

Lunes-Monday

**4** Crema de Calabacín  
Zucchini Cream  
Huevos Rellenos  
Stuffed Eggs with Tuna  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

**11** Brócoli Rehogado  
Sauteéd Broccoli  
Ternera a la Jardinera  
Beef with Vegetables  
Patata Dado  
Diced Potatoes  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

**18** Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Lomo de Sajonia  
Saxony Pork  
Champiñones Rehogados  
Sauteéd Mushrooms  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

**25** Crema de Calabacín  
Zucchini Cream  
Ragout de Pavo Estofado  
Stewed Turkey  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

Martes-Tuesday

**5** Pasta S/Gluten S/Huevo a la Boloñesa  
Gluten Free Pasta with Bolognese  
Merluza con Aceite de Ajo y Perejil  
Hake with Garlic and Parsley Oil  
Zanahoria Baby  
Baby Carrots  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

**12** Alubias Pintas con Arroz  
Stewed Black Beans with Rice  
Salmón a la Andaluza  
Floured Salmon  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

**19** Arroz Tres Delicias  
Three Delights Rice  
Merluza a la Gallega  
Hake with Paprika  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

**26** Alubias Blancas a la Jardinera  
Stewed White Beans with Vegetables  
Tortilla de Patata  
Potato Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

Miercoles-Wednesday

**6** Judías Verdes con Tomate  
Green Beans with Tomato Sauce  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon  
Patata Dado  
Diced Potatoes  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread

**13** Pasta S/Gluten S/Huevo con Verduras  
Gluten/Egg-Free Pasta with Vegetables  
Revuelto de Pavo  
Scrambled Eggs with Turkey  
Ensalada Variada  
Mixed Salad  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread

**20** Coliflor con Patatas  
Sauteéd Cauliflower with Potatoes  
Pollo Asado  
Roasted Chicken  
Arroz Pilaf  
Rice  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread

**27** Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Fogonero en Salsa Verde  
Fish with Green Sauce  
Calabacín Rehogado  
Sauteéd Zucchini  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread

Jueves-Thursday

**7** Arroz a Banda  
Rice with Seafood  
Pollo al Horno  
Baked Chicken  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

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

**21** Crema de Zanahoria  
Carrots Cream  
Tortilla de Patata y Espinacas  
Potato and Spinach Omelette  
Ensalada Variada  
Mixed Salad  
Naranja  
Orange

**28** Pasta S/Gluten S/Huevo con Verduras  
Gluten/Egg-Free Pasta with Vegetables  
Merluza a la Andaluza  
Floured Hake  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

Viernes-Friday

**8** Garbanzos Estofados con Verduras  
Stewed Chickpeas with Vegetables  
Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread

**15** Arroz con Pisto Casero  
Rice with Ratatouille  
Gallineta a la Vizcaína  
Fish with Onion, Pepper and Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Natillas de Vainilla y Pan S/Gluten  
Custard and Gluten-Free Bread

**22** Pasta S/Gluten S/Huevo a la Boloñesa  
Gluten Free Pasta with Bolognese  
Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread

**29** Sopa de Cocido (Fideos S/Gluten S/Huevo)  
Meat Soup with Gluten Free Noodles  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread

Lunes-Monday

- 4 Lentejas a la Jardinera  
Stewed Lentils  
Huevos Rellenos  
Stuffed Eggs with Tuna  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
  
- 11 Brócoli Rehogado  
Sautéed Broccoli  
Albóndigas de Ternera a la Jardinera  
Veal Meatballs with Vegetables  
Cous Cous  
Cous Cous  
Fruta y Pan  
Fruit and Bread
  
- 18 Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Lomo de Sajonia  
Saxony Pork  
Champiñones Rehogados  
Sautéed Mushrooms  
Fruta y Pan  
Fruit and Bread
  
- 25 Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Ragout de Pavo Estofado  
Stewed Turkey  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Martes-Tuesday

- 5 Macarrones a la Boloñesa  
Pasta with Bolognese Sauce  
Merluza con Aceite de Ajo y Perejil  
Hake with Garlic and Parsley Oil  
Zanahoria Baby  
Baby Carrots  
Fruta y Pan  
Fruit and Bread
  
- 12 Alubias Pintas con Arroz  
Stewed Black Beans with Rice  
Salmón a la Andaluza  
Floured Salmon  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
  
- 19 Arroz Tres Delicias  
Three Delights Rice  
Merluza a la Gallega  
Hake with Paprika  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread
  
- 26 Alubias Blancas a la Jardinera  
Stewed White Beans with Vegetables  
Huevos Villarroy  
Villarroy Eggs  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Miercoles-Wednesday

- 6 Judías Verdes con Tomate  
Green Beans with Tomato Sauce  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon  
Patata Dado  
Diced Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
  
- 13 Fideua de Verduras  
Pasta with Vegetables  
Revuelto de Pavo  
Scrambled Eggs with Turkey  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
  
- 20 Coliflor a la Italiana  
Floured Cauliflower with Tomato Sauce  
Pollo Asado  
Roasted Chicken  
Cous Cous  
Cous Cous  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
  
- 27 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Fogonero en Salsa Verde  
Fish with Green Sauce  
Calabacín Rebozado  
Fried Zucchini  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

Jueves-Thursday

- 7 Arroz a Banda  
Rice with Seafood  
Pollo al Horno  
Baked Chicken  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
  
- 14 Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Fruta y Pan  
Fruit and Bread
  
- 21 Crema de Zanahoria  
Carrots Cream  
Tortilla de Patata y Espinacas  
Potato and Spinach Omelette  
Ensalada Variada  
Mixed Salad  
Naranja y Pan  
Orange and Bread
  
- 28 Tallarines al Wok  
Sautéed Pasta with Soy Sauce  
Empanadillas de Atún  
Tuna Dumplings  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Viernes-Friday

- 8 Garbanzos Estofados con Verduras  
Stewed Chickpeas with Vegetables  
Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread
  
- 15 Arroz con Pisto Casero  
Rice with Ratatouille  
Gallineta a la Vizcaína  
Fish with Onion, Pepper and Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Natillas de Vainilla y Pan  
Custard and Bread
  
- 22 Lasaña Boloñesa Casera  
Homemade Bolognese Lasagna  
Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread
  
- 29 Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Yogur y Pan  
Yogurt and Bread

mediterránea

PAN SIN SÉSAMO NI FRUTOS SECOS. LÁCTEOS SIN FRUTOS SECOS. 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 RESPETO, NUESTRO PERSONAL LE ATENDERÁ

**Lunes-Monday**

- 4** Lentejas a la Jardinera  
Stewed Lentils  
Huevos Rellenos  
Stuffed Eggs with Tuna  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
  
- 11** Brócoli Rehogado  
Sautéed Broccoli  
Albóndigas de Ternera a la Jardinera  
Veal Meatballs with Vegetables  
Cous Cous  
Cous Cous  
Fruta y Pan  
Fruit and Bread
  
- 18** Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Cinta de Lomo a la Plancha  
Loin  
Champiñones Rehogados  
Sautéed Mushrooms  
Fruta y Pan  
Fruit and Bread
  
- 25** Crema de Calabacín  
Zucchini Cream  
Ragout de Pavo Estofado  
Stewed Turkey  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

**Martes-Tuesday**

- 5** Macarrones a la Boloñesa  
Pasta with Bolognese Sauce  
Merluza con Aceite de Ajo y Perejil  
Hake with Garlic and Parsley Oil  
Zanahoria Baby  
Baby Carrots  
Fruta y Pan  
Fruit and Bread
  
- 12** Alubias Pintas con Arroz  
Stewed Black Beans with Rice  
Nuggets Caseros de Salmón  
Homemade Salmon Nuggets  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
  
- 19** Arroz Tres Delicias  
Three Delights Rice  
Merluza a la Gallega  
Hake with Paprika  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread
  
- 26** Alubias Blancas a la Jardinera  
Stewed White Beans with Vegetables  
Tortilla de Patata  
Potato Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

**Miercoles-Wednesday**

- 6** Judías Verdes con Tomate  
Green Beans with Tomato Sauce  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon  
Patata Dado  
Diced Potatoes  
Yogur de Soja y Pan Integral  
Soy Yogurt and Whole Wheat Bread
  
- 13** Fideua de Verduras  
Pasta with Vegetables  
Revuelto de Pavo  
Scrambled Eggs with Turkey  
Ensalada Variada  
Mixed Salad  
Yogur de Soja y Pan Integral  
Soy Yogurt and Whole Wheat Bread
  
- 20** Coliflor con Patatas  
Sautéed Cauliflower with Potatoes  
Pollo Asado  
Roasted Chicken  
Cous Cous  
Cous Cous  
Yogur de Soja y Pan Integral  
Soy Yogurt and Whole Wheat Bread
  
- 27** Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Fogonero en Salsa Verde  
Fish with Green Sauce  
Calabacín Rehogado  
Sautéed Zucchini  
Yogur de Soja y Pan Integral  
Soy Yogurt and Whole Wheat Bread

**Jueves-Thursday**

- 7** Arroz a Banda  
Rice with Seafood  
Pollo al Horno  
Baked Chicken  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
  
- 14** Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Fruta y Pan  
Fruit and Bread
  
- 21** Crema de Zanahoria con Picatostes  
Carrots Cream with Croutons  
Tortilla de Patata y Espinacas  
Potato and Spinach Omelette  
Ensalada Variada  
Mixed Salad  
Naranja y Pan  
Orange and Bread
  
- 28** Tallarines al Wok  
Sautéed Pasta with Soy Sauce  
Merluza a la Andaluza  
Floured Hake  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

**Viernes-Friday**

- 8** Garbanzos Estofados con Verduras  
Stewed Chickpeas with Vegetables  
Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Yogur de Soja y Pan  
Soy Yogurt and Bread
  
- 15** Arroz con Pisto Casero  
Rice with Ratatouille  
Gallineta a la Vizcaína  
Fish with Onion, Pepper and Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Yogur de Soja y Pan  
Soy Yogurt and Bread
  
- 22** Espirales a la Boloñesa  
Pasta with Bolognese Sauce  
Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Yogur de Soja y Pan  
Soy Yogurt and Bread
  
- 29** Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Yogur de Soja y Pan  
Soy Yogurt and Bread

## Lunes-Monday

**4** Lentejas a la Jardinera  
Stewed Lentils  
Huevos Rellenos  
Stuffed Eggs with Tuna  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

**11** Brócoli Rehogado  
Sautéed Broccoli  
Albóndigas de Ternera a la Jardinera  
Veal Meatballs with Vegetables  
Cous Cous  
Cous Cous  
Fruta y Pan  
Fruit and Bread

**18** Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Cinta de Lomo a la Plancha  
Loin  
Champiñones Rehogados  
Sautéed Mushrooms  
Fruta y Pan  
Fruit and Bread

**25** Crema de Calabacín  
Zucchini Cream  
Ragout de Pavo Estofado  
Stewed Turkey  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

## Martes-Tuesday

**5** Macarrones a la Boloñesa  
Pasta with Bolognese Sauce  
Merluza con Aceite de Ajo y Perejil  
Hake with Garlic and Parsley Oil  
Zanahoria Baby  
Baby Carrots  
Fruta y Pan  
Fruit and Bread

**12** Alubias Pintas con Arroz  
Stewed Black Beans with Rice  
Nuggets Caseros de Salmón  
Homemade Salmon Nuggets  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

**19** Arroz Tres Delicias  
Three Delights Rice  
Merluza a la Gallega  
Hake with Paprika  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread

**26** Alubias Blancas a la Jardinera  
Stewed White Beans with Vegetables  
Tortilla de Patata  
Potato Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

## Miercoles-Wednesday

**6** Judías Verdes con Tomate  
Green Beans with Tomato Sauce  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon  
Patata Dado  
Diced Potatoes  
Yogur de Soja y Pan Integral  
Soy Yogurt and Whole Wheat Bread

**13** Fideua de Verduras  
Pasta with Vegetables  
Revuelto de Pavo  
Scrambled Eggs with Turkey  
Ensalada Variada  
Mixed Salad  
Yogur de Soja y Pan Integral  
Soy Yogurt and Whole Wheat Bread

**20** Coliflor con Patatas  
Sautéed Cauliflower with Potatoes  
Pollo Asado  
Roasted Chicken  
Cous Cous  
Cous Cous  
Yogur de Soja y Pan Integral  
Soy Yogurt and Whole Wheat Bread

**27** Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Fogonero en Salsa Verde  
Fish with Green Sauce  
Calabacín Rehogado  
Sautéed Zucchini  
Yogur de Soja y Pan Integral  
Soy Yogurt and Whole Wheat Bread

## Jueves-Thursday

**7** Arroz a Banda  
Rice with Seafood  
Pollo al Horno  
Baked Chicken  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

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

**21** Crema de Zanahoria con Picatostes  
Carrots Cream with Croutons  
Tortilla de Patata y Espinacas  
Potato and Spinach Omelette  
Ensalada Variada  
Mixed Salad  
Naranja y Pan  
Orange and Bread

**28** Tallarines al Wok  
Sautéed Pasta with Soy Sauce  
Merluza a la Andaluza  
Floured Hake  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

## Viernes-Friday

**8** Garbanzos Estofados con Verduras  
Stewed Chickpeas with Vegetables  
Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Yogur de Soja y Pan  
Soy Yogurt and Bread

**15** Arroz con Pisto Casero  
Rice with Ratatouille  
Gallineta a la Vizcaína  
Fish with Onion, Pepper and Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Yogur de Soja y Pan  
Soy Yogurt and Bread

**22** Espirales a la Boloñesa  
Pasta with Bolognese Sauce  
Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Yogur de Soja y Pan  
Soy Yogurt and Bread

**29** Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Yogur de Soja y Pan  
Soy 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

**4** Crema de Calabacín  
Zucchini Cream  
Huevos Rellenos  
Stuffed Eggs with Tuna  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

**11** Brócoli Rehogado  
Sautéed Broccoli  
Ternera a la Jardinera  
Beef with Vegetables  
Patata Dado  
Diced Potatoes  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

**18** Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Cinta de Lomo a la Plancha  
Loin  
Champiñones Rehogados  
Sautéed Mushrooms  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

**25** Crema de Calabacín  
Zucchini Cream  
Ragout de Pavo Estofado  
Stewed Turkey  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

Martes-Tuesday

**5** Pasta S/Gluten S/Huevo a la Boloñesa  
Gluten Free Pasta with Bolognese  
Merluza con Aceite de Ajo y Perejil  
Hake with Garlic and Parsley Oil  
Zanahoria Baby  
Baby Carrots  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

**12** Alubias Pintas con Arroz  
Stewed Black Beans with Rice  
Salmón a la Andaluza  
Floured Salmon  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

**19** Arroz Tres Delicias  
Three Delights Rice  
Merluza a la Gallega  
Hake with Paprika  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

**26** Alubias Blancas a la Jardinera  
Stewed White Beans with Vegetables  
Tortilla de Patata  
Potato Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

Miercoles-Wednesday

**6** Judías Verdes con Tomate  
Green Beans with Tomato Sauce  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon  
Patata Dado  
Diced Potatoes  
Yogur de Soja y Pan S/Gluten  
Soy Yogurt and Gluten-Free Bread

**13** Pasta S/Gluten S/Huevo con Verduras  
Gluten/Egg-Free Pasta with Vegetables  
Revuelto de Pavo  
Scrambled Eggs with Turkey  
Ensalada Variada  
Mixed Salad  
Yogur de Soja y Pan S/Gluten  
Soy Yogurt and Gluten-Free Bread

**20** Coliflor con Patatas  
Sautéed Cauliflower with Potatoes  
Pollo Asado  
Roasted Chicken  
Arroz Pilaf  
Rice  
Yogur de Soja y Pan S/Gluten  
Soy Yogurt and Gluten-Free Bread

**27** Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Fogonero en Salsa Verde  
Fish with Green Sauce  
Calabacín Rehogado  
Sautéed Zucchini  
Yogur de Soja y Pan S/Gluten  
Soy Yogurt and Gluten-Free Bread

Jueves-Thursday

**7** Arroz a Banda  
Rice with Seafood  
Pollo al Horno  
Baked Chicken  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

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

**21** Crema de Zanahoria  
Carrots Cream  
Tortilla de Patata y Espinacas  
Potato and Spinach Omelette  
Ensalada Variada  
Mixed Salad  
Naranja y Pan S/Gluten  
Orange and Gluten-Free Bread

**28** Pasta S/Gluten S/Huevo con Verduras  
Gluten/Egg-Free Pasta with Vegetables  
Merluza a la Andaluza  
Floured Hake  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

Viernes-Friday

**8** Garbanzos Estofados con Verduras  
Stewed Chickpeas with Vegetables  
Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Yogur de Soja y Pan S/Gluten  
Soy Yogurt and Gluten-Free Bread

**15** Arroz con Pisto Casero  
Rice with Ratatouille  
Gallineta a la Vizcaína  
Fish with Onion, Pepper and Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Yogur de Soja y Pan S/Gluten  
Soy Yogurt and Gluten-Free Bread

**22** Pasta S/Gluten S/Huevo a la Boloñesa  
Gluten Free Pasta with Bolognese  
Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Yogur de Soja y Pan S/Gluten  
Soy Yogurt and Gluten-Free Bread

**29** Sopa de Cocido (Fideos S/Gluten S/Huevo)  
Meat Soup with Gluten Free Noodles  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Yogur de Soja y Pan S/Gluten  
Soy Yogurt and Gluten-Free Bread

Lunes-Monday

- 4 Lentejas a la Jardinera  
Stewed Lentils  
Huevos Rellenos (Sin Mayonesa)  
Stuffed Eggs with Tuna (without Mayonnaise)  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
- 11 Brócoli Rehogado  
Sauteéd Broccoli  
Albóndigas de Ternera a la Jardinera  
Veal Meatballs with Vegetables  
Cous Cous  
Cous Cous  
Fruta y Pan  
Fruit and Bread
- 18 Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Lomo de Sajonia  
Saxony Pork  
Champiñones Rehogados  
Sauteéd Mushrooms  
Fruta y Pan  
Fruit and Bread
- 25 Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Ragout de Pavo Estofado  
Stewed Turkey  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Martes-Tuesday

- 5 Macarrones a la Boloñesa  
Pasta with Bolognese Sauce  
Merluza con Aceite de Ajo y Perejil  
Hake with Garlic and Parsley Oil  
  
Zanahoria Baby  
Baby Carrots  
Fruta y Pan  
Fruit and Bread
- 12 Alubias Pintas con Arroz  
Stewed Black Beans with Rice  
Nuggets Caseros de Salmón  
Homemade Salmon Nuggets  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
- 19 Arroz Tres Delicias  
Three Delights Rice  
Merluza a la Gallega  
Hake with Paprika  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread
- 26 Alubias Blancas a la Jardinera  
Stewed White Beans with Vegetables  
Nuggets de Pavo  
Turkey Nuggets  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Miercoles-Wednesday

- 6 Judías Verdes con Tomate  
Green Beans with Tomato Sauce  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon  
  
Patata Dado  
Diced Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 13 Fideua de Verduras  
Pasta with Vegetables  
Filete de Pollo  
Chicken Breast  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 20 Coliflor a la Italiana  
Floured Cauliflower with Tomato Sauce  
Pollo al Curry  
Curry Chicken  
Cous Cous  
Cous Cous  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 27 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Fogonero en Salsa Verde  
Fish with Green Sauce  
Calabacín Rebozado  
Fried Zucchini  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

Jueves-Thursday

- 7 Arroz a Banda  
Rice with Seafood  
Pollo al Horno  
Baked Chicken  
  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
- 14 Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Fruta y Pan  
Fruit and Bread
- 21 Crema de Zanahoria con Picatostes  
Carrots Cream with Croutons  
Cinta de Lomo al Horno  
Baked Loin  
Ensalada Variada  
Mixed Salad  
Naranja y Pan  
Orange and Bread
- 28 Tallarines al Wok  
Sauteéd Pasta with Soy Sauce  
Empanadillas de Atún  
Tuna Dumplings  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Viernes-Friday

- 8 Garbanzos Estofados con Verduras  
Stewed Chickpeas with Vegetables  
Caballa en Aceite  
Mackerel in Oil  
  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread
- 15 Arroz con Pisto Casero  
Rice with Ratatouille  
Gallineta a la Vizcaína  
Fish with Onion, Pepper and Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Natillas de Vainilla y Pan  
Custard and Bread
- 22 Lasaña Boloñesa Casera  
Homemade Bolognese Lasagna  
Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread
- 29 Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Yogur y Pan  
Yogurt and Bread

Lunes-Monday

4 Lentejas a la Jardinera  
Stewed Lentils  
Filete de Pollo  
Chicken Breast  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

11 Brócoli Rehogado  
Sauteéd Broccoli  
Albóndigas de Ternera a la Jardinera  
Veal Meatballs with Vegetables  
Cous Cous  
Cous Cous  
Fruta y Pan  
Fruit and Bread

18 Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Lomo de Sajonia  
Saxony Pork  
Champiñones Rehogados  
Sauteéd Mushrooms  
Fruta y Pan  
Fruit and Bread

25 Crema de Calabacín  
Zucchini Cream  
Ragout de Pavo Estofado  
Stewed Turkey  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Martes-Tuesday

5 Pasta S/Gluten S/Huevo a la Boloñesa  
Gluten Free Pasta with Bolognese  
Merluza con Aceite de Ajo y Perejil  
Hake with Garlic and Parsley Oil  
Zanahoria Baby  
Baby Carrots  
Fruta y Pan  
Fruit and Bread

12 Alubias Pintas con Arroz  
Stewed Black Beans with Rice  
Salmón a la Andaluza  
Floured Salmon  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

19 Arroz Campero  
Rice with Vegetables  
Merluza a la Gallega  
Hake with Paprika  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread

26 Alubias Blancas a la Jardinera  
Stewed White Beans with Vegetables  
Nuggets de Pavo  
Turkey Nuggets  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Miercoles-Wednesday

6 Judías Verdes con Tomate  
Green Beans with Tomato Sauce  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon  
Patata Dado  
Diced Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

13 Pasta S/Gluten S/Huevo con Verduras  
Gluten/Egg-Free Pasta with Vegetables  
Filete de Pollo  
Chicken Breast  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

20 Coliflor a la Italiana  
Floured Cauliflower with Tomato Sauce  
Pollo Asado  
Roasted Chicken  
Cous Cous  
Cous Cous  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

27 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Fogonero en Salsa Verde  
Fish with Green Sauce  
Calabacín Rebozado  
Fried Zucchini  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

Jueves-Thursday

7 Arroz a Banda  
Rice with Seafood  
Pollo al Horno  
Baked Chicken  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

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

21 Crema de Zanahoria con Picatostes  
Carrots Cream with Croutons  
Cinta de Lomo al Horno  
Baked Loin  
Ensalada Variada  
Mixed Salad  
Naranja y Pan  
Orange and Bread

28 Pasta S/Gluten S/Huevo con Verduras  
Gluten/Egg-Free Pasta with Vegetables  
Merluza a la Andaluza  
Floured Hake  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Viernes-Friday

8 Garbanzos Estofados con Verduras  
Stewed Chickpeas with Vegetables  
Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

15 Arroz con Pisto Casero  
Rice with Ratatouille  
Gallineta a la Vizcaína  
Fish with Onion, Pepper and Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Natillas de Vainilla y Pan  
Custard and Bread

22 Pasta S/Gluten S/Huevo a la Boloñesa  
Gluten Free Pasta with Bolognese  
Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

29 Sopa de Cocido (Fideos S/Gluten S/Huevo)  
Meat Soup with Gluten Free Noodles  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Yogur y Pan  
Yogurt and Bread

Lunes-Monday

4 Lentejas a la Jardinera  
Stewed Lentils  
Filete de Pollo  
Chicken Breast  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

11 Brócoli Rehogado  
Sauteéd Broccoli  
Albóndigas de Ternera a la Jardinera  
Veal Meatballs with Vegetables  
Cous Cous  
Cous Cous  
Fruta y Pan  
Fruit and Bread

18 Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Lomo de Sajonia  
Saxony Pork  
Champiñones Rehogados  
Sauteéd Mushrooms  
Fruta y Pan  
Fruit and Bread

25 Crema de Calabacín  
Zucchini Cream  
Ragout de Pavo Estofado  
Stewed Turkey  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Martes-Tuesday

5 Pasta S/Gluten S/Huevo a la Boloñesa  
Gluten Free Pasta with Bolognese  
Merluza con Aceite de Ajo y Perejil  
Hake with Garlic and Parsley Oil  
Zanahoria Baby  
Baby Carrots  
Fruta y Pan  
Fruit and Bread

12 Alubias Pintas con Arroz  
Stewed Black Beans with Rice  
Salmón a la Andaluza  
Floured Salmon  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

19 Arroz Campero  
Rice with Vegetables  
Merluza a la Gallega  
Hake with Paprika  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread

26 Alubias Blancas a la Jardinera  
Stewed White Beans with Vegetables  
Nuggets de Pavo  
Turkey Nuggets  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Miercoles-Wednesday

6 Judías Verdes con Tomate  
Green Beans with Tomato Sauce  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon  
Patata Dado  
Diced Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

13 Pasta S/Gluten S/Huevo con Verduras  
Gluten/Egg-Free Pasta with Vegetables  
Filete de Pollo  
Chicken Breast  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

20 Coliflor a la Italiana  
Floured Cauliflower with Tomato Sauce  
Pollo Asado  
Roasted Chicken  
Cous Cous  
Cous Cous  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

27 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Fogonero en Salsa Verde  
Fish with Green Sauce  
Calabacín Rebozado  
Fried Zucchini  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

Jueves-Thursday

7 Arroz a Banda  
Rice with Seafood  
Pollo al Horno  
Baked Chicken  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

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

21 Crema de Zanahoria  
Carrots Cream  
Cinta de Lomo al Horno  
Baked Loin  
Ensalada Variada  
Mixed Salad  
Naranja y Pan  
Orange and Bread

28 Pasta S/Gluten S/Huevo con Verduras  
Gluten/Egg-Free Pasta with Vegetables  
Merluza a la Andaluza  
Floured Hake  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Viernes-Friday

8 Garbanzos Estofados con Verduras  
Stewed Chickpeas with Vegetables  
Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

15 Arroz con Pisto Casero  
Rice with Ratatouille  
Gallineta a la Vizcaína  
Fish with Onion, Pepper and Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Natillas de Vainilla y Pan  
Custard and Bread

22 Pasta S/Gluten S/Huevo a la Boloñesa  
Gluten Free Pasta with Bolognese  
Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

29 Sopa de Cocido (Fideos S/Gluten S/Huevo)  
Meat Soup with Gluten Free Noodles  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Yogur y Pan  
Yogurt and Bread



Lunes-Monday

4 Lentejas a la Jardinera  
Stewed Lentils  
Huevos Rellenos  
Stuffed Eggs with Tuna  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

11 Brócoli Rehogado  
Sautéed Broccoli  
Albóndigas de Ternera a la Jardinera  
Veal Meatballs with Vegetables  
Cous Cous  
Cous Cous  
Fruta y Pan  
Fruit and Bread

18 Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Lomo de Sajonia  
Saxony Pork  
Champiñones Rehogados  
Sautéed Mushrooms  
Fruta y Pan  
Fruit and Bread

25 Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Ragout de Pavo Estofado  
Stewed Turkey  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Martes-Tuesday

5 Macarrones a la Boloñesa  
Pasta with Bolognese Sauce  
Merluza con Aceite de Ajo y Perejil  
Hake with Garlic and Parsley Oil  
Zanahoria Baby  
Baby Carrots  
Fruta y Pan  
Fruit and Bread

12 Alubias Pintas con Arroz  
Stewed Black Beans with Rice  
Salmón a la Andaluza  
Floured Salmon  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

19 Arroz Tres Delicias  
Three Delights Rice  
Merluza a la Gallega  
Hake with Paprika  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread

26 Alubias Blancas a la Jardinera  
Stewed White Beans with Vegetables  
Huevos Villarroy  
Villarroy Eggs  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Miercoles-Wednesday

6 Judías Verdes con Tomate  
Green Beans with Tomato Sauce  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon  
Patata Dado  
Diced Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

13 Fideua de Verduras  
Pasta with Vegetables  
Revuelto de Pavo  
Scrambled Eggs with Turkey  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

20 Coliflor a la Italiana  
Floured Cauliflower with Tomato Sauce  
Pollo Asado  
Roasted Chicken  
Cous Cous  
Cous Cous  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

27 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Fogonero en Salsa Verde  
Fish with Green Sauce  
Calabacín Rebozado Casero  
Homemade Fried Zucchini  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

Jueves-Thursday

7 Arroz a Banda  
Rice with Seafood  
Pollo al Horno  
Baked Chicken  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

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

21 Crema de Zanahoria  
Carrots Cream  
Tortilla de Patata y Espinacas  
Potato and Spinach Omelette  
Ensalada Variada  
Mixed Salad  
Naranja y Pan  
Orange and Bread

28 Tallarines al Wok  
Sautéed Pasta with Soy Sauce  
Empanadillas de Atún  
Tuna Dumplings  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Viernes-Friday

8 Garbanzos Estofados con Verduras  
Stewed Chickpeas with Vegetables  
Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

15 Arroz con Pisto Casero  
Rice with Ratatouille  
Gallineta a la Vizcaína  
Fish with Onion, Pepper and Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Natillas de Vainilla y Pan  
Custard and Bread

22 Lasaña Boloñesa Casera  
Homemade Bolognese Lasagna  
Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

29 Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Yogur y Pan  
Yogurt and Bread

mediterránea

PAN SIN SÉSAMO NI FRUTOS SECOS. LÁCTEOS SIN FRUTOS SECOS. 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 RESPETO, NUESTRO PERSONAL LE ATENDERÁ

Lunes-Monday

- 4 Crema de Calabacín  
Zucchini Cream  
Huevos Rellenos  
Stuffed Eggs with Tuna  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
- 11 Brócoli Rehogado  
Sautéed Broccoli  
Albóndigas de Ternera a la Jardinera  
Veal Meatballs with Vegetables  
Cous Cous  
Cous Cous  
Fruta y Pan  
Fruit and Bread
- 18 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Lomo de Sajonia  
Saxony Pork  
Champiñones Rehogados  
Sautéed Mushrooms  
Fruta y Pan  
Fruit and Bread
- 25 Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Ragout de Pavo Estofado  
Stewed Turkey  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Martes-Tuesday

- 5 Macarrones a la Boloñesa  
Pasta with Bolognese Sauce  
Merluza con Aceite de Ajo y Perejil  
Hake with Garlic and Parsley Oil  
Zanahoria Baby  
Baby Carrots  
Fruta y Pan  
Fruit and Bread
- 12 Alubias Pintas con Arroz  
Stewed Black Beans with Rice  
Nuggets Caseros de Salmón  
Homemade Salmon Nuggets  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
- 19 Arroz Tres Delicias  
Three Delights Rice  
Merluza a la Gallega  
Hake with Paprika  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread
- 26 Alubias Blancas a la Jardinera  
Stewed White Beans with Vegetables  
Huevos Villarroy  
Villarroy Eggs  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Miercoles-Wednesday

- 6 Judías Verdes con Tomate  
Green Beans with Tomato Sauce  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon  
Patata Dado  
Diced Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 13 Fideua de Verduras  
Pasta with Vegetables  
Revuelto de Pavo  
Scrambled Eggs with Turkey  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 20 Coliflor a la Italiana  
Floured Cauliflower with Tomato Sauce  
Pollo al Curry  
Curry Chicken  
Cous Cous  
Cous Cous  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread
- 27 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Fogonero en Salsa Verde  
Fish with Green Sauce  
Calabacín Rebozado  
Fried Zucchini  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

Jueves-Thursday

- 7 Arroz a Banda  
Rice with Seafood  
Pollo al Horno  
Baked Chicken  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
- 14 Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Fruta y Pan  
Fruit and Bread
- 21 Crema de Zanahoria con Picatostes  
Carrots Cream with Croutons  
Tortilla de Patata y Espinacas  
Potato and Spinach Omelette  
Ensalada Variada  
Mixed Salad  
Naranja y Pan  
Orange and Bread
- 28 Tallarines al Wok  
Sautéed Pasta with Soy Sauce  
Empanadillas de Atún  
Tuna Dumplings  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Viernes-Friday

- 8 Garbanzos Estofados con Verduras  
Stewed Chickpeas with Vegetables  
Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread
- 15 Arroz con Pisto Casero  
Rice with Ratatouille  
Gallineta a la Vizcaína  
Fish with Onion, Pepper and Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Natillas de Vainilla y Pan  
Custard and Bread
- 22 Lasaña Boloñesa Casera  
Homemade Bolognese Lasagna  
Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread
- 29 Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Yogur y Pan  
Yogurt and Bread

Lunes-Monday

**4** Crema de Calabacín  
Zucchini Cream  
Huevos Rellenos (Sin Mayonesa)  
Stuffed Eggs with Tuna (without Mayonnaise)  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

**11** Brócoli Rehogado  
Sauteéd Broccoli  
Ragout de Ternera Asada  
Baked Veal  
  
Patata Dado  
Diced Potatoes  
Fruta  
Fruit

**18** Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Cinta de Lomo a la Plancha  
Loin  
Champiñones Rehogados  
Sauteéd Mushrooms  
Fruta  
Fruit

**25** Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
  
Ragout de Pavo Estofado  
Stewed Turkey  
  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

Martes-Tuesday

**5** Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Merluza con Aceite de Ajo y Perejil  
Hake with Garlic and Parsley Oil  
  
Zanahoria Baby  
Baby Carrots  
Fruta  
Fruit

**12** Crema de Calabaza  
Pumpkin Cream  
Salmón a la Andaluza  
Floured Salmon  
  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

**19** Arroz Campero  
Rice with Vegetables  
Merluza a la Gallega  
Hake with Paprika  
Tomate Aliñado  
Seasoned Tomato  
Fruta  
Fruit

**26** Verdura Tricolor (Brócoli, Coliflor y Zanahoria)  
Mixed Vegetables  
Tortilla de Patata  
Potato Omelette  
  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

Miercoles-Wednesday

**6** Brócoli Salteado  
Sauteéd Broccoli  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon  
  
Patata Dado  
Diced Potatoes  
Yogur  
Yogurt

**13** Arroz con Verduras  
Rice with Vegetables  
Revuelto de Pavo  
Scrambled Eggs with Turkey  
  
Ensalada Variada  
Mixed Salad  
Yogur  
Yogurt

**20** Coliflor con Patatas  
Sauteéd Cauliflower with Potatoes  
Pollo Asado  
Roasted Chicken  
Arroz Pilaf  
Rice  
Yogur  
Yogurt

**27** Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
  
Fogonero en Salsa Verde  
Fish with Green Sauce  
  
Calabacín Rehogado  
Sauteéd Zucchini  
Yogur  
Yogurt

Jueves-Thursday

**7** Arroz a Banda  
Rice with Seafood  
Pollo al Horno  
Baked Chicken  
  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

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

**21** Crema de Zanahoria  
Carrots Cream  
Tortilla de Patata y Espinacas  
Potato and Spinach Omelette  
Ensalada Variada  
Mixed Salad  
Naranja  
Orange

**28** Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
  
Merluza a la Andaluza  
Floured Hake  
  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

Viernes-Friday

**8** Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Fogonero en Salsa  
Fish in Sauce  
  
Ensalada Variada  
Mixed Salad  
Yogur  
Yogurt

**15** Arroz con Pisto Casero  
Rice with Ratatouille  
Gallineta a la Vizcaína  
Fish with Onion, Pepper and Tomato Sauce  
  
Ensalada Variada  
Mixed Salad  
Natillas de Vainilla  
Custard

**22** Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Fogonero con Aceite de Ajo y Perejil  
Fish with Garlic and Parsley Oil  
Ensalada Variada  
Mixed Salad  
Yogur  
Yogurt

**29** Sopa Juliana de Verduras  
Vegetables Soup  
  
Pollo y Ternera con Patata y Zanahoria  
Cocidos  
Meat with Boiled Carrot and Potatoes  
Rapollo  
Cabagge  
Yogur  
Yogurt

Lunes-Monday

- 4 Lentejas a la Jardinera  
Stewed Lentils  
Huevos Rellenos  
Stuffed Eggs with Tuna  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit
  
- 11 Brócoli Rehogado  
Sauteéd Broccoli  
Albóndigas de Ternera a la Jardinera  
Veal Meatballs with Vegetables
  
- Cous Cous  
Cous Cous  
Fruta  
Fruit
  
- 18 Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Lomo de Sajonia  
Saxony Pork  
Champiñones Rehogados  
Sauteéd Mushrooms  
Fruta  
Fruit
  
- 25 Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Ragout de Pavo Estofado  
Stewed Turkey
  
- Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

Martes-Tuesday

- 5 Macarrones a la Boloñesa  
Pasta with Bolognese Sauce  
Merluza con Aceite de Ajo y Perejil  
Hake with Garlic and Parsley Oil  
Zanahoria Baby  
Baby Carrots  
Fruta  
Fruit
  
- 12 Alubias Pintas con Arroz  
Stewed Black Beans with Rice  
Nuggets Caseros de Salmón  
Homemade Salmon Nuggets
  
- Ensalada Variada  
Mixed Salad  
Fruta  
Fruit
  
- 19 Arroz Tres Delicias  
Three Delights Rice  
Merluza a la Gallega  
Hake with Paprika  
Tomate Aliñado  
Seasoned Tomato  
Fruta  
Fruit
  
- 26 Alubias Blancas a la Jardinera  
Stewed White Beans with Vegetables  
Huevos Villarroy  
Villarroy Eggs
  
- Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

Miercoles-Wednesday

- 6 Judías Verdes con Tomate  
Green Beans with Tomato Sauce  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon  
Patata Dado  
Diced Potatoes  
Yogur  
Yogurt
  
- 13 Fideua de Verduras  
Pasta with Vegetables  
Revuelto de Pavo  
Scrambled Eggs with Turkey
  
- Ensalada Variada  
Mixed Salad  
Yogur  
Yogurt
  
- 20 Coliflor a la Italiana  
Floured Cauliflower with Tomato Sauce  
Pollo al Curry  
Curry Chicken  
Cous Cous  
Cous Cous  
Yogur  
Yogurt
  
- 27 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Fogonero en Salsa Verde  
Fish with Green Sauce
  
- Calabacín Rebozado  
Fried Zucchini  
Yogur  
Yogurt

Jueves-Thursday

- 7 Arroz a Banda  
Rice with Seafood  
Pollo al Horno  
Baked Chicken  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit
  
- 14 Sopa de Fideos  
Noodle Soup  
Pollo y Ternera con Patata y Zanahoria  
Cocidos  
Meat with Boiled Carrot and Potatoes  
Repollo  
Cabagge  
Fruta  
Fruit
  
- 21 Crema de Zanahoria con Picatostes  
Carrots Cream with Croutons  
Tortilla de Patata y Espinacas  
Potato and Spinach Omelette  
Ensalada Variada  
Mixed Salad  
Naranja y Pan  
Orange and Bread
  
- 28 Tallarines al Wok  
Sauteéd Pasta with Soy Sauce  
Empanadillas de Atún  
Tuna Dumplings
  
- Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

Viernes-Friday

- 8 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Yogur  
Yogurt
  
- 15 Arroz con Pisto Casero  
Rice with Ratatouille  
Gallineta a la Vizcaína  
Fish with Onion, Pepper and Tomato Sauce
  
- Ensalada Variada  
Mixed Salad  
Natillas de Vainilla  
Custard
  
- 22 Lasaña Boloñesa Casera  
Homemade Bolognese Lasagna  
Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Yogur  
Yogurt
  
- 29 Sopa de Fideos  
Noodle Soup  
Pollo y Ternera con Patata y Zanahoria  
Cocidos  
Meat with Boiled Carrot and Potatoes  
Repollo  
Cabagge  
Yogur  
Yogurt

Lunes-Monday

**4** Crema de Calabacín  
Zucchini Cream  
Huevos Rellenos (Sin Mayonesa)  
Stuffed Eggs with Tuna (without Mayonnaise)  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

**11** Brócoli Rehogado  
Sauteéd Broccoli  
Ragout de Ternera Asada  
Baked Veal

Patata Dado  
Diced Potatoes  
Fruta  
Fruit

**18** Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Cinta de Lomo a la Plancha  
Loin  
Champiñones Rehogados  
Sauteéd Mushrooms  
Fruta  
Fruit

**25** Crema de Calabacín con Queso  
Zucchini Cream with Cheese

Ragout de Pavo Estofado  
Stewed Turkey

Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

Martes-Tuesday

**5** Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Merluza con Aceite de Ajo y Perejil  
Hake with Garlic and Parsley Oil

Zanahoria Baby  
Baby Carrots  
Fruta  
Fruit

**12** Crema de Calabaza  
Pumpkin Cream  
Salmón a la Andaluza  
Floured Salmon

Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

**19** Arroz Campero  
Rice with Vegetables  
Merluza a la Gallega  
Hake with Paprika  
Tomate Aliñado  
Seasoned Tomato  
Fruta  
Fruit

**26** Verdura Tricolor (Brócoli, Coliflor y Zanahoria)  
Mixed Vegetables  
Tortilla de Patata  
Potato Omelette

Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

Miercoles-Wednesday

**6** Brócoli Salteado  
Sauteéd Broccoli  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon

Patata Dado  
Diced Potatoes  
Yogur  
Yogurt

**13** Arroz con Verduras  
Rice with Vegetables  
Revuelto de Pavo  
Scrambled Eggs with Turkey

Ensalada Variada  
Mixed Salad  
Yogur  
Yogurt

**20** Coliflor con Patatas  
Sauteéd Cauliflower with Potatoes  
Pollo Asado  
Roasted Chicken  
Arroz Pilaf  
Rice  
Yogur  
Yogurt

**27** Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce

Fogonero en Salsa Verde  
Fish with Green Sauce

Calabacín Rehogado  
Sauteéd Zucchini  
Yogur  
Yogurt

Jueves-Thursday

**7** Arroz a Banda  
Rice with Seafood  
Pollo al Horno  
Baked Chicken

Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

**14** Sopa Juliana de Verduras  
Vegetables Soup  
Pollo y Ternera con Patata y Zanahoria  
Cocidos  
Meat with Boiled Carrot and Potatoes  
Rollo  
Cabbage  
Fruta  
Fruit

**21** Crema de Zanahoria  
Carrots Cream  
Tortilla de Patata y Espinacas  
Potato and Spinach Omelette  
Ensalada Variada  
Mixed Salad  
Naranja  
Orange

**28** Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables

Merluza a la Andaluza  
Floured Hake

Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

Viernes-Friday

**8** Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Fogonero en Salsa  
Fish in Sauce

Ensalada Variada  
Mixed Salad  
Yogur  
Yogurt

**15** Arroz con Pisto Casero  
Rice with Ratatouille  
Gallineta a la Vizcaína  
Fish with Onion, Pepper and Tomato Sauce

Ensalada Variada  
Mixed Salad  
Natillas de Vainilla  
Custard

**22** Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Fogonero con Aceite de Ajo y Perejil  
Fish with Garlic and Parsley Oil  
Ensalada Variada  
Mixed Salad  
Yogur  
Yogurt

**29** Sopa Juliana de Verduras  
Vegetables Soup

Pollo y Ternera con Patata y Zanahoria  
Cocidos  
Meat with Boiled Carrot and Potatoes  
Rollo  
Cabbage  
Yogur  
Yogurt

Lunes-Monday

4 Lentejas a la Jardinera  
Stewed Lentils  
Huevos en Salsa de Tomate  
Eggs in Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

11 Brócoli Rehogado  
Sautéed Broccoli  
Albóndigas de Ternera a la Jardinera  
Veal Meatballs with Vegetables  
Cous Cous  
Cous Cous  
Fruta y Pan  
Fruit and Bread

18 Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Lomo de Sajonia  
Saxony Pork  
Champiñones Rehogados  
Sautéed Mushrooms  
Fruta y Pan  
Fruit and Bread

25 Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Ragout de Pavo Estofado  
Stewed Turkey  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Martes-Tuesday

5 Macarrones a la Boloñesa  
Pasta with Bolognese Sauce  
Filete de Pollo  
Chicken Breast  
Zanahoria Baby  
Baby Carrots  
Fruta y Pan  
Fruit and Bread

12 Alubias Pintas con Arroz  
Stewed Black Beans with Rice  
Nuggets de Pavo  
Turkey Nuggets  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

19 Arroz Tres Delicias  
Three Delights Rice  
Salchichas de Pavo al Horno  
Turkey Sausages  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread

26 Alubias Blancas a la Jardinera  
Stewed White Beans with Vegetables  
Tortilla de Patata  
Potato Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Miercoles-Wednesday

6 Judías Verdes con Tomate  
Green Beans with Tomato Sauce  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon  
Patata Dado  
Diced Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

13 Fideua de Verduras  
Pasta with Vegetables  
Revuelto de Pavo  
Scrambled Eggs with Turkey  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

20 Coliflor con Patatas  
Sautéed Cauliflower with Potatoes  
Pollo al Curry  
Curry Chicken  
Cous Cous  
Cous Cous  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

27 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Filete de Pollo  
Chicken Breast  
Calabacín Rebozado Casero  
Homemade Fried Zucchini  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

Jueves-Thursday

7 Arroz con Verduras  
Rice with Vegetables  
Pollo al Horno  
Baked Chicken  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

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

21 Crema de Zanahoria con Picatostes  
Carrots Cream with Croutons  
Tortilla de Patata y Espinacas  
Potato and Spinach Omelette  
Ensalada Variada  
Mixed Salad  
Naranja y Pan  
Orange and Bread

28 Tallarines al Wok  
Sautéed Pasta with Soy Sauce  
Revuelto de Pavo  
Scrambled Eggs with Turkey  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Viernes-Friday

8 Garbanzos Estofados con Verduras  
Stewed Chickpeas with Vegetables  
Revuelto de Queso  
Scrambled Eggs with Cheese  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

15 Arroz con Pisto Casero  
Rice with Ratatouille  
Revuelto de Calabacín  
Scrambled Eggs with Zucchini  
Ensalada Variada  
Mixed Salad  
Natillas de Vainilla y Pan  
Custard and Bread

22 Lasaña Boloñesa Casera  
Homemade Bolognese Lasagna  
Cinta de Lomo al Horno  
Baked Loin  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

29 Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Yogur y Pan  
Yogurt and Bread

## Lunes-Monday

**4** Lentejas a la Jardinera  
Stewed Lentils  
Huevos en Salsa de Tomate  
Eggs in Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

**11** Brócoli Rehogado  
Sautéed Broccoli  
Albóndigas de Ternera a la Jardinera  
Veal Meatballs with Vegetables  
Cous Cous  
Cous Cous  
Fruta y Pan  
Fruit and Bread

**18** Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Lomo de Sajonia  
Saxony Pork  
Champiñones Rehogados  
Sautéed Mushrooms  
Fruta y Pan  
Fruit and Bread

**25** Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Ragout de Pavo Estofado  
Stewed Turkey  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

## Martes-Tuesday

**5** Macarrones a la Boloñesa  
Pasta with Bolognese Sauce  
Filete de Pollo  
Chicken Breast  
Zanahoria Baby  
Baby Carrots  
Fruta y Pan  
Fruit and Bread

**12** Alubias Pintas con Arroz  
Stewed Black Beans with Rice  
Nuggets de Pavo  
Turkey Nuggets  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

**19** Arroz Tres Delicias  
Three Delights Rice  
Salchichas de Pavo al Horno  
Turkey Sausages  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread

**26** Alubias Blancas a la Jardinera  
Stewed White Beans with Vegetables  
Tortilla de Patata  
Potato Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

## Miercoles-Wednesday

**6** Judías Verdes con Tomate  
Green Beans with Tomato Sauce  
Cinta de Lomo Asada al Limón  
Roasted Pork with Lemon  
Patata Dado  
Diced Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

**13** Fideua de Verduras  
Pasta with Vegetables  
Revuelto de Pavo  
Scrambled Eggs with Turkey  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

**20** Coliflor con Patatas  
Sautéed Cauliflower with Potatoes  
Pollo al Curry  
Curry Chicken  
Cous Cous  
Cous Cous  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

**27** Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Filete de Pollo  
Chicken Breast  
Calabacín Rebozado Casero  
Homemade Fried Zucchini  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

## Jueves-Thursday

**7** Arroz con Verduras  
Rice with Vegetables  
Pollo al Horno  
Baked Chicken  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

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

**21** Crema de Zanahoria con Picatostes  
Carrots Cream with Croutons  
Tortilla de Patata y Espinacas  
Potato and Spinach Omelette  
Ensalada Variada  
Mixed Salad  
Naranja y Pan  
Orange and Bread

**28** Tallarines al Wok  
Sautéed Pasta with Soy Sauce  
Revuelto de Pavo  
Scrambled Eggs with Turkey  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

## Viernes-Friday

**8** Garbanzos Estofados con Verduras  
Stewed Chickpeas with Vegetables  
Revuelto de Queso  
Scrambled Eggs with Cheese  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

**15** Arroz con Pisto Casero  
Rice with Ratatouille  
Revuelto de Calabacín  
Scrambled Eggs with Zucchini  
Ensalada Variada  
Mixed Salad  
Natillas de Vainilla y Pan  
Custard and Bread

**22** Lasaña Boloñesa Casera  
Homemade Bolognese Lasagna  
Cinta de Lomo al Horno  
Baked Loin  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

**29** Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Yogur y Pan  
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