



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
		<b>1</b>  <b>FESTIVO</b>	<b>2</b> Arroz con salsa de tomate / Rice with tomato sauce.  Filete de ternera con tomates asados/ Veal steak with roasted tomatoes.  Fruta, leche y pan / Fruit, milk and bread	<b>3</b> 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.
<b>6</b> 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.	<b>7</b> Paella de verduras / Rice with vegetables.  Tortilla francesa con guarnición de lombarda rehogada con manzana/m Omelette with red cabbage sauteed with apple.  Fruta, leche y pan / Fruit, milk and bread.	<b>8</b> 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	<b>9</b>  <b>FESTIVO</b>	<b>10</b> 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
<b>13</b> Macarrones con salsa boloñesa / Pasta with bolognese sauce.  Solomillo de cerdo con salsa de setas y verduras / Pork in mushrooms and vegetables sauce.  Fruta, leche y pan / Fruit, milk and bread	<b>14</b> Patatas guisadas con carne / Potato stew with meat  Croquetas caseras / Homemade croquettes  Fruta, leche y pan / Fruit, milk and bread	<b>15</b> 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.	<b>16</b> 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	<b>17</b> Crema de acelgas y zanahoria con picatostes / Cream of chard and carrot with croutons.  Filete de pavo con champiñones / Turkey with mushrooms,  Fruta, leche y pan / Fruit, milk and bread.
<b>20</b> 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.	<b>21</b> Judías pintas guisadas / Pinto beans stew.  Tortilla con ensalada de tomate / Omelette with tomato salad.  Fruta, leche y pan / Fruit, milk and bread	<b>22</b> 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.	<b>23 DÍA DE ACCIÓN DE GRACIAS / Thanksgiving Day</b> Sopa de cocido/ Broth.  Filete de pavo con puré de patata / Grilled turkey with mashed potato.  Fruta, leche y pan / Fruit, milk and bread	<b>24</b> 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.
<b>27</b> 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.	<b>28</b> Paella de pollo y verduras / Rice with chicken and vegetables.  Tortilla con tomates asados / Omelette with roasted tomato.  Fruta, leche y pan / Fruit, milk and bread.	<b>29</b> 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.	<b>30</b> Judías verdes rehogadas con jamón / Green beans sauteed with ham.  Lasaña de carne / Meat lasagna.  Fruta, leche y pan / Fruit, milk and bread.	

**APTO PARA ALÉRGICOS**

*Enjoy your*

*meal*