

Lunes-Monday

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

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

Martes-Tuesday

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

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

Miercoles-Wednesday

- 3 Arroz Campero
Rice with Vegetables
Merluza con Tomate Casero
Hake with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 10 Macarrones INTEGRALES a la Napolitana
Whole Wheat Pasta with Tomato Sauce

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

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



Jueves-Thursday

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

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

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

Viernes-Friday

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

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

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

Lunes-Monday

1 Tallarines con Tomate Casero
Pasta with Homemade Tomato Sauce
Merluza en Salsa de Cebolla
Hake with Onion Sauce
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan
Soy Yogurt and Bread

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

15 Arroz con Tomate Confitado
Rice with Tomato Sauce
Merluza al Horno con Perejil Fresco
Baked Hake with Fresh Parsley
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

22 Lentejas con Verduras
Stewed Lentils with Vegetables

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

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

Martes-Tuesday

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

9 Crema de Calabacín ECOLÓGICA
Organic Zucchini Cream

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

16 Alubias Blancas con Verduras
Stewed White Beans with Vegetables
Tortilla Francesa
Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

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

30 Garbanzos a la Jardinera
Stewed Chickpeas
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Miercoles-Wednesday

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

10 Macarrones INTEGRALES a la Napolitana
Whole Wheat Pasta with Tomato Sauce

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

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

24 Macarrones al Pomodoro
Pasta with Tomato Sauce

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

Jueves-Thursday

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

11 Brócoli Rehogado
Sauteed Broccoli

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

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

25 Crema Tricolor
Mixed Vegetables Cream

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

Viernes-Friday

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

12 Paella Hortelana
Rice with Vegetables

Varitas de Merluza Caseras
Homemade Hake Fingers
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

19 Crema de Zanahoria
Carrots Cream
Burguer de Ternera al Horno *
Baked Veal Burger
Patatas Fritas Crujientes
Crunchy French Fries
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

26 Arroz con Verduritas y Pollo
Rice with Turkey

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



Lunes-Monday

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

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

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread
- 22 Lentejas con Verduras
Stewed Lentils with Vegetables

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

Martes-Tuesday

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

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

Pollo al Horno
Baked Chicken
Arroz Pilaf
Rice
Fruta y Pan
Fruit and Bread
- 16 Alubias Blancas con Verduras
Stewed White Beans with Vegetables
Tortilla Francesa Rellena de Queso Fundido
Cheese French Omelette

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread
- 23 Judías Verdes con Sofrito de Tomate Casero
Green Beans with Homemade Tomato Sauce
Ragout de Ternera a la Jardinera
Beef with Vegetables
Patata Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread
- 30 Garbanzos a la Jardinera
Stewed Chickpeas
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Miercoles-Wednesday

- 3 Arroz Campero
Rice with Vegetables
Tortilla Francesa
Omelette

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

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

Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 24 Macarrones al Pomodoro
Pasta with Tomato Sauce

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

Jueves-Thursday

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

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

Muslitos de Pollo Asados en su Jugo
Roasted Chicken Drumsticks
Patata Panadera
Baked Potatoes
Fruta y Pan
Fruit and Bread
- 18 Sopa de Estrellitas
Star Soup
Cocido (Sin Cerdo)
Chickpeas with Meat and Vegetables (without Pork)
Rapollo con Ajo Rehogado
Cabagge
Fruta y Pan
Fruit and Bread
- 25 Crema Tricolor
Mixed Vegetables Cream

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

Viernes-Friday

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

Varitas de Merluza Caseras
Homemade Hake Fingers
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread
- 19 Crema de Zanahoria
Carrots Cream
Burguer de Ternera al Horno *
Baked Veal Burger

Patatas Fritas Crujientes
Crunchy French Fries
Yogur y Pan Integral
Yogurt and Whole Wheat Bread
- 26 Arroz con Verduritas y Pollo
Rice with Turkey

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



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

MENÚ JUNIO 2026 ANTAVILLA

Sin Frutos Secos, Lentejas ni Pescado 0-3 años - Escuela Infantil - Colegio Antavilla

Lunes-Monday

1 Tallarines a la Carbonara
Carbonara Spaguettis
Tortilla Francesa con Lascas de Calabacín
Zucchini Omelette
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

8 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
Huevos Revueltos con Taquitos de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

15 Arroz con Tomate Confitado
Rice with Tomato Sauce
Filete de Pollo a la Plancha
Chicken Breast
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

22 Crema de Calabacín
Zucchini Cream

Huevos Revueltos
Scrambled Eggs
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

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

Martes-Tuesday

2 Crema de Zanahoria
Carrots Cream
Cinta de Lomo Enharinada (Harina de Maíz)
Floured Pork
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

9 Crema de Calabacín ECOLÓGICA
Organic Zucchini Cream
Magro de Cerdo Estofado
Stewed Lean Pork
Arroz Pilaf
Rice
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

16 Alubias Blancas con Verduras
Stewed White Beans with Vegetables
Tortilla Francesa Rellena de Queso Fundido
Cheese French Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

23 Judías Verdes con Sofrito de Tomate Casero
Green Beans with Homemade Tomato Sauce
Albóndigas Mixtas a la Jardinera
Meatballs with Vegetables
Patata Dado
Diced Potatoes
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

30 Garbanzos a la Jardinera
Stewed Chickpeas
Filete de Pollo a la Plancha
Chicken Breast
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Miercoles-Wednesday

3 Arroz Campero
Rice with Vegetables
Tortilla Francesa de York
Ham French Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

10 Macarrones INTEGRALES a la Napolitana
Whole Wheat Pasta with Tomato Sauce
Tortilla de Patata
Potato Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

17 Macarrones con Tomate Casero
Pasta with Homemade Tomato Sauce
Pollo en Salsa
Chicken in Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

24 Macarrones al Pomodoro
Pasta with Tomato Sauce

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

Jueves-Thursday

4 Crema de Verduras de Temporada
Vegetable Cream
Ragout de Pavo Estofado con Verduritas
Stewed Turkey with Vegetables
Cous Cous
Cous Cous
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

11 Brócoli al Gratén
Broccoli au Gratin
Muslitos de Pollo Asados en su Jugo
Roasted Chicken Drumsticks
Patata Panadera
Baked Potatoes
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

18 Sopa de Estrellitas
Star Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo con Ajo Rehogado
Cabagge
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

25 Crema Tricolor
Mixed Vegetables Cream

Pollo al Horno
Baked Chicken
Ensalada Variada
Mixed Salad
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

Viernes-Friday

5 Sopa de Cocido
Meat Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo con Ajo Rehogado
Cabagge
Fruta y Pan Sin Sésamo
Fruit and Bread without Sesame Seeds

12 Paella Hortelana
Rice with Vegetables
Cinta de Lomo a la Plancha
Loin
Ensalada Variada
Mixed Salad
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

19 Crema de Zanahoria
Carrots Cream
Burguer de Ternera al Horno *
Baked Veal Burger
Patatas Fritas Crujientes
Crunchy French Fries
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

26 Arroz con Verduritas y Pollo
Rice with Turkey

Lomo con Tomate
Loin with Tomato Sauce
Verduritas Salteadas
Vegetables
Yogur y Pan Sin Sésamo
Yogurt and Bread without Sesame Seeds

mediterránea

PAN Y LÁCTEOS SIN FRUTOS SECOS NI SÉSAMO.
FRUTA VARIADA y de TEMPORADA

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

Lunes-Monday

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

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

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread
- 22 Lentejas con Verduras
Stewed Lentils with Vegetables

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

Martes-Tuesday

- 2 Crema de Zanahoria
Carrots Cream
Escalope de Cerdo Casero
Breaded Pork

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread
- 9 Crema de Zanahoria ECOLÓGICA
ORGANIC Carrots Cream

Magro de Cerdo Estofado
Stewed Lean Pork
Arroz Pilaf
Rice
Fruta y Pan
Fruit and Bread
- 16 Alubias Blancas con Verduras
Stewed White Beans with Vegetables
Tortilla Francesa Rellena de Queso Fundido
Cheese French Omelette

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread
- 23 Judías Verdes con Sofrito de Tomate Casero
Green Beans with Homemade Tomato Sauce
Albóndigas Mixtas a la Jardinera
Meatballs with Vegetables
Patata Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread
- 30 Garbanzos a la Jardinera
Stewed Chickpeas
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread



Miercoles-Wednesday

- 3 Arroz Campero (sin Calabacín)
Rice with Vegetables (without Zucchini)
Tortilla Francesa de York
Ham French Omelette

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

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

Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 24 Macarrones al Pomodoro
Pasta with Tomato Sauce

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

Jueves-Thursday

- 4 Crema de Judías Verdes
Green Beans Cream
Merluza al Horno con Perejil Fresco
Baked Hake with Fresh Parsley

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

Cinta de Lomo al Horno
Baked Loin
Patata Panadera
Baked Potatoes
Fruta y Pan
Fruit and Bread
- 18 Sopa de Estrellitas Vegetal
Vegetables Soup With Stars Noodles
Cocido (sin Pollo)
Chickpeas with Meat and Vegetables (without Chicken)
Rollo con Ajo Rehogado
Cabbage
Fruta y Pan
Fruit and Bread
- 25 Crema Tricolor
Mixed Vegetables Cream

Tortilla de Patata
Potato Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Viernes-Friday

- 5 Sopa de Fideos Vegetal
Vegetables Soup With Noodle
Cocido (sin Pollo)
Chickpeas with Meat and Vegetables (without Chicken)
Rollo con Ajo Rehogado
Cabbage
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 12 Paella Hortelana (sin Calabacín)
Rice with Vegetables (without Zucchini)

Varitas de Merluza Caseras
Homemade Hake Fingers
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread
- 19 Crema de Zanahoria
Carrots Cream
Hamburguesa Mixta al Horno
Baked Burger

Patatas Fritas Crujientes
Crunchy French Fries
Yogur y Pan Integral
Yogurt and Whole Wheat Bread
- 26 Arroz con Verduras (sin Calabacín)
Rice with Vegetables

Merluza con Tomate Casero
Hake with Tomato Sauce
Pimientos Rojos Asados
Peppers Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread