


APTO PARA ALÉRGICOS

Enjoy your

meal

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
		1 FESTIVO	2 Arroz con salsa de tomate / Rice with tomato sauce. Merluza a la plancha con tomates asados / Grilled hake with roasted tomatoes. Fruta, leche y pan / Fruit, milk and bread	3 Judías verdes con patatas cocidas / Green beans with boiled potato Lomo al ajillo / Pork with garlic and parsley. Fruta, leche y pan / Fruit, milk and bread.
6 Crema de verduras / Cream of vegetables. Chuleta de pavo a la plancha con patatas asadas / Grilled turkey with baked potatoes. Fruta, leche y pan / Fruit, milk and bread.	7 Paella de verduras / Rice with vegetables. Bacalao al horno con con guarnición de lombarda rehogada con manzana / Baked cod with red cabbage sauteed with apple. Fruta, leche y pan / Fruit, milk and bread.	8 Cocido completo / sopa, garbanzos, patata, zanahoria, repollo, pollo, chorizo, jamón y ternera) / Complete cocido (broth, chickpeas, potato, carrot, cabbage, chicken, sausage, ham and meat). Fruta, leche y pan / Fruit, milk and bread	9 FESTIVO	10 Guisantes rehogados con jamón / Peas sauteed with ham. Albóndigas de ternera en salsa de verduras con arroz / Meatballs in vegetables sauce with rice. Fruta, leche y pan / Fruit, milk and bread
13 Macarrones con atún y tomate / Pasta with tuna and tomato sauce. Solomillo de cerdo con salsa de setas y verduras / Pork in mushrooms and vegetables sauce. Fruta, leche y pan / Fruit, milk and bread	14 Patatas guisadas con carne / Potato stew with meat Merluza al horno con ajo, perejil y limón con ensalada / Baked hake with garlic, parsley and lemon with salad. Fruta, leche y pan / Fruit, milk and bread	15 Menestra de verduras / Vegetables sauteed Filetes de pollo a la plancha con patatas fritas / Grilled chicken with french fries. Fruta, leche y pan / Fruit, milk and bread.	16 Judías blancas guisadas con verduras / Beans stew with vegetables. Tortilla con pimientos verdes fritos / Omelette with green peppers fried. Fruta, leche y pan / Fruit, milk and bread	17 Crema de acelgas y zanahoria con picatostes / Cream of chard and carrot with croutons. Salmón a la naranja con champiñones / Salmon with orange sauce with mushrooms, Fruta, leche y pan / Fruit, milk and bread.
20 Arroz con salsa de tomate / Rice with tomato sauce. Contramuslos de pollo al horno con verduras / Baked chicken with vegetables. Fruta, leche y pan / Fruit, milk and bread.	21 Judías pintas guisadas / Pinto beans stew. Dorada a la plancha con ensalada de tomate / Grilled fish with tomato salad. Fruta, leche y pan / Fruit, milk and bread	22 Crema de espinacas / Cream of spinach. Filete de ternera en salsa de verduras / Veal steak in vegetables sauce. Fruta, leche y pan / Fruit, milk and bread.	23 DÍA DE ACCIÓN DE GRACIAS / Thanksgiving Day Sopa de cocido / Broth. Filete de pavo con puré de patata / Grilled turkey with mashed potato. Fruta, leche y pan / Fruit, milk and bread	24 Lentejas guisadas con verduras y patata cocida / Lentil stew with vegetables and boiled potato. Croquetas caseras con pisto / Homemade croquettes with vegetables in tomato sauce. Fruta, leche y pan / Fruit, milk and bread.
27 Crema de calabaza / Cream of pumpkin. Hamburguesa de pollo a la plancha con patatas fritas / Grilled chicken burger with french fries. Fruta, leche y pan / Fruit, milk and bread.	28 Paella de pollo y verduras / Rice with chicken and vegetables. Bacalao al horno con tomates asados / Baked cod with roasted tomato. Fruta, leche y pan / Fruit, milk and bread.	29 Cocido completo / sopa, garbanzos, patata, zanahoria, repollo, pollo, chorizo, jamón y ternera) / Complete cocido (broth, chickpeas, potato, carrot, cabbage, chicken, sausage, ham and meat). Fruta, leche y pan / Fruit, milk and bread.	30 Judías verdes rehogadas con jamón / Green beans sauteed with ham. Lasaña de atún / Tuna lasagna. Fruta, leche y pan / Fruit, milk and bread.	