



Enjoy your



meal

| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES |
|---|--|--|---|---|
| 1 NO LECTIVO | 2 FIESTA | 3 Guisantes con jamón / Peas with ham. Tortilla de patata con ensalada / Potato omelette with salad Fruta, leche y pan / Fruit, milk and bread. | 4 Crema de acelgas y zanahoria / Cream of carrot and chard. Hamburguesa de pollo de corral con patatas fritas / Chicken burger with french fries. Fruta, leche y pan / Fruit, milk and bread. | 5 Judías blancas con chorizo / Beans stew with chorizo. Lacón a la plancha con ensalada de tomate / Grilled ham with tomato salad. Fruta, leche y pan / Fruit, milk and bread. |
| 8 Crema de calabaza / Cream of pumpkin. Cinta de lomo adobada a la plancha con ensalada / Marinated grilled pork with salad. Fruta, leche y pan / Fruit, milk and bread. | 9 Macarrones boloñesa con queso / Pasta with meat and tomato sauce with cheese. Tortilla francesa con brócoli / Omelette with broccoli. Fruta, leche y pan / Fruit, milk and bread. | 10 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. | 11 Judías verdes rehogadas / Green beans sauteed Pollo asado con patatas fritas / Roasted chicken with french fries. Fruta, leche y pan / Fruit, milk and bread. | 12 Paella de verduras y pollo / Rice with vegetables and chicken. Croquetas caseras / Homemade croquettes Fruta, leche y pan / Fruit, milk and bread. |
| 15 FIESTA | 16 Macarrones con atún y salsa de tomate / Pasta with tuna and tomato sauce. Chuletas de pavo a la plancha con lombarda / Turkey chops with red cabbage. Fruta, leche y pan / Fruit, milk and bread. | 17 Crema de espinacas / Spinach cream. Cinta de lomo con patatas asadas / Pork with roasted potatoes. Fruta, leche y pan / Fruit, milk and bread. | 18 Sopa de cocido / Broth. Filete ruso de ternera / Grilled burger Fruta, leche y pan / Fruit, milk and bread. | 19 Judías pintas con arroz / Pinto beans stew with rice. Tortilla con ensalada / Omelette with salad. Fruta, leche y pan / Fruit, milk and bread. |
| 22 Judías verdes rehogadas con patata cocida / Green beans sauteed with boiled potato. Albóndigas de ternera en salsa de verdura con ensalada / Meatballs in vegetables sauce with salad. Fruta, leche y pan / Fruit, milk and bread. | 23 Lentejas guisadas con verduras / Lentil stew with vegetables. Tortilla francesa con ensalada de tomate / Omelette with tomato salad. Fruta, leche y pan / Fruit, milk and bread. | 24 Sopa de picadillo con jamón y huevo cocido / Soup with ham and boiled egg. Contramuslos de pollo al horno con verduras / Baked chicken in sauce with vegetables. Fruta, leche y pan / Fruit, milk and bread. | 25 Crema de verduras / Cream of vegetables. Filete de ternera a la plancha / Grilled veal steak. Fruta, leche y pan / Fruit, milk and bread. | 26 -DÍA NACIONAL DEL CELÍACO- Arroz con tomate / Rice with tomato sauce. Cinta de lomo a la plancha con brócoli / Grilled pork with broccoli. Fruta, leche y pan / Fruit, milk and bread. |
| 29 Crema de calabacín / Cream of zucchini. Filete de pavo adobado con ensalada / Marinated turkey with salad. Fruta, leche y pan / Fruit, milk and bread. | 30 Macarrones carbonara / Pasta with carbonara sauce Filete de ternera con pisto casero / Grilled veal steak with homemade vegetables in tomato sauce. Fruta, leche y pan / Fruit, milk and bread. | 31 Judías blancas guisadas con verduras / Beans stew with vegetables. Filete de ternera en salsa de verduras / Veal steak in vegetables sauce. Fruta, leche y pan / Fruit, milk and bread. | | |