



Be
healthy,
live
healthy

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
1 SEMANA SANTA	2 SEMANA SANTA	3 SEMANA SANTA	4 SEMANA SANTA	5 SEMANA SANTA
10 SEMANA SANTA	11 Arroz tres delicias / Chinese style rice Emperador a la plancha / Grilled swordfish Fruta, postre lácteo y pan / Fruit, dairy dessert and bread	12 Coliflor rehogada / Cauliflower sauteed Lacón a la gallega / Grilled ham Fruta, leche y pan / Fruit, milk and bread	13 Crema de calabacín / Cream of zucchini Salchichas de pavo a la plancha / Grilled turkey sausages Fruta, postre lácteo y pan / Fruit, dairy dessert and bread	14 Lubina al horno con patatas panaderas / Baked fish with baked potatoes Fruta, leche y pan / Fruit, milk and bread
17 Sopa de cocido / Broth Lenguado a la plancha / Grilled fish Fruta, leche y pan / Fruit, milk and bread	18 Guisantes con jamón / Peas with ham sauteed Huevo a la plancha / Grilled egg Fruta, postre lácteo y pan / Fruit, dairy dessert and bread	19 Berenjenas rellenas de carne, verduras y queso / Stuffed eggplants with meat, vegetables and cheese Fruta, leche y pan / Fruit, milk and bread	20 Parrilla de verduras / Grilled vegetables Alitas de pollo al horno / Baked chicken wings Fruta, postre lácteo y pan / Fruit, dairy dessert and bread	21 Puré de patata casero / Homemade mashed potato Gallo a la plancha / Grilled fish Fruta, leche y pan / Fruit, milk and bread
24 Trucha rellena de bacon con ensalada completa de espinacas frescas / Stuffed trout with bacon with full fresh spinach salad Fruta, leche y pan / Fruit, milk and bread	25 Lasaña de verduras / Vegetables lasagna Fruta, postre lácteo y pan / Fruit, dairy dessert and bread	26 Sopa de marisco / Seafood soup Hamburguesa de ternera a la plancha / Grilled burger Fruta, leche y pan / Fruit, milk and bread.1,7	27 Brócoli rehogado / Broccoli sauteed Empanadillas caseras de atún / Homemade tuna pasty Fruta, postre lácteo y pan / Fruit, dairy dessert and bread	28 Puerros gratinados / Baked leeks with cheese Filete de pollo a la plancha / Grilled chicken Fruta, leche y pan / Fruit, milk and bread