



Enjoy your



meal

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
		1 Cocido completo: Sopa, garbanzos, patata, zanahoria, repollo, chorizo, pollo ternera y jamón / Complete cocido (Broth, chickpeas, potato, carrot, cabbage, sausage, chicken, steak and ham). Fruta, leche y pan / Fruit, milk and bread.	2 Judías verdes rehogadas con patata cocida / Green beans sauteed with boiled potato. Lomo de cerdo asado con salsa de setas / Roasted pork in mushrooms sauce. Fruta, leche y pan / Fruit, milk and bread.	3 Macarrones con atún y salsa de tomate / Pasta with tuna and tomato sauce. Dorada a la plancha con brócoli / Grilled fish with broccoli. Fruta, leche y pan / Fruit, milk and bread.
6 Crema de espinacas / Cream of spinach. Jamoncitos de pollo en salsa con patatas fritas / Chicken in sauce with french fries. Fruta, leche y pan / Fruit, milk and bread.	7 Lentejas guisadas con verduras / Lentil stew with vegetables. Salmón a la plancha con ensalada de pimientos rojos / Grilled salmon with red peppers salad. Fruta, leche y pan / Fruit, milk and bread.	8 Sopa de cocido / Broth. Lasaña de ternera / Meat lasagna. Fruta, leche y pan / Fruit, milk and bread.	9 Macarrones carbonara / Pasta with carbonara sauce. Bacalao al horno con lombarda de guarnición / Baked cod with red cabbage. Fruta, leche y pan / Fruit, milk and bread.	10 Judías blancas guisadas con verduras / Beans stew with vegetables. Tortilla de patata con tomates asados / Potato omelette with roasted tomatoes. Fruta, leche y pan / Fruit, milk and bread.
13 Guisantes rehogados / Peas sauteed. Albóndigas de ternera en salsa de verduras con arroz / Meatballs in vegetables sauce with rice. Fruta, leche y pan / Fruit, milk and bread.	14 Sopa de picadillo con jamón / Soup with ham Dorada al horno con tomate aliñado / Baked fish with tomato salad . Fruta, leche y pan / Fruit, milk and bread.	15 Crema de verduras / Cream vegetables. Solomillos de pollo empanados / Breaded chicken. Fruta, leche y pan / Fruit, milk and bread.	16 Judías pintas guisadas / Pinto beans sauteed. Magro con tomate / Lean in tomato sauce. Fruta, leche y pan / Fruit, milk and bread.	17 Arroz con tomate / Rice with tomato sauce. Merluza a la plancha con lombarda / Grilled hake with red cabbage. Fruta, leche y pan / Fruit, milk and bread.
20 FESTIVO	21 Crema de calabaza / Cream of pumpkin. Chuletas de pavo a la plancha con pimientos verdes / Grilled turkey chops with green peppers. Fruta, leche y pan / Fruit, milk and bread.	22 Macarrones boloñesa con queso / Pasta with meat and tomato sauce with cheese Lomo al ajillo con ensalada / Pork with garlic and parsley. Fruta, leche y pan / Fruit, milk and bread.	23 Cocido completo: Sopa, garbanzos, patata, zanahoria, repollo, chorizo, pollo ternera y jamón / Complete cocido (Broth, chickpeas, potato, carrot, cabbage, sausage, chicken, steak and ham).1,3 Fruta, leche y pan / Fruit, milk and bread.	24 Paella de verduras/ Rice with vegetables. Bacalao al horno con pisto casero / Baked cod with homemade vegetables in tomato sauce. Fruta, leche y pan / Fruit, milk and bread.
27 Arroz con tomate / Rice with tomato sauce. Filete de pavo adobado con ensalada / Grilled turkey with salad. Fruta, leche y pan / Fruit, milk and bread.	28 Menestra de verduras / Mixed vegetables sauteed. Hamburguesa de ternera a la plancha con patatas fritas / Grilled burger with french fries. Fruta, leche y pan / Fruit, milk and bread.	29 Lentejas guisadas con verduras / Lentil stew with vegetables. Salmón con salsa de naranja y champiñones de guarnición / Salmon in orange sauce with mushrooms. Fruta, leche y pan / Fruit, milk and bread.	30 Crema de acelgas y zanahoria/ Cream of chard and carrot. Solomillo de cerdo con patatas asadas / Pork with roasted potatoes. Fruta, leche y pan / Fruit, milk and bread.	31 NO LECTIVO