

Lunes

30

6 Crema de Calabaza y Zanahoria
Pumpkin Cream
Magro de Cerdo Estofado
Stewed Lean Pork

Arroz Pilaf
Rice
Fruta y Pan Integral
Fruit and Whole Wheat Bread

13

Guiso de Patatas con Verduras y Calamares
Stewed Potatoes with Squids
Tortilla Francesa
Omelette
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

20

Potaje de Lentejas con Calabaza
Stewed Lentils with Pumpkin
Tortilla de Espinacas
Spinach Omelette

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

27



FESTIVO

Martes

31

7 Judías Blancas Estofadas
Stewed White Beans
Tortilla Francesa
Omelette

Ensalada Variada
Salad
Yogur de Soja y Pan
Soy Yogurt and Bread

14

Ensalada Mixta
Mixed Salad
Filete de Pollo
Chicken Breast

Yogur de Soja y Pan
Soy Yogurt and Bread

21

Crema de Calabacín
Zucchini Cream
Filete de Lomo Empanado
Breaded Loin Steak

Patatas Cubo
Diced Potatoes
Yogur de Soja y Pan
Soy Yogurt and Bread

28

Pasta Boloñesa
Bolognese Pasta
Filete de Pollo
Chicken Breast
Guisantes Rehogados
Sautéed Green Peas
Yogur de Soja y Pan
Soy Yogurt and Bread

Miércoles

1

Menestra de Verduras
Sautéed Vegetables
Chuleta de Sajonia
Saxony Chop
Patatas Panadera
Baked Potatoes
Fruta y Pan
Fruit and Bread

8

Macarrones con Tomate
Pasta with Tomato Sauce
Caballa en Aceite
Mackerel in Oil

Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

15

Arroz con Tomate Frito Casero
Rice with Homemade Tomato Sauce
Bacalao Encebollado
Cod with Onion
Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

22

Arroz con Verduras
Rice with Vegetables
Bacalao a la Romana
Floured Cod

Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

Jueves

2

Sopa de Fideos (Sin Carne)
Noodle Soup Without Meat
Filete de Pollo
Chicken Breast
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

9

Sopa de Fideos (Sin Carne)
Noodle Soup Without Meat
Cocido (Sin Chorizo)
Chickpeas with Meat and Vegetables
Without Chorizo
Repollo
Cabbage
Fruta y Pan
Fruit and Bread

16

Crema de Verduras
Vegetables Cream
Pavo al Horno
Baked Turkey
Patata Asada
Roasted Potato
Fruta y Pan
Fruit and Bread

23

Sopa de Fideos (Sin Carne)
Noodle Soup Without Meat
Cocido (Sin Chorizo)
Chickpeas with Meat and Vegetables
Without Chorizo
Repollo
Cabbage
Fruta y Pan
Fruit and Bread

Viernes

3

Espirales con Tomate Casero
Pasta with Homemade Tomato Sauce
Abadejo al Horno
Baked Hake
Ensalada Variada
Salad
Yogur de Soja y Pan
Soy Yogurt and Bread

10

Fideuá de Pollo con Verduras
Chicken and Vegetables Fideua
Merluza a la Andaluzá
Floured Hake

Ensalada Variada
Salad
Yogur de Soja y Pan
Soy Yogurt and Bread

17

Pasta con Verduras
Pasta with Vegetables
Merluza en Salsa Verde
Hake in Green Sauce
Guisantes Rehogados
Sautéed Green Peas
Yogur de Soja y Pan
Soy Yogurt and Bread

24



FESTIVO

Lunes

30

6 Crema de Calabaza y Zanahoria
Pumpkin Cream
Magro de Cerdo Estofado
Stewed Lean Pork

Arroz Pilaf
Rice
Fruta y Pan Integral
Fruit and Whole Wheat Bread

13 Guiso de Patatas con Verduras y Calamares
Stewed Potatoes with Squids
Tortilla Francesa
Omelette
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

20 Potaje de Lentejas con Calabaza
Stewed Lentils with Pumpkin
Tortilla de Espinacas
Spinach Omelette

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

27



FESTIVO

Martes

31

7 Judías Blancas Estofadas
Stewed White Beans
Tortilla Francesa
Omelette

Ensalada Variada
Salad
Yogur de Soja y Pan
Soy Yogurt and Bread

14 Ensalada Mixta
Mixed Salad
Fajitas de Pollo
Chicken Fajitas

Yogur de Soja y Pan
Soy Yogurt and Bread

21 Crema de Calabacín
Zucchini Cream
Filete de Lomo Empanado
Breaded Loin Steak

Patatas Cubo
Diced Potatoes
Yogur de Soja y Pan
Soy Yogurt and Bread

28 Pasta Boloñesa
Bolognese Pasta
Filete de Pollo
Chicken Breast
Guisantes Rehogados
Sautéed Green Peas
Yogur de Soja y Pan
Soy Yogurt and Bread

DÍA ESPECIAL

Miércoles

1

Menestra de Verduras
Sautéed Vegetables
Chuleta de Sajonia
Saxony Chop
Patatas Panadera
Baked Potatoes
Fruta y Pan
Fruit and Bread

8 Macarrones con Tomate
Pasta with Tomato Sauce
Caballa en Aceite
Mackerel in Oil

Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

15 Arroz con Tomate Frito Casero
Rice with Homemade Tomato Sauce
Bacalao Encebollado
Cod with Onion
Patatas Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread

22 Arroz con Verduras
Rice with Vegetables
Bacalao a la Romana
Floured Cod

Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

Jueves

2

Sopa de Fideos (Sin Carne)
Noodle Soup Without Meat
Filete de Pollo
Chicken Breast
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

9 Sopa de Fideos (Sin Carne)
Noodle Soup Without Meat
Cocido (Sin Chorizo)
Chickpeas with Meat and Vegetables
Without Chorizo
Repollo
Cabbage
Fruta y Pan
Fruit and Bread

16 Crema de Verduras
Vegetables Cream
Pavo al Horno
Baked Turkey
Patata Asada
Roasted Potato
Fruta y Pan
Fruit and Bread

23 Sopa de Fideos (Sin Carne)
Noodle Soup Without Meat
Cocido (Sin Chorizo)
Chickpeas with Meat and Vegetables
Without Chorizo
Repollo
Cabbage
Fruta y Pan
Fruit and Bread

Viernes

3

Espirales con Tomate Casero
Pasta with Homemade Tomato Sauce
Abadejo al Horno
Baked Hake
Ensalada Variada
Salad
Yogur de Soja y Pan
Soy Yogurt and Bread

10 Fideuá de Pollo con Verduras
Chicken and Vegetables Fideua
Merluza a la Andaluzá
Floured Hake

Ensalada Variada
Salad
Yogur de Soja y Pan
Soy Yogurt and Bread

17 Pasta con Verduras
Pasta with Vegetables
Merluza en Salsa Verde
Hake in Green Sauce
Guisantes Rehogados
Sautéed Green Peas
Yogur de Soja y Pan
Soy Yogurt and Bread

24



FESTIVO

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

30

6 Crema de Calabaza y Zanahoria
Pumpkin Cream
Magro de Cerdo Estofado
Stewed Lean Pork
Arroz Pilaf
Rice
Fruta y Pan Integral
Fruit and Whole Wheat Bread

13 Guiso de Patatas con Verduras y Calamares
Stewed Potatoes with Squids
Tortilla Francesa
Omelette
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

20 Potaje de Lentejas con Calabaza
Stewed Lentils with Pumpkin
Tortilla de Espinacas
Spinach Omelette
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

27



Martes

31

7 Judías Blancas con Chorizo
Stewed White Beans with Sausage
Tortilla Francesa de York y Queso
Ham and Cheese Omelette
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread

14 Ensalada Mixta
Mixed Salad
Filete de Pollo
Chicken Breast

Yogur y Pan
Yogurt and Bread

21 Crema de Calabacín con Quesitos
Zucchini Cream with Cheese
Lomo al Horno
Baked Loin
Patatas Cubo
Diced Potatoes
Yogur y Pan
Yogurt and Bread

28 Pasta Boloñesa
Bolognese Pasta
Filete de Pollo
Chicken Breast
Guisantes Rehogados
Sautéed Green Peas
Yogur y Pan
Yogurt and Bread

DÍA ESPECIAL

Miércoles

1

Menestra de Verduras con Jamón y Huevo
Cocido
Sautéed Vegetables with Ham and Boiled Egg
Chuleta de Sajonia
Saxony Chop
Patatas Panadera
Baked Potatoes
Fruta y Pan
Fruit and Bread

8 Macarrones Amatriciana
Amatriciana Pasta
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

15 Arroz con Tomate Frito Casero
Rice with Homemade Tomato Sauce
Bacalao Encebollado
Cod with Onion
Patatas Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread

22 Arroz con Verduras
Rice with Vegetables
Bacalao a la Romana
Floured Cod
Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

Jueves

2

Sopa de Picadillo
Soup with Chicken and Egg

Filete de Pollo
Chicken Breast
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

9 Sopa de Cocido
Noodle Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabbage
Fruta y Pan
Fruit and Bread

16 Crema de Verduras
Vegetables Cream
Pavo al Horno
Baked Turkey
Puré de Patata
Mashed Potato
Fruta y Pan
Fruit and Bread

23 Sopa de Cocido
Noodle Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabbage
Fruta y Pan
Fruit and Bread

Viernes

3

Espirales con Tomate Casero
Pasta with Homemade Tomato Sauce

Abadejo al Horno
Baked Hake
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread

10 Fideuá de Pollo con Verduras
Chicken and Vegetables Fideua
Merluza a la Andaluzá
Floured Hake
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread

17 Coditos a la Carbonara
Carbonara Pasta
Merluza en Salsa Verde
Hake in Green Sauce
Guisantes Rehogados
Sautéed Green Peas
Natillas y Pan
Custard and Bread

24



Lunes

30

6 Crema de Calabaza y Zanahoria
Pumpkin Cream
Magro de Cerdo Estofado
Stewed Lean Pork
Arroz Pilaf
Rice
Fruta y Pan Integral
Fruit and Whole Wheat Bread

13 Guiso de Patatas con Verduras y Calamares
Stewed Potatoes with Squids
Tortilla Francesa
Omelette
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

20 Potaje de Lentejas con Calabaza
Stewed Lentils with Pumpkin

Tortilla de Espinacas
Spinach Omelette
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

27



Martes

31

7 Judías Blancas con Chorizo
Stewed White Beans with Sausage
Tortilla Francesa de York y Queso
Ham and Cheese Omelette
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread

14 Ensalada Mixta
Mixed Salad
Filete de Pollo
Chicken Breast

Yogur y Pan
Yogurt and Bread

21 Crema de Calabacín con Quesitos y Picatostes
Zucchini Cream with Cheese and Croutons
Lomo al Horno
Baked Loin
Patatas Cubo
Diced Potatoes
Yogur y Pan
Yogurt and Bread

28 Pasta Boloñesa
Bolognese Pasta
Filete de Pollo
Chicken Breast
Guisantes Rehogados
Sautéed Green Peas
Yogur y Pan
Yogurt and Bread

DÍA ESPECIAL

Miércoles

1

Menestra de Verduras con Jamón y Huevo Cocido
Sautéed Vegetables with Ham and Boiled Egg
Chuleta de Sajonia
Saxony Chop
Patatas Panadera
Baked Potatoes
Fruta y Pan
Fruit and Bread

8 Macarrones Amatriciana
Amatriciana Pasta
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

15 Arroz con Tomate Frito Casero
Rice with Homemade Tomato Sauce
Bacalao Encebollado
Cod with Onion
Patatas Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread

22 Arroz con Verduras
Rice with Vegetables

Bacalao a la Romana
Floured Cod
Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

Jueves

2

Sopa de Picadillo
Soup with Chicken and Egg

Filete de Pollo
Chicken Breast
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

9 Sopa de Cocido
Noodle Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabbage
Fruta y Pan
Fruit and Bread

16 Crema de Verduras
Vegetables Cream
Pavo al Horno
Baked Turkey
Puré de Patata
Mashed Potato
Fruta y Pan
Fruit and Bread

23 Sopa de Cocido
Noodle Soup

Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabbage
Fruta y Pan
Fruit and Bread

Viernes

3

Espirales con Tomate Casero
Pasta with Homemade Tomato Sauce

Abadejo al Horno
Baked Hake
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread

10 Fideuá de Pollo con Verduras
Chicken and Vegetables Fideua
Merluza a la Andaluz
Floured Hake
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread

17 Coditos a la Carbonara
Carbonara Pasta
Merluza en Salsa Verde
Hake in Green Sauce
Guisantes Rehogados
Sautéed Green Peas
Natillas y Pan
Custard and Bread

24



Lunes

30

6 Crema de Calabaza y Zanahoria
Pumpkin Cream
Magro de Cerdo Estofado
Stewed Lean Pork
Arroz Pilaf
Rice
Fruta y Pan Integral
Fruit and Whole Wheat Bread

13 Guiso de Patatas con Verduras y Calamares
Stewed Potatoes with Squids
Tortilla Francesa
Omelette
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

20 Potaje de Lentejas con Calabaza
Stewed Lentils with Pumpkin

Tortilla de Espinacas
Spinach Omelette
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

27



FESTIVO

Martes

31

7 Judías Blancas con Chorizo
Stewed White Beans with Sausage
Tortilla Francesa de York y Queso
Ham and Cheese Omelette
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread

14 Ensalada Mixta
Mixed Salad
Filete de Pollo
Chicken Breast

Yogur y Pan
Yogurt and Bread

21 Crema de Calabacín con Quesitos y Picatostes
Zucchini Cream with Cheese and Croutons
Lomo al Horno
Baked Loin
Patatas Cubo
Diced Potatoes
Yogur y Pan
Yogurt and Bread

28 Pasta Boloñesa
Bolognese Pasta
Filete de Pollo
Chicken Breast
Guisantes Rehogados
Sautéed Green Peas
Yogur y Pan
Yogurt and Bread

DÍA ESPECIAL

Miércoles

1

Menestra de Verduras con Jamón y Huevo
Cocido
Sautéed Vegetables with Ham and Boiled Egg
Chuleta de Sajonia
Saxony Chop
Patatas Panadera
Baked Potatoes
Fruta y Pan
Fruit and Bread

8 Macarrones Amatriciana
Amatriciana Pasta
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

15 Arroz con Tomate Frito Casero
Rice with Homemade Tomato Sauce
Bacalao Encebollado
Cod with Onion
Patatas Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread

22 Arroz con Verduras
Rice with Vegetables

Bacalao a la Romana
Floured Cod
Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

Jueves

2

Sopa de Picadillo
Soup with Chicken and Egg

Filete de Pollo
Chicken Breast
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

9 Sopa de Cocido
Noodle Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabbage
Fruta y Pan
Fruit and Bread

16 Crema de Verduras
Vegetables Cream
Pavo al Horno
Baked Turkey
Puré de Patata
Mashed Potato
Fruta y Pan
Fruit and Bread

23 Sopa de Cocido
Noodle Soup

Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabbage
Fruta y Pan
Fruit and Bread

Viernes

3

Espirales con Tomate Casero
Pasta with Homemade Tomato Sauce

Abadejo al Horno
Baked Hake
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread

10 Fideuá de Pollo con Verduras
Chicken and Vegetables Fideua
Merluza a la Andaluz
Floured Hake
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread

17 Coditos a la Carbonara
Carbonara Pasta
Merluza en Salsa Verde
Hake in Green Sauce
Guisantes Rehogados
Sautéed Green Peas
Natillas y Pan
Custard and Bread

24



FESTIVO

mediterránea

FRUTA VARIADA y de TEMPORADA. LÁCTEOS SIN FRUTOS SECOS.
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

30

6 Crema de Calabaza y Zanahoria
Pumpkin Cream
Magro de Cerdo Estofado
Stewed Lean Pork
Arroz Pilaf
Rice
Fruta y Pan Integral
Fruit and Whole Wheat Bread

13 Guiso de Patatas con Verduras y Calamares
Stewed Potatoes with Squids
Tortilla Francesa
Omelette
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

20 Potaje de Lentejas con Calabaza
Stewed Lentils with Pumpkin

Huevos Villarroy
Floured Eggs
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

27



FESTIVO

Martes

31

7 Judías Blancas con Chorizo
Stewed White Beans with Sausage
Tortilla Francesa de York y Queso
Ham and Cheese Omelette
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread

14 Nachos con Salsa de Queso y Guacamole
Nachos with Cheese Sauce and Guacamole
Fajitas de Pollo
Chicken Fajitas

Yogur y Pan
Yogurt and Bread

21 Crema de Calabacín con Quesitos y Picatostes
Zucchini Cream with Cheese and Croutons
Filete de Lomo Empanado
Breaded Loin Steak
Patatas Cubo
Diced Potatoes
Yogur y Pan
Yogurt and Bread

28 Pasta Boloñesa
Bolognese Pasta
San Jacobo
Breaded Ham and Cheese
Guisantes Rehogados
Sautéed Green Peas
Yogur y Pan
Yogurt and Bread

DÍA ESPECIAL

Miércoles

1

Menestra de Verduras con Jamón y Huevo Cocido
Sautéed Vegetables with Ham and Boiled Egg
Chuleta de Sajonia
Saxony Chop
Patatas Panadera
Baked Potatoes
Fruta y Pan
Fruit and Bread

8 Macarrones Amatriciana
Amatriciana Pasta
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

15 Arroz con Tomate Frito Casero
Rice with Homemade Tomato Sauce
Bacalao Encebollado
Cod with Onion
Patatas Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread

22 Arroz con Verduras
Rice with Vegetables

Bacalao a la Romana
Floured Cod
Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

Jueves

2

Sopa de Picadillo
Soup with Chicken and Egg

Albóndigas de Pollo a la Jardinera
Chicken Meatballs with Vegetables
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

9 Sopa de Fideos
Noodle Soup
Magro de Cerdo en Salsa
Lean Pork in Sauce
Tomate Aliñado
Seasoned Tomato
Fruta y Pan
Fruit and Bread

16 Crema de Verduras
Vegetables Cream
Rotti de Pavo
Turkey Roti
Puré de Patata
Mashed Potato
Fruta y Pan
Fruit and Bread

23 Sopa de Fideos
Noodle Soup

Ternera al Horno
Baked Veal
Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

Viernes

3

Espirales con Tomate Casero
Pasta with Homemade Tomato Sauce

Abadejo al Horno
Baked Hake
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread

10 Fideuá de Pollo con Verduras
Chicken and Vegetables Fideua
Rabas de Calamar
Floured Squids
Ensalada Variada
Salad
Batido Natural de Frutas y Pan
Natural Fruit Smoothie and Bread

17 Coditos a la Carbonara
Carbonara Pasta
Merluza en Salsa Verde
Hake in Green Sauce
Guisantes Rehogados
Sautéed Green Peas
Natillas y Pan
Custard and Bread

24



FESTIVO

Lunes

- 30
- 6 Crema de Calabaza y Zanahoria
Pumpkin Cream
Magro de Cerdo Estofado
Stewed Lean Pork
Arroz Pilaf
Rice
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 13 Guiso de Patatas con Verduras y Calamares
Stewed Potatoes with Squids
Tortilla Francesa
Omelette
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 20 Puré de Calabaza
Mashed Pumpkin

Huevos Villarroy
Floured Eggs
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 27



Martes

- 31
- 7 Judías Blancas con Chorizo
Stewed White Beans with Sausage
Tortilla Francesa de York y Queso
Ham and Cheese Omelette
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread
- 14 Nachos con Salsa de Queso y Guacamole
Nachos with Cheese Sauce and Guacamole
Fajitas de Pollo
Chicken Fajitas

Yogur y Pan
Yogurt and Bread
- 21 Crema de Calabacín con Quesitos y Picatostes
Zucchini Cream with Cheese and Croutons
Filete de Lomo Empanado
Breaded Loin Steak
Patatas Cubo
Diced Potatoes
Yogur y Pan
Yogurt and Bread
- 28 Pasta Boloñesa
Bolognese Pasta
San Jacobo
Breaded Ham and Cheese
Guisantes Rehogados
Sautéed Green Peas
Yogur y Pan
Yogurt and Bread

DÍA ESPECIAL

Miércoles

- 1 Menestra de Verduras con Jamón y Huevo Cocido
Sautéed Vegetables with Ham and Boiled Egg
Chuleta de Sajonia
Saxony Chop
Patatas Panadera
Baked Potatoes
Fruta y Pan
Fruit and Bread
- 8 Macarrones Amatriciana
Amatriciana Pasta
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread
- 15 Arroz con Tomate Frito Casero
Rice with Homemade Tomato Sauce
Bacalao Encebollado
Cod with Onion
Patatas Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread
- 22 Arroz con Verduras
Rice with Vegetables

Bacalao a la Romana
Floured Cod
Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

Jueves

- 2 Sopa de Picadillo
Soup with Chicken and Egg

Albóndigas de Pollo a la Jardinera
Chicken Meatballs with Vegetables
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread
- 9 Sopa de Cocido
Noodle Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabbage
Fruta y Pan
Fruit and Bread
- 16 Crema de Verduras
Vegetables Cream
Rotti de Pavo
Turkey Roti
Puré de Patata
Mashed Potato
Fruta y Pan
Fruit and Bread
- 23 Sopa de Cocido
Noodle Soup

Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabbage
Fruta y Pan
Fruit and Bread

Viernes

- 3 Espirales con Tomate Casero
Pasta with Homemade Tomato Sauce

Abadejo al Horno
Baked Hake
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread
- 10 Fideuá de Pollo con Verduras
Chicken and Vegetables Fideua
Rabas de Calamar
Floured Squids
Ensalada Variada
Salad
Batido Natural de Frutas y Pan
Natural Fruit Smoothie and Bread
- 17 Coditos a la Carbonara
Carbonara Pasta
Merluza en Salsa Verde
Hake in Green Sauce
Guisantes Rehogados
Sautéed Green Peas
Natillas y Pan
Custard and Bread



MENÚ FEBRERO SENARA

Sin Sésamo ni Nuez - - Colegio Senara

Lunes

30

6 Crema de Calabaza y Zanahoria
Pumpkin Cream
Magro de Cerdo Estofado
Stewed Lean Pork
Arroz Pilaf
Rice
Fruta y Pan Integral
Fruit and Whole Wheat Bread

13 Guiso de Patatas con Verduras y Calamares
Stewed Potatoes with Squids
Tortilla Francesa
Omelette
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

20 Potaje de Lentejas con Calabaza
Stewed Lentils with Pumpkin

Tortilla de Espinacas
Spinach Omelette
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

27



FESTIVO

Martes

31

7 Judías Blancas con Chorizo
Stewed White Beans with Sausage
Tortilla Francesa de York y Queso
Ham and Cheese Omelette
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread

14 Ensalada Mixta
Mixed Salad
Filete de Pollo
Chicken Breast

Yogur y Pan
Yogurt and Bread

21 Crema de Calabacín con Quesitos y Picatostes
Zucchini Cream with Cheese and Croutons
Lomo al Horno
Baked Loin
Patatas Cubo
Diced Potatoes
Yogur y Pan
Yogurt and Bread

28 Pasta Boloñesa
Bolognese Pasta
Filete de Pollo
Chicken Breast
Guisantes Rehogados
Sautéed Green Peas
Yogur y Pan
Yogurt and Bread

DÍA ESPECIAL

Miércoles

1

8 Macarrones Amatriciana
Amatriciana Pasta
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

15 Arroz con Tomate Frito Casero
Rice with Homemade Tomato Sauce
Bacalao Encebollado
Cod with Onion
Patatas Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread

22 Arroz con Verduras
Rice with Vegetables

Bacalao a la Romana
Floured Cod
Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

Menestra de Verduras con Jamón y Huevo Cocido
Sautéed Vegetables with Ham and Boiled Egg
Chuleta de Sajonia
Saxony Chop
Patatas Panadera
Baked Potatoes
Fruta y Pan
Fruit and Bread

Jueves

2

9 Sopa de Cocido
Noodle Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabbage
Fruta y Pan
Fruit and Bread

16 Crema de Verduras
Vegetables Cream
Pavo al Horno
Baked Turkey
Puré de Patata
Mashed Potato
Fruta y Pan
Fruit and Bread

23 Sopa de Cocido
Noodle Soup

Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabbage
Fruta y Pan
Fruit and Bread

Sopa de Picadillo
Soup with Chicken and Egg

Filete de Pollo
Chicken Breast
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

Viernes

3

10 Fideuá de Pollo con Verduras
Chicken and Vegetables Fideua
Merluza a la Andaluzá
Floured Hake
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread

17 Coditos a la Carbonara
Carbonara Pasta
Merluza en Salsa Verde
Hake in Green Sauce
Guisantes Rehogados
Sautéed Green Peas
Natillas y Pan
Custard and Bread

24



FESTIVO

mediterránea

FRUTA VARIADA y de TEMPORADA. LÁCTEOS SIN FRUTOS SECOS. PAN SIN SÉSAMO.
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

30

6 Crema de Calabaza y Zanahoria
Pumpkin Cream

Magro de Cerdo Estofado
Stewed Lean Pork
Arroz Pilaf
Rice
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread
13 Guiso de Patatas con Verduras y Calamares
Stewed Potatoes with Squids
Tortilla Francesa
Omelette
Ensalada Variada
Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

20

Puré de Calabaza
Mashed Pumpkin
Tortilla de Espinacas
Spinach Omelette
Ensalada Variada
Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

27



Martes

31

7 Judías Blancas con Chorizo
Stewed White Beans with Sausage

Tortilla Francesa
Omelette
Ensalada Variada
Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread
14 Ensalada Mixta
Mixed Salad
Filete de Pollo
Chicken Breast
DÍA ESPECIAL
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

21

Crema de Calabacín
Zucchini Cream
Lomo al Horno
Baked Loin
Patatas Cubo
Diced Potatoes
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

28

Pasta S/Gluten S/Huevo Boloñesa
Bolognese Gluten/Egg-Free Pasta
Filete de Pollo
Chicken Breast
Guisantes Rehogados
Sautéed Green Peas
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

Miércoles

1

Menestra de Verduras con Jamón y Huevo Cocido
Sautéed Vegetables with Ham and Boiled Egg
Chuleta de Sajonia
Saxony Chop
Patatas Panadera
Baked Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

8

Pasta S/Gluten S/Huevo Amatriciana
Amatriciana Gluten/Egg-Free Pasta

15

Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread
Arroz con Tomate Frito Casero
Rice with Homemade Tomato Sauce
Bacalao Encebollado
Cod with Onion
Patatas Dado
Diced Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

22

Arroz con Verduras
Rice with Vegetables
Bacalao al Horno
Baked Cod
Ensalada Variada
Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Jueves

2

Sopa Juliana
Vegetables Soup

Filete de Pollo
Chicken Breast
Arroz Pilaf
Rice
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

9

Sopa de Fideos S/Gluten S/Huevo
Gluten-Free Noodle Soup

16

Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabbage
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread
Crema de Verduras
Vegetables Cream
Pavo al Horno
Baked Turkey
Puré de Patata
Mashed Potato
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

23

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

Viernes

3

Pasta S/Gluten S/Huevo con Tomate Casero
Gluten/Egg-Free Pasta with Homemade Tomato Sauce
Abadejo al Horno
Baked Hake
Ensalada Variada
Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

10

Pasta S/Gluten S/Huevo con Pollo y Verduras
Gluten/Egg-Free Pasta with Chicken and Vegetables
Merluza al Horno
Baked Hake
Ensalada Variada
Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

17

Pasta S/Gluten S/Huevo Carbonara
Carbonara Gluten/Egg-Free Pasta
Merluza al Ajillo
Hake in Garlic Sauce
Guisantes Rehogados
Sautéed Green Peas
Natillas y Pan S/Gluten
Custard and Gluten-Free Bread

24



Lunes

30

6 Crema de Calabaza y Zanahoria
Pumpkin Cream
Magro de Cerdo Estofado
Stewed Lean Pork
Arroz Pilaf
Rice
Fruta y Pan Integral
Fruit and Whole Wheat Bread

13 Guiso de Patatas con Verduras y Calamares
Stewed Potatoes with Squids
Tortilla Francesa
Omelette
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

20 Potaje de Lentejas con Calabaza
Stewed Lentils with Pumpkin

Huevos Villarroy
Floured Eggs
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

27



FESTIVO

Martes

31

7 Judías Blancas con Chorizo
Stewed White Beans with Sausage
Tortilla Francesa de York y Queso
Ham and Cheese Omelette
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread

14 Nachos con Salsa de Queso y Guacamole
Nachos with Cheese Sauce and Guacamole
Fajitas de Pollo
Chicken Fajitas

Yogur y Pan
Yogurt and Bread

21 Crema de Calabacín con Quesitos y Picatostes
Zucchini Cream with Cheese and Croutons
Filete de Lomo Empanado
Breaded Loin Steak
Patatas Cubo
Diced Potatoes
Yogur y Pan
Yogurt and Bread

28 Pasta Boloñesa
Bolognese Pasta
San Jacobo
Breaded Ham and Cheese
Guisantes Rehogados
Sautéed Green Peas
Yogur y Pan
Yogurt and Bread

DÍA ESPECIAL

Miércoles

1

Menestra de Verduras con Jamón y Huevo Cocido
Sautéed Vegetables with Ham and Boiled Egg
Chuleta de Sajonia
Saxony Chop
Patatas Panadera
Baked Potatoes
Fruta y Pan
Fruit and Bread

8 Macarrones Amatriciana
Amatriciana Pasta
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

15 Arroz con Tomate Frito Casero
Rice with Homemade Tomato Sauce
Bacalao Encebollado
Cod with Onion
Patatas Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread

22 Arroz con Verduras (Sin Champiñones)
Rice with Vegetables Without Mushrooms

Bacalao a la Romana
Floured Cod
Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

Jueves

2

Sopa de Picadillo
Soup with Chicken and Egg

Albóndigas de Pollo a la Jardinera
Chicken Meatballs with Vegetables
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

9 Sopa de Cocido
Noodle Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabbage
Fruta y Pan
Fruit and Bread

16 Crema de Verduras
Vegetables Cream
Rotti de Pavo
Turkey Roti
Puré de Patata
Mashed Potato
Fruta y Pan
Fruit and Bread

23 Sopa de Cocido
Noodle Soup

Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabbage
Fruta y Pan
Fruit and Bread

Viernes

3

Espirales con Tomate Casero
Pasta with Homemade Tomato Sauce

Abadejo al Horno
Baked Hake
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread

10 Fideuá de Pollo con Verduras
Chicken and Vegetables Fideua
Rabas de Calamar
Floured Squids
Ensalada Variada
Salad
Batido Natural de Frutas y Pan
Natural Fruit Smoothie and Bread

17 Coditos a la Carbonara
Carbonara Pasta
Merluza en Salsa Verde
Hake in Green Sauce
Guisantes Rehogados
Sautéed Green Peas
Natillas y Pan
Custard and Bread

24



FESTIVO

Lunes

- 30
- 6 Crema de Calabaza y Zanahoria
Pumpkin Cream
Magro de Cerdo Estofado
Stewed Lean Pork
Arroz Pilaf
Rice
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 13 Guiso de Patatas con Verduras y Calamares
Stewed Potatoes with Squids
Tortilla Francesa
Omelette
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 20 Potaje de Lentejas con Calabaza
Stewed Lentils with Pumpkin

Huevos Villarroy
Floured Eggs
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 27



Martes

- 31
- 7 Judías Blancas con Chorizo
Stewed White Beans with Sausage
Tortilla Francesa de York y Queso
Ham and Cheese Omelette
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread
- 14 Nachos con Salsa de Queso y Guacamole
Nachos with Cheese Sauce and Guacamole
Fajitas de Pollo
Chicken Fajitas

Yogur y Pan
Yogurt and Bread
- 21 Crema de Calabacín con Quesitos y Picatostes
Zucchini Cream with Cheese and Croutons
Filete de Lomo Empanado
Breaded Loin Steak
Patatas Cubo
Diced Potatoes
Yogur y Pan
Yogurt and Bread
- 28 Pasta Boloñesa
Bolognese Pasta
San Jacobo
Breaded Ham and Cheese
Guisantes Rehogados
Sautéed Green Peas
Yogur y Pan
Yogurt and Bread

DÍA ESPECIAL

Miércoles

- 1 Menestra de Verduras con Jamón y Huevo Cocido
Sautéed Vegetables with Ham and Boiled Egg
Chuleta de Sajonia
Saxony Chop
Patatas Panadera
Baked Potatoes
Fruta y Pan
Fruit and Bread
- 8 Macarrones Amatriciana
Amatriciana Pasta
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread
- 15 Arroz con Tomate Frito Casero
Rice with Homemade Tomato Sauce
Bacalao Encebollado
Cod with Onion
Patatas Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread
- 22 Arroz con Verduras (Sin Champiñones)
Rice with Vegetables Without Mushrooms

Bacalao a la Romana
Floured Cod
Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

Jueves

- 2 Sopa de Picadillo
Soup with Chicken and Egg

Albóndigas de Pollo a la Jardinera
Chicken Meatballs with Vegetables
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread
- 9 Sopa de Cocido
Noodle Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabbage
Fruta y Pan
Fruit and Bread
- 16 Crema de Verduras
Vegetables Cream
Rotti de Pavo
Turkey Roti
Puré de Patata
Mashed Potato
Fruta y Pan
Fruit and Bread
- 23 Sopa de Cocido
Noodle Soup

Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabbage
Fruta y Pan
Fruit and Bread

Viernes

- 3 Espirales con Tomate Casero
Pasta with Homemade Tomato Sauce

Abadejo al Horno
Baked Hake
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread
- 10 Fideuá de Pollo con Verduras
Chicken and Vegetables Fideua
Rabas de Calamar
Floured Squids
Ensalada Variada
Salad
Batido Natural de Frutas y Pan
Natural Fruit Smoothie and Bread
- 17 Coditos a la Carbonara
Carbonara Pasta
Merluza en Salsa Verde
Hake in Green Sauce
Guisantes Rehogados
Sautéed Green Peas
Natillas y Pan
Custard and Bread



Lunes

- 30
- 6 Crema de Calabaza y Zanahoria
Pumpkin Cream
Magro de Cerdo Estofado
Stewed Lean Pork
Arroz Pilaf
Rice
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 13 Guiso de Patatas con Verduras y Calamares
Stewed Potatoes with Squids
Tortilla Francesa
Omelette
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 20 Potaje de Lentejas con Calabaza
Stewed Lentils with Pumpkin

Huevos Villarroy
Floured Eggs
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 27



Martes

- 31
- 7 Judías Blancas con Chorizo
Stewed White Beans with Sausage
Tortilla Francesa de York y Queso
Ham and Cheese Omelette
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread
- 14 **DÍA ESPECIAL** Nachos con Salsa de Queso y Guacamole
Nachos with Cheese Sauce and Guacamole
Fajitas de Pollo
Chicken Fajitas

Yogur y Pan
Yogurt and Bread
- 21 Crema de Calabacín con Quesitos y Picatostes
Zucchini Cream with Cheese and Croutons
Filete de Lomo Empanado
Breaded Loin Steak
Patatas Cubo
Diced Potatoes
Yogur y Pan
Yogurt and Bread
- 28 Pasta Boloñesa
Bolognese Pasta
San Jacobo
Breaded Ham and Cheese
Guisantes Rehogados
Sautéed Green Peas
Yogur y Pan
Yogurt and Bread

Miércoles

- 1 Menestra de Verduras con Jamón y Huevo Cocido
Sautéed Vegetables with Ham and Boiled Egg
Chuleta de Sajonia
Saxony Chop
Patatas Panadera
Baked Potatoes
Fruta y Pan
Fruit and Bread
- 8 Macarrones Amatriciana
Amatriciana Pasta
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread
- 15 Arroz con Tomate Frito Casero
Rice with Homemade Tomato Sauce
Bacalao Encebollado
Cod with Onion
Patatas Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread
- 22 Arroz con Verduras
Rice with Vegetables

Bacalao a la Romana
Floured Cod
Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

Jueves

- 2 Sopa de Picadillo
Soup with Chicken and Egg

Albóndigas de Pollo a la Jardinera
Chicken Meatballs with Vegetables
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread
- 9 Sopa de Cocido
Noodle Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabbage
Fruta y Pan
Fruit and Bread
- 16 Crema de Verduras
Vegetables Cream
Rotti de Pavo
Turkey Roti
Puré de Patata
Mashed Potato
Fruta y Pan
Fruit and Bread
- 23 Sopa de Cocido
Noodle Soup

Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabbage
Fruta y Pan
Fruit and Bread

Viernes

- 3 Espirales con Tomate Casero
Pasta with Homemade Tomato Sauce

Abadejo al Horno
Baked Hake
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread
- 10 Fideuá de Pollo con Verduras
Chicken and Vegetables Fideua
Rabas de Calamar
Floured Squids
Ensalada Variada
Salad
Batido Natural de Frutas y Pan
Natural Fruit Smoothie and Bread
- 17 Coditos a la Carbonara
Carbonara Pasta
Merluza en Salsa Verde
Hake in Green Sauce
Guisantes Rehogados
Sautéed Green Peas
Natillas y Pan
Custard and Bread



Lunes

30

6 Crema de Calabaza y Zanahoria
Pumpkin Cream

Magro de Cerdo Estofado
Stewed Lean Pork
Arroz Pilaf
Rice
Fruta y Pan Integral
Fruit and Whole Wheat Bread
13 Guiso de Patatas con Verduras y Calamares
Stewed Potatoes with Squids
Chuleta de Sajonia
Saxony Chop
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

20

Potaje de Lentejas con Calabaza
Stewed Lentils with Pumpkin
Pollo Asado
Roasted Chicken
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

27



Martes

31

7 Judías Blancas con Chorizo
Stewed White Beans with Sausage

Contramuslos de Pollo con Tomate
Baked Chicken Thighs with Tomatoe Sauce
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread
14 Ensalada Mixta
Mixed Salad
Filete de Pollo
Chicken Breast
DÍA ESPECIAL
Yogur y Pan
Yogurt and Bread

21

Crema de Calabacín
Zucchini Cream
Lomo de Cerdo
Pork Loin
Patatas Cubo
Diced Potatoes
Yogur y Pan
Yogurt and Bread

28

Pasta S/Gluten S/Huevo Boloñesa
Bolognese Gluten/Egg-Free Pasta
Filete de Pollo
Chicken Breast
Guisantes Rehogados
Sautéed Green Peas
Yogur y Pan
Yogurt and Bread

Miércoles

1

Menestra de Verduras
Sautéed Vegetables

Chuleta de Sajonia
Saxony Chop
Patatas Panadera
Baked Potatoes
Fruta y Pan
Fruit and Bread

8

Pasta S/Gluten S/Huevo Amatriciana
Amatriciana Gluten/Egg-Free Pasta

Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread
15 Arroz con Tomate Frito Casero
Rice with Homemade Tomato Sauce
Bacalao Encebollado
Cod with Onion
Patatas Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread

22

Arroz con Verduras
Rice with Vegetables
Bacalao al Horno
Baked Cod
Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

Jueves

2

Sopa de Fideos S/Gluten S/Huevo
Gluten-Free Noodle Soup

Albóndigas de Pollo a la Jardinera
Chicken Meatballs with Vegetables
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

9

Sopa de Cocido Fideos S/Gluten S/Huevo
Gluten-Free Noodle Soup

Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabbage
Fruta y Pan
Fruit and Bread
16 Crema de Verduras
Vegetables Cream
Pavo al Horno
Baked Turkey
Puré de Patata
Mashed Potato
Fruta y Pan
Fruit and Bread

23

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

Viernes

3

Pasta S/Gluten S/Huevo con Tomate Casero
Gluten/Egg-Free Pasta with Homemade Tomato Sauce
Abadejo al Horno
Baked Hake
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread

10

Pasta S/Gluten S/Huevo con Pollo y Verduras
Gluten/Egg-Free Pasta with Chicken and Vegetables
Merluza al Horno
Baked Hake
Ensalada Variada
Salad
Batido Natural de Frutas y Pan
Natural Fruit Smoothie and Bread
17 Pasta S/Gluten S/Huevo Carbonara
Carbonara Gluten/Egg-Free Pasta
Merluza en Salsa Verde
Hake in Green Sauce
Guisantes Rehogados
Sautéed Green Peas
Natillas y Pan
Custard and Bread

24



Lunes

30

6 Crema de Calabaza y Zanahoria
Pumpkin Cream

13 Magro de Cerdo Estofado
Stewed Lean Pork
Arroz Pilaf
Rice
Fruta y Pan Integral
Fruit and Whole Wheat Bread
Guiso de Patatas con Verduras y Calamares
Stewed Potatoes with Squids
Chuleta de Sajonia
Saxony Chop
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

20 Potaje de Lentejas con Calabaza
Stewed Lentils with Pumpkin
Pollo Asado
Roasted Chicken
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

27



Martes

31

7 Judías Blancas con Chorizo
Stewed White Beans with Sausage

14 Contramuslos de Pollo con Tomate
Baked Chicken Thighs with Tomatoe Sauce
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread
Ensalada Mixta
Mixed Salad
Filete de Pollo
Chicken Breast
Yogur y Pan
Yogurt and Bread

21 Crema de Calabacín
Zucchini Cream
Lomo de Cerdo
Pork Loin
Patatas Cubo
Diced Potatoes
Yogur y Pan
Yogurt and Bread

28 Pasta S/Gluten S/Huevo Boloñesa
Bolognese Gluten/Egg-Free Pasta
Filete de Pollo
Chicken Breast
Guisantes Rehogados
Sautéed Green Peas
Yogur y Pan
Yogurt and Bread

DÍA ESPECIAL

Miércoles

1

Menestra de Verduras
Sautéed Vegetables

Chuleta de Sajonia
Saxony Chop
Patatas Panadera
Baked Potatoes
Fruta y Pan
Fruit and Bread

8 Pasta S/Gluten S/Huevo Amatriciana
Amatriciana Gluten/Egg-Free Pasta

15 Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread
Arroz con Tomate Frito Casero
Rice with Homemade Tomato Sauce
Bacalao Encebollado
Cod with Onion
Patatas Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread

22 Arroz con Verduras
Rice with Vegetables
Bacalao al Horno
Baked Cod
Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

Jueves

2

Sopa de Fideos S/Gluten S/Huevo
Gluten-Free Noodle Soup

Albóndigas de Pollo a la Jardinera
Chicken Meatballs with Vegetables
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

9 Sopa de Cocido Fideos S/Gluten S/Huevo
Gluten-Free Noodle Soup

16 Cocido Completo
Chickpeas with Meat and Vegetables
Rapollo
Cabbage
Fruta y Pan
Fruit and Bread
Crema de Verduras
Vegetables Cream
Pavo al Horno
Baked Turkey
Puré de Patata
Mashed Potato
Fruta y Pan
Fruit and Bread

23 Sopa de Cocido Fideos S/Gluten S/Huevo
Gluten-Free Noodle Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Rapollo
Cabbage
Fruta y Pan
Fruit and Bread

Viernes

3

Pasta S/Gluten S/Huevo con Tomate Casero
Gluten/Egg-Free Pasta with Homemade Tomato Sauce
Abadejo al Horno
Baked Hake
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread

10 Pasta S/Gluten S/Huevo con Pollo y Verduras
Gluten/Egg-Free Pasta with Chicken and Vegetables
Merluza al Horno
Baked Hake
Ensalada Variada
Salad
Batido Natural de Frutas y Pan
Natural Fruit Smoothie and Bread
Pasta S/Gluten S/Huevo Carbonara
Carbonara Gluten/Egg-Free Pasta
Merluza en Salsa Verde
Hake in Green Sauce
Guisantes Rehogados
Sautéed Green Peas
Natillas y Pan
Custard and Bread

24



Lunes

30

6 Crema de Calabaza y Zanahoria
Pumpkin Cream

13 Magro de Cerdo Estofado
Stewed Lean Pork
Arroz Pilaf
Rice
Fruta y Pan Integral
Fruit and Whole Wheat Bread
Guiso de Patatas con Verduras y Calamares
Stewed Potatoes with Squids
Chuleta de Sajonia
Saxony Chop
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

20 Potaje de Lentejas con Calabaza
Stewed Lentils with Pumpkin
Pollo Asado
Roasted Chicken
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

27



Martes

31

7 Judías Blancas con Chorizo
Stewed White Beans with Sausage

14 Contramuslos de Pollo con Tomate
Baked Chicken Thighs with Tomatoe Sauce
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread
Ensalada Mixta
Mixed Salad
Filete de Pollo
Chicken Breast
Yogur y Pan
Yogurt and Bread

21 Crema de Calabacín
Zucchini Cream
Lomo de Cerdo
Pork Loin
Patatas Cubo
Diced Potatoes
Yogur y Pan
Yogurt and Bread

28 Pasta S/Gluten S/Huevo Boloñesa
Bolognese Gluten/Egg-Free Pasta
Filete de Pollo
Chicken Breast
Guisantes Rehogados
Sautéed Green Peas
Yogur y Pan
Yogurt and Bread

DÍA ESPECIAL

Miércoles

1

Menestra de Verduras
Sautéed Vegetables

Chuleta de Sajonia
Saxony Chop
Patatas Panadera
Baked Potatoes
Fruta y Pan
Fruit and Bread

8 Pasta S/Gluten S/Huevo Amatriciana
Amatriciana Gluten/Egg-Free Pasta

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

15 Arroz con Tomate Frito Casero
Rice with Homemade Tomato Sauce
Bacalao Encebollado
Cod with Onion
Patatas Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread

22 Arroz con Verduras
Rice with Vegetables
Bacalao al Horno
Baked Cod
Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

Jueves

2

Sopa de Fideos S/Gluten S/Huevo
Gluten-Free Noodle Soup

Albóndigas de Pollo a la Jardinera
Chicken Meatballs with Vegetables
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

9 Sopa de Cocido Fideos S/Gluten S/Huevo
Gluten-Free Noodle Soup

Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabbage
Fruta y Pan
Fruit and Bread

16 Crema de Verduras
Vegetables Cream
Pavo al Horno
Baked Turkey
Puré de Patata
Mashed Potato
Fruta y Pan
Fruit and Bread

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

Viernes

3

Pasta S/Gluten S/Huevo con Tomate Casero
Gluten/Egg-Free Pasta with Homemade Tomato Sauce
Abadejo al Horno
Baked Hake
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread

10 Pasta S/Gluten S/Huevo con Pollo y Verduras
Gluten/Egg-Free Pasta with Chicken and Vegetables
Merluza al Horno
Baked Hake
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread
17 Pasta S/Gluten S/Huevo Carbonara
Carbonara Gluten/Egg-Free Pasta
Merluza en Salsa Verde
Hake in Green Sauce
Guisantes Rehogados
Sautéed Green Peas
Natillas y Pan
Custard and Bread

24



mediterránea

FRUTA VARIADA y de TEMPORADA. LÁCTEOS SIN HUEVO NI FRUTOS SECOS.
ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Matz, 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

30

6 Crema de Calabaza y Zanahoria
Pumpkin Cream

Magro de Cerdo Estofado
Stewed Lean Pork

Arroz Pilaf
Rice
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

13 Guiso de Patatas con Verduras y Calamares
Stewed Potatoes with Squids
Tortilla Francesa
Omelette
Ensalada Variada
Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

20 Puré de Calabaza
Mashed Pumpkin
Tortilla de Espinacas
Spinach Omelette

Ensalada Variada
Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

27



FESTIVO

Martes

31

7 Judías Blancas Estofadas
Stewed White Beans

Tortilla Francesa
Omelette

Ensalada Variada
Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

14 Ensalada Mixta
Mixed Salad
Filete de Pollo
Chicken Breast

Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

21 Crema de Calabacín
Zucchini Cream
Lomo al Horno
Baked Loin

Patatas Cubo
Diced Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

28 Pasta S/Gluten S/Huevo Boloñesa
Bolognese Gluten/Egg-Free Pasta
Filete de Pollo
Chicken Breast
Guisantes Rehogados
Sautéed Green Peas
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

DÍA ESPECIAL

Miércoles

1

Menestra de Verduras
Sautéed Vegetables

Chuleta de Sajonia
Saxony Chop
Patatas Panadera
Baked Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

8 Pasta S/Gluten S/Huevo con Tomate
Gluten/Egg-Free Pasta with Tomato Sauce

Caballa en Aceite
Mackerel in Oil

Ensalada Variada
Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread
15 Arroz con Tomate Frito Casero
Rice with Homemade Tomato Sauce
Bacalao Enebollado
Cod with Onion
Patatas Dado
Diced Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

22 Arroz con Verduras
Rice with Vegetables
Bacalao al Horno
Baked Cod

Ensalada Variada
Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Jueves

2

Sopa Juliana
Vegetables Soup

Filete de Pollo
Chicken Breast
Arroz Pilaf
Rice
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

9 Sopa de Fideos S/Gluten S/Huevo
Gluten-Free Noodle Soup

Cocido (Sin Chorizo)
Chickpeas with Meat and Vegetables
Without Chorizo
Rapollo
Cabbage
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread
16 Crema de Verduras
Vegetables Cream
Pavo al Horno
Baked Turkey
Patatas al Horno
Roasted Potato
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

23 Sopa de Fideos S/Gluten S/Huevo
Gluten-Free Noodle Soup
Cocido (Sin Chorizo)
Chickpeas with Meat and Vegetables
Without Chorizo
Rapollo
Cabbage
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Viernes

3

Pasta S/Gluten S/Huevo con Tomate
Casero
Gluten/Egg-Free Pasta with Homemade
Tomato Sauce
Abadejo al Horno
Baked Hake
Ensalada Variada
Salad

10 Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread
Pasta S/Gluten S/Huevo con Pollo y
Verduras
Gluten/Egg-Free Pasta with Chicken and
Vegetables
Merluza al Horno
Baked Hake

Ensalada Variada
Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread
17 Pasta S/Gluten S/Huevo a la Napolitana
Gluten/Egg-Free Pasta with Tomato Sauce
Merluza al Ajillo
Hake in Garlic Sauce
Guisantes Rehogados
Sautéed Green Peas
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

24



FESTIVO

Lunes

30

6 Crema de Calabaza y Zanahoria
Pumpkin Cream
Magro de Cerdo Estofado
Stewed Lean Pork

Arroz Pilaf
Rice
Fruta y Pan Integral
Fruit and Whole Wheat Bread

13 Guiso de Patatas con Verduras y Calamares
Stewed Potatoes with Squids
Tortilla Francesa
Omelette
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

20 Potaje de Lentejas con Calabaza
Stewed Lentils with Pumpkin
Tortilla de Espinacas
Spinach Omelette

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

27



FESTIVO

Martes

31

7 Judías Blancas Estofadas
Stewed White Beans
Tortilla Francesa
Omelette

Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread

14 Ensalada Mixta
Mixed Salad
Fajitas de Pollo
Chicken Fajitas

Yogur y Pan
Yogurt and Bread

21 Crema de Calabacín
Zucchini Cream
Filete de Lomo Empanado
Breaded Loin Steak

Patatas Cubo
Diced Potatoes
Yogur y Pan
Yogurt and Bread

28 Pasta Boloñesa
Bolognese Pasta
Filete de Pollo
Chicken Breast
Guisantes Rehogados
Sautéed Green Peas
Yogur y Pan
Yogurt and Bread

DÍA ESPECIAL

Miércoles

1

Menestra de Verduras
Sautéed Vegetables
Chuleta de Sajonia
Saxony Chop
Patatas Panadera
Baked Potatoes
Fruta y Pan
Fruit and Bread

8 Macarrones con Tomate
Pasta with Tomato Sauce
Caballa en Aceite
Mackerel in Oil

Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

15 Arroz con Tomate Frito Casero
Rice with Homemade Tomato Sauce
Bacalao Encebollado
Cod with Onion
Patatas Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread

22 Arroz con Verduras
Rice with Vegetables
Bacalao a la Romana
Floured Cod

Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

Jueves

2

Sopa de Fideos (Sin Carne)
Noodle Soup Without Meat
Filete de Pollo
Chicken Breast
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

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

16 Crema de Verduras
Vegetables Cream
Pavo al Horno
Baked Turkey
Puré de Patata
Mashed Potato
Fruta y Pan
Fruit and Bread

23 Sopa de Fideos (Sin Carne)
Noodle Soup Without Meat
Cocido (Sin Chorizo)
Chickpeas with Meat and Vegetables Without Chorizo
Repollo
Cabbage
Fruta y Pan
Fruit and Bread

Viernes

3

Espirales con Tomate Casero
Pasta with Homemade Tomato Sauce
Abadejo al Horno
Baked Hake
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread

10 Fideuá de Pollo con Verduras
Chicken and Vegetables Fideua
Merluza al Horno
Baked Hake

Ensalada Variada
Salad
Batido Natural de Frutas y Pan
Natural Fruit Smoothie and Bread

17 Coditos con Tomate
Pasta with Tomato Sauce
Merluza en Salsa Verde
Hake in Green Sauce
Guisantes Rehogados
Sautéed Green Peas
Natillas y Pan
Custard and Bread

24



FESTIVO

Lunes

30

6 Crema de Calabaza y Zanahoria
Pumpkin Cream
Magro de Cerdo Estofado
Stewed Lean Pork
Arroz Pilaf
Rice
Fruta y Pan Integral
Fruit and Whole Wheat Bread

13 Guiso de Patatas con Verduras y Calamares
Stewed Potatoes with Squids
Tortilla Francesa
Omelette
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

20 Potaje de Lentejas con Calabaza
Stewed Lentils with Pumpkin

Tortilla de Espinacas
Spinach Omelette
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

27



FESTIVO

Martes

31

7 Judías Blancas con Chorizo
Stewed White Beans with Sausage
Tortilla Francesa de York y Queso
Ham and Cheese Omelette
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread

14 Nachos con Salsa de Queso y Guacamole
Nachos with Cheese Sauce and Guacamole
Fajitas de Pollo
Chicken Fajitas

Yogur y Pan
Yogurt and Bread

21 Crema de Calabacín con Quesitos y Picatostes
Zucchini Cream with Cheese and Croutons
Filete de Lomo Empanado
Breaded Loin Steak
Patatas Cubo
Diced Potatoes
Yogur y Pan
Yogurt and Bread

28 Pasta Boloñesa
Bolognese Pasta
Filete de Pollo
Chicken Breast
Guisantes Rehogados
Sautéed Green Peas
Yogur y Pan
Yogurt and Bread

DÍA ESPECIAL

Miércoles

1

Menestra de Verduras con Jamón y Huevo Cocido
Sautéed Vegetables with Ham and Boiled Egg
Chuleta de Sajonia
Saxony Chop
Patatas Panadera
Baked Potatoes
Fruta y Pan
Fruit and Bread

8 Macarrones Amatriciana
Amatriciana Pasta
Contramuslos de Pollo Asados
Roasted Chicken Thighs
Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

15 Arroz con Tomate Frito Casero
Rice with Homemade Tomato Sauce
Revuelto de Verduras
Scrambled Eggs with Vegetables
Patatas Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread

22 Arroz con Verduras
Rice with Vegetables

Pollo Asado
Roasted Chicken
Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

Jueves

2

Sopa de Picadillo
Soup with Chicken and Egg

Albóndigas de Pollo a la Jardinera
Chicken Meatballs with Vegetables
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread

9 Sopa de Cocido
Noodle Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabbage
Fruta y Pan
Fruit and Bread

16 Crema de Verduras
Vegetables Cream
Pavo al Horno
Baked Turkey
Puré de Patata
Mashed Potato
Fruta y Pan
Fruit and Bread

23 Sopa de Cocido
Noodle Soup

Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabbage
Fruta y Pan
Fruit and Bread

Viernes

3

Espirales con Tomate Casero
Pasta with Homemade Tomato Sauce

Tortilla Francesa
Omelette
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread

10 Fideuá de Pollo con Verduras
Chicken and Vegetables Fideua
Tortilla de Jamón
Ham Omelette
Ensalada Variada
Salad
Batido Natural de Frutas y Pan
Natural Fruit Smoothie and Bread

17 Coditos a la Carbonara
Carbonara Pasta
Cinta de Lomo
Loin
Guisantes Rehogados
Sautéed Green Peas
Natillas y Pan
Custard and Bread

24



FESTIVO

Lunes

- 30**
- 6** Crema de Calabaza y Zanahoria
Pumpkin Cream
Magro de Cerdo Estofado
Stewed Lean Pork
Arroz Pilaf
Rice
Fruta y Pan Integral
Fruit and Whole Wheat Bread

- 13** Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
Tortilla Francesa
Omelette
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

- 20** Potaje de Lentejas con Calabaza
Stewed Lentils with Pumpkin
- Tortilla de Espinacas
Spinach Omelette
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

- 27**
- 
FESTIVO

Martes

- 31**
- 7** Judías Blancas con Chorizo
Stewed White Beans with Sausage
Tortilla Francesa de York y Queso
Ham and Cheese Omelette
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread

- 14** Nachos con Salsa de Queso y Guacamole
Nachos with Cheese Sauce and Guacamole
Fajitas de Pollo
Chicken Fajitas
- DÍA ESPECIAL**
- Yogur y Pan
Yogurt and Bread

- 21** Crema de Calabacín con Quesitos y Picatostes
Zucchini Cream with Cheese and Croutons
Filete de Lomo Empanado
Breaded Loin Steak
Patatas Cubo
Diced Potatoes
Yogur y Pan
Yogurt and Bread

- 28** Pasta Boloñesa
Bolognese Pasta
Filete de Pollo
Chicken Breast
Guisantes Rehogados
Sautéed Green Peas
Yogur y Pan
Yogurt and Bread

Miércoles

- 1** Menestra de Verduras con Jamón y Huevo Cocido
Sautéed Vegetables with Ham and Boiled Egg
Chuleta de Sajonia
Saxony Chop
Patatas Panadera
Baked Potatoes
Fruta y Pan
Fruit and Bread
- 8** Macarrones Amatriciana
Amatriciana Pasta
Contramuslos de Pollo Asados
Roasted Chicken Thighs
Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

- 15** Arroz con Tomate Frito Casero
Rice with Homemade Tomato Sauce
Revuelto de Verduras
Scrambled Eggs with Vegetables
Patatas Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread

- 22** Arroz con Verduras
Rice with Vegetables
- Pollo Asado
Roasted Chicken
Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

Jueves

- 2** Sopa de Picadillo
Soup with Chicken and Egg
- Albóndigas de Pollo a la Jardinera
Chicken Meatballs with Vegetables
Cous Cous
Cous Cous
Fruta y Pan
Fruit and Bread
- 9** Sopa de Cocido
Noodle Soup
Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabbage
Fruta y Pan
Fruit and Bread

- 16** Crema de Verduras
Vegetables Cream
Rotti de Pavo
Turkey Roti
Puré de Patata
Mashed Potato
Fruta y Pan
Fruit and Bread

- 23** Sopa de Cocido
Noodle Soup
- Cocido Completo
Chickpeas with Meat and Vegetables
Repollo
Cabbage
Fruta y Pan
Fruit and Bread

Viernes

- 3** Espirales con Tomate Casero
Pasta with Homemade Tomato Sauce
- Tortilla Francesa
Omelette
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread
- 10** Fideuá de Pollo con Verduras
Chicken and Vegetables Fideua
Tortilla de Jamón
Ham Omelette
Ensalada Variada
Salad
Batido Natural de Frutas y Pan
Natural Fruit Smoothie and Bread

- 17** Coditos a la Carbonara
Carbonara Pasta
Cinta de Lomo
Loin
Guisantes Rehogados
Sautéed Green Peas
Natillas y Pan
Custard and Bread

- 24**
- 
FESTIVO

Lunes

30

6 Crema de Calabaza y Zanahoria
Pumpkin Cream
Magro de Cerdo Estofado
Stewed Lean Pork
Arroz Pilaf
Rice
Fruta y Pan Integral
Fruit and Whole Wheat Bread

13 Guiso de Patatas con Verduras y Calamares
Stewed Potatoes with Squids
Tortilla Francesa
Omelette
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

20 Puré de Calabaza
Mashed Pumpkin
Tortilla de Espinacas
Spinach Omelette
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

27



Martes

31

7 Brócoli Salteado
Sautéed Broccoli
Tortilla Francesa
Omelette
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread

14 Nachos con Salsa de Queso y Guacamole
Nachos with Cheese Sauce and Guacamole
Fajitas de Pollo
Chicken Fajitas

Yogur y Pan
Yogurt and Bread

21 Crema de Calabacín
Zucchini Cream
Filete de Lomo Empanado
Breaded Loin Steak
Patatas Cubo
Diced Potatoes
Yogur y Pan
Yogurt and Bread

28 Pasta al Ajillo
Pasta in Garlic Sauce
Filete de Pollo
Chicken Breast
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread

DÍA ESPECIAL

Miércoles

1

Verdura Tricolor
Mixed Vegetables
Chuleta de Sajonia
Saxony Chop
Patatas Panadera
Baked Potatoes
Fruta y Pan
Fruit and Bread

8 Macarrones con Tomate
Pasta with Tomato Sauce
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

15 Arroz con Tomate Frito Casero
Rice with Homemade Tomato Sauce
Bacalao Encebollado
Cod with Onion
Patatas Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread

22 Arroz con Verduras
Rice with Vegetables
Bacalao a la Romana
Floured Cod
Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

Jueves

2

Sopa de Fideos
Noodle Soup
Filete de Pollo
Chicken Breast
Arroz Pilaf
Rice
Fruta y Pan
Fruit and Bread

9 Sopa de Fideos
Noodle Soup
Ternera al Horno
Baked Veal
Baked Hake
Repollo
Cabbage
Fruta y Pan
Fruit and Bread

16 Crema de Zanahoria
Carrot Cream
Pavo al Horno
Baked Turkey
Puré de Patata
Mashed Potato
Fruta y Pan
Fruit and Bread

23 Sopa de Fideos
Noodle Soup
Ternera al Horno
Baked Veal
Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

Viernes

3

Espirales con Tomate Casero
Pasta with Homemade Tomato Sauce
Abadejo al Horno
Baked Hake
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread

10 Fideuá de Pollo con Verduras
Chicken and Vegetables Fideua
Merluza al Horno
Baked Hake
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread

17 Coditos a la Napolitana
Pasta with Tomato Sauce
Merluza en Salsa Verde
Hake in Green Sauce
Ensalada Variada
Salad
Natillas y Pan
Custard and Bread

24



MENÚ FEBRERO SENARA

Sin Frutos Secos ni Legumbres - - Colegio Senara

Lunes

30

6 Crema de Calabaza y Zanahoria
Pumpkin Cream
Magro de Cerdo Estofado
Stewed Lean Pork
Arroz Pilaf
Rice
Fruta y Pan Integral
Fruit and Whole Wheat Bread

13 Guiso de Patatas con Verduras y Calamares
Stewed Potatoes with Squids
Tortilla Francesa
Omelette
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

20 Puré de Calabaza
Mashed Pumpkin
Tortilla de Espinacas
Spinach Omelette
Ensalada Variada
Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

27



Martes

31

7 Brócoli Salteado
Sautéed Broccoli
Tortilla Francesa
Omelette
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread

14 Ensalada Mixta
Mixed Salad
Filete de Pollo
Chicken Breast
Yogur y Pan
Yogurt and Bread

21 Crema de Calabacín
Zucchini Cream
Lomo de Cerdo
Pork Loin
Patatas Cubo
Diced Potatoes
Yogur y Pan
Yogurt and Bread

28 Pasta al Ajillo
Pasta in Garlic Sauce
Filete de Pollo
Chicken Breast
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread

DÍA ESPECIAL

Miércoles

1

Verdura Tricolor
Mixed Vegetables
Chuleta de Sajonia
Saxony Chop
Patatas Panadera
Baked Potatoes
Fruta y Pan
Fruit and Bread

8 Macarrones con Tomate
Pasta with Tomato Sauce
Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

15 Arroz con Tomate Frito Casero
Rice with Homemade Tomato Sauce
Bacalao Encebollado
Cod with Onion
Patatas Dado
Diced Potatoes
Fruta y Pan
Fruit and Bread

22 Arroz con Verduras
Rice with Vegetables
Bacalao a la Romana
Floured Cod
Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

Jueves

2

Sopa de Fideos
Noodle Soup
Filete de Pollo
Chicken Breast
Arroz Pilaf
Rice
Fruta y Pan
Fruit and Bread

9 Sopa de Fideos
Noodle Soup
Ternera al Horno
Baked Veal
Baked Veal
Rapollo
Cabbage
Fruta y Pan
Fruit and Bread

16 Crema de Zanahoria
Carrot Cream
Pavo al Horno
Baked Turkey
Puré de Patata
Mashed Potato
Fruta y Pan
Fruit and Bread

23 Sopa de Fideos
Noodle Soup
Ternera al Horno
Baked Veal
Ensalada Variada
Salad
Fruta y Pan
Fruit and Bread

Viernes

3

Espirales con Tomate Casero
Pasta with Homemade Tomato Sauce
Abadejo al Horno
Baked Hake
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread

10 Fideuá de Pollo con Verduras
Chicken and Vegetables Fideua
Merluza al Horno
Baked Hake
Ensalada Variada
Salad
Yogur y Pan
Yogurt and Bread

17 Códigos a la Napolitana
Pasta with Tomato Sauce
Merluza en Salsa Verde
Hake in Green Sauce
Ensalada Variada
Salad
Natillas y Pan
Custard and Bread

24



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