


APTO PARA ALÉRGICOS

Enjoy your

meal

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
	5 Arroz con salsa de tomate/ White rice with tomato sauce. Cinta de lomo con ensalada / Grilled pork with salad. Fruta, leche y pan / Fruit, milk and bread	6 Crema de calabacín / Cream of zucchini. Albóndigas de ternera en salsa de verduras/ Meatballs in vegetables sauce, Fruta, leche y pan / Fruit, milk and bread	7 Sopa de cocido / Broth. Pollo asado con patatas fritas / Roasted chicken with french fries. Fruta, leche y pan / Fruit, milk and bread	8 Lentejas guisadas con verduras / Lentils stew with vegetables. Merluza a la plancha con champiñones / Breaded hake with mushrooms. Fruta, leche y pan / Fruit, milk and bread
11 Pasta con atún y salsa de tomate/ Pasta with tuna and tomato sauce. Chuleta de pavo a la plancha con guarnición de lombarda / Grilled turkey with red cabbage. Fruta, leche y pan / Fruit, milk and bread.	12 Guisantes rehogados con jamón / Peas sauteed with ham. Ternera al horno en salsa de verduras con puré de patata / Baked veal in vegetables sauce with mashed potatoes. Fruta, leche y pan / Fruit, milk and bread.	13 Paella de verduras / Rice with vegetables. Cinta de lomo al ajillo con ensalada / Grilled pork with salad. Fruta, leche y pan / Fruit, milk and bread	14 Judías blancas guisadas con verduras / Beans stew with vegetables. Dorada a la plancha con tomate aliñado / Grilled fish with tomato salad. Fruta, leche y pan / Fruit, milk and bread	15 Crema de espinacas / Cream of spinach. Hamburguesa de pollo de corral con patatas asadas / Grilled chicken with baked potatoes. Fruta, leche y pan / Fruit, milk and bread.
18 Menestra de verduras / Mixed vegetables sauteed. Solomillo de cerdo al horno con salsa de setas/ Baked pork Fruta, leche y pan / Fruit, milk and bread.	19 Patatas guisadas con carne/ Potatoes stew with meat. Bacalao al horno con pisto / Baked cod with vegetables and tomato sauce. Fruta, leche y pan / Fruit, milk and bread	20 Lentejas guisadas con verduras / Lentils stew with vegetables. Jamoncitos de pollo al horno / Baked chicken. Fruta, leche y pan / Fruit, milk and bread	21 Macarrones a la carbonara / Pasta with carbonara sauce Salmón al horno con salsa de naranja/ Baked salmon with orange sauce. Fruta, leche y pan / Fruit, milk and bread	22 Crema de acelgas y zanahoria / Cream of chards and carrots. Lasaña de ternera / Meat lasagna. Fruta, leche y pan / Fruit, milk and bread.
25 Judías verdes rehogadas con jamón / Green beans sauteed with ham. Filete de pavo adobado a la plancha con patatas panaderas/ Grilled turkey with baked potatoes. Fruta, leche y pan / Fruit, milk and bread.	26 Arroz tres delicias / Rice chinese style. Dorada a la plancha con tomate aliñado/ Grilled fish with tomato salad. Fruta, leche y pan / Fruit, milk and bread 1	27 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.	28 Crema de calabaza / Cream of pumpkin. Croquetas caseras con guarnición de brócoli / Homemade croquettes with broccoli. Fruta, leche y pan / Fruit, milk and bread	29 Pasta boloñesa / Pasta with bolognese pasta Merluza a la plancha con ensalada de pimientos rojos/ Grilled hake with red peppers sauteed. Fruta, leche y pan / Fruit, milk and bread.