



Enjoy your



meal

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
1 NO LECTIVO	2 FIESTA	3 Guisantes con jamón / Peas with ham. Lasaña de atún / Tuna lasagna. 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. Salmón a la plancha con ensalada de tomate / Grilled salmon 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. Merluza a la plancha con brócoli / Grilled hake 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. Dorada a la plancha tomates asados / Grilled fish with roasted tomatoes. 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. Bacalao al horno con patatas asadas / Baked cod 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. Dorada a la plancha con ensalada de tomate / Grilled fish 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. Merluza a la romana con limón / Breaded hake with lemon. 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 Bacalao al horno con pisto casero/ Baked cod 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.		