

Lunes-Monday

3 Brócoli Salteado con Zanahoria 150g de Brócoli, 100g Zanahoria Cocida 1R de HC
 Sauteéd Broccoli
 Muslitos de Pollo Asados
 Roasted Chicken Drumsticks

Patata Cocida 97,5 g de Patata 1,5 R de HC
 Boiled Potatoes
 Fruta y Pan 2,5R de HC
 Fruit and Bread

10 Lentejas Guisadas 150g de Lentejas (Sin Patata) 3R de HC
 Stewed Lentils

Pollo al Horno
 Baked Chicken
 Ensalada Variada
 Mixed Salad

Fruta y Pan 2 R de HC
 Fruit and Bread

17 Arroz Campero 114g de Arroz 3 R de HC
 Rice with Vegetables

Tortilla Francesa
 Omelette

Ensalada Variada
 Mixed Salad
 Fruta y Pan 2 R de HC
 Fruit and Bread

Martes-Tuesday

4 Alubias Blancas con Verduras (sin Patata) 165g de Alubias 3R de HC
 Stewed White Beans with Vegetables
 Tortilla Francesa
 Omelette

Ensalada Variada
 Mixed Salad
 Fruta y Pan 2 R de HC
 Fruit and Bread

11 Arroz con Tomate 95 g de Arroz 50 g de Tomate Frito 3 R de HC
 Rice with Homemade Tomato Sauce

Caballa en Aceite
 Mackerel in Oil
 Ensalada Variada
 Mixed Salad

Fruta y Pan 2 R de HC
 Fruit and Bread

18 Alubias a la Vinagreta 137,5g de Alubias 2,5R de HC
 Beans in Vinaigrette Sauce

Atún con Tomate 50 g de Tomate Frito 0,5R de HC
 Tuna with Tomato Sauce

Ensalada Variada
 Mixed Salad
 Fruta y Pan 2 R de HC
 Fruit and Bread

Miercoles-Wednesday

5 Paella de Pollo 114 g de Arroz 3 R de HC
 Chicken Paella

Gallo con Tomate Frito 50g de Tomate Frito 0,5 R de HC
 Fish with Tomato Sauce

Calabacín al Horno
 Baked Zucchini
 Yogur Desnatado de Sabor y Pan 20g de pan 1,5R de HC
 Low-fat Yogurt and Bread

12 Crema de Zanahoria 97,5g de Patata 100g de Zanahoria 2 R de HC
 Carrots Cream

Lomo de Sajonia
 Saxony Pork
 Cous Cous 45g de Pasta 1 R de HC
 Cous Cous

Yogur Desnatado de Sabor y Pan 30g 2 R de HC
 Flavored low-fat yogurt and Bread
 Macarrones con Verduras 135 g de Pasta 3 R de HC
 Pasta with Vegetables

19 Pollo al Limón
 Chicken in Lemon Sauce

Ensalada Variada
 Mixed Salad
 Yogur Desnatado de Sabor y Pan 30g 2 R de HC
 Flavored low-fat yogurt and Bread

Jueves-Thursday

6 Sopa de Cocido 22,5 g de Pasta 0,5 R de HC
 Meat Soup
 Cocido Completo 110g de garbanzos, 32,5g de Patata Cocida con Carne 2,5R de HC
 Chickpeas with Meat and Vegetables

Repollo
 Cabagge
 Fruta y Pan 2 R de HC
 Fruit and Bread

13 Espaguettis INTEGRALES al Pomodoro 90g Pasta Integral, 50g Tomate Frito 2,5R de HC
 Whole Wheat Spaguettis with Tomato Sauce

Bacalao a la Riojana
 Cod with Tomato Sauce
 Patata Cocida 35g 0,5R de HC.
 Boiled Potatoes

Fruta y Pan 2 R de HC
 Fruit and Bread

20 Lentejas Guisadas 150g de Lentejas (Sin Patata) 3R de HC
 Stewed Lentils
 Merluza al Horno
 Baked Hake

Tomate Aliñado
 Seasoned Tomato
 Fruta y Pan 2 R de HC
 Fruit and Bread

Viernes-Friday

7 Coditos a la Napolitana 113g de Pasta 50g de Tomate Frito 3 R de HC
 Pasta with Tomato Sauce
 Merluza en Salsa Verde
 Hake with Green Sauce

Ensalada Variada
 Mixed Salad
 Yogur Desnatado de Sabor y Pan 30g 2 R de HC
 Flavored low-fat yogurt and Bread

14 Garbanzos Estofados con Verduras (sin Patata) 137,5g de Garbanzos 2,5R de HC
 Stewed Chickpeas with Vegetables

Tortilla Francesa de Queso
 Cheese French Omelette
 Ensalada de Quinoa, Lechuga y Tomate 24g de Quinoa 0,5R de HC
 Quinoa Salad

Yogur Desnatado de Sabor y Pan 30g 2 R de HC
 Flavored low-fat yogurt and Bread

21 Ensalada Campera 162g de Patata 2,5 R de HC
 Potato Salad

Cinta de Lomo Enharinada 15g Harina de Maíz 1R de HC
 Floured Pork

Ensalada Variada
 Mixed Salad
 Yogur Desnatado de Sabor y Pan 20g de pan 1,5R de HC
 Low-fat Yogurt and Bread

mediterránea

FRUTA VARIADA y de TEMPORADA

ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maíz, Pepino, Cebolla, Zanahoria)

REGLAMENTO 1169/2011. TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGICOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA EN EL CENTRO. PARA CUALQUIER CONSULTA AL RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

Lunes - Monday

3 Brócoli al Gratin
 Broccoli au Gratin
 Muslitos de Pollo Asados
 Roasted Chicken Drumsticks
 Puré de Patata
 Mashed potatoes
 Fruta y Pan S/Gluten
 Fruit and Gluten-Free Bread

10 Patatas Estofadas con Verduras
 Stewed Potatoes with Vegetables

Salchichas Frescas de Pollo al Horno
 Baked Chicken Sausages
 Ensalada Variada
 Mixed Salad
 Fruta y Pan S/Gluten
 Fruit and Gluten-Free Bread

17 Arroz Campero
 Rice with Vegetables
 Tortilla de Patata
 Potato Omelette
 Ensalada Variada
 Mixed Salad
 Fruta y Pan S/Gluten
 Fruit and Gluten-Free Bread

Martes - Tuesday

4 Alubias Blancas con Verduras
 Stewed White Beans with Vegetables
 Tortilla Francesa
 Omelette
 Ensalada Variada
 Mixed Salad
 Fruta y Pan S/Gluten
 Fruit and Gluten-Free Bread

11 Arroz con Tomate Casero
 Rice with Homemade Tomato Sauce

Caballa en Aceite
 Mackerel in Oil
 Ensalada Variada
 Mixed Salad
 Fruta y Pan S/Gluten
 Fruit and Gluten-Free Bread

18 Alubias a la Vinagreta
 Beans in Vinaigrette Sauce
 Atún con Tomate
 Tuna with Tomato Sauce
 Ensalada Variada
 Mixed Salad
 Fruta y Pan S/Gluten
 Fruit and Gluten-Free Bread

Miercoles - Wednesday

5 Paella de Pollo
 Chicken Paella
 Gallo con Tomate
 Fish with Tomato Sauce
 Calabacín al Horno
 Baked Zucchini
 Yogur y Pan S/Gluten
 Yogurt and Gluten-Free Bread

12 Crema de Zanahoria
 Carrots Cream

Lomo de Sajonia
 Saxony Pork
 Patata Cocida
 Boiled Potatoes
 Yogur y Pan S/Gluten
 Yogurt and Gluten-Free Bread

19 Pasta S/Gluten S/Huevo con Verduras
 Gluten/Egg-Free Pasta with Vegetables
 Pollo al Limón
 Chicken in Lemon Sauce
 Ensalada Variada
 Mixed Salad
 Yogur y Pan S/Gluten
 Yogurt and Gluten-Free Bread

Jueves - Thursday

6 Sopa de Cocido (Fideos S/Gluten S/Huevo)
 Meat Soup with Gluten Free Noodles
 Cocido Completo
 Chickpeas with Meat and Vegetables
 Repollo
 Cabbage
 Fruta y Pan S/Gluten
 Fruit and Gluten-Free Bread

13 Pasta S/Gluten S/Huevo a la Carbonara
 Carbonara Gluten-Egg Free Pasta
 (Gluten-Free Flour)

Bacalao a la Riojana
 Cod with Tomato Sauce
 Patata Panadera con Pimientos
 Baked Potatoes with Peppers
 Fruta y Pan S/Gluten
 Fruit and Gluten-Free Bread

20 Crema de Calabacín
 Zucchini Cream
 Merluza a la Andaluza
 Floured Hake
 Tomate Aliñado
 Seasoned Tomato
 Fruta y Pan S/Gluten
 Fruit and Gluten-Free Bread

Viernes - Friday

7 Pasta S/Gluten S/Huevo a la Napolitana
 Gluten-Egg Free Pasta with Tomato Sauce
 Merluza en Salsa Verde
 Hake with Green Sauce
 Ensalada Variada
 Mixed Salad
 Yogur y Pan S/Gluten
 Yogurt and Gluten-Free Bread

14 Garbanzos Estofados con Chorizo
 Stewed Chickpeas with Chorizo

Tortilla Francesa de Queso
 Cheese French Omelette
 Ensalada de Quinoa, Lechuga y Tomate
 Quinoa Salad
 Yogur y Pan S/Gluten
 Yogurt and Gluten-Free Bread

21 Ensalada Campera
 Potato Salad
 Cinta de Lomo Enharinada (Harina de Maíz)
 Floured Pork
 Patatas Fritas
 French Fries
 Helado de Nata-Fresa y Pan S/Gluten
 Strawberry Cream Ice-Cream and Gluten
 Free Bread

Lunes - Monday

3 Brócoli Salteado con Zanahoria
 Sautéed Broccoli
 Muslitos de Pollo Asados
 Roasted Chicken Drumsticks
 Patata Cocida
 Boiled Potatoes
 Fruta y Pan
 Fruit and Bread

10 Lentejas Guisadas
 Stewed Lentils

Salchichas Frescas de Pollo al Horno
 Baked Chicken Sausages
 Ensalada Variada
 Mixed Salad
 Fruta y Pan
 Fruit and Bread

17 Arroz Campero
 Rice with Vegetables
 Tortilla de Patata
 Potato Omelette
 Ensalada Variada
 Mixed Salad
 Fruta y Pan
 Fruit and Bread

Martes - Tuesday

4 Alubias Blancas con Verduras
 Stewed White Beans with Vegetables
 Tortilla Francesa
 Omelette
 Ensalada Variada
 Mixed Salad
 Fruta y Pan
 Fruit and Bread

11 Arroz con Tomate Casero
 Rice with Homemade Tomato Sauce

Caballa en Aceite
 Mackerel in Oil
 Ensalada Variada
 Mixed Salad
 Fruta y Pan
 Fruit and Bread

18 Alubias a la Vinagreta
 Beans in Vinaigrette Sauce
 Atún con Tomate
 Tuna with Tomato Sauce
 Ensalada Variada
 Mixed Salad
 Fruta y Pan
 Fruit and Bread

Miercoles - Wednesday

5 Paella de Pollo
 Chicken Paella
 Gallo con Tomate
 Fish with Tomato Sauce
 Calabacín al Horno
 Baked Zucchini
 Yogur de Soja y Pan Integral
 Soy Yogurt and Whole Wheat Bread

12 Crema de Zanahoria con Picatostes
 Carrots Cream with Croutons

Cinta de Lomo al Horno
 Baked Loin
 Cous Cous
 Cous Cous
 Yogur de Soja y Pan Integral
 Soy Yogurt and Whole Wheat Bread

19 Macarrones con Verduras
 Pasta with Vegetables
 Pollo al Limón
 Chicken in Lemon Sauce
 Ensalada Variada
 Mixed Salad
 Yogur de Soja y Pan Integral
 Soy Yogurt and Whole Wheat Bread

Jueves - Thursday

6 Sopa de Cocido
 Meat Soup
 Cocido Completo
 Chickpeas with Meat and Vegetables
 Repollo
 Cabagge
 Fruta y Pan
 Fruit and Bread

13 Espaguettis INTEGRALES al Pomodoro
 Whole Wheat Spaguettis with Tomato Sauce

Bacalao a la Riojana
 Cod with Tomato Sauce
 Patata Panadera con Pimientos
 Baked Potatoes with Peppers
 Fruta y Pan
 Fruit and Bread

20 Lentejas ECOLÓGICAS con Arroz
 Organic Stewed Lentils with Rice
 Merluza a la Andaluza
 Floured Hake
 Tomate Aliñado
 Seasoned Tomato
 Fruta y Pan
 Fruit and Bread

Viernes - Friday

7 Coditos a la Napolitana
 Pasta with Tomato Sauce
 Merluza en Salsa Verde
 Hake with Green Sauce
 Ensalada Variada
 Mixed Salad
 Yogur de Soja y Pan
 Soy Yogurt and Bread

14 Garbanzos Estofados con Chorizo
 Stewed Chickpeas with Chorizo

Tortilla Francesa de Pavo
 Turkey Omelette
 Ensalada de Quinoa, Lechuga y Tomate
 Quinoa Salad
 Yogur de Soja y Pan
 Soy Yogurt and Bread

21 Ensalada Campera
 Potato Salad
 Cinta de Lomo Enharinada (Harina de Maíz)
 Floured Pork
 Patatas Fritas
 French Fries
 Yogur de Soja y Pan
 Soy Yogurt and Bread

Lunes - Monday

3 Brócoli Salteado con Zanahoria
 Sautéed Broccoli
 Muslitos de Pollo Asados
 Roasted Chicken Drumsticks
 Patata Cocida
 Boiled Potatoes
 Fruta y Pan
 Fruit and Bread

10 Lentejas Guisadas
 Stewed Lentils

Salchichas Frescas de Pollo al Horno
 Baked Chicken Sausages
 Ensalada Variada
 Mixed Salad
 Fruta y Pan
 Fruit and Bread

17 Arroz Campero
 Rice with Vegetables
 Tortilla de Patata
 Potato Omelette
 Ensalada Variada
 Mixed Salad
 Fruta y Pan
 Fruit and Bread

Martes - Tuesday

4 Alubias Blancas con Verduras
 Stewed White Beans with Vegetables
 Tortilla Francesa
 Omelette
 Ensalada Variada
 Mixed Salad
 Fruta y Pan
 Fruit and Bread

11 Arroz con Tomate Casero
 Rice with Homemade Tomato Sauce

Caballa en Aceite
 Mackerel in Oil
 Ensalada Variada
 Mixed Salad
 Fruta y Pan
 Fruit and Bread

18 Alubias a la Vinagreta
 Beans in Vinaigrette Sauce
 Atún con Tomate
 Tuna with Tomato Sauce
 Ensalada Variada
 Mixed Salad
 Fruta y Pan
 Fruit and Bread

Miercoles - Wednesday

5 Paella de Pollo
 Chicken Paella
 Gallo con Tomate
 Fish with Tomato Sauce
 Calabacín al Horno
 Baked Zucchini
 Yogur de Soja y Pan Integral
 Soy Yogurt and Whole Wheat Bread

12 Crema de Zanahoria con Picatostes
 Carrots Cream with Croutons

Cinta de Lomo al Horno
 Baked Loin
 Cous Cous
 Cous Cous
 Yogur de Soja y Pan Integral
 Soy Yogurt and Whole Wheat Bread

19 Macarrones con Verduras
 Pasta with Vegetables
 Pollo al Limón
 Chicken in Lemon Sauce
 Ensalada Variada
 Mixed Salad
 Yogur de Soja y Pan Integral
 Soy Yogurt and Whole Wheat Bread

Jueves - Thursday

6 Sopa de Cocido
 Meat Soup
 Cocido Completo
 Chickpeas with Meat and Vegetables
 Repollo
 Cabagge
 Fruta y Pan
 Fruit and Bread

13 Espaguettis INTEGRALES al Pomodoro
 Whole Wheat Spaguettis with Tomato Sauce

Bacalao a la Riojana
 Cod with Tomato Sauce
 Patata Panadera con Pimientos
 Baked Potatoes with Peppers
 Fruta y Pan
 Fruit and Bread

20 Lentejas ECOLÓGICAS con Arroz
 Organic Stewed Lentils with Rice
 Merluza a la Andaluza
 Floured Hake
 Tomate Aliñado
 Seasoned Tomato
 Fruta y Pan
 Fruit and Bread

Viernes - Friday

7 Coditos a la Napolitana
 Pasta with Tomato Sauce
 Merluza en Salsa Verde
 Hake with Green Sauce
 Ensalada Variada
 Mixed Salad
 Yogur de Soja y Pan
 Soy Yogurt and Bread

14 Garbanzos Estofados con Chorizo
 Stewed Chickpeas with Chorizo

Tortilla Francesa de Pavo
 Turkey Omelette
 Ensalada de Quinoa, Lechuga y Tomate
 Quinoa Salad
 Yogur de Soja y Pan
 Soy Yogurt and Bread

21 Ensalada Campera
 Potato Salad
 Cinta de Lomo Enharinada (Harina de Maíz)
 Floured Pork
 Patatas Fritas
 French Fries
 Yogur de Soja y Pan
 Soy Yogurt and Bread

Lunes - Monday

- 3** Brócoli al Gratén
Broccoli au Gratin
Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Puré de Patata
Mashed potatoes
Fruta y Pan
Fruit and Bread

- 10** Lentejas Guisadas
Stewed Lentils
Salchichas Frescas de Pollo al Horno
Baked Chicken Sausages
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

- 17** Arroz Campero
Rice with Vegetables
Tortilla de Patata
Potato Omelette

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Martes - Tuesday

- 4** Alubias Blancas con Verduras
Stewed White Beans with Vegetables
Tortilla Francesa
Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

- 11** Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

- 18** Alubias a la Vinagreta
Beans in Vinaigrette Sauce
Atún con Tomate
Tuna with Tomato Sauce

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Miercoles - Wednesday

- 5** Paella de Pollo
Chicken Paella
Gallo con Tomate
Fish with Tomato Sauce
Calabacín al Horno
Baked Zucchini
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

- 12** Crema de Zanahoria
Carrots Cream
Lomo de Sajonia
Saxony Pork
Cous Cous
Cous Cous
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

- 19** Macarrones con Verduras
Pasta with Vegetables
Pollo al Limón
Chicken in Lemon Sauce

Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Jueves - Thursday

- 6** Sopa de Cocido
Meat Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabagge
Fruta y Pan
Fruit and Bread

- 13** Espaguettis INTEGRALES a la Carbonara
Carbonara Whole Wheat Spaguettis
Bacalao a la Riojana
Cod with Tomato Sauce
Patata Panadera con Pimientos
Baked Potatoes with Peppers
Fruta y Pan
Fruit and Bread

- 20** Lentejas ECOLÓGICAS con Arroz
Organic Stewed Lentils with Rice
Merluza a la Andaluza
Floured Hake

Tomate Aliñado
Seasoned Tomato
Fruta y Pan
Fruit and Bread

Viernes - Friday

- 7** Coditos a la Napolitana
Pasta with Tomato Sauce
Merluza en Salsa Verde
Hake with Green Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan
Yogurt and Bread

- 14** Garbanzos Estofados con Chorizo
Stewed Chickpeas with Chorizo
Tortilla Francesa de Queso
Cheese French Omelette
Ensalada de Quinoa, Lechuga y Tomate
Quinoa Salad
Yogur y Pan
Yogurt and Bread

- 21** Ensalada Campera
Potato Salad
San Jacobo y Croquetas de Jamón
Breaded Ham and Cheese and Ham Croquettes
Patatas Fritas
French Fries
Helado de Nata-Fresa y Pan
Strawberry Cream Ice-Cream and Bread

Lunes - Monday

3 Brócoli al Gratin
Broccoli au Gratin
Muslitos de Pollo Asados
Roasted Chicken Drumsticks

Puré de Patata
Mashed potatoes
Fruta y Pan
Fruit and Bread

10 Lentejas Guisadas
Stewed Lentils

Salchichas de Pavo al Horno
Turkey Sausages
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

17 Arroz Campero
Rice with Vegetables
Huevos Villarroy
Villarroy Eggs

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Martes - Tuesday

4 Alubias Blancas con Verduras
Stewed White Beans with Vegetables
Tortilla Francesa
Omelette

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

11 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce

Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

18 Alubias a la Vinagreta
Beans in Vinaigrette Sauce
Empanada de Atún Casera
Homemade Tuna Pastry

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Miercoles - Wednesday

5 Paella de Pollo
Chicken Paella
Gallo con Tomate
Fish with Tomato Sauce

Calabacín al Horno
Baked Zucchini
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

12 Crema de Zanahoria con Picatostes
Carrots Cream with Croutons

Filete de Pollo
Chicken Breast
Cous Cous
Cous Cous
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

19 Macarrones con Verduras
Pasta with Vegetables
Pollo al Limón
Chicken in Lemon Sauce

Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Jueves - Thursday

6 Sopa de Fideos
Noodle Soup
Cocido (Sin Cerdo)
Chickpeas with Meat and Vegetables
Without Pork
Repollo
Cabagge
Fruta y Pan
Fruit and Bread

13 Espaguettis INTEGRALES a la Carbonara
(Sin Bacon)
Carbonara Whole Wheat Spaguettis
Bacalao a la Riojana
Cod with Tomato Sauce
Patata Panadera con Pimientos
Baked Potatoes with Peppers
Fruta y Pan
Fruit and Bread

20 Lentejas ECOLÓGICAS con Arroz
Organic Stewed Lentils with Rice
Merluza a la Andaluza
Floured Hake

Tomate Aliñado
Seasoned Tomato
Fruta y Pan
Fruit and Bread

Viernes - Friday

7 Coditos a la Napolitana
Pasta with Tomato Sauce
Merluza en Salsa Verde
Hake with Green Sauce

Ensalada Variada
Mixed Salad
Yogur y Pan
Yogurt and Bread

14 Garbanzos Estofados con Verduras
Stewed Chickpeas with Vegetables

Tortilla Francesa de Queso
Cheese French Omelette
Ensalada de Quinoa, Lechuga y Tomate
Quinoa Salad
Yogur y Pan
Yogurt and Bread

21 Ensalada Campera
Potato Salad
San Jacobo de Pollo y Croquetas de Pollo
Breaded Chicken and Cheese and Chicken
Croquettes
Patatas Fritas
French Fries
Helado de Nata-Fresa y Pan
Strawberry Cream Ice-Cream and Bread

Lunes - Monday

3 Brócoli al Gratin
Broccoli au Gratin
Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Puré de Patata
Mashed potatoes
Fruta y Pan
Fruit and Bread

10 Lentejas Guisadas
Stewed Lentils

Salchichas Frescas de Pollo al Horno
Baked Chicken Sausages
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

17 Arroz Campero
Rice with Vegetables
Nuggets de Pavo
Turkey Nuggets
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Martes - Tuesday

4 Alubias Blancas con Verduras
Stewed White Beans with Vegetables
Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

11 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce

Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

18 Alubias a la Vinagreta
Beans in Vinaigrette Sauce
Atún con Tomate
Tuna with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Miercoles - Wednesday

5 Paella de Pollo
Chicken Paella
Gallo con Tomate
Fish with Tomato Sauce
Calabacín al Horno
Baked Zucchini
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

12 Crema de Zanahoria con Picatostes
Carrots Cream with Croutons

Lomo de Sajonia
Saxony Pork
Cous Cous
Cous Cous
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

19 Pasta S/Gluten S/Huevo con Verduras
Gluten/Egg-Free Pasta with Vegetables
Pollo al Limón
Chicken in Lemon Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Jueves - Thursday

6 Sopa de Cocido (Fideos S/Gluten S/Huevo)
Meat Soup with Gluten Free Noodles
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Baked Zucchini
Fruta y Pan
Fruit and Bread

13 Pasta S/Gluten S/Huevo a la Carbonara
Carbonara Gluten-Egg Free Pasta
(Gluten-Free Flour)

Bacalao a la Riojana
Cod with Tomato Sauce
Patata Panadera con Pimientos
Baked Potatoes with Peppers
Fruta y Pan
Fruit and Bread

20 Lentejas ECOLÓGICAS con Arroz
Organic Stewed Lentils with Rice
Merluza a la Andaluza
Floured Hake
Tomate Aliñado
Seasoned Tomato
Fruta y Pan
Fruit and Bread

Viernes - Friday

7 Pasta S/Gluten S/Huevo a la Napolitana
Gluten-Egg Free Pasta with Tomato Sauce
Merluza en Salsa Verde
Hake with Green Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan
Yogurt and Bread

14 Garbanzos Estofados con Chorizo
Stewed Chickpeas with Chorizo

Pollo Asado
Roasted Chicken
Ensalada de Quinoa, Lechuga y Tomate
Quinoa Salad
Yogur y Pan
Yogurt and Bread

21 Ensalada Campera (Sin Huevo)
Potato Salad Without Egg
San Jacobo
Breaded Ham and Cheese
Patatas Fritas
French Fries
Helado de Nata-Fresa y Pan
Strawberry Cream Ice-Cream and Bread

Lunes - Monday

- 3 Brócoli al Gratén
Broccoli au Gratin
Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Puré de Patata
Mashed potatoes
Fruta y Pan
Fruit and Bread

- 10 Lentejas Guisadas
Stewed Lentils
Salchichas Frescas de Pollo al Horno
Baked Chicken Sausages
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

- 17 Arroz Campero
Rice with Vegetables
Tortilla de Patata
Potato Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Martes - Tuesday

- 4 Alubias Blancas con Verduras
Stewed White Beans with Vegetables
Tortilla Francesa
Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

- 11 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

- 18 Alubias a la Vinagreta
Beans in Vinaigrette Sauce
Nuggets de Pavo
Turkey Nuggets
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Miercoles - Wednesday

- 5 Paella de Pollo
Chicken Paella
Caballa con Tomate
Mackerel with Tomato Sauce
Calabacín al Horno
Baked Zucchini
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

- 12 Crema de Zanahoria con Picatostes
Carrots Cream with Croutons
Lomo de Sajonia
Saxony Pork
Cous Cous
Cous Cous
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

- 19 Macarrones con Verduras
Pasta with Vegetables
Pollo al Limón
Chicken in Lemon Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Jueves - Thursday

- 6 Sopa de Cocido
Meat Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Rapollo
Cabagge
Fruta y Pan
Fruit and Bread

- 13 Espaguettis INTEGRALES a la Carbonara
Carbonara Whole Wheat Spaguettis
Filete de Pollo
Chicken Breast
Patata Panadera con Pimientos
Baked Potatoes with Peppers
Fruta y Pan
Fruit and Bread

- 20 Lentejas ECOLÓGICAS con Arroz
Organic Stewed Lentils with Rice
Escalope de Cerdo
Breaded Pork
Tomate Aliñado
Seasoned Tomato
Fruta y Pan
Fruit and Bread

Viernes - Friday

- 7 Coditos a la Napolitana
Pasta with Tomato Sauce
Revuelto de Calabacín
Scrambled Eggs with Zucchini
Ensalada Variada
Mixed Salad
Yogur y Pan
Yogurt and Bread

- 14 Garbanzos Estofados con Chorizo
Stewed Chickpeas with Chorizo
Tortilla Francesa de Queso
Cheese French Omelette
Ensalada de Quinoa, Lechuga y Tomate
Quinoa Salad
Yogur y Pan
Yogurt and Bread

- 21 Ensalada Campera
Potato Salad
San Jacobo
Breaded Ham and Cheese
Patatas Fritas
French Fries
Helado de Nata-Fresa y Pan
Strawberry Cream Ice-Cream and Bread

Lunes - Monday

- 3 Brócoli al Gratén
Broccoli au Gratin
Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Puré de Patata
Mashed potatoes
Fruta y Pan
Fruit and Bread

- 10 Lentejas Guisadas
Stewed Lentils
Salchichas Frescas de Pollo al Horno
Baked Chicken Sausages
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

- 17 Arroz Campero
Rice with Vegetables
Tortilla de Patata
Potato Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Martes - Tuesday

- 4 Alubias Blancas con Verduras
Stewed White Beans with Vegetables
Tortilla Francesa
Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

- 11 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Revuelto de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

- 18 Alubias a la Vinagreta
Beans in Vinaigrette Sauce
Nuggets de Pavo
Turkey Nuggets
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Miercoles - Wednesday

- 5 Paella de Pollo
Chicken Paella
Lomo con Tomate
Loin with Tomato Sauce
Calabacín al Horno
Baked Zucchini
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

- 12 Crema de Zanahoria con Picatostes
Carrots Cream with Croutons
Lomo de Sajonia
Saxony Pork
Cous Cous
Cous Cous
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

- 19 Macarrones con Verduras
Pasta with Vegetables
Pollo al Limón
Chicken in Lemon Sauce
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

Jueves - Thursday

- 6 Sopa de Cocido
Meat Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabagge
Fruta y Pan
Fruit and Bread

- 13 Espaguettis INTEGRALES a la Carbonara
Carbonara Whole Wheat Spaguettis
Filete de Pollo
Chicken Breast
Patata Panadera con Pimientos
Baked Potatoes with Peppers
Fruta y Pan
Fruit and Bread

- 20 Lentejas ECOLÓGICAS con Arroz
Organic Stewed Lentils with Rice
Escalope de Cerdo
Breaded Pork
Tomate Aliñado
Seasoned Tomato
Fruta y Pan
Fruit and Bread

Viernes - Friday

- 7 Coditos a la Napolitana
Pasta with Tomato Sauce
Revuelto de Calabacín
Scrambled Eggs with Zucchini
Ensalada Variada
Mixed Salad
Yogur y Pan
Yogurt and Bread

- 14 Garbanzos Estofados con Chorizo
Stewed Chickpeas with Chorizo
Tortilla Francesa de Queso
Cheese French Omelette
Ensalada de Quinoa, Lechuga y Tomate
Quinoa Salad
Yogur y Pan
Yogurt and Bread

- 21 Ensalada Campera (Sin Atún)
Potato Salad Without Tuna
San Jacobo
Breaded Ham and Cheese
Patatas Fritas
French Fries
Helado de Nata-Fresa y Pan
Strawberry Cream Ice-Cream and Bread

Lunes - Monday

3 Brócoli al Gratin
Broccoli au Gratin
Muslitos de Pollo Asados
Roasted Chicken Drumsticks
Puré de Patata
Mashed potatoes
Fruta
Fruit

10 Lentejas Guisadas
Stewed Lentils
Salchichas de Pavo al Horno
Turkey Sausages
Ensalada Variada
Mixed Salad
Fruta
Fruit

17 Arroz Campero
Rice with Vegetables
Tortilla de Patata
Potato Omelette
Ensalada Variada
Mixed Salad
Fruta
Fruit

Martes - Tuesday

4 Alubias Blancas con Verduras
Stewed White Beans with Vegetables
Tortilla Francesa
Omelette
Ensalada Variada
Mixed Salad
Fruta
Fruit

11 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza con Aceite de Ajo y Perejil
Hake with Garlic and Parsley Oil
Ensalada Variada
Mixed Salad
Fruta
Fruit

18 Alubias a la Vinagreta
Beans in Vinaigrette Sauce
Palometa con Tomate
Fish with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta
Fruit

Miercoles - Wednesday

5 Paella de Pollo
Chicken Paella
Gallo con Tomate
Fish with Tomato Sauce
Calabacín al Horno
Baked Zucchini
Yogur
Yogurt
Fruit

12 Crema de Zanahoria
Carrots Cream
Cinta de Lomo al Horno
Baked Loin
Patata Cocida
Boiled Potatoes
Yogur
Yogurt
Fruit

19 Quinoa con Verduras
Pasta with Vegetables
Pollo al Limón
Chicken in Lemon Sauce
Ensalada Variada
Mixed Salad
Yogur
Yogurt
Fruit

Jueves - Thursday

6 Sopa Juliana de Verduras
Vegetables Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Rpollo
Baked Zucchini
Fruta
Fruit

13 Arroz al Ajillo
Rice with garlic sauce
Bacalao a la Riojana
Cod with Tomato Sauce
Patata Panadera con Pimientos
Baked Potatoes with Peppers
Fruta
Fruit

20 Lentejas ECOLÓGICAS con Arroz
Organic Stewed Lentils with Rice
Merluza a la Andaluza
Floured Hake
Tomate Aliñado
Seasoned Tomato
Fruta
Fruit

Viernes - Friday

7 Arroz a la Napolitana
Rice with Tomato Sauce
Merluza en Salsa Verde
Hake with Green Sauce
Ensalada Variada
Mixed Salad
Yogur
Yogurt

14 Garbanzos Estofados con Chorizo
Stewed Chickpeas with Chorizo
Tortilla Francesa de Queso
Cheese French Omelette
Ensalada de Quinoa, Lechuga y Tomate
Quinoa Salad
Yogur
Yogurt

21 Ensalada Campera
Potato Salad
Cinta de Lomo Enharinada (Harina de Maíz)
Floured Pork
Patatas Fritas
French Fries
Helado de Nata-Fresa
Strawberry Cream Ice-Cream

Lunes - Monday

3 Brócoli al Gratén
Broccoli au Gratin
Muslitos de Pollo Asados
Roasted Chicken Drumsticks

Puré de Patata
Mashed potatoes
Fruta
Fruit

10 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
Salchichas de Pavo al Horno
Turkey Sausages
Ensalada Variada
Mixed Salad
Fruta
Fruit

17 Arroz Campero
Rice with Vegetables

Tortilla de Patata
Potato Omelette
Ensalada Variada
Mixed Salad
Fruta
Fruit

Martes - Tuesday

4 Crema de Calabacín
Zucchini Cream
Tortilla Francesa
Omelette

Ensalada Variada
Mixed Salad
Fruta
Fruit

11 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza con Aceite de Ajo y Perejil
Hake with Garlic and Parsley Oil
Ensalada Variada
Mixed Salad
Fruta
Fruit

18 Verdura Tricolor (Brócoli, Coliflor y Zanahoria)
Mixed Vegetables

Palometa con Tomate
Fish with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta
Fruit

Miercoles - Wednesday

5 Paella de Pollo
Chicken Paella
Gallo con Tomate
Fish with Tomato Sauce

Calabacín al Horno
Baked Zucchini
Yogur
Yogurt

12 Crema de Zanahoria
Carrots Cream
Cinta de Lomo al Horno
Baked Loin
Patata Cocida
Boiled Potatoes
Yogur
Yogurt

19 Quinoa con Verduras
Pasta with Vegetables

Pollo al Limón
Chicken in Lemon Sauce
Ensalada Variada
Mixed Salad
Yogur
Yogurt

Jueves - Thursday

6 Sopa Juliana de Verduras
Vegetables Soup
Pollo y Ternera con Patata y Zanahoria
Cocidos
Meat with Boiled Carrot and Potatoes
Repollo
Cabagge
Fruta
Fruit

13 Arroz al Ajillo
Rice with garlic sauce
Bacalao a la Riojana
Cod with Tomato Sauce
Patata Panadera con Pimientos
Baked Potatoes with Peppers
Fruta
Fruit

20 Crema de Calabacín
Zucchini Cream

Merluza a la Andaluza
Floured Hake
Tomate Aliñado
Seasoned Tomato
Fruta
Fruit

Viernes - Friday

7 Arroz a la Napolitana
Rice with Tomato Sauce
Merluza en Salsa Verde
Hake with Green Sauce

Ensalada Variada
Mixed Salad
Yogur
Yogurt

14 Sopa Juliana de Verduras
Vegetables Soup
Tortilla Francesa de Queso
Cheese French Omelette
Ensalada de Quinoa, Lechuga y Tomate
Quinoa Salad
Yogur
Yogurt

21 Ensalada Campera
Potato Salad

Cinta de Lomo Enharinada (Harina de Maíz)
Floured Pork
Patatas Fritas
French Fries
Helado de Nata-Fresa
Strawberry Cream Ice-Cream