


**APTO PARA ALÉRGICOS**

*Enjoy your*

*meal*

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
		<b>1</b>  <b>FESTIVO</b>	<b>2</b> 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	<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. 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.	<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 sin soja en salsa de verduras con arroz / Meatballs without soy in vegetables sauce with rice. Fruta, leche y pan / Fruit, milk and bread
<b>13</b> 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	<b>14</b> 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	<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. Salmón a la naranja con champiñones / Salmon with orange sauce 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. Dorada a la plancha con ensalada de tomate / Grilled fish 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. Bacalao al horno con tomates asados / Baked cod 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 atún / Tuna lasagna. Fruta, leche y pan / Fruit, milk and bread.	