

## Lunes - Monday

1

Festivo  
Festive

8 Lentejas ECOLÓGICAS Estofadas con Verduras  
ORGANIC Stewed Lentils with Vegetables  
Croquetas de Jamón  
Ham Croquettes  
Champiñones Rehogados  
Sautéed Mushrooms  
Fruta y Pan  
Fruit and Bread

15 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Tortilla de Patata con Espinacas  
Potato and Spinach Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

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

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

## Martes - Tuesday

2

Lentejas con Verduras y Chorizo  
Stewed Lentils with Chorizo  
Merluza en Salsa Verde  
Hake with Green Sauce  
Guisantes Rehogados  
Sautéed Green Peas  
Fruta y Pan  
Fruit and Bread

9 Arroz Tres Delicias  
Three Delights Rice

Atún con Tomate  
Tuna with Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

16 Garbanzos a la Jardinera  
Stewed Chickpeas  
Merluza en Salsa Verde  
Hake with Green Sauce  
Calabacín Rebozado  
Fried Zucchini  
Fruta y Pan  
Fruit and Bread

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

30 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

## Miercoles - Wednesday

3

Arroz con Pisto Casero  
Rice with Ratatouille  
Tortilla de Patata  
Potato Omelette  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

10 Judías Verdes Rehogadas  
Sautéed Green Beans

Pollo al Curry  
Curry Chicken  
Arroz Pilaf  
Rice  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

17 Crema de Calabaza con Parmesano  
Pumpkin Cream with Parmesan Cheese  
Ragout de Pavo Estofado  
Stewed Turkey  
Patata Dado  
Diced Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

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

## Jueves - Thursday

4

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

11 Macarrones INTEGRALES Boloñesa de Atún  
Whole Wheat Pasta with Tuna  
Merluza a la Gallega  
Hake with Paprika  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread

18 Tallarines al Wok  
Sautéed Pasta with Soy Sauce  
Hamburguesa de Ternera a la plancha  
Veal Burger  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

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

## Viernes - Friday

5

Fideua de Verduras  
Pasta with Vegetables  
Boquerones Enharinados  
Floured Fish  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

12 Cocido Montañés  
Stewed White Beans

Revuelto de Calabacín  
Scrambled Eggs with Zucchini  
Quinoa con Albahaca  
Quinoa with Basil  
Flan y Pan  
Flan and Bread

19 Alubias Blancas con Chorizo  
Stewed White Beans with Chorizo  
Buñuelos de Salmón y Calabaza  
Salmon and Pumpkin Fritters  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

26 Coditos a la Napolitana  
Pasta with Tomato Sauce  
Merluza en Salsa Verde  
Hake with Green Sauce  
Ensalada Variada  
Mixed Salad  
Natillas de Vainilla y Pan  
Custard and Bread

mediterránea

PAN SIN SÉSAMO. LÁCTEOS SIN FRUTOS SECOS. FRUTA VARIADA y de TEMPORADA  
ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maiz, Pepino, Cebolla, Zanahoria)

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

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

1



**Festivo  
Festive**

8

Lentejas ECOLÓGICAS Estofadas con Verduras  
*ORGANIC Stewed Lentils with Vegetables*  
Escalope de Cerdo S/Gluten  
*Gluten-Free Breaded Chicken*  
Champiñones Rehogados  
*Sauteéd Mushrooms*  
Fruta y Pan  
*Fruit and Bread*

15

Arroz con Tomate Casero  
*Rice with Homemade Tomato Sauce*  
Tortilla de Patata con Espinacas  
*Potato and Spinach Omelette*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan  
*Fruit and Bread*

22

Brócoli Salteado  
*Sauteéd Broccoli*  
Muslitos de Pollo Asados  
*Roasted Chicken Drumsticks*  
Patata Cocida  
*Boiled Potatoes*  
Fruta y Pan  
*Fruit and Bread*

29

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

2

Lentejas con Verduras y Chorizo  
*Stewed Lentils with Chorizo*  
Merluza en Salsa Verde  
*Hake with Green Sauce*  
Guisantes Rehogados  
*Sauteéd Green Peas*  
Fruta y Pan  
*Fruit and Bread*

9

Arroz Tres Delicias  
*Three Delights Rice*  
  
Atún con Tomate  
*Tuna with Tomato Sauce*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan  
*Fruit and Bread*

16

Garbanzos a la Jardinera  
*Stewed Chickpeas*  
Merluza en Salsa Verde  
*Hake with Green Sauce*  
Calabacín al Horno  
*Baked Zucchini*  
Fruta y Pan  
*Fruit and Bread*

23

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

30

Patatas Estofadas con Verduras  
*Stewed Potatoes with Vegetables*  
Caballa en Aceite  
*Mackerel in Oil*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan  
*Fruit and Bread*

3

Arroz con Pisto Casero  
*Rice with Ratatouille*  
Tortilla de Patata  
*Potato Omelette*  
Ensalada Variada  
*Mixed Salad*  
Yogur de Soja y Pan Integral  
*Soy Yogurt and Whole Wheat Bread*

10

Judías Verdes Rehogadas  
*Sauteéd Green Beans*  
  
Pollo al Curry  
*Curry Chicken*  
Arroz Pilaf  
*Rice*  
Yogur de Soja y Pan Integral  
*Soy Yogurt and Whole Wheat Bread*

17

Crema de Calabaza  
*Pumpkin Cream*  
Ragout de Pavo Estofado  
*Stewed Turkey*  
Patata Dado  
*Diced Potatoes*  
Yogur de Soja y Pan Integral  
*Soy Yogurt and Whole Wheat Bread*

24

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

4

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

11

Macarrones INTEGRALES Boloñesa de Atún  
*Whole Wheat Pasta with Tuna*  
Merluza a la Gallega  
*Hake with Paprika*  
Tomate Aliñado  
*Seasoned Tomato*  
Fruta y Pan  
*Fruit and Bread*

18

Tallarines al Wok  
*Sauteéd Pasta with Soy Sauce*  
Hamburguesa de Ternera a la plancha  
*Veal Burger*  
Ensalada Variada  
*Mixed Salad*  
Fruta y Pan  
*Fruit and Bread*

25

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

5

Fideua de Verduras  
*Pasta with Vegetables*  
Sardinas Enharinadas  
*Floured Sardines*  
Ensalada Variada  
*Mixed Salad*  
Yogur de Soja y Pan  
*Soy Yogurt and Bread*

12

Cocido Montañés  
*Stewed White Beans*  
  
Revuelto de Calabacín  
*Scrambled Eggs with Zucchini*  
Quinoa con Albahaca  
*Quinoa with Basil*  
Yogur de Soja y Pan  
*Soy Yogurt and Bread*

19

Alubias Blancas con Chorizo  
*Stewed White Beans with Chorizo*  
Salmón al Horno  
*Baked Salmon*  
Ensalada Variada  
*Mixed Salad*  
Yogur de Soja y Pan  
*Soy Yogurt and Bread*

26

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

mediterranea

FRUTA VARIADA y de TEMPORADA

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

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

## Lunes - Monday

1

Festivo  
Festive

8

Lentejas ECOLÓGICAS Estofadas con Verduras  
ORGANIC Stewed Lentils with Vegetables  
Escalope de Cerdo S/Gluten  
Gluten-Free Breaded Chicken  
Champiñones Rehogados  
Sautéed Mushrooms  
Fruta y Pan  
Fruit and Bread

15

Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Tortilla de Patata con Espinacas  
Potato and Spinach Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

22

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

29

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

## Martes - Tuesday

2

Lentejas con Verduras y Chorizo  
Stewed Lentils with Chorizo  
Merluza en Salsa Verde  
Hake with Green Sauce  
Guisantes Rehogados  
Sautéed Green Peas  
Fruta y Pan  
Fruit and Bread

9

Arroz Tres Delicias  
Three Delights Rice  
Atún con Tomate  
Tuna with Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

16

Garbanzos a la Jardinera  
Stewed Chickpeas  
Merluza en Salsa Verde  
Hake with Green Sauce  
Calabacín al Horno  
Baked Zucchini  
Fruta y Pan  
Fruit and Bread

23

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

30

Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

## Miercoles - Wednesday

3

Arroz con Pisto Casero  
Rice with Ratatouille  
Tortilla de Patata  
Potato Omelette  
Ensalada Variada  
Mixed Salad  
Yogur de Soja y Pan Integral  
Soy Yogurt and Whole Wheat Bread

10

Judías Verdes Rehogadas  
Sautéed Green Beans  
Pollo al Curry  
Curry Chicken  
Arroz Pilaf  
Rice  
Yogur de Soja y Pan Integral  
Soy Yogurt and Whole Wheat Bread

17

Crema de Calabaza  
Pumpkin Cream  
Ragout de Pavo Estofado  
Stewed Turkey  
Patata Dado  
Diced Potatoes  
Yogur de Soja y Pan Integral  
Soy Yogurt and Whole Wheat Bread

24

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

## Jueves - Thursday

4

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

11

Macarrones INTEGRALES Boloñesa de Atún  
Whole Wheat Pasta with Tuna  
Merluza a la Gallega  
Hake with Paprika  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread

18

Tallarines al Wok  
Sautéed Pasta with Soy Sauce  
Hamburguesa de Ternera a la plancha  
Veal Burger  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

25

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

## Viernes - Friday

5

Fideua de Verduras  
Pasta with Vegetables  
Sardinas Enharinadas  
Floured Sardines  
Ensalada Variada  
Mixed Salad  
Yogur de Soja y Pan  
Soy Yogurt and Bread

12

Cocido Montañés  
Stewed White Beans  
Revuelto de Calabacín  
Scrambled Eggs with Zucchini  
Quinoa con Albahaca  
Quinoa with Basil  
Yogur de Soja y Pan  
Soy Yogurt and Bread

19

Alubias Blancas con Chorizo  
Stewed White Beans with Chorizo  
Salmón al Horno  
Baked Salmon  
Ensalada Variada  
Mixed Salad  
Yogur de Soja y Pan  
Soy Yogurt and Bread

26

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

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 RESPETO, NUESTRO PERSONAL LE ATENDERÁ

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

1



**Festivo  
Festive**

8

Lentejas ECOLÓGICAS Estofadas con Verduras  
ORGANIC Stewed Lentils with Vegetables  
Cinta de Lomo al Horno  
Baked Loin  
Champiñones Rehogados  
Sautéed Mushrooms  
Fruta y Pan  
Fruit and Bread

15

Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Pollo Asado  
Roasted Chicken  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

22

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

29

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

2

Lentejas con Verduras y Chorizo  
Stewed Lentils with Chorizo  
Merluza en Salsa Verde  
Hake with Green Sauce  
Guisantes Rehogados  
Sautéed Green Peas  
Fruta y Pan  
Fruit and Bread

9

Arroz Campero  
Rice with Vegetables  
Atún con Tomate  
Tuna with Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

16

Garbanzos a la Jardinera  
Stewed Chickpeas  
Merluza en Salsa Verde  
Hake with Green Sauce  
Calabacín Rebozado  
Fried Zucchini  
Fruta y Pan  
Fruit and Bread

23

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

30

Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

3

Arroz con Pisto Casero  
Rice with Ratatouille  
Pollo al Horno  
Baked Chicken  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

10

Judías Verdes Rehogadas  
Sautéed Green Beans  
Pollo al Curry  
Curry Chicken  
Arroz Pilaf  
Rice  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

17

Crema de Calabaza con Parmesano  
Pumpkin Cream with Parmesan Cheese  
Ragout de Pavo Estofado  
Stewed Turkey  
Patata Dado  
Diced Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

24

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

4

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

11

Pasta S/Gluten S/Huevo con Boloñesa de Atún  
Gluten-Egg Free Pasta with Tuna  
Merluza a la Gallega  
Hake with Paprika  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread

18

Pasta S/Gluten S/Huevo con Verduras  
Gluten/Egg-Free Pasta with Vegetables  
Hamburguesa de Ternera a la plancha  
Veal Burger  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

25

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

5

Pasta S/Gluten S/Huevo con Verduras  
Gluten/Egg-Free Pasta with Vegetables  
Sardinas Enharinadas  
Floured Sardines  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

12

Cocido Montañés  
Stewed White Beans  
Salchichas de Pavo al Horno  
Turkey Sausages  
Quinoa con Albahaca  
Quinoa with Basil  
Flan y Pan  
Flan and Bread

19

Alubias Blancas con Chorizo  
Stewed White Beans with Chorizo  
Salmón al Horno  
Baked Salmon  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

26

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

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

1



**Festivo  
Festive**

8

Lentejas ECOLÓGICAS Estofadas con Verduras  
ORGANIC Stewed Lentils with Vegetables  
Cinta de Lomo al Horno  
Baked Loin  
Champiñones Rehogados  
Sautéed Mushrooms  
Fruta y Pan  
Fruit and Bread

15

Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Pollo Asado  
Roasted Chicken  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

22

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

29

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

2

Lentejas con Verduras y Chorizo  
Stewed Lentils with Chorizo  
Merluza en Salsa Verde  
Hake with Green Sauce  
Guisantes Rehogados  
Sautéed Green Peas  
Fruta y Pan  
Fruit and Bread

9

Arroz Campero  
Rice with Vegetables  
Atún con Tomate  
Tuna with Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

16

Garbanzos a la Jardinera  
Stewed Chickpeas  
Merluza en Salsa Verde  
Hake with Green Sauce  
Calabacín Rebozado  
Fried Zucchini  
Fruta y Pan  
Fruit and Bread

23

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

30

Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

3

Arroz con Pisto Casero  
Rice with Ratatouille  
Pollo al Horno  
Baked Chicken  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

10

Judías Verdes Rehogadas  
Sautéed Green Beans  
Pollo al Curry  
Curry Chicken  
Arroz Pilaf  
Rice  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

17

Crema de Calabaza con Parmesano  
Pumpkin Cream with Parmesan Cheese  
Ragout de Pavo Estofado  
Stewed Turkey  
Patata Dado  
Diced Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

24

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

4

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

11

Pasta S/Gluten S/Huevo con Boloñesa de Atún  
Gluten-Egg Free Pasta with Tuna  
Merluza a la Gallega  
Hake with Paprika  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread

18

Pasta S/Gluten S/Huevo con Verduras  
Gluten/Egg-Free Pasta with Vegetables  
Hamburguesa de Ternera a la plancha  
Veal Burger  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

25

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

5

Pasta S/Gluten S/Huevo con Verduras  
Gluten/Egg-Free Pasta with Vegetables  
Sardinas Enharinadas  
Floured Sardines  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

12

Cocido Montañés  
Stewed White Beans  
Salchichas de Pavo al Horno  
Turkey Sausages  
Quinoa con Albahaca  
Quinoa with Basil  
Flan y Pan  
Flan and Bread

19

Alubias Blancas con Chorizo  
Stewed White Beans with Chorizo  
Salmón al Horno  
Baked Salmon  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

26

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

mediterránea

LÁCTEOS SIN HUEVO. FRUTA VARIADA y de TEMPORADA

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

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

**Lunes - Monday**

**Martes - Tuesday**

**Miercoles - Wednesday**

**Jueves - Thursday**

**Viernes - Friday**

1



**Festivo  
Festive**

8

Lentejas ECOLÓGICAS Estofadas con Verduras  
ORGANIC Stewed Lentils with Vegetables  
Croquetas de Jamón  
Ham Croquettes  
Champiñones Rehogados  
Sautéed Mushrooms  
Fruta y Pan  
Fruit and Bread

15

Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Tortilla de Patata con Espinacas  
Potato and Spinach Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

22

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

29

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

2

Lentejas con Verduras y Chorizo  
Stewed Lentils with Chorizo  
Merluza en Salsa Verde  
Hake with Green Sauce  
Guisantes Rehogados  
Sautéed Green Peas  
Fruta y Pan  
Fruit and Bread

9

Arroz Tres Delicias  
Three Delights Rice  
  
Atún con Tomate  
Tuna with Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

16

Garbanzos a la Jardinera  
Stewed Chickpeas  
Merluza en Salsa Verde  
Hake with Green Sauce  
Calabacín Rebozado  
Fried Zucchini  
Fruta y Pan  
Fruit and Bread

23

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

30

Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

3

Arroz con Pisto Casero  
Rice with Ratatouille  
Tortilla de Patata  
Potato Omelette  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

10

Judías Verdes Rehogadas  
Sautéed Green Beans  
  
Pollo al Curry  
Curry Chicken  
Arroz Pilaf  
Rice  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

17

Crema de Calabaza con Parmesano  
Pumpkin Cream with Parmesan Cheese  
Ragout de Pavo Estofado  
Stewed Turkey  
Patata Dado  
Diced Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

24

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

4

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

11

Macarrones INTEGRALES Boloñesa de Atún  
Whole Wheat Pasta with Tuna  
Merluza a la Gallega  
Hake with Paprika  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread

18

Tallarines al Wok  
Sautéed Pasta with Soy Sauce  
Hamburguesa de Ternera a la plancha  
Veal Burger  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

25

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

5

Fideua de Verduras  
Pasta with Vegetables  
Boquerones Enharinados  
Floured Fish  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

12

Cocido Montañés  
Stewed White Beans  
  
Revuelto de Calabacín  
Scrambled Eggs with Zucchini  
Quinoa con Albahaca  
Quinoa with Basil  
Flan y Pan  
Flan and Bread

19

Alubias Blancas con Chorizo  
Stewed White Beans with Chorizo  
Buñuelos de Salmón y Calabaza  
Salmon and Pumpkin Fritters  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

26

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

mediterránea

pan y lácteos sin frutos de cáscara. FRUTA VARIADA y de TEMPORADA  
ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maiz, Pepino, Cebolla, Zanahoria)

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

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

1



**Festivo  
Festive**

8

Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables

Escalope de Cerdo S/Gluten  
Gluten-Free Breaded Chicken  
Champiñones Rehogados  
Sautéed Mushrooms  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

15

Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Tortilla de Patata con Espinacas  
Potato and Spinach Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

22

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

29

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

2

Crema de Calabacín  
Zucchini Cream  
Merluza en Salsa Verde  
Hake with Green Sauce  
Guisantes Rehogados  
Sautéed Green Peas  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

9

Arroz Tres Delicias  
Three Delights Rice

Atún con Tomate  
Tuna with Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

16

Garbanzos a la Jardinera  
Stewed Chickpeas  
Merluza en Salsa Verde  
Hake with Green Sauce  
Calabacín al Horno  
Baked Zucchini  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

23

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

30

Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

3

Arroz con Pisto Casero  
Rice with Ratatouille  
Tortilla de Patata  
Potato Omelette  
Ensalada Variada  
Mixed Salad  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread

10

Judías Verdes Rehogadas  
Sautéed Green Beans

Pollo Asado  
Roasted Chicken  
Arroz Pilaf  
Rice  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread

17

Crema de Calabaza  
Pumpkin Cream  
Ragout de Pavo Estofado  
Stewed Turkey  
Patata Dado  
Diced Potatoes  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread

24

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

4

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

11

Pasta S/Gluten S/Huevo con Boloñesa de Atún

Gluten-Egg Free Pasta with Tuna  
Merluza a la Gallega  
Hake with Paprika  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

18

Pasta S/Gluten S/Huevo con Verduras  
Gluten/Egg-Free Pasta with Vegetables  
Hamburguesa Adaptada a la Dieta al Horno  
Diet Baked Burger  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

25

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

5

Pasta S/Gluten S/Huevo con Verduras  
Gluten/Egg-Free Pasta with Vegetables  
Sardinas Enharinadas  
Floured Sardines  
Ensalada Variada  
Mixed Salad  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread

12

Cocido Montañés  
Stewed White Beans

Revuelto de Calabacín  
Scrambled Eggs with Zucchini  
Quinoa con Albahaca  
Quinoa with Basil  
Flan y Pan S/Gluten  
Flan and Gluten-Free Bread

19

Alubias Blancas con Chorizo  
Stewed White Beans with Chorizo  
Salmón al Horno  
Baked Salmon  
Ensalada Variada  
Mixed Salad  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread

26

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

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

1



**Festivo  
Festive**

8

Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables

Escalope de Cerdo S/Gluten  
Gluten-Free Breaded Chicken  
Champiñones Rehogados  
Sautéed Mushrooms  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

15

Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Tortilla de Patata con Espinacas  
Potato and Spinach Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

22

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

29

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

2

Crema de Calabacín  
Zucchini Cream  
Merluza en Salsa Verde  
Hake with Green Sauce  
Guisantes Rehogados  
Sautéed Green Peas  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

9

Arroz Tres Delicias  
Three Delights Rice

Atún con Tomate  
Tuna with Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

16

Garbanzos a la Jardinera  
Stewed Chickpeas  
Merluza en Salsa Verde  
Hake with Green Sauce  
Calabacín al Horno  
Baked Zucchini  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

23

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

30

Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

3

Arroz con Pisto Casero  
Rice with Ratatouille  
Tortilla de Patata  
Potato Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

10

Judías Verdes Rehogadas  
Sautéed Green Beans

Pollo Asado  
Roasted Chicken  
Arroz Pilaf  
Rice  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

17

Crema de Calabaza  
Pumpkin Cream  
Ragout de Pavo Estofado  
Stewed Turkey  
Patata Dado  
Diced Potatoes  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

24

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

4

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

11

Pasta S/Gluten S/Huevo con Boloñesa de Atún  
Gluten-Egg Free Pasta with Tuna

Merluza a la Gallega  
Hake with Paprika  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

18

Pasta S/Gluten S/Huevo con Verduras  
Gluten/Egg-Free Pasta with Vegetables  
Hamburguesa Adaptada a la Dieta al Horno  
Diet Baked Burger  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

25

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

5

Pasta S/Gluten S/Huevo con Verduras  
Gluten/Egg-Free Pasta with Vegetables  
Sardinas Enharinadas  
Floured Sardines  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

12

Cocido Montañés  
Stewed White Beans

Revuelto de Calabacín  
Scrambled Eggs with Zucchini  
Quinoa con Albahaca  
Quinoa with Basil  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

19

Alubias Blancas con Chorizo  
Stewed White Beans with Chorizo  
Salmón al Horno  
Baked Salmon  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

26

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

mediterránea

PAN SIN GLUTEN. FRUTA VARIADA y de TEMPORADA

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

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



Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

1



**Festivo  
Festive**

8

Lentejas ECOLÓGICAS Estofadas con Verduras  
ORGANIC Stewed Lentils with Vegetables  
Escalope de Cerdo S/Gluten  
Gluten-Free Breaded Chicken  
Champiñones Rehogados  
Sautéed Mushrooms  
Fruta y Pan  
Fruit and Bread

15

Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Tortilla de Patata con Espinacas  
Potato and Spinach Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

22

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

29

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

2

Lentejas con Verduras y Chorizo  
Stewed Lentils with Chorizo  
Lomo de Sajonia  
Saxony Pork  
Guisantes Rehogados  
Sautéed Green Peas  
Fruta y Pan  
Fruit and Bread

9

Arroz Tres Delicias  
Three Delights Rice  
Salchichas de Pavo con Tomate  
Turkey Sausages with Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

16

Garbanzos a la Jardinera  
Stewed Chickpeas  
Cinta de Lomo al Horno  
Baked Loin  
Calabacín al Horno  
Baked Zucchini  
Fruta y Pan  
Fruit and Bread

23

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

30

Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Tortilla Francesa  
Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

3

Arroz con Pisto Casero  
Rice with Ratatouille  
Tortilla de Patata  
Potato Omelette  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

10

Judías Verdes Rehogadas  
Sautéed Green Beans  
Pollo al Curry  
Curry Chicken  
Arroz Pilaf  
Rice  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

17

Crema de Calabaza con Parmesano  
Pumpkin Cream with Parmesan Cheese  
Ragout de Pavo Estofado  
Stewed Turkey  
Patata Dado  
Diced Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

24

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

4

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

11

Macarrones a la Napolitana  
Pasta with Tomato Sauce  
Cinta de Lomo al Horno  
Baked Loin  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread

18

Tallarines al Wok  
Sautéed Pasta with Soy Sauce  
Hamburguesa de Ternera a la plancha  
Veal Burger  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

25

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

5

Fideua de Verduras  
Pasta with Vegetables  
Escalope de Pollo  
Breaded Chicken  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

12

Cocido Montañés  
Stewed White Beans  
Revuelto de Calabacín  
Scrambled Eggs with Zucchini  
Quinoa con Albahaca  
Quinoa with Basil  
Flan y Pan  
Flan and Bread

19

Alubias Blancas con Chorizo  
Stewed White Beans with Chorizo  
Tortilla Francesa de Queso  
Cheese French Omelette  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

26

Coditos a la Napolitana  
Pasta with Tomato Sauce  
Tortilla de Patata  
Potato Omelette  
Ensalada Variada  
Mixed Salad  
Natillas de Vainilla y Pan  
Custard and Bread

mediterranea

FRUTA VARIADA y de TEMPORADA

ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maiz, 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 RESPUESTO, NUESTRO PERSONAL LE ATENDERÁ

**Lunes - Monday**

**Martes - Tuesday**

**Miercoles - Wednesday**

**Jueves - Thursday**

**Viernes - Friday**

1



**Festivo  
Festive**

8

Lentejas ECOLÓGICAS Estofadas con Verduras  
ORGANIC Stewed Lentils with Vegetables  
Escalope de Cerdo S/Gluten  
Gluten-Free Breaded Chicken  
Champiñones Rehogados  
Sautéed Mushrooms  
Fruta y Pan  
Fruit and Bread

15

Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Tortilla de Patata con Espinacas  
Potato and Spinach Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

22

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

29

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

2

Lentejas con Verduras y Chorizo  
Stewed Lentils with Chorizo  
Lomo de Sajonia  
Saxony Pork  
Guisantes Rehogados  
Sautéed Green Peas  
Fruta y Pan  
Fruit and Bread

9

Arroz Tres Delicias  
Three Delights Rice  
Salchichas de Pavo con Tomate  
Turkey Sausages with Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

16

Garbanzos a la Jardinera  
Stewed Chickpeas  
Cinta de Lomo al Horno  
Baked Loin  
Calabacín al Horno  
Baked Zucchini  
Fruta y Pan  
Fruit and Bread

23

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

30

Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Tortilla Francesa  
Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

3

Arroz con Pisto Casero  
Rice with Ratatouille  
Tortilla de Patata  
Potato Omelette  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

10

Judías Verdes Rehogadas  
Sautéed Green Beans  
Pollo al Curry  
Curry Chicken  
Arroz Pilaf  
Rice  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

17

Crema de Calabaza con Parmesano  
Pumpkin Cream with Parmesan Cheese  
Ragout de Pavo Estofado  
Stewed Turkey  
Patata Dado  
Diced Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

24

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

4

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

11

Macarrones a la Napolitana  
Pasta with Tomato Sauce  
Cinta de Lomo al Horno  
Baked Loin  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread

18

Tallarines al Wok  
Sautéed Pasta with Soy Sauce  
Hamburguesa de Ternera a la plancha  
Veal Burger  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

25

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

5

Fideua de Verduras  
Pasta with Vegetables  
Escalope de Pollo  
Breaded Chicken  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

12

Cocido Montañés  
Stewed White Beans  
Revuelto de Calabacín  
Scrambled Eggs with Zucchini  
Quinoa con Albahaca  
Quinoa with Basil  
Flan y Pan  
Flan and Bread

19

Alubias Blancas con Chorizo  
Stewed White Beans with Chorizo  
Tortilla Francesa de Queso  
Cheese French Omelette  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

26

Coditos a la Napolitana  
Pasta with Tomato Sauce  
Tortilla de Patata  
Potato Omelette  
Ensalada Variada  
Mixed Salad  
Natillas de Vainilla y Pan  
Custard and Bread

*mediterranea*

FRUTA VARIADA y de TEMPORADA

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

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

**Lunes - Monday**

**Martes - Tuesday**

**Miercoles - Wednesday**

**Jueves - Thursday**

**Viernes - Friday**

1



**Festivo  
Festive**

8

Patatas Estofadas con Verduras  
*Stewed Potatoes with Vegetables*  
Cinta de Lomo al Horno  
*Baked Loin*  
Champiñones Rehogados  
*Sauteéd Mushrooms*  
Fruta  
Fruit

15

Arroz con Tomate Casero  
*Rice with Homemade Tomato Sauce*  
Tortilla de Patata con Espinacas  
*Potato and Spinach Omelette*  
Ensalada Variada  
*Mixed Salad*  
Fruta  
Fruit

22

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

Puré de Patata  
*Mashed potatoes*  
Fruta  
Fruit

29

Crema de Zanahoria  
*Carrots Cream*  
Salchichas de Pavo al Horno  
*Turkey Sausages*  
Ensalada Variada  
*Mixed Salad*  
Fruta  
Fruit

2

Crema de Calabacín  
*Zucchini Cream*  
Merluza en Salsa Verde  
*Hake with Green Sauce*

Zanahoria Baby  
*Baby Carrots*  
Fruta  
Fruit

9

Arroz Campero  
*Rice with Vegetables*  
Merluza con Tomate  
*Hake with Tomato Sauce*  
Ensalada Variada  
*Mixed Salad*  
Fruta  
Fruit

16

Patatas Estofadas con Verduras  
*Stewed Potatoes with Vegetables*  
Merluza en Salsa Verde  
*Hake with Green Sauce*  
Calabacín al Horno  
*Baked Zucchini*  
Fruta  
Fruit

23

Patatas Estofadas con Verduras  
*Stewed Potatoes with Vegetables*  
Tortilla Francesa  
*Omelette*

Ensalada Variada  
*Mixed Salad*  
Fruta  
Fruit

30

Patatas Estofadas con Verduras  
*Stewed Potatoes with Vegetables*  
Merluza en Salsa  
*Hake in Sauce*  
Ensalada Variada  
*Mixed Salad*  
Fruta  
Fruit

3

Arroz con Pisto Casero  
*Rice with Ratatouille*  
Tortilla de Patata  
*Potato Omelette*

Ensalada Variada  
*Mixed Salad*  
Yogur  
Yogurt

10

Brócoli Salteado  
*Sauteéd Broccoli*  
Pollo Asado  
*Roasted Chicken*  
Arroz Pilaf  
*Rice*  
Yogur  
Yogurt

17

Crema de Calabaza con Parmesano  
*Pumpkin Cream with Parmesan Cheese*  
Ragout de Pavo Estofado  
*Stewed Turkey*  
Patata Dado  
*Diced Potatoes*  
Yogur  
Yogurt

24

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

Calabacín al Horno  
*Baked Zucchini*  
Yogur  
Yogurt

4

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

11

Arroz Boloñesa de Atún  
*Rice with Tuna*  
Merluza a la Gallega  
*Hake with Paprika*  
Tomate Aliñado  
*Seasoned Tomato*  
Fruta  
Fruit

18

Quinoa con Verduras  
*Pasta with Vegetables*  
Ragout de Ternera Asada  
*Baked Veal*  
Ensalada Variada  
*Mixed Salad*  
Fruta  
Fruit

25

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

5

Arroz con Verduras  
*Rice with Vegetables*  
Sardinias Enharinadas  
*Floured Sardines*

Ensalada Variada  
*Mixed Salad*  
Yogur  
Yogurt

12

Crema de Zanahoria  
*Carrots Cream*  
Revuelto de Calabacín  
*Scrambled Eggs with Zucchini*  
Quinoa con Albahaca  
*Quinoa with Basil*  
Flan  
Flan

19

Crema de Calabacín  
*Zucchini Cream*  
Salmón al Horno  
*Baked Salmon*  
Ensalada Variada  
*Mixed Salad*  
Yogur  
Yogurt

26

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

Ensalada Variada  
*Mixed Salad*  
Natillas de Vainilla  
*Custard*

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

1



**Festivo  
Festive**

8

Patatas Estofadas con Verduras  
*Stewed Potatoes with Vegetables*  
Cinta de Lomo al Horno  
*Baked Loin*  
Champiñones Rehogados  
*Sauteed Mushrooms*  
Fruta  
Fruit

15

Arroz con Tomate Casero  
*Rice with Homemade Tomato Sauce*  
Tortilla de Patata con Espinacas  
*Potato and Spinach Omelette*  
Ensalada Variada  
*Mixed Salad*  
Fruta  
Fruit

22

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

Puré de Patata  
*Mashed potatoes*  
Fruta  
Fruit

29

Crema de Zanahoria  
*Carrots Cream*  
Salchichas de Pavo al Horno  
*Turkey Sausages*  
Ensalada Variada  
*Mixed Salad*  
Fruta  
Fruit

2

Crema de Calabacín  
*Zucchini Cream*  
Merluza en Salsa Verde  
*Hake with Green Sauce*

Zanahoria Baby  
*Baby Carrots*  
Fruta  
Fruit

9

Arroz Campero  
*Rice with Vegetables*  
Merluza con Tomate  
*Hake with Tomato Sauce*  
Ensalada Variada  
*Mixed Salad*  
Fruta  
Fruit

16

Patatas Estofadas con Verduras  
*Stewed Potatoes with Vegetables*  
Merluza en Salsa Verde  
*Hake with Green Sauce*  
Calabacín al Horno  
*Baked Zucchini*  
Fruta  
Fruit

23

Patatas Estofadas con Verduras  
*Stewed Potatoes with Vegetables*  
Tortilla Francesa  
*Omelette*

Ensalada Variada  
*Mixed Salad*  
Fruta  
Fruit

30

Patatas Estofadas con Verduras  
*Stewed Potatoes with Vegetables*  
Merluza en Salsa  
*Hake in Sauce*  
Ensalada Variada  
*Mixed Salad*  
Fruta  
Fruit

3

Arroz con Pisto Casero  
*Rice with Ratatouille*  
Tortilla de Patata  
*Potato Omelette*

Ensalada Variada  
*Mixed Salad*  
Yogur  
Yogurt

10

Brócoli Salteado  
*Sauteed Broccoli*  
Pollo Asado  
*Roasted Chicken*  
Arroz Pilaf  
*Rice*  
Yogur  
Yogurt

17

Crema de Calabaza con Parmesano  
*Pumpkin Cream with Parmesan Cheese*  
Ragout de Pavo Estofado  
*Stewed Turkey*  
Patata Dado  
*Diced Potatoes*  
Yogur  
Yogurt

24

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

Calabacín al Horno  
*Baked Zucchini*  
Yogur  
Yogurt

4

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

11

Arroz Boloñesa de Atún  
*Rice with Tuna*  
Merluza a la Gallega  
*Hake with Paprika*  
Tomate Aliñado  
*Seasoned Tomato*  
Fruta  
Fruit

18

Quinoa con Verduras  
*Pasta with Vegetables*  
Ragout de Ternera Asada  
*Baked Veal*  
Ensalada Variada  
*Mixed Salad*  
Fruta  
Fruit

25

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

5

Arroz con Verduras  
*Rice with Vegetables*  
Sardinas Enharinadas  
*Floured Sardines*

Ensalada Variada  
*Mixed Salad*  
Yogur  
Yogurt

12

Crema de Zanahoria  
*Carrots Cream*  
Revuelto de Calabacín  
*Scrambled Eggs with Zucchini*  
Quinoa con Albahaca  
*Quinoa with Basil*  
Flan  
Flan

19

Crema de Calabacín  
*Zucchini Cream*  
Salmón al Horno  
*Baked Salmon*  
Ensalada Variada  
*Mixed Salad*  
Yogur  
Yogurt

26

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

Ensalada Variada  
*Mixed Salad*  
Natillas de Vainilla  
*Custard*

## Lunes - Monday

1

Festivo  
Festive

8

Lentejas ECOLÓGICAS Estofadas con Verduras  
ORGANIC Stewed Lentils with Vegetables  
Croquetas de Jamón  
Ham Croquettes  
Champiñones Rehogados  
Sautéed Mushrooms  
Fruta y Pan  
Fruit and Bread

15

Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Pollo Asado  
Roasted Chicken  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

22

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

29

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

## Martes - Tuesday

2

Lentejas con Verduras y Chorizo  
Stewed Lentils with Chorizo  
Merluza en Salsa Verde  
Hake with Green Sauce  
Guisantes Rehogados  
Sautéed Green Peas  
Fruta y Pan  
Fruit and Bread

9

Arroz Campero  
Rice with Vegetables  
Atún con Tomate  
Tuna with Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

16

Garbanzos a la Jardinera  
Stewed Chickpeas  
Merluza en Salsa Verde  
Hake with Green Sauce  
Calabacín Rebozado  
Fried Zucchini  
Fruta y Pan  
Fruit and Bread

23

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

30

Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

## Miercoles - Wednesday

3

Arroz con Pisto Casero  
Rice with Ratatouille  
Pollo al Horno  
Baked Chicken  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

10

Judías Verdes Rehogadas  
Sautéed Green Beans

Pollo al Curry  
Curry Chicken  
Arroz Pilaf  
Rice  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

17

Crema de Calabaza con Parmesano  
Pumpkin Cream with Parmesan Cheese  
Ragout de Pavo Estofado  
Stewed Turkey  
Patata Dado  
Diced Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

24

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

## Jueves - Thursday

4

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

11

Macarrones INTEGRALES Boloñesa de Atún  
Whole Wheat Pasta with Tuna  
Merluza a la Gallega  
Hake with Paprika  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread

18

Tallarines al Wok  
Sautéed Pasta with Soy Sauce  
Hamburguesa de Ternera a la plancha  
Veal Burger  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

25

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

## Viernes - Friday

5

Fideua de Verduras  
Pasta with Vegetables  
Boquerones Enharinados  
Floured Fish  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

12

Cocido Montañés  
Stewed White Beans

Salchichas de Pavo al Horno  
Turkey Sausages  
Quinoa con Albahaca  
Quinoa with Basil  
Flan y Pan  
Flan and Bread

19

Alubias Blancas con Chorizo  
Stewed White Beans with Chorizo  
Buñuelos de Salmón y Calabaza  
Salmon and Pumpkin Fritters  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

26

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

mediterránea

FRUTA VARIADA y de TEMPORADA

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

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

Lunes - Monday

1



**Festivo  
Festive**

8 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables

Croquetas de Jamón  
Ham Croquettes  
Champiñones Rehogados  
Sautéed Mushrooms  
Fruta y Pan  
Fruit and Bread

15 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Tortilla de Patata con Espinacas  
Potato and Spinach Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

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

29 Crema de Zanahoria  
Carrots Cream  
Salchichas Frescas de Pollo al Horno  
Baked Chicken Sausages  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Martes - Tuesday

2

Crema de Calabacín  
Zucchini Cream  
Merluza en Salsa Verde  
Hake with Green Sauce  
Guisantes Rehogados  
Sautéed Green Peas  
Fruta y Pan  
Fruit and Bread

9 Arroz Tres Delicias  
Three Delights Rice

Atún con Tomate  
Tuna with Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

16 Garbanzos a la Jardinera  
Stewed Chickpeas  
Merluza en Salsa Verde  
Hake with Green Sauce  
Calabacín Rebozado  
Fried Zucchini  
Fruta y Pan  
Fruit and Bread

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

30 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Miercoles - Wednesday

3

Arroz con Pisto Casero  
Rice with Ratatouille  
Tortilla de Patata  
Potato Omelette  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

10 Judías Verdes Rehogadas  
Sautéed Green Beans

Pollo al Curry  
Curry Chicken  
Arroz Pilaf  
Rice  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

17 Crema de Calabaza con Parmesano  
Pumpkin Cream with Parmesan Cheese  
Ragout de Pavo Estofado  
Stewed Turkey  
Patata Dado  
Diced Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

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

Jueves - Thursday

4

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

11 Macarrones INTEGRALES Boloñesa de Atún  
Whole Wheat Pasta with Tuna  
Merluza a la Gallega  
Hake with Paprika  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread

18 Tallarines al Wok  
Sautéed Pasta with Soy Sauce  
Hamburguesa de Ternera a la plancha  
Veal Burger  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

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

Viernes - Friday

5

Fideua de Verduras  
Pasta with Vegetables  
Boquerones Enharinados  
Floured Fish  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

12 Cocido Montañés  
Stewed White Beans

Revuelto de Calabacín  
Scrambled Eggs with Zucchini  
Quinoa con Albahaca  
Quinoa with Basil  
Flan y Pan  
Flan and Bread

19 Alubias Blancas con Chorizo  
Stewed White Beans with Chorizo  
Buñuelos de Salmón y Calabaza  
Salmon and Pumpkin Fritters  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

26 Coditos a la Napolitana  
Pasta with Tomato Sauce  
Merluza en Salsa Verde  
Hake with Green Sauce  
Ensalada Variada  
Mixed Salad  
Natillas de Vainilla y Pan  
Custard and Bread

mediterránea

FRUTA VARIADA y de TEMPORADA

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

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

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

1



**Festivo  
Festive**

8

Lentejas ECOLÓGICAS Estofadas con Verduras  
ORGANIC Stewed Lentils with Vegetables  
Croquetas de Jamón  
Ham Croquettes  
Champiñones Rehogados  
Sautéed Mushrooms  
Fruta y Pan  
Fruit and Bread

15

Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce  
Tortilla de Patata con Espinacas  
Potato and Spinach Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

22

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

Puré de Patata  
Mashed potatoes  
Fruta y Pan  
Fruit and Bread

29

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

2

Lentejas con Verduras y Chorizo  
Stewed Lentils with Chorizo  
Merluza en Salsa Verde  
Hake with Green Sauce

Guisantes Rehogados  
Sautéed Green Peas  
Fruta y Pan  
Fruit and Bread

9

Arroz Tres Delicias  
Three Delights Rice

Atún con Tomate  
Tuna with Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

16

Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Merluza en Salsa Verde  
Hake with Green Sauce  
Calabacín Rebozado  
Fried Zucchini  
Fruta y Pan  
Fruit and Bread

23

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

Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

30

Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

3

Arroz con Pisto Casero  
Rice with Ratatouille  
Tortilla de Patata  
Potato Omelette

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

10

Judías Verdes Rehogadas  
Sautéed Green Beans

Pollo al Curry  
Curry Chicken  
Arroz Pilaf  
Rice  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

17

Crema de Calabaza con Parmesano  
Pumpkin Cream with Parmesan Cheese  
Ragout de Pavo Estofado  
Stewed Turkey  
Patata Dado  
Diced Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

24

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

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

4

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

11

Macarrones INTEGRALES Boloñesa de Atún  
Whole Wheat Pasta with Tuna  
Merluza a la Gallega  
Hake with Paprika  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread

18

Tallarines al Wok  
Sautéed Pasta with Soy Sauce  
Hamburguesa de Ternera a la plancha  
Veal Burger  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

25

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

5

Fideua de Verduras  
Pasta with Vegetables  
Boquerones Enharinados  
Floured Fish

Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

12

Cocido Montañés  
Stewed White Beans

Revuelto de Calabacín  
Scrambled Eggs with Zucchini  
Quinoa con Albahaca  
Quinoa with Basil  
Flan y Pan  
Flan and Bread

19

Alubias Blancas con Chorizo  
Stewed White Beans with Chorizo  
Buñuelos de Salmón y Calabaza  
Salmon and Pumpkin Fritters  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

26

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

Ensalada Variada  
Mixed Salad  
Natillas de Vainilla y Pan  
Custard and Bread

mediterránea

FRUTA VARIADA y de TEMPORADA

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

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