

Lunes-Monday

6



**Festivo  
Holiday**

13 Sopa de Fideos S/Gluten S/Huevo  
Gluten- Free Noodle Soup  
Tortilla de Patata  
Potato Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

20 Crema de Calabaza  
Pumpkin Cream  
Lomo de Sajonia  
Saxony Pork  
Patata Dado  
Diced Potatoes  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

27 Paella de Pollo  
Chicken Paella  
Cazón al Horno  
Baked Dogfish  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

Martes-Tuesday

7



**Festivo  
Holiday**

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

21 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Fogonero en Salsa Verde  
Fish with Green Sauce  
Calabacín Rehogado  
Sautéed Zucchini  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

28 Crema de Zanahoria  
Carrots Cream  
Magro con Tomate  
Lean Pork with Tomato Sauce  
Calabacín al Horno  
Baked Zucchini  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

Miercoles-Wednesday

8

Arroz con Pisto Casero  
Rice with Ratatouille  
Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread

15 Coliflor con Patatas  
Sautéed Cauliflower with Potatoes  
Pollo Asado  
Roasted Chicken  
Ensalada de Quinoa, Lechuga y Tomate  
Quinoa Salad  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread

22 Alubias Blancas a la Jardinera  
Stewed White Beans with Vegetables  
Pollo al Horno  
Baked Chicken  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

29 Pasta S/Gluten S/Huevo a la Napolitana  
Gluten-Egg Free Pasta with Tomato Sauce  
Merluza al Horno  
Baked Hake  
Ensalada Variada  
Mixed Salad  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread

Jueves-Thursday

9

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

16 Pasta S/Gluten S/Huevo a la Boloñesa  
Gluten Free Pasta with Bolognese  
Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

23 Pasta S/Gluten S/Huevo con Verduras  
Gluten/Egg-Free Pasta with Vegetables  
Tortilla Francesa de Atún  
Tuna Omelette  
Zanahorias Cubito Salteadas  
Sautéed Carrots  
Yogur de Frutos Rojos y Pan S/Gluten  
Berries Yogurt and Gluten-Free Bread

30 Brócoli al Gratin  
Broccoli au Gratin  
Muslitos de Pollo Asados  
Roasted Chicken Drumsticks  
Patata Panadera  
Baked Potatoes  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

Viernes-Friday

10

Sopa de Cocido (Fideos S/Gluten S/Huevo)  
Meat Soup with Gluten Free Noodles  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Batido de Chocolate Casero y Pan S/Gluten  
Homemade Chocolate Milkshake and  
Gluten-Free Bread

17 Crema de Calabacín  
Zucchini Cream  
Magro de Cerdo Estofado  
Stewed Lean Pork  
Champiñones Rehogados  
Sautéed Mushrooms  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread

24 Sopa de Cocido (Fideos S/Gluten S/Huevo)  
Meat Soup with Gluten Free Noodles  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Natillas de Vainilla y Pan S/Gluten  
Custard and Gluten-Free Bread

31 Garbanzos Estofados con Chorizo  
Stewed Chickpeas with Chorizo  
Revuelto de Calabacín  
Scrambled Eggs with Zucchini  
Ensalada Variada  
Mixed Salad  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread

Lunes-Monday

6



**Festivo  
Holiday**

13 Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Huevos Villarroy  
Villarroy Eggs  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

20 Crema de Calabaza  
Pumpkin Cream  
Lomo de Sajonia  
Saxony Pork  
Patata Dado  
Diced Potatoes  
Fruta y Pan  
Fruit and Bread

27 Paella de Pollo  
Chicken Paella  
Bienmesabe en Adobo al Horno  
Marinated Dogfish  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Martes-Tuesday

7



**Festivo  
Holiday**

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

21 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Fogonero en Salsa Verde  
Fish with Green Sauce  
Calabacín Rebozado  
Fried Zucchini  
Fruta y Pan  
Fruit and Bread

28 Lentejas Guisadas  
Stewed Lentils  
Magro con Tomate  
Lean Pork with Tomato Sauce  
Calabacín al Horno  
Baked Zucchini  
Fruta y Pan  
Fruit and Bread

Miercoles-Wednesday

8

Arroz con Pisto Casero  
Rice with Ratatouille  
Empanadillas de Atún al Horno  
Baked Tuna Dumplings  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

15 Coliflor a la Italiana  
Floured Cauliflower with Tomato Sauce  
Pollo Asado  
Roasted Chicken  
Ensalada de Quinoa, Lechuga y Tomate  
Quinoa Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

22 Alubias Blancas a la Jardinera  
Stewed White Beans with Vegetables  
Pollo al Horno  
Baked Chicken  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

29 Coditos a la Napolitana  
Pasta with Tomato Sauce  
Merluza al Horno  
Baked Hake  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

Jueves-Thursday

9

Fideua de Verduras  
Pasta with Vegetables  
Revuelto de Pavo  
Scrambled Eggs with Turkey  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

16 Lasaña Boloñesa Casera  
Homemade Bolognese Lasagna  
Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

23 Tallarines INTEGRALES con Verduras  
Whole Wheat Pasta with Vegetables  
Tortilla Francesa de Atún  
Tuna Omelette  
Zanahorias Cubito Salteadas  
Sautéed Carrots  
Yogur de Frutos Rojos y Pan  
Berries Yogurt and Bread

30 Brócoli al Gratén  
Broccoli au Gratin  
Muslitos de Pollo Asados  
Roasted Chicken Drumsticks  
Patata Panadera  
Baked Potatoes  
Fruta y Pan  
Fruit and Bread

Viernes-Friday

10

Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Batido Natural de Frutas y Pan  
Natural Fruit Smoothie and Bread

17 Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Magro de Cerdo Estofado  
Stewed Lean Pork  
Champiñones Rehogados  
Sautéed Mushrooms  
Yogur y Pan  
Yogurt and Bread

24 Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Natillas de Vainilla y Pan  
Custard and Bread

31 Garbanzos Estofados con Chorizo  
Stewed Chickpeas with Chorizo  
Revuelto de Calabacín  
Scrambled Eggs with Zucchini  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

**Lunes-Monday**

6



**Festivo  
Holiday**

13 Lentejas Estofadas con Verduras  
*Stewed Lentils with Vegetables*  
Huevos Villarroy  
*Villarroy Eggs*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan  
*Fruit and Bread*

20 Crema de Calabaza con Picatostes  
*Pumpkin Cream with Croutons*  
Lomo de Sajonia  
*Saxony Pork*  
Patata Dado  
*Diced Potatoes*  
Fruta y Pan  
*Fruit and Bread*

27 Paella de Pollo  
*Chicken Paella*  
Bienmesabe en Adobo al Horno  
*Marinated Dogfish*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan  
*Fruit and Bread*

**Martes-Tuesday**

7



**Festivo  
Holiday**

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

21 Arroz con Tomate Casero  
*Rice with Homemade Tomato Sauce*  
Fogonero en Salsa Verde  
*Fish with Green Sauce*  
Calabacín Rebozado  
*Fried Zucchini*  
Fruta y Pan  
*Fruit and Bread*

28 Lentejas Guisadas  
*Stewed Lentils*  
Magro con Tomate  
*Lean Pork with Tomato Sauce*  
Calabacín al Horno  
*Baked Zucchini*  
Fruta y Pan  
*Fruit and Bread*

**Miercoles-Wednesday**

8

Arroz con Pisto Casero  
*Rice with Ratatouille*  
Empanadillas de Atún al Horno  
*Baked Tuna Dumplings*  
Ensalada Variada  
*Mixed Salad*  
Yogur y Pan Integral  
*Yogurt and Whole Wheat Bread*

15 Coliflor a la Italiana  
*Floured Cauliflower with Tomato Sauce*  
Pollo Asado  
*Roasted Chicken*  
Ensalada de Quinoa, Lechuga y Tomate  
*Quinoa Salad*  
Yogur y Pan Integral  
*Yogurt and Whole Wheat Bread*

22 Alubias Blancas a la Jardinera  
*Stewed White Beans with Vegetables*  
Pollo al Horno  
*Baked Chicken*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan Integral  
*Fruit and Whole Wheat Bread*

29 Coditos a la Napolitana  
*Pasta with Tomato Sauce*  
Merluza al Horno  
*Baked Hake*  
Ensalada Variada  
*Mixed Salad*  
Yogur y Pan Integral  
*Yogurt and Whole Wheat Bread*

**Jueves-Thursday**

9

Fideua de Verduras  
*Pasta with Vegetables*  
Revuelto de Pavo  
*Scrambled Eggs with Turkey*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan  
*Fruit and Bread*

16 Lasaña Boloñesa Casera  
*Homemade Bolognese Lasagna*  
Caballa en Aceite  
*Mackerel in Oil*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan  
*Fruit and Bread*

23 Tallarines INTEGRALES con Verduras  
*Whole Wheat Pasta with Vegetables*  
Tortilla Francesa de Atún  
*Tuna Omelette*  
Zanahorias Cubito Salteadas  
*Sautéed Carrots*  
Yogur de Frutos Rojos y Pan  
*Berries Yogurt and Bread*

30 Brócoli al Gratén  
*Broccoli au Gratin*  
Muslitos de Pollo Asados  
*Roasted Chicken Drumsticks*  
Patata Panadera  
*Baked Potatoes*  
Fruta y Pan  
*Fruit and Bread*

**Viernes-Friday**

10

Sopa de Cocido  
*Meat Soup*  
Cocido Completo  
*Chickpeas with Meat and Vegetables*  
Repollo  
*Cabbage*  
Batido Natural de Frutas y Pan  
*Natural Fruit Smoothie and Bread*

17 Crema de Calabacín con Queso  
*Zucchini Cream with Cheese*  
Magro de Cerdo Estofado  
*Stewed Lean Pork*  
Champiñones Rehogados  
*Sautéed Mushrooms*  
Yogur y Pan  
*Yogurt and Bread*

24 Sopa de Cocido  
*Meat Soup*  
Cocido Completo  
*Chickpeas with Meat and Vegetables*  
Repollo  
*Cabbage*  
Natillas de Vainilla y Pan  
*Custard and Bread*

31 Garbanzos Estofados con Chorizo  
*Stewed Chickpeas with Chorizo*  
Revuelto de Calabacín  
*Scrambled Eggs with Zucchini*  
Ensalada Variada  
*Mixed Salad*  
Yogur y Pan  
*Yogurt and Bread*

Lunes-Monday

6



**Festivo  
Holiday**

13 Lentejas Estofadas con Verduras  
*Stewed Lentils with Vegetables*  
Tortilla de Patata  
*Potato Omelette*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan  
*Fruit and Bread*

20 Crema de Calabaza con Picatostes  
*Pumpkin Cream with Croutons*  
Cinta de Lomo a la Plancha  
*Loin*  
Patata Dado  
*Diced Potatoes*  
Fruta y Pan  
*Fruit and Bread*

27 Paella de Pollo  
*Chicken Paella*  
Bienmesabe en Adobo al Horno  
*Marinated Dogfish*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan  
*Fruit and Bread*

Martes-Tuesday

7



**Festivo  
Holiday**

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

21 Arroz con Tomate Casero  
*Rice with Homemade Tomato Sauce*  
Fogonero en Salsa Verde  
*Fish with Green Sauce*  
Calabacín Rehogado  
*Sautéed Zucchini*  
Fruta y Pan  
*Fruit and Bread*

28 Lentejas Guisadas  
*Stewed Lentils*  
Magro con Tomate  
*Lean Pork with Tomato Sauce*  
Calabacín al Horno  
*Baked Zucchini*  
Fruta y Pan  
*Fruit and Bread*

Miercoles-Wednesday

8

Arroz con Pisto Casero  
*Rice with Ratatouille*  
Caballa en Aceite  
*Mackerel in Oil*  
Ensalada Variada  
*Mixed Salad*  
Yogur de Soja y Pan Integral  
*Soy Yogurt and Whole Wheat Bread*

15 Coliflor con Patatas  
*Sautéed Cauliflower with Potatoes*  
Pollo al Curry  
*Curry Chicken*  
Ensalada de Quinoa, Lechuga y Tomate  
*Quinoa Salad*  
Yogur de Soja y Pan Integral  
*Soy Yogurt and Whole Wheat Bread*

22 Alubias Blancas a la Jardinera  
*Stewed White Beans with Vegetables*  
Pollo al Horno  
*Baked Chicken*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan Integral  
*Fruit and Whole Wheat Bread*

29 Coditos a la Napolitana  
*Pasta with Tomato Sauce*  
Merluza al Horno  
*Baked Hake*  
Ensalada Variada  
*Mixed Salad*  
Yogur de Soja y Pan Integral  
*Soy Yogurt and Whole Wheat Bread*

Jueves-Thursday

9

Fideua de Verduras  
*Pasta with Vegetables*  
Revuelto de Pavo  
*Scrambled Eggs with Turkey*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan  
*Fruit and Bread*

16 Macarrones a la Boloñesa  
*Pasta with Bolognese Sauce*  
Caballa en Aceite  
*Mackerel in Oil*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan  
*Fruit and Bread*

23 Tallarines INTEGRALES con Verduras  
*Whole Wheat Pasta with Vegetables*  
Tortilla Francesa de Atún  
*Tuna Omelette*  
Zanahorias Cubito Salteadas  
*Sautéed Carrots*  
Yogur de Soja y Pan  
*Soy Yogurt and Bread*

30 Brócoli Salteado  
*Sautéed Broccoli*  
Muslitos de Pollo Asados  
*Roasted Chicken Drumsticks*  
Patata Panadera  
*Baked Potatoes*  
Fruta y Pan  
*Fruit and Bread*

Viernes-Friday

10

Sopa de Cocido  
*Meat Soup*  
Cocido Completo  
*Chickpeas with Meat and Vegetables*  
Repollo  
*Cabbage*  
Batido Natural de Frutas (sin Leche) y Pan  
*Natural Fruit Smoothie and Bread*

17 Crema de Calabacín  
*Zucchini Cream*  
Magro de Cerdo Estofado  
*Stewed Lean Pork*  
Champiñones Rehogados  
*Sautéed Mushrooms*  
Yogur de Soja y Pan  
*Soy Yogurt and Bread*

24 Sopa de Cocido  
*Meat Soup*  
Cocido Completo  
*Chickpeas with Meat and Vegetables*  
Repollo  
*Cabbage*  
Yogur de Soja y Pan  
*Soy Yogurt and Bread*

31 Garbanzos Estofados con Chorizo  
*Stewed Chickpeas with Chorizo*  
Revuelto de Calabacín  
*Scrambled Eggs with Zucchini*  
Ensalada Variada  
*Mixed Salad*  
Yogur de Soja y Pan  
*Soy Yogurt and Bread*

Lunes-Monday

6



**Festivo  
Holiday**

13 Sopa de Fideos S/Gluten S/Huevo  
Gluten- Free Noodle Soup  
Tortilla de Patata  
Potato Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

20 Crema de Calabaza  
Pumpkin Cream  
Cinta de Lomo a la Plancha  
Loin  
Patata Dado  
Diced Potatoes  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

27 Paella de Pollo  
Chicken Paella  
Cazón al Horno  
Baked Dogfish  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

Martes-Tuesday

7



**Festivo  
Holiday**

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

21 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Fogonero en Salsa Verde  
Fish with Green Sauce  
Calabacín Rehogado  
Sautéed Zucchini  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

28 Crema de Zanahoria  
Carrots Cream  
Magro con Tomate  
Lean Pork with Tomato Sauce  
Calabacín al Horno  
Baked Zucchini  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

Miercoles-Wednesday

8

Arroz con Pisto Casero  
Rice with Ratatouille  
Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Yogur de Soja y Pan S/Gluten  
Soy Yogurt and Gluten-Free Bread

15 Coliflor con Patatas  
Sautéed Cauliflower with Potatoes  
Pollo Asado  
Roasted Chicken  
Ensalada de Quinoa, Lechuga y Tomate  
Quinoa Salad  
Yogur de Soja y Pan S/Gluten  
Soy Yogurt and Gluten-Free Bread

22 Alubias Blancas a la Jardinera  
Stewed White Beans with Vegetables  
Pollo al Horno  
Baked Chicken  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

29 Pasta S/Gluten S/Huevo a la Napolitana  
Gluten-Egg Free Pasta with Tomato Sauce  
Merluza al Horno  
Baked Hake  
Ensalada Variada  
Mixed Salad  
Yogur de Soja y Pan S/Gluten  
Soy Yogurt and Gluten-Free Bread

Jueves-Thursday

9

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

16 Pasta S/Gluten S/Huevo a la Boloñesa  
Gluten Free Pasta with Bolognese  
Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

23 Pasta S/Gluten S/Huevo con Verduras  
Gluten/Egg-Free Pasta with Vegetables  
Tortilla Francesa de Atún  
Tuna Omelette  
Zanahorias Cubito Salteadas  
Sautéed Carrots  
Yogur de Soja y Pan S/Gluten  
Soy Yogurt and Gluten-Free Bread

30 Brócoli Salteado  
Sautéed Broccoli  
Muslitos de Pollo Asados  
Roasted Chicken Drumsticks  
Patata Panadera  
Baked Potatoes  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

Viernes-Friday

10

Sopa de Cocido (Fideos S/Gluten S/Huevo)  
Meat Soup with Gluten Free Noodles  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Rapollo  
Cabagge  
Batido Natural de Frutas (sin Leche) y Pan S/Gluten  
Natural Fruit Smoothie and Gluten-Free Bread

17 Crema de Calabacín  
Zucchini Cream  
Magro de Cerdo Estofado  
Stewed Lean Pork  
Champiñones Rehogados  
Sautéed Mushrooms  
Yogur de Soja y Pan S/Gluten  
Soy Yogurt and Gluten-Free Bread

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

31 Garbanzos Estofados con Chorizo  
Stewed Chickpeas with Chorizo  
Revuelto de Calabacín  
Scrambled Eggs with Zucchini  
Ensalada Variada  
Mixed Salad  
Yogur de Soja y Pan S/Gluten  
Soy Yogurt and Gluten-Free Bread

**Lunes-Monday**

6



**Festivo  
Holiday**

13 Lentejas Estofadas con Verduras  
*Stewed Lentils with Vegetables*  
Tortilla de Patata  
*Potato Omelette*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan  
*Fruit and Bread*

20 Crema de Calabaza con Picatostes  
*Pumpkin Cream with Croutons*  
Cinta de Lomo a la Plancha  
*Loin*  
Patata Dado  
*Diced Potatoes*  
Fruta y Pan  
*Fruit and Bread*

27 Paella de Pollo  
*Chicken Paella*  
Bienmesabe en Adobo al Horno  
*Marinated Dogfish*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan  
*Fruit and Bread*

**Martes-Tuesday**

7



**Festivo  
Holiday**

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

21 Arroz con Tomate Casero  
*Rice with Homemade Tomato Sauce*  
Fogonero en Salsa Verde  
*Fish with Green Sauce*  
Calabacín Rehogado  
*Sautéed Zucchini*  
Fruta y Pan  
*Fruit and Bread*

28 Lentejas Guisadas  
*Stewed Lentils*  
Magro con Tomate  
*Lean Pork with Tomato Sauce*  
Calabacín al Horno  
*Baked Zucchini*  
Fruta y Pan  
*Fruit and Bread*

**Miercoles-Wednesday**

8

Arroz con Pisto Casero  
*Rice with Ratatouille*  
Caballa en Aceite  
*Mackerel in Oil*  
Ensalada Variada  
*Mixed Salad*  
Yogur de Soja y Pan Integral  
*Soy Yogurt and Whole Wheat Bread*

15 Coliflor con Patatas  
*Sautéed Cauliflower with Potatoes*  
Pollo al Curry  
*Curry Chicken*  
Ensalada de Quinoa, Lechuga y Tomate  
*Quinoa Salad*  
Yogur de Soja y Pan Integral  
*Soy Yogurt and Whole Wheat Bread*

22 Alubias Blancas a la Jardinera  
*Stewed White Beans with Vegetables*  
Pollo al Horno  
*Baked Chicken*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan Integral  
*Fruit and Whole Wheat Bread*

29 Coditos a la Napolitana  
*Pasta with Tomato Sauce*  
Merluza al Horno  
*Baked Hake*  
Ensalada Variada  
*Mixed Salad*  
Yogur de Soja y Pan Integral  
*Soy Yogurt and Whole Wheat Bread*

**Jueves-Thursday**

9

Fideua de Verduras  
*Pasta with Vegetables*  
Revuelto de Pavo  
*Scrambled Eggs with Turkey*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan  
*Fruit and Bread*

16 Macarrones a la Boloñesa  
*Pasta with Bolognese Sauce*  
Caballa en Aceite  
*Mackerel in Oil*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan  
*Fruit and Bread*

23 Tallarines INTEGRALES con Verduras  
*Whole Wheat Pasta with Vegetables*  
Tortilla Francesa de Atún  
*Tuna Omelette*  
Zanahorias Cubito Salteadas  
*Sautéed Carrots*  
Yogur de Soja y Pan  
*Soy Yogurt and Bread*

30 Brócoli Salteado  
*Sautéed Broccoli*  
Muslitos de Pollo Asados  
*Roasted Chicken Drumsticks*  
Patata Panadera  
*Baked Potatoes*  
Fruta y Pan  
*Fruit and Bread*

**Viernes-Friday**

10

Sopa de Cocido  
*Meat Soup*  
Cocido Completo  
*Chickpeas with Meat and Vegetables*  
Repollo  
*Cabbage*  
Batido Natural de Frutas (sin Leche) y Pan  
*Natural Fruit Smoothie and Bread*

17 Crema de Calabacín  
*Zucchini Cream*  
Magro de Cerdo Estofado  
*Stewed Lean Pork*  
Champiñones Rehogados  
*Sautéed Mushrooms*  
Yogur de Soja y Pan  
*Soy Yogurt and Bread*

24 Sopa de Cocido  
*Meat Soup*  
Cocido Completo  
*Chickpeas with Meat and Vegetables*  
Repollo  
*Cabbage*  
Yogur de Soja y Pan  
*Soy Yogurt and Bread*

31 Garbanzos Estofados con Chorizo  
*Stewed Chickpeas with Chorizo*  
Revuelto de Calabacín  
*Scrambled Eggs with Zucchini*  
Ensalada Variada  
*Mixed Salad*  
Yogur de Soja y Pan  
*Soy Yogurt and Bread*

**Lunes-Monday**

6



**Festivo  
Holiday**

13 Lentejas Estofadas con Verduras  
*Stewed Lentils with Vegetables*  
Salchichas de Pavo al Horno  
*Turkey Sausages*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan  
*Fruit and Bread*

20 Crema de Calabaza con Picatostes  
*Pumpkin Cream with Croutons*  
Lomo de Sajonia  
*Saxony Pork*  
Patata Dado  
*Diced Potatoes*  
Fruta y Pan  
*Fruit and Bread*

27 Paella de Pollo  
*Chicken Paella*  
Bienmesabe en Adobo al Horno  
*Marinated Dogfish*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan  
*Fruit and Bread*

**Martes-Tuesday**

7



**Festivo  
Holiday**

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

21 Arroz con Tomate Casero  
*Rice with Homemade Tomato Sauce*  
Fogonero en Salsa Verde  
*Fish with Green Sauce*  
Calabacín Rebozado  
*Fried Zucchini*  
Fruta y Pan  
*Fruit and Bread*

28 Lentejas Guisadas  
*Stewed Lentils*  
Magro con Tomate  
*Lean Pork with Tomato Sauce*  
Calabacín al Horno  
*Baked Zucchini*  
Fruta y Pan  
*Fruit and Bread*

**Miercoles-Wednesday**

8

Arroz con Pisto Casero  
*Rice with Ratatouille*  
Empanadillas de Atún al Horno  
*Baked Tuna Dumplings*  
Ensalada Variada  
*Mixed Salad*  
Yogur y Pan Integral  
*Yogurt and Whole Wheat Bread*

15 Coliflor a la Italiana  
*Floured Cauliflower with Tomato Sauce*  
Pollo al Curry  
*Curry Chicken*  
Ensalada de Quinoa, Lechuga y Tomate  
*Quinoa Salad*  
Yogur y Pan Integral  
*Yogurt and Whole Wheat Bread*

22 Alubias Blancas a la Jardinera  
*Stewed White Beans with Vegetables*  
Pollo al Horno  
*Baked Chicken*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan Integral  
*Fruit and Whole Wheat Bread*

29 Coditos a la Napolitana  
*Pasta with Tomato Sauce*  
Merluza al Horno  
*Baked Hake*  
Ensalada Variada  
*Mixed Salad*  
Yogur y Pan Integral  
*Yogurt and Whole Wheat Bread*

**Jueves-Thursday**

9

Fideua de Verduras  
*Pasta with Vegetables*  
Filete de Pollo  
*Chicken Breast*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan  
*Fruit and Bread*

16 Lasaña Boloñesa Casera  
*Homemade Bolognese Lasagna*  
Caballa en Aceite  
*Mackerel in Oil*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan  
*Fruit and Bread*

23 Tallarines INTEGRALES con Verduras  
*Whole Wheat Pasta with Vegetables*  
Salmón al Horno  
*Baked Salmon*  
Zanahorias Cubito Salteadas  
*Sautéed Carrots*  
Yogur de Frutos Rojos y Pan  
*Berries Yogurt and Bread*

30 Brócoli al Gratén  
*Broccoli au Gratin*  
Muslitos de Pollo Asados  
*Roasted Chicken Drumsticks*  
Patata Panadera  
*Baked Potatoes*  
Fruta y Pan  
*Fruit and Bread*

**Viernes-Friday**

10

Sopa de Cocido  
*Meat Soup*  
Cocido Completo  
*Chickpeas with Meat and Vegetables*  
Repollo  
*Cabbage*  
Batido de Chocolate Casero y Pan  
*Homemade Chocolate Milkshake and Bread*

17 Crema de Calabacín con Queso  
*Zucchini Cream with Cheese*  
Magro de Cerdo Estofado  
*Stewed Lean Pork*  
Champiñones Rehogados  
*Sautéed Mushrooms*  
Yogur y Pan  
*Yogurt and Bread*

24 Sopa de Cocido  
*Meat Soup*  
Cocido Completo  
*Chickpeas with Meat and Vegetables*  
Repollo  
*Cabbage*  
Natillas de Vainilla y Pan  
*Custard and Bread*

31 Garbanzos Estofados con Chorizo  
*Stewed Chickpeas with Chorizo*  
Salchichas de Pavo al Horno  
*Turkey Sausages*  
Ensalada Variada  
*Mixed Salad*  
Yogur y Pan  
*Yogurt and Bread*

Lunes-Monday

6



**Festivo  
Holiday**

13 Lentejas Estofadas con Verduras  
*Stewed Lentils with Vegetables*  
Salchichas de Pavo al Horno  
*Turkey Sausages*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan  
*Fruit and Bread*

20 Crema de Calabaza con Picatostes  
*Pumpkin Cream with Croutons*  
Lomo de Sajonia  
*Saxony Pork*  
Patata Dado  
*Diced Potatoes*  
Fruta y Pan  
*Fruit and Bread*

27 Paella de Pollo  
*Chicken Paella*  
Bienmesabe en Adobo al Horno  
*Marinated Dogfish*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan  
*Fruit and Bread*

Martes-Tuesday

7



**Festivo  
Holiday**

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

21 Arroz con Tomate Casero  
*Rice with Homemade Tomato Sauce*  
Fogonero en Salsa Verde  
*Fish with Green Sauce*  
Calabacín Rehogado  
*Sautéed Zucchini*  
Fruta y Pan  
*Fruit and Bread*

28 Lentejas Guisadas  
*Stewed Lentils*  
Magro con Tomate  
*Lean Pork with Tomato Sauce*  
Calabacín al Horno  
*Baked Zucchini*  
Fruta y Pan  
*Fruit and Bread*

Miercoles-Wednesday

8

Arroz con Pisto Casero  
*Rice with Ratatouille*  
Caballa en Aceite  
*Mackerel in Oil*  
Ensalada Variada  
*Mixed Salad*  
Yogur y Pan Integral  
*Yogurt and Whole Wheat Bread*

15 Coliflor a la Italiana  
*Floured Cauliflower with Tomato Sauce*  
Pollo al Curry  
*Curry Chicken*  
Ensalada de Quinoa, Lechuga y Tomate  
*Quinoa Salad*  
Yogur y Pan Integral  
*Yogurt and Whole Wheat Bread*

22 Alubias Blancas a la Jardinera  
*Stewed White Beans with Vegetables*  
Pollo al Horno  
*Baked Chicken*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan Integral  
*Fruit and Whole Wheat Bread*

29 Pasta S/Gluten S/Huevo a la Napolitana  
*Gluten-Egg Free Pasta with Tomato Sauce*  
Merluza al Horno  
*Baked Hake*  
Ensalada Variada  
*Mixed Salad*  
Yogur y Pan Integral  
*Yogurt and Whole Wheat Bread*

Jueves-Thursday

9

Pasta S/Gluten S/Huevo con Verduras  
*Gluten/Egg-Free Pasta with Vegetables*  
Filete de Pollo  
*Chicken Breast*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan  
*Fruit and Bread*

16 Pasta S/Gluten S/Huevo a la Boloñesa  
*Gluten Free Pasta with Bolognese*  
Caballa en Aceite  
*Mackerel in Oil*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan  
*Fruit and Bread*

23 Pasta S/Gluten S/Huevo con Verduras  
*Gluten/Egg-Free Pasta with Vegetables*  
Salmón al Horno  
*Baked Salmon*  
Zanahorias Cubito Salteadas  
*Sautéed Carrots*  
Yogur de Frutos Rojos y Pan  
*Berries Yogurt and Bread*

30 Brócoli al Gratin  
*Broccoli au Gratin*  
Muslitos de Pollo Asados  
*Roasted Chicken Drumsticks*  
Patata Panadera  
*Baked Potatoes*  
Fruta y Pan  
*Fruit and Bread*

Viernes-Friday

10

Sopa de Cocido (Fideos S/Gluten S/Huevo)  
*Meat Soup with Gluten Free Noodles*  
Cocido Completo  
*Chickpeas with Meat and Vegetables*  
Rapollo  
*Cabbage*  
Batido de Chocolate Casero y Pan  
*Homemade Chocolate Milkshake and Bread*

17 Crema de Calabacín con Queso  
*Zucchini Cream with Cheese*  
Magro de Cerdo Estofado  
*Stewed Lean Pork*  
Champiñones Rehogados  
*Sautéed Mushrooms*  
Yogur y Pan  
*Yogurt and Bread*

24 Sopa de Cocido (Fideos S/Gluten S/Huevo)  
*Meat Soup with Gluten Free Noodles*  
Cocido Completo  
*Chickpeas with Meat and Vegetables*  
Rapollo  
*Cabbage*  
Natillas de Vainilla y Pan  
*Custard and Bread*

31 Garbanzos Estofados con Chorizo  
*Stewed Chickpeas with Chorizo*  
Salchichas de Pavo al Horno  
*Turkey Sausages*  
Ensalada Variada  
*Mixed Salad*  
Yogur y Pan  
*Yogurt and Bread*



Lunes-Monday

6



**Festivo  
Holiday**

13 Lentejas Estofadas con Verduras  
*Stewed Lentils with Vegetables*  
Salchichas de Pavo al Horno  
*Turkey Sausages*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan  
*Fruit and Bread*

20 Crema de Calabaza con Picatostes  
*Pumpkin Cream with Croutons*  
Lomo de Sajonia  
*Saxony Pork*  
Patata Dado  
*Diced Potatoes*  
Fruta y Pan  
*Fruit and Bread*

27 Paella de Pollo  
*Chicken Paella*  
Bienmesabe en Adobo al Horno  
*Marinated Dogfish*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan  
*Fruit and Bread*

Martes-Tuesday

7



**Festivo  
Holiday**

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

21 Arroz con Tomate Casero  
*Rice with Homemade Tomato Sauce*  
Fogonero en Salsa Verde  
*Fish with Green Sauce*  
Calabacín Rehogado  
*Sautéed Zucchini*  
Fruta y Pan  
*Fruit and Bread*

28 Lentejas Guisadas  
*Stewed Lentils*  
Magro con Tomate  
*Lean Pork with Tomato Sauce*  
Calabacín al Horno  
*Baked Zucchini*  
Fruta y Pan  
*Fruit and Bread*

Miercoles-Wednesday

8

Arroz con Pisto Casero  
*Rice with Ratatouille*  
Caballa en Aceite  
*Mackerel in Oil*  
Ensalada Variada  
*Mixed Salad*  
Yogur y Pan Integral  
*Yogurt and Whole Wheat Bread*

15 Coliflor a la Italiana  
*Floured Cauliflower with Tomato Sauce*  
Pollo Asado  
*Roasted Chicken*  
Ensalada de Quinoa, Lechuga y Tomate  
*Quinoa Salad*  
Yogur y Pan Integral  
*Yogurt and Whole Wheat Bread*

22 Alubias Blancas a la Jardinera  
*Stewed White Beans with Vegetables*  
Pollo al Horno  
*Baked Chicken*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan Integral  
*Fruit and Whole Wheat Bread*

29 Pasta S/Gluten S/Huevo a la Napolitana  
*Gluten-Egg Free Pasta with Tomato Sauce*  
Merluza al Horno  
*Baked Hake*  
Ensalada Variada  
*Mixed Salad*  
Yogur y Pan Integral  
*Yogurt and Whole Wheat Bread*

Jueves-Thursday

9

Pasta S/Gluten S/Huevo con Verduras  
*Gluten/Egg-Free Pasta with Vegetables*  
Filete de Pollo  
*Chicken Breast*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan  
*Fruit and Bread*

16 Pasta S/Gluten S/Huevo a la Boloñesa  
*Gluten Free Pasta with Bolognese*  
Caballa en Aceite  
*Mackerel in Oil*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan  
*Fruit and Bread*

23 Pasta S/Gluten S/Huevo con Verduras  
*Gluten/Egg-Free Pasta with Vegetables*  
Salmón al Horno  
*Baked Salmon*  
Zanahorias Cubito Salteadas  
*Sautéed Carrots*  
Yogur de Frutos Rojos y Pan  
*Berries Yogurt and Bread*

30 Brócoli al Gratin  
*Broccoli au Gratin*  
Muslitos de Pollo Asados  
*Roasted Chicken Drumsticks*  
Patata Panadera  
*Baked Potatoes*  
Fruta y Pan  
*Fruit and Bread*

Viernes-Friday

10

Sopa de Cocido (Fideos S/Gluten S/Huevo)  
*Meat Soup with Gluten Free Noodles*  
Cocido Completo  
*Chickpeas with Meat and Vegetables*  
Repollo  
*Cabbage*  
Batido de Chocolate Casero y Pan  
*Homemade Chocolate Milkshake and Bread*

17 Crema de Calabacín con Queso  
*Zucchini Cream with Cheese*  
Magro de Cerdo Estofado  
*Stewed Lean Pork*  
Champiñones Rehogados  
*Sautéed Mushrooms*  
Yogur y Pan  
*Yogurt and Bread*

24 Sopa de Cocido (Fideos S/Gluten S/Huevo)  
*Meat Soup with Gluten Free Noodles*  
Cocido Completo  
*Chickpeas with Meat and Vegetables*  
Repollo  
*Cabbage*  
Natillas de Vainilla y Pan  
*Custard and Bread*

31 Garbanzos Estofados con Chorizo  
*Stewed Chickpeas with Chorizo*  
Salchichas de Pavo al Horno  
*Turkey Sausages*  
Ensalada Variada  
*Mixed Salad*  
Yogur y Pan  
*Yogurt and Bread*

Lunes-Monday

6



**Festivo  
Holiday**

13 Lentejas Estofadas con Verduras  
*Stewed Lentils with Vegetables*  
Tortilla de Patata  
*Potato Omelette*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan  
*Fruit and Bread*

20 Crema de Calabaza con Picatostes  
*Pumpkin Cream with Croutons*  
Lomo de Sajonia  
*Saxony Pork*  
Patata Dado  
*Diced Potatoes*  
Fruta y Pan  
*Fruit and Bread*

27 Paella de Pollo  
*Chicken Paella*  
Salchichas de Pavo al Horno  
*Turkey Sausages*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan  
*Fruit and Bread*

Martes-Tuesday

7



**Festivo  
Holiday**

14 Arroz Tres Delicias  
*Three Delights Rice*  
Cinta de Lomo a la Plancha  
*Loin*  
Tomate Aliñado  
*Seazoned Tomato*  
Fruta y Pan  
*Fruit and Bread*

21 Arroz con Tomate Casero  
*Rice with Homemade Tomato Sauce*  
Revuelto de Queso  
*Scrambled Eggs with Cheese*  
Calabacín Rehogado  
*Sautéed Zucchini*  
Fruta y Pan  
*Fruit and Bread*

28 Lentejas Guisadas  
*Stewed Lentils*  
Magro con Tomate  
*Lean Pork with Tomato Sauce*  
Calabacín al Horno  
*Baked Zucchini*  
Fruta y Pan  
*Fruit and Bread*

Miercoles-Wednesday

8

Arroz con Pisto Casero  
*Rice with Ratatouille*  
Salchichas de Pavo al Horno  
*Turkey Sausages*  
Ensalada Variada  
*Mixed Salad*  
Yogur y Pan Integral  
*Yogurt and Whole Wheat Bread*

15 Coliflor con Patatas  
*Sautéed Cauliflower with Potatoes*  
Pollo al Curry  
*Curry Chicken*  
Ensalada de Quinoa, Lechuga y Tomate  
*Quinoa Salad*  
Yogur y Pan Integral  
*Yogurt and Whole Wheat Bread*

22 Alubias Blancas a la Jardinera  
*Stewed White Beans with Vegetables*  
Pollo al Horno  
*Baked Chicken*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan Integral  
*Fruit and Whole Wheat Bread*

29 Coditos a la Napolitana  
*Pasta with Tomato Sauce*  
Tortilla Francesa  
*Omelette*  
Ensalada Variada  
*Mixed Salad*  
Yogur y Pan Integral  
*Yogurt and Whole Wheat Bread*

Jueves-Thursday

9

Fideua de Verduras  
*Pasta with Vegetables*  
Revuelto de Pavo  
*Scrambled Eggs with Turkey*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan  
*Fruit and Bread*

16 Lasaña Boloñesa Casera  
*Homemade Bolognese Lasagna*  
Tortilla Francesa  
*Omelette*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan  
*Fruit and Bread*

23 Tallarines INTEGRALES con Verduras  
*Whole Wheat Pasta with Vegetables*  
Tortilla Francesa  
*Omelette*  
Zanahorias Cubito Salteadas  
*Sautéed Carrots*  
Yogur de Frutos Rojos y Pan  
*Berries Yogurt and Bread*

30 Brócoli al Gratén  
*Broccoli au Gratin*  
Muslitos de Pollo Asados  
*Roasted Chicken Drumsticks*  
Patata Panadera  
*Baked Potatoes*  
Fruta y Pan  
*Fruit and Bread*

Viernes-Friday

10

Sopa de Cocido  
*Meat Soup*  
Cocido Completo  
*Chickpeas with Meat and Vegetables*  
Repollo  
*Cabbage*  
Batido de Chocolate Casero y Pan  
*Homemade Chocolate Milkshake and Bread*

17 Crema de Calabacín con Queso  
*Zucchini Cream with Cheese*  
Magro de Cerdo Estofado  
*Stewed Lean Pork*  
Champiñones Rehogados  
*Sautéed Mushrooms*  
Yogur y Pan  
*Yogurt and Bread*

24 Sopa de Cocido  
*Meat Soup*  
Cocido Completo  
*Chickpeas with Meat and Vegetables*  
Repollo  
*Cabbage*  
Natillas de Vainilla y Pan  
*Custard and Bread*

31 Garbanzos Estofados con Chorizo  
*Stewed Chickpeas with Chorizo*  
Revuelto de Calabacín  
*Scrambled Eggs with Zucchini*  
Ensalada Variada  
*Mixed Salad*  
Yogur y Pan  
*Yogurt and Bread*

**Lunes-Monday**

6



**Festivo  
Holiday**

13 Lentejas Estofadas con Verduras  
*Stewed Lentils with Vegetables*  
Tortilla de Patata  
*Potato Omelette*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan  
*Fruit and Bread*

20 Crema de Calabaza con Picatostes  
*Pumpkin Cream with Croutons*  
Lomo de Sajonia  
*Saxony Pork*  
Patata Dado  
*Diced Potatoes*  
Fruta y Pan  
*Fruit and Bread*

27 Paella de Pollo  
*Chicken Paella*  
Salchichas de Pavo al Horno  
*Turkey Sausages*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan  
*Fruit and Bread*

**Martes-Tuesday**

7



**Festivo  
Holiday**

14 Arroz Tres Delicias  
*Three Delights Rice*  
Cinta de Lomo a la Plancha  
*Loin*  
Tomate Aliñado  
*Seazoned Tomato*  
Fruta y Pan  
*Fruit and Bread*

21 Arroz con Tomate Casero  
*Rice with Homemade Tomato Sauce*  
Revuelto de Queso  
*Scrambled Eggs with Cheese*  
Calabacín Rehogado  
*Sautéed Zucchini*  
Fruta y Pan  
*Fruit and Bread*

28 Lentejas Guisadas  
*Stewed Lentils*  
Magro con Tomate  
*Lean Pork with Tomato Sauce*  
Calabacín al Horno  
*Baked Zucchini*  
Fruta y Pan  
*Fruit and Bread*

**Miercoles-Wednesday**

8

Arroz con Pisto Casero  
*Rice with Ratatouille*  
Salchichas de Pavo al Horno  
*Turkey Sausages*  
Ensalada Variada  
*Mixed Salad*  
Yogur y Pan Integral  
*Yogurt and Whole Wheat Bread*

15 Coliflor con Patatas  
*Sautéed Cauliflower with Potatoes*  
Pollo al Curry  
*Curry Chicken*  
Ensalada de Quinoa, Lechuga y Tomate  
*Quinoa Salad*  
Yogur y Pan Integral  
*Yogurt and Whole Wheat Bread*

22 Alubias Blancas a la Jardinera  
*Stewed White Beans with Vegetables*  
Pollo al Horno  
*Baked Chicken*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan Integral  
*Fruit and Whole Wheat Bread*

29 Coditos a la Napolitana  
*Pasta with Tomato Sauce*  
Tortilla Francesa  
*Omelette*  
Ensalada Variada  
*Mixed Salad*  
Yogur y Pan Integral  
*Yogurt and Whole Wheat Bread*

**Jueves-Thursday**

9

Fideua de Verduras  
*Pasta with Vegetables*  
Revuelto de Pavo  
*Scrambled Eggs with Turkey*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan  
*Fruit and Bread*

16 Lasaña Boloñesa Casera  
*Homemade Bolognese Lasagna*  
Tortilla Francesa  
*Omelette*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan  
*Fruit and Bread*

23 Tallarines INTEGRALES con Verduras  
*Whole Wheat Pasta with Vegetables*  
Tortilla Francesa  
*Omelette*  
Zanahorias Cubito Salteadas  
*Sautéed Carrots*  
Yogur de Frutos Rojos y Pan  
*Berries Yogurt and Bread*

30 Brócoli al Gratén  
*Broccoli au Gratin*  
Muslitos de Pollo Asados  
*Roasted Chicken Drumsticks*  
Patata Panadera  
*Baked Potatoes*  
Fruta y Pan  
*Fruit and Bread*

**Viernes-Friday**

10

Sopa de Cocido  
*Meat Soup*  
Cocido Completo  
*Chickpeas with Meat and Vegetables*  
Repollo  
*Cabbage*  
Batido de Chocolate Casero y Pan  
*Homemade Chocolate Milkshake and Bread*

17 Crema de Calabacín con Queso  
*Zucchini Cream with Cheese*  
Magro de Cerdo Estofado  
*Stewed Lean Pork*  
Champiñones Rehogados  
*Sautéed Mushrooms*  
Yogur y Pan  
*Yogurt and Bread*

24 Sopa de Cocido  
*Meat Soup*  
Cocido Completo  
*Chickpeas with Meat and Vegetables*  
Repollo  
*Cabbage*  
Natillas de Vainilla y Pan  
*Custard and Bread*

31 Garbanzos Estofados con Chorizo  
*Stewed Chickpeas with Chorizo*  
Revuelto de Calabacín  
*Scrambled Eggs with Zucchini*  
Ensalada Variada  
*Mixed Salad*  
Yogur y Pan  
*Yogurt and Bread*

Lunes-Monday

6



**Festivo  
Holiday**

13 Sopa Juliana de Verduras  
Vegetables Soup  
Tortilla de Patata  
Potato Omelette  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

20 Crema de Calabaza  
Pumpkin Cream  
Cinta de Lomo a la Plancha  
Loin

Patata Dado  
Diced Potatoes  
Fruta  
Fruit

27 Paella de Pollo  
Chicken Paella  
Cazón al Horno  
Baked Dogfish  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

Martes-Tuesday

7



**Festivo  
Holiday**

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

21 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Fogonero en Salsa Verde  
Fish with Green Sauce

Calabacín Rehogado  
Sautéed Zucchini  
Fruta  
Fruit

28 Crema de Zanahoria  
Carrots Cream  
Magro con Tomate  
Lean Pork with Tomato Sauce  
Calabacín al Horno  
Baked Zucchini  
Fruta  
Fruit

Miercoles-Wednesday

8

Arroz con Pisto Casero  
Rice with Ratatouille  
Merluza al Horno  
Baked Hake

Ensalada Variada  
Mixed Salad  
Yogur  
Yogurt

15 Coliflor con Patatas  
Sautéed Cauliflower with Potatoes  
Pollo Asado  
Roasted Chicken  
Ensalada de Quinoa, Lechuga y Tomate  
Quinoa Salad  
Yogur  
Yogurt

22 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Pollo al Horno  
Baked Chicken

Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

29 Arroz a la Napolitana  
Rice with Tomato Sauce  
Merluza al Horno  
Baked Hake  
Ensalada Variada  
Mixed Salad  
Yogur  
Yogurt

Jueves-Thursday

9

Quinoa con Verduras  
Quinoa with Vegetables  
Revuelto de Pavo  
Scrambled Eggs with Turkey

Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

16 Arroz a la Boloñesa  
Rice with Bolognese Sauce  
Fogonero al Horno  
Baked Fish  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

23 Arroz con Verduras  
Rice with Vegetables  
Tortilla Francesa de Atún  
Tuna Omelette

Zanahorias Cubito Salteadas  
Sautéed Carrots  
Yogur de Frutos Rojos  
Berries Yogurt

30 Brócoli al Gratén  
Broccoli au Gratin  
Muslitos de Pollo Asados  
Roasted Chicken Drumsticks  
Patata Panadera  
Baked Potatoes  
Fruta  
Fruit

Viernes-Friday

10

Sopa Juliana de Verduras  
Vegetables Soup  
Pollo y Ternera con Patata y Zanahoria  
Cocidos  
Meat with Boiled Carrot and Potatoes  
Repollo  
Cabagge  
Batido Natural de Frutas  
Natural Fruit Smoothie

17 Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Magro de Cerdo Estofado  
Stewed Lean Pork  
Champiñones Rehogados  
Sautéed Mushrooms  
Yogur  
Yogurt

24 Sopa Juliana de Verduras  
Vegetables Soup  
Pollo y Ternera con Patata y Zanahoria  
Cocidos  
Meat with Boiled Carrot and Potatoes  
Repollo  
Cabagge  
Natillas de Vainilla  
Custard

31 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Revuelto de Calabacín  
Scrambled Eggs with Zucchini  
Ensalada Variada  
Mixed Salad  
Yogur  
Yogurt

**Lunes-Monday**

6



**Festivo  
Holiday**

13 Sopa Juliana de Verduras  
Vegetables Soup  
Tortilla de Patata  
Potato Omelette  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

20 Crema de Calabaza  
Pumpkin Cream  
Cinta de Lomo a la Plancha  
Loin

Patata Dado  
Diced Potatoes  
Fruta  
Fruit

27 Paella de Pollo  
Chicken Paella  
Cazón al Horno  
Baked Dogfish  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

**Martes-Tuesday**

7



**Festivo  
Holiday**

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

21 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Fogonero en Salsa Verde  
Fish with Green Sauce

Calabacín Rehogado  
Sautéed Zucchini  
Fruta  
Fruit

28 Crema de Zanahoria  
Carrots Cream  
Magro con Tomate  
Lean Pork with Tomato Sauce  
Calabacín al Horno  
Baked Zucchini  
Fruta  
Fruit

**Miercoles-Wednesday**

8

Arroz con Pisto Casero  
Rice with Ratatouille  
Merluza al Horno  
Baked Hake

Ensalada Variada  
Mixed Salad  
Yogur  
Yogurt

15 Coliflor con Patatas  
Sautéed Cauliflower with Potatoes  
Pollo Asado  
Roasted Chicken  
Ensalada de Quinoa, Lechuga y Tomate  
Quinoa Salad  
Yogur  
Yogurt

22 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Pollo al Horno  
Baked Chicken

Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

29 Arroz a la Napolitana  
Rice with Tomato Sauce  
Merluza al Horno  
Baked Hake  
Ensalada Variada  
Mixed Salad  
Yogur  
Yogurt

**Jueves-Thursday**

9

Quinoa con Verduras  
Quinoa with Vegetables  
Revuelto de Pavo  
Scrambled Eggs with Turkey

Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

16 Arroz a la Boloñesa  
Rice with Bolognese Sauce  
Fogonero al Horno  
Baked Fish  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

23 Arroz con Verduras  
Rice with Vegetables  
Tortilla Francesa de Atún  
Tuna Omelette

Zanahorias Cubito Salteadas  
Sautéed Carrots  
Yogur de Frutos Rojos  
Berries Yogurt

30 Brócoli al Gratén  
Broccoli au Gratin  
Muslitos de Pollo Asados  
Roasted Chicken Drumsticks  
Patata Panadera  
Baked Potatoes  
Fruta  
Fruit

**Viernes-Friday**

10

Sopa Juliana de Verduras  
Vegetables Soup  
Pollo y Ternera con Patata y Zanahoria  
Cocidos  
Meat with Boiled Carrot and Potatoes  
Rollo  
Cabagge  
Batido Natural de Frutas  
Natural Fruit Smoothie

17 Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Magro de Cerdo Estofado  
Stewed Lean Pork  
Champiñones Rehogados  
Sautéed Mushrooms  
Yogur  
Yogurt

24 Sopa Juliana de Verduras  
Vegetables Soup  
Pollo y Ternera con Patata y Zanahoria  
Cocidos  
Meat with Boiled Carrot and Potatoes  
Rollo  
Cabagge  
Natillas de Vainilla  
Custard

31 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Revuelto de Calabacín  
Scrambled Eggs with Zucchini  
Ensalada Variada  
Mixed Salad  
Yogur  
Yogurt

Lunes-Monday

6



**Festivo  
Holiday**

13

Sopa de Fideos  
Noodle Soup  
Huevos Villarroy  
Villarroy Eggs  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

20

Crema de Calabaza con Picatostes  
Pumpkin Cream with Croutons  
Lomo de Sajonia  
Saxony Pork  
Patata Dado  
Diced Potatoes  
Fruta y Pan  
Fruit and Bread

27

Paella de Pollo  
Chicken Paella  
Bienmesabe en Adobo al Horno  
Marinated Dogfish  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Martes-Tuesday

7



**Festivo  
Holiday**

14

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

21

Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Fogonero en Salsa Verde  
Fish with Green Sauce  
Calabacín Rebozado  
Fried Zucchini  
Fruta y Pan  
Fruit and Bread

28

Crema de Zanahoria  
Carrots Cream  
Magro con Tomate  
Lean Pork with Tomato Sauce  
Calabacín al Horno  
Baked Zucchini  
Fruta y Pan  
Fruit and Bread

Miercoles-Wednesday

8

Arroz con Pisto Casero  
Rice with Ratatouille  
Empanadillas de Atún al Horno  
Baked Tuna Dumplings  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

15

Coliflor a la Italiana  
Floured Cauliflower with Tomato Sauce  
Pollo al Curry  
Curry Chicken  
Ensalada de Quinoa, Lechuga y Tomate  
Quinoa Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

22

Alubias Blancas a la Jardinera  
Stewed White Beans with Vegetables  
Pollo al Horno  
Baked Chicken  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

29

Coditos a la Napolitana  
Pasta with Tomato Sauce  
Merluza al Horno  
Baked Hake  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

Jueves-Thursday

9

Fideua de Verduras  
Pasta with Vegetables  
Revuelto de Pavo  
Scrambled Eggs with Turkey  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

16

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

23

Tallarines INTEGRALES con Verduras  
Whole Wheat Pasta with Vegetables  
Tortilla Francesa de Atún  
Tuna Omelette  
Zanahorias Cubito Salteadas  
Sautéed Carrots  
Yogur de Frutos Rojos y Pan  
Berries Yogurt and Bread

30

Brócoli al Gratén  
Broccoli au Gratin  
Muslitos de Pollo Asados  
Roasted Chicken Drumsticks  
Patata Panadera  
Baked Potatoes  
Fruta y Pan  
Fruit and Bread

Viernes-Friday

10

Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Batido de Chocolate Casero y Pan  
Homemade Chocolate Milkshake and Bread

17

Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Magro de Cerdo Estofado  
Stewed Lean Pork  
Champiñones Rehogados  
Sautéed Mushrooms  
Yogur y Pan  
Yogurt and Bread

24

Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Natillas de Vainilla y Pan  
Custard and Bread

31

Garbanzos Estofados con Chorizo  
Stewed Chickpeas with Chorizo  
Revuelto de Calabacín  
Scrambled Eggs with Zucchini  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

Lunes-Monday

6



**Festivo  
Holiday**

13 Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Huevos Villarroy  
Villarroy Eggs  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

20 Crema de Calabaza con Picatostes  
Pumpkin Cream with Croutons  
Lomo de Sajonia  
Saxony Pork

Patata Dado  
Diced Potatoes  
Fruta y Pan  
Fruit and Bread

27 Paella de Pollo  
Chicken Paella  
Bienmesabe en Adobo al Horno  
Marinated Dogfish  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Martes-Tuesday

7



**Festivo  
Holiday**

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

21 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Fogonero en Salsa Verde  
Fish with Green Sauce

Calabacín Rebozado  
Fried Zucchini  
Fruta y Pan  
Fruit and Bread

28 Crema de Zanahoria  
Carrots Cream  
Magro con Tomate  
Lean Pork with Tomato Sauce  
Calabacín al Horno  
Baked Zucchini  
Fruta y Pan  
Fruit and Bread

Miercoles-Wednesday

8

Arroz con Pisto Casero  
Rice with Ratatouille  
Empanadillas de Atún al Horno  
Baked Tuna Dumplings

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

15 Coliflor a la Italiana  
Floured Cauliflower with Tomato Sauce  
Pollo al Curry  
Curry Chicken  
Ensalada de Quinoa, Lechuga y Tomate  
Quinoa Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

22 Alubias Blancas a la Jardinera  
Stewed White Beans with Vegetables  
Pollo al Horno  
Baked Chicken

Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

29 Coditos a la Napolitana  
Pasta with Tomato Sauce  
Merluza al Horno  
Baked Hake  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

Jueves-Thursday

9

Fideua de Verduras  
Pasta with Vegetables  
Revuelto de Pavo  
Scrambled Eggs with Turkey

Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

16 Lasaña Boloñesa Casera  
Homemade Bolognese Lasagna  
Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

23 Tallarines INTEGRALES con Verduras  
Whole Wheat Pasta with Vegetables  
Tortilla Francesa de Atún  
Tuna Omelette

Zanahorias Cubito Salteadas  
Sautéed Carrots  
Yogur de Frutos Rojos y Pan  
Berries Yogurt and Bread

30 Brócoli al Gratin  
Broccoli au Gratin  
Muslitos de Pollo Asados  
Roasted Chicken Drumsticks  
Patata Panadera  
Baked Potatoes  
Fruta y Pan  
Fruit and Bread

Viernes-Friday

10

Sopa de Fideos  
Noodle Soup  
Pollo y Ternera con Patata y Zanahoria  
Cocidos  
Meat with Boiled Carrot and Potatoes  
Rollo  
Cabagge  
Batido de Chocolate Casero y Pan  
Homemade Chocolate Milkshake and Bread

17 Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Magro de Cerdo Estofado  
Stewed Lean Pork  
Champiñones Rehogados  
Sauteed Mushrooms  
Yogur y Pan  
Yogurt and Bread

24 Sopa de Fideos  
Noodle Soup  
Pollo y Ternera con Patata y Zanahoria  
Cocidos  
Meat with Boiled Carrot and Potatoes  
Rollo  
Cabagge  
Natillas de Vainilla y Pan  
Custard and Bread

31 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Revuelto de Calabacín  
Scrambled Eggs with Zucchini  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread