada
Mixed Salad
Natillas de Vainilla
Custard

29 Sopa Juliana de Verduras
Vegetables Soup
Pollo y Ternera con Patata y Zanahoria
Cocidos
Meat with Boiled Carrot and Potatoes
Rollo
Cabagge
Fruta
Yogur
Yogurt

Lunes-Monday

- 4 Arroz a la Milanese
Milanese Rice
Merluza a la Andaluza
Floured Hake
Ensalada Variada (sin Lechuga ni Pepino)
Mixed Salad (without Lettuce and Cucumber)
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds
- 11 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Croquetas de Bacalao
Cod Croquettes
Ensalada Variada (sin Lechuga ni Pepino)
Mixed Salad (without Lettuce and Cucumber)
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds
- 18 Judías Verdes con Jamón
Sautéed Green Beans with Ham
Albóndigas de Ternera en Salsa
Veal Meatballs in Sauce
Patata Dado
Diced Potatoes

Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds
- 25 Crema de Calabacín
Zucchini Cream
Ragout de Pavo
Stewed Turkey
Arroz Pilaf
Rice

Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Martes-Tuesday

- 5 Brócoli Salteado con Bacon
Sautéed Broccoli with Bacon
Pollo Asado
Roasted Chicken
Patatas Fritas
French Fries

Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds
- 12 Guisantes con Jamón
Sautéed Green Peas with Ham
Revuelto de Patatas
Scrambled Eggs with Potato
Ensalada de Pimientos
Peppers Salad

Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds
- 19 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
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
- 26 Brócoli con Patatas
Sautéed Broccoli with Potatoes
Pollo Asado
Roasted Chicken
Cous Cous
Cous Cous

Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Miercoles-Wednesday

- 6 Macarrones al Pomodoro
Pasta with Tomato Sauce
Salmón al Horno
Baked Salmon
Ensalada Variada (sin Lechuga ni Pepino)
Mixed Salad (without Lettuce and Cucumber)
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds
- 13 Espaguettis Salteados con Verduras
Spaguettis with Vegetables
Merluza a la Andaluza
Floured Hake
Ensalada Variada (sin Lechuga ni Pepino)
Mixed Salad (without Lettuce and Cucumber)
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds
- 20 Lentejas con Verduras y Chorizo
Stewed Lentils with Chorizo
Pollo en Pepitoria
Chicken in Pepitoria
Cous Cous
Cous Cous

Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds
- 27 Arroz Campero
Rice with Vegetables
Huevos Rellenos
Stuffed Eggs with Tuna
Ensalada Variada (sin Lechuga ni Pepino)
Mixed Salad (without Lettuce and Cucumber)
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

Jueves-Thursday

- 7 Crema de Calabacín
Zucchini Cream
Magro de Cerdo en Salsa
Stewed Lean Pork
Cous Cous
Cous Cous

Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds
- 14 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
- 21 Crema de Zanahoria
Carrots Cream
Tortilla de Patata
Potato Omelette
Ensalada Variada (sin Lechuga ni Pepino)
Mixed Salad (without Lettuce and Cucumber)
Naranja y Pan sin Sésamo
Orange and Bread without Sesame Seeds
- 28 Tallarines a la Carbonara
Carbonara Spaguettis
Merluza en Salsa de Cebolla
Hake with Onion Sauce
Ensalada Variada (sin Lechuga ni Pepino)
Mixed Salad (without Lettuce and Cucumber)
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Viernes-Friday

- 8 Alubias Pintas Estofadas con Verduras
Stewed Black Beans with Vegetables
Tortilla de Patata
Potato Omelette
Tomate a la Provenzal
Baked Tomato

Flan y Pan Sin Sésamo
Flan and Bread without Sesame Seeds
- 15 Patatas a la Marinera
Stewed Potatoes with Squids
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada (sin Lechuga ni Pepino)
Mixed Salad (without Lettuce and Cucumber)
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds
- 22 Lasaña Casera de Carne y Verdura
Meat and Vegetable Lasagna
Caballa en Aceite
Mackerel in Oil
Ensalada Variada (sin Lechuga ni Pepino)
Mixed Salad (without Lettuce and Cucumber)
Natillas de Vainilla y Pan Sin Sésamo
Custard and Bread without Sesame Seeds
- 29 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

Lunes-Monday

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

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

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

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

Martes-Tuesday

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

12 Guisantes con Jamón
Sautéed Green Peas with Ham
Revuelto de Patatas
Scrambled Eggs with Potato
Ensalada de Pimientos
Peppers Salad
Fruta y Pan
Fruit and Bread

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

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

Miercoles-Wednesday

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

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

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

27 Arroz Campero
Rice with Vegetables
Huevos Rellenos
Stuffed Eggs with Tuna
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Jueves-Thursday

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

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

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

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

Viernes-Friday

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

15 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Yogur y Pan
Yogurt and Bread

22 Lasaña Casera de Carne y Verdura
Meat and Vegetable Lasagna
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Natillas de Vainilla y Pan
Custard and Bread

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

Lunes-Monday

- 4 Arroz a la Milanese 114 g de Arroz 3 R de HC
Milanese Rice
Merluza a la Andaluza 15g de Maizena 1 R de HC
Floured Hake
Ensalada Variada
Mixed Salad

Fruta 1R de HC
Fruit
- 11 Arroz con Tomate Casero sin Azúcar (114g Arroz) 3R de HC
Rice with Homemade Tomato Sauce
Croquetas de Bacalao (Revilla) 2 unidades 1R de HC
Cod Croquettes

Ensalada Variada
Mixed Salad
Fruta 1R de HC
Fruit
- 18 Judías Verdes con Jamón 125g de Judías Verdes 0,5R de HC
Sautéed Green Beans with Ham
Albóndigas de Ternera con Tomate 100g de Albóndigas, 50g Tomate Frito 2R de HC
Veal Meatballs in Sauce
Patata Dado Frita (38g Patata Frita) 1,5R de HC.
Diced Potatoes
Fruta 1R de HC
Fruit
- 25 Crema de Verduras 130 g de Patata 2 R de HC
Vegetable Cream with Pumpkin Croutons
Ragout de Pavo
Stewed Turkey

Arroz Pilaf 76g de Arroz 2R de HC
Rice
Fruta 1R de HC
Fruit

Martes-Tuesday

- 5 Brócoli Salteado con Bacon 150g de Brócoli 0,5R de HC
Sautéed Broccoli with Bacon
Pollo Asado
Roasted Chicken

Patatas Fritas 60g de Patatas Fritas 2 R de HC
French Fries
Fruta y Pan 2,5R de HC
Fruit and Bread
- 12 Guisantes con Jamón 150g de Guisantes 1,5R de HC
Sautéed Green Peas with Ham
Revuelto de Patatas 75g de Patatas Fritas 2,5R de HC
Scrambled Eggs with Potato

Ensalada de Pimientos
Peppers Salad
Fruta 1R de HC
Fruit
- 19 Arroz con Tomate Casero sin Azúcar (114g Arroz) 3R de HC
Rice with Homemade Tomato Sauce
Fogonero a la Andaluza (15g Harina de Maíz) 1R de HC
Floured Fish
Ensalada Variada
Mixed Salad

Fruta 1R de HC
Fruit
- 26 Coliflor con Patatas 150g de Coliflor.97,5g de Patata cocida 2R de HC
Sautéed Cauliflower with Potatoes
Pollo Asado
Roasted Chicken

Cous Cous 90g de Cous Cous 2R de HC
Cous Cous
Fruta 1R de HC
Fruit

Miercoles-Wednesday

- 6 Macarrones al Pomodoro 180g de Pasta, 50g de Tomate Frito 4,5R de HC
Pasta with Tomato Sauce
Salmón al Horno
Baked Salmon

Ensalada Variada
Mixed Salad

Yogur Desnatado 0,5R de HC
Low-fat Yogurt
- 13 Espaguetis Salteados con Verduras 157,5g de Pasta 3,5R de HC
Spaguetis with Vegetables
Merluza a la Andaluza 15g de Maizena 1 R de HC
Floured Hake

Ensalada Variada
Mixed Salad
Yogur Desnatado 0,5R de HC
Low-fat Yogurt
- 20 Lentejas con Verduras y Chorizo 175g Lentejas 3,5R de HC
Stewed Lentils with Chorizo
Pollo Asado
Roasted Chicken

Cous Cous 45g de Pasta 1 R de HC
Cous Cous

Yogur Desnatado 0,5R de HC
Low-fat Yogurt
- 27 Arroz Campero 171g de Arroz 4,5R de HC
Rice with Vegetables

Huevos Rellenos (Sin Tomate Frito)
Stuffed Eggs with Tuna (without Tomato)

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

Jueves-Thursday

- 7 Crema de Verduras 130 g de Patata 2 R de HC
Vegetable Cream with Pumpkin Croutons
Magro de Cerdo en Salsa
Stewed Lean Pork

Cous Cous 90g de Cous Cous 2R de HC
Cous Cous

Fruta 1R de HC
Fruit
- 14 Sopa de Cocido 45g de Pasta 1 R de HC
Meat Soup

Cocido Completo 110g de Garbanzos 32,5g de Patata 100g de Zanahoria 3 R de HC
Chickpeas with Meat and Vegetables
Repollo
Cabagge
Fruta 1R de HC
Fruit
- 21 Crema de Zanahoria 97,5g de Patata 100g de Zanahoria 2 R de HC
Carrots Cream
Tortilla de Patata 150g de Tortilla 2 R de HC
Potato Omelette
Ensalada Variada
Mixed Salad

Fruta 1R de HC
Fruit
- 28 Tallarines a la Carbonara con Nata Líquida (Sin Harina) 180g de Pasta 4R de HC
Carbonara Spaguetis
Merluza al Ajillo
Hake with garlic sauce

Ensalada Variada
Mixed Salad
Fruta 1R de HC
Fruit

Viernes-Friday

- 8 Alubias Pintas Estofadas con Verduras Sin patata (138g de Alubias) 2,5R de HC
Stewed Black Beans with Vegetables
Tortilla de Patata 150g de Tortilla 2 R de HC
Potato Omelette
Tomate a la Provenzal
Baked Tomato

Yogur Desnatado 0,5R de HC
Low-fat Yogurt
- 15 Patatas a la Marinera 260g de Patata Cocida 4R de HC
Stewed Potatoes with Squids
Cinta de Lomo al Horno
Baked Loins

Ensalada Variada
Mixed Salad
Yogur Desnatado y Pan 10g de pan 1R de HC
Low-fat Yogurt and Bread
- 22 Macarrones a la Boloñesa 180g de Pasta, 50g de Tomate Frito 4,5R de HC
Pasta with Bolognese Sauce
Caballa en Aceite
Mackerel in Oil

Ensalada Variada
Mixed Salad

Yogur Desnatado 0,5R de HC
Low-fat Yogurt
- 29 Sopa de Cocido 45g de Pasta 1 R de HC
Meat Soup

Cocido Completo (sin zanahoria): 137,5g Garbanzos y 65g Patata Cocida 3,5R de HC
Chickpeas with Meat and Vegetables
Repollo
Cabagge
Yogur Desnatado 0,5R de HC
Low-fat Yogurt



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