

7

Celiacos

NO LECTIVO

8

Macarrones con atún y tomate / Pasta with tuna and tomato sauce

Cinta de lomo adobada con ensalada de tomatae, queso fresco y orégano / Marinated pork with tomato, fresh chees and orenago salad

Yogur de fresa y pan sin gluten / Strawberry yogurt and bread gluten free

9

Patatas guisadas con costillas y setas / Potatoes stew with cutled and mushrooms

Filete de merluza al limón / Grilled hake with lemon

Mandarina, leche y pan sin gluten / Mandarin, milk and bread gluten free

10

Crema de verduras frescas / Cream of fresh vegetables

Filete de pollo con patatas fritas / Chicken fillet with french fries

Petit suisse y pan sin gluten / Yogurt and bread gluten free

11

Cocido completo (Sopa, garbanzos, zanahoria, patata, repollo, jamón, ternera, pollo y chorizo) / Complete cocido (broth, chickpeas, carrot, potatoe, cabbage, ham, veal, chicken and sausage)

Piña, leche y pan sin gluten / Pineapple, milk and bread gluten free

14

Arroz con salsa de tomate / Rice with tomato sauce

Filete de pavo adobado con champiñones / Marinated turkey with mushrooms

Plátano, leche y pan sin gluten / Banana, milk and bread gluten free

15

Lentejas guisadas con verduras / Lentil stew with vegetables

Salmón al horno con eneldo y lombarda / Baked salmon with dill and red cabbage

Yogur de limon y pan sin gluten / lemon yogurt and bread gluten free

16

Puré de calabaza / Pumpkin puree

Albóndigas de ternera con arroz / Meatballs with rice

Macedonia natural de fruta, leche y pan sin gluten / Natural fruit salad, milk and bread gluten free

17

Judías verdes rehogadas con jamón / Green beans sauteed with ham

Pollo asado con patatas fritas / Roasted choicken with french fries

Natillas y pan sin gluten / Pudding and bread gluten free

18

Macarrones carbonara / Pasta with carbonara sauce

Bacalao al horno con pisto / Baked cod with vegetables in tomato sauce

Naranja, leche y pan sin gluten / Orange, milk and bread gluten free

21

Paella marinera con calamares, chipirones y gambas / Rice with squids and prawns

Tortilla con ensalada de espinacas / Omelette with spinach salad

manzana, leche y pan sin gluten / Apple, milk and bread gluten free

22

Judías blancas con chorizo / Beans stew with sausage

Emperador a la plancha con salsa de ajo y perejil / Grilled swordfish with garlic and parsley

Yogur natural azucarado y pan sin gluten / Natural yogurt with sugar and bread gluten free

23

Crema de calabacín con picatostes / Cream of zucchini with croutons

Filete de ternera con patatas panaderas, cebolla y pimiento verde / Grilled veal steak with baked potatoes with onion and green peppers

Plátano, leche y pan sin gluten / Banana, milk and bread gluten free

24

Pasta con chorizo, tomate y queso / Pasta with sausage, tomato sauce and cheese

Mero con calabacín a la plancha / Mere with grilled zucchini

Yogur de macedonia y pan sin gluten / Fruit salad yogurt and bread gluten free

25

Lentejas guisadas con verduras / Lentil stew with vegetables

Croquetas de jamón con ensalada de tomate y pepino / Croquettes with tomato and cucumber salad

Naranja, leche y pan sin gluten / Orange, milk and bread gluten free

28

Patatas guisadas con sepia / Potatoes stew with cuttlefish

Filete de pollo con pimientos verdes / Grilled chicken with green peppers

Plátano, leche y pan sin gluten / Banana, milk and bread gluten free

29

Macarrones boloñesa y queso / Pasta with meat, tomato sauce and cheese

Salmón a la plancha con brócoli / Grilled salmon with broccoli

Flan de huevo y pan sin gluten / Egg custard and bread gluten free

30

Guisantes rehogados con jamón / Peas sauteed with ham

Lasaña de ternera / Meat lasagna

Fresas con zumo de naranja y pan sin gluten / Strawberry with orange juice and bread gluten free

31

Sopa de arroz y pollo / Rice soup with chicken

Merluza con tomates al horno / Hake with baked tomatoes

Yogur de fresa y pan sin gluten / Strawberry yogurt and bread gluten free

1

January



Enjoy your



meal

MENÚ COMIDAS