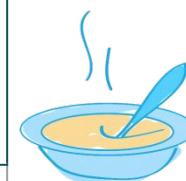




Enjoy  
your



meal

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
		<b>1</b> 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.	<b>2</b> 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.	<b>3</b> Macarrones con atún y 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.
<b>6</b> 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.	<b>7</b> 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.	<b>8</b> Sopa de cocido / Broth.  Lasaña de ternera / Meat lasagna.  Fruta, leche y pan / Fruit, milk and bread.	<b>9</b> 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.	<b>10</b> 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.
<b>13</b> 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.	<b>14</b> 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.	<b>15</b> Crema de verduras / Cream vegetables.  Solomillos de pollo empanados / Breaded chicken.  Fruta, leche y pan / Fruit, milk and bread.	<b>16</b> Judías pintas guisadas / Pinto beans sauteed.  Magro con tomate / Lean in tomato sauce.  Fruta, leche y pan / Fruit, milk and bread.	<b>17</b> 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.
<b>20</b>  <b>FESTIVO</b>	<b>21</b> 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.	<b>22</b> 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.	<b>23</b> 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.	<b>24</b> 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.
<b>27</b> 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.	<b>28</b> 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.	<b>29</b> 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.	<b>30</b> 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.	<b>31</b>  <b>NO LECTIVO</b>