

Lunes-Monday

6



**Festivo-Holiday**

13 Arroz con Tomate Casero y Salchichas de Pavo  
Rice with Tomato Sauce and Sausages  
Huevos Rellenos  
Stuffed Eggs with Tuna  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

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

27 Judías Verdes con Sofrito de Tomate Casero  
Green Beans with Homemade Tomato Sauce  
Albóndigas de Ternera a la Jardinera  
Veal Meatballs with Vegetables  
Dados de Patata  
Diced Potatoes  
Fruta y Pan  
Fruit and Bread

Martes-Tuesday

7

Brócoli con Patatas  
Sautéed Broccoli with Potatoes  
Huevos Villaroy  
Villaroy Eggs  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

14 Lentejas Guisadas con Verduras de Temporada  
Stewed Lentils with Vegetables  
Muslitos de Pollo Asados en su Jugo  
Roasted Chicken Drumsticks  
Cous Cous al Romero  
Cous Cous with Rosemary  
Fruta y Pan  
Fruit and Bread

21 Sopa de Estrellitas  
Star Soup  
Cocido Vegetal  
Chickpeas with Vegetables  
Repollo con Ajo Rehogado  
Cabagge  
Fruta y Pan  
Fruit and Bread

28 Arroz Salteado al Estilo Tailandés  
Rice with Vegetables and Soy Sauce

Merluza en Salsa Verde  
Hake with Green Sauce  
Guisantes Rehogados  
Sautéed Green Peas  
Fruta y Pan  
Fruit and Bread

Miercoles-Wednesday

8

Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo con Ajo Rehogado  
Cabagge  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

15 Espaguettis INTEGRALES a la Carbonara con Bacon Crujiente  
Carbonara Whole Wheat Spaguettis  
Abadejo con Aceite de Ajo y Perejil  
Fish with Garlic and Parsley Oil  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

22 Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Lomo de Sajonia en Salsa de Zanahoria  
Saxony Pork with Carrot Sauce  
Patatas Fritas Crujientes  
Crunchy French Fries  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

29 Alubias Blancas con Verduras  
Stewed White Beans with Vegetables

Tortilla Francesa con Lascas de Calabacín  
Zucchini Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

Jueves-Thursday

9

Espirales Tricolor con Pisto Casero  
Pasta with Ratatouille  
Fogonero al Horno con Perejil Fresco  
Baked Fish with Fresh Parsley  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

16 Crema de Verduras de Temporada ECO  
Organic Vegetable Cream  
Burritos Vegetales con Arroz y Verduras  
Veggie Burrito with Rice  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

23 Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Duelos y Quebrantos de Bacon  
Scrambled Eggs with Bacon  
Ensalada Variada  
Mixed Salad  
Queso Fresco y Pan  
Cheese and Bread

30 Coditos a la Napolitana con Tomate Casero  
Pasta with Homemade Tomato Sauce

Pollo Asado al Limón  
Roasted Chicken with Lemon  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Viernes-Friday

10

Alubias Blancas a la Jardinera  
Stewed White Beans with Vegetables  
Paella Hortelana  
Rice with Vegetables  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

17 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Nuggets Caseros de Salmón  
Homemade Salmon Nuggets  
Tomate Aliñado con Orégano  
Seasoned Tomato  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

24 Arroz a la Milanese con Queso Rallado  
Milanese Rice  
Merluza a la Riojana  
Hake with Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread



Lunes-Monday

6



**Festivo-  
Holiday**

13 Arroz con Tomate Casero y Salchichas de Pavo  
Rice with Tomato Sauce and Sausages  
Huevos Rellenos  
Stuffed Eggs with Tuna  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

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

27 Judías Verdes con Sofrito de Tomate Casero  
Green Beans with Homemade Tomato Sauce  
Albóndigas de Ternera a la Jardinera  
Veal Meatballs with Vegetables  
Dados de Patata  
Diced Potatoes  
Fruta y Pan  
Fruit and Bread

Martes-Tuesday

7

Brócoli con Patatas  
Sautéed Broccoli with Potatoes  
Huevos Villaroy  
Villaroy Eggs  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

14 Lentejas Guisadas con Verduras de Temporada  
Stewed Lentils with Vegetables  
Muslitos de Pollo Asados en su Jugo  
Roasted Chicken Drumsticks  
Cous Cous al Romero  
Cous Cous with Rosemary  
Fruta y Pan  
Fruit and Bread

21 Sopa de Estrellitas  
Star Soup  
Cocido Vegetal  
Chickpeas with Vegetables  
Repollo con Ajo Rehogado  
Cabagge  
Fruta y Pan  
Fruit and Bread

28 Arroz Salteado al Estilo Tailandés  
Rice with Vegetables and Soy Sauce

Merluza en Salsa Verde  
Hake with Green Sauce  
Guisantes Rehogados  
Sautéed Green Peas  
Fruta y Pan  
Fruit and Bread

Miercoles-Wednesday

8

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

15 Espaguettis INTEGRALES a la Carbonara con Bacon Crujiente  
Carbonara Whole Wheat Spaguettis  
Abadejo con Aceite de Ajo y Perejil  
Fish with Garlic and Parsley Oil  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

22 Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Lomo de Sajonia en Salsa de Zanahoria  
Saxony Pork with Carrot Sauce  
Patatas Fritas Crujientes  
Crunchy French Fries  
Fruta y Pan  
Fruit and Bread

29 Alubias Blancas con Verduras  
Stewed White Beans with Vegetables

Tortilla Francesa con Lascas de Calabacín  
Zucchini Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Jueves-Thursday

9

Espirales Tricolor con Pisto Casero  
Pasta with Ratatouille  
Fogonero al Horno con Perejil Fresco  
Baked Fish with Fresh Parsley  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

16 Crema de Verduras de Temporada ECO  
Organic Vegetable Cream  
Burritos Vegetales con Arroz y Verduras  
Veggie Burrito with Rice  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

23 Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Duelos y Quebrantos de Bacon  
Scrambled Eggs with Bacon  
Ensalada Variada  
Mixed Salad  
Queso Fresco y Pan  
Cheese and Bread

30 Coditos a la Napolitana con Tomate Casero  
Pasta with Homemade Tomato Sauce

Pollo Asado al Limón  
Roasted Chicken with Lemon  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Viernes-Friday

10

Alubias Blancas a la Jardinera  
Stewed White Beans with Vegetables  
Paella Hortelana  
Rice with Vegetables  
Yogur y Pan  
Yogurt and Bread

17 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Salmón Enharinado (Harina de Maíz)  
Gluten-Free Floured Salmon  
Tomate Aliñado con Orégano  
Seasoned Tomato  
Yogur y Pan  
Yogurt and Bread

24 Arroz a la Milanese con Queso Rallado  
Milanese Rice  
Merluza a la Riojana  
Hake with Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread



Lunes-Monday

6



**Festivo-Holiday**

- 13 Arroz con Tomate Casero y Salchichas de Pavo  
Rice with Tomato Sauce and Sausages  
Huevos Rellenos  
Stuffed Eggs with Tuna  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
- 20 Macarrones a la Boloñesa  
Pasta with Bolognese Sauce  
Lomitos de Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

- 27 Judías Verdes con Sofrito de Tomate Casero  
Green Beans with Homemade Tomato Sauce  
Albóndigas de Ternera a la Jardinera  
Veal Meatballs with Vegetables  
Dados de Patata  
Diced Potatoes  
Fruta y Pan  
Fruit and Bread

Martes-Tuesday

7

- Brócoli con Patatas  
Sautéed Broccoli with Potatoes  
Huevos Villaroy  
Villaroy Eggs  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

- 14 Lentejas Guisadas con Verduras de Temporada  
Stewed Lentils with Vegetables  
Muslitos de Pollo Asados en su Jugo  
Roasted Chicken Drumsticks  
Cous Cous al Romero  
Cous Cous with Rosemary  
Fruta y Pan  
Fruit and Bread

- 21 Sopa de Estrellitas  
Star Soup  
Cocido Vegetal  
Chickpeas with Vegetables  
Repollo con Ajo Rehogado  
Cabbage  
Fruta y Pan  
Fruit and Bread

- 28 Arroz Salteado al Estilo Tailandés  
Rice with Vegetables and Soy Sauce

- Merluza en Salsa Verde  
Hake with Green Sauce  
Guisantes Rehogados  
Sautéed Green Peas  
Fruta y Pan  
Fruit and Bread

Miercoles-Wednesday

8

- Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo con Ajo Rehogado  
Cabbage  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

- 15 Espaguetis INTEGRALES a la Carbonara con Bacon Crujiente  
Carbonara Whole Wheat Spaguetis  
Abadejo con Aceite de Ajo y Perejil  
Fish with Garlic and Parsley Oil  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

- 22 Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Lomo de Sajonia en Salsa de Zanahoria  
Saxony Pork with Carrot Sauce  
Patatas Fritas Crujientes  
Crunchy French Fries  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

- 29 Alubias Blancas con Verduras  
Stewed White Beans with Vegetables

- Tortilla Francesa con Lascas de Calabacín  
Zucchini Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

Jueves-Thursday

9

- Espirales Tricolor con Pisto Casero  
Pasta with Ratatouille  
Fogonero al Horno con Perejil Fresco  
Baked Fish with Fresh Parsley  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

- 16 Crema de Verduras de Temporada ECO  
Organic Vegetable Cream  
Burritos Vegetales con Arroz y Verduras  
Veggie Burrito with Rice  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

- 23 Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Duelos y Quebrantos de Bacon  
Scrambled Eggs with Bacon  
Ensalada Variada  
Mixed Salad  
Queso Fresco y Pan  
Cheese and Bread

- 30 Coditos a la Napolitana con Tomate Casero  
Pasta with Homemade Tomato Sauce

- Pollo Asado al Limón  
Roasted Chicken with Lemon  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Viernes-Friday

10

- Alubias Blancas a la Jardinera  
Stewed White Beans with Vegetables  
Paella Hortelana  
Rice with Vegetables  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

- 17 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Nuggets Caseros de Salmón  
Homemade Salmon Nuggets  
Tomate Aliñado con Orégano  
Seasoned Tomato  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

- 24 Arroz a la Milanese con Queso Rallado  
Milanese Rice  
Merluza a la Riojana  
Hake with Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread



Lunes-Monday

6



**Festivo-Holiday**

13 Arroz con Tomate Casero y Salchichas de Pavo  
Rice with Tomato Sauce and Sausages  
Cinta de Lomo al Horno  
Baked Loin

Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

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

27 Judías Verdes con Sofrito de Tomate Casero  
Green Beans with Homemade Tomato Sauce  
Albóndigas de Ternera a la Jardinera  
Veal Meatballs with Vegetables  
Dados de Patata  
Diced Potatoes  
Fruta y Pan  
Fruit and Bread

Martes-Tuesday

7

Brócoli con Patatas  
Sautéed Broccoli with Potatoes  
Salchichas de Pavo al Horno  
Turkey Sausages  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

14 Lentejas Guisadas con Verduras de Temporada  
Stewed Lentils with Vegetables  
Muslitos de Pollo Asados en su Jugo  
Roasted Chicken Drumsticks

Cous Cous al Romero  
Cous Cous with Rosemary  
Fruta y Pan  
Fruit and Bread

21 Sopa de Fideos S/ Gluten S/ Huevo  
Gluten- Free Noodle Soup  
Cocido Vegetal  
Chickpeas with Vegetables  
Repollo con Ajo Rehogado  
Cabagge  
Fruta y Pan  
Fruit and Bread

28 Arroz Salteado al Estilo Tailandés  
Rice with Vegetables and Soy Sauce

Merluza en Salsa Verde  
Hake with Green Sauce  
Guisantes Rehogados  
Sautéed Green Peas  
Fruta y Pan  
Fruit and Bread

Miercoles-Wednesday

8

Sopa de Cocido (Fideos S/ Gluten S/ Huevo)  
Meat Soup with Gluten Free Noodles  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo con Ajo Rehogado  
Cabagge  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

15 Pasta S/ Gluten S/ Huevo a la Carbonara  
Carbonara Gluten-Egg Free Pasta (Gluten-Free Flour)  
Abadejo con Aceite de Ajo y Perejil  
Fish with Garlic and Parsley Oil

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

22 Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Lomo de Sajonia en Salsa de Zanahoria  
Saxony Pork with Carrot Sauce  
Patatas Fritas Crujientes  
Crunchy French Fries  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

29 Alubias Blancas con Verduras  
Stewed White Beans with Vegetables

Cinta de Lomo a la Plancha  
Loin  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

Jueves-Thursday

9

Pasta S/ Gluten S/ Huevo con Pisto Casero  
Gluten Free Pasta with Ratatouille  
Fogonero al Horno con Perejil Fresco  
Baked Fish with Fresh Parsley  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

16 Crema de Verduras de Temporada ECO  
Organic Vegetable Cream  
Burritos Vegetales con Soja Texturizada  
Veggie Burrito with Soy

Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

23 Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Filete de Pollo  
Chicken Breast  
Ensalada Variada  
Mixed Salad  
Queso Fresco y Pan  
Cheese and Bread

30 Pasta S/ Gluten S/ Huevo a la Napolitana  
Gluten-Egg Free Pasta with Tomato Sauce

Pollo Asado al Limón  
Roasted Chicken with Lemon  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Viernes-Friday

10

Alubias Blancas a la Jardinera  
Stewed White Beans with Vegetables  
Paella Hortelana  
Rice with Vegetables  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

17 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables

Dados de Salmón Enharinados (Harina de Maíz)  
Gluten-Free Floured Salmon  
Tomate Aliñado con Orégano  
Seasoned Tomato  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

24 Arroz a la Milanese con Queso Rallado  
Milanese Rice  
Merluza a la Riojana  
Hake with Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat 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 RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

Lunes-Monday

6



**Festivo-Holiday**

13 Arroz con Tomate Casero y Salchichas de Pavo  
Rice with Tomato Sauce and Sausages  
Huevos Rellenos  
Stuffed Eggs with Tuna

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

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

27 Judías Verdes con Sofrito de Tomate Casero  
Green Beans with Homemade Tomato Sauce  
Albóndigas de Ternera (sin Gluten) en Salsa  
Gluten-Free Veal Meatballs in Sauce  
Dados de Patata  
Diced Potatoes  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

Martes-Tuesday

7

Brócoli con Patatas  
Sautéed Broccoli with Potatoes  
Tortilla Francesa con York  
Ham French Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

14 Garbanzos Estofados con Verduras de Temporada  
Stewed Chickpeas with Vegetables  
Muslitos de Pollo Asados en su Jugo  
Roasted Chicken Drumsticks

Patata Cocida  
Boiled Potatoes  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

21 Sopa de Fideos S/Gluten S/Huevo  
Gluten-Free Noodle Soup  
Cocido Vegetal  
Chickpeas with Vegetables  
Repollo con Ajo Rehogado  
Cabbage  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

28 Arroz con Verduras  
Rice with Vegetables

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

Miercoles-Wednesday

8

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

15 Pasta S/Gluten S/Huevo a la Carbonara  
Carbonara Gluten-Egg Free Pasta (Gluten-Free Flour)  
Abadejo con Aceite de Ajo y Perejil  
Fish with Garlic and Parsley Oil

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

22 Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Lomo de Sajonia en Salsa de Zanahoria  
Saxony Pork with Carrot Sauce  
Patatas Fritas Crujientes  
Crunchy French Fries  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

29 Alubias Blancas con Verduras  
Stewed White Beans with Vegetables

Tortilla Francesa con Lascas de Calabacín  
Zucchini Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

Jueves-Thursday

9

Pasta S/Gluten S/Huevo con Pisto Casero  
Gluten Free Pasta with Ratatouille  
Fogonero al Horno con Perejil Fresco  
Baked Fish with Fresh Parsley  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

16 Crema de Verduras de Temporada ECO  
Organic Vegetable Cream

Tacos de Maíz con Verduras y Arroz (sin Soja)  
Gluten-Free Tacos with Rice and Vegetables (without Soy)  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

23 Alubias Blancas con Verduras  
Stewed White Beans with Vegetables  
Duelos y Quebrantos de Bacon  
Scrambled Eggs with Bacon  
Ensalada Variada  
Mixed Salad  
Queso Fresco y Pan S/Gluten  
Cheese and Gluten-Free Bread

30 Pasta S/Gluten S/Huevo a la Napolitana  
Gluten-Egg Free Pasta with Tomato Sauce

Pollo Asado al Limón  
Roasted Chicken with Lemon  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

Viernes-Friday

10

Alubias Blancas a la Jardinera  
Stewed White Beans with Vegetables  
Paella Hortelana  
Rice with Vegetables

Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread

17 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables

Dados de Salmón Enharinados (Harina de Maíz)  
Gluten-Free Floured Salmon

Tomate Aliñado con Orégano  
Seasoned Tomato  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread

24 Arroz a la Milanese con Queso Rallado  
Milanese Rice  
Merluza a la Riojana  
Hake with Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

Lunes-Monday

6



**Festivo-  
Holiday**

13 Arroz con Tomate Casero y Salchichas de Pavo  
Rice with Tomato Sauce and Sausages  
Huevos Rellenos  
Stuffed Eggs with Tuna

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

20 Pasta S/Gluten S/Huevo a la Boloñesa  
Gluten Free Pasta with Bolognese  
Lomitos de Caballa en Aceite  
Mackerel in Oil

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

27 Crema de Verduras de Temporada  
Vegetable Cream  
Albóndigas de Ternera (sin Gluten) en Salsa  
Gluten-Free Veal Meatballs in Sauce  
Dados de Patata  
Diced Potatoes  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

Martes-Tuesday

7

Brócoli con Patatas  
Sautéed Broccoli with Potatoes  
Tortilla Francesa con York  
Ham French Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

14 Garbanzos Estofados con Verduras de Temporada  
Stewed Chickpeas with Vegetables  
Muslitos de Pollo Asados en su Jugo  
Roasted Chicken Drumsticks

Patata Cocida  
Boiled Potatoes  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

21 Sopa de Fideos S/Gluten S/Huevo  
Gluten- Free Noodle Soup  
Cocido Vegetal (sin Judías Verdes)  
Chickpeas with Vegetables (without Green Beans)  
Repollo con Ajo Rehogado  
Cabagge  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread



28 Arroz con Verduras  
Rice with Vegetables  
Merluza en Salsa Verde  
Hake with Green Sauce  
Guisantes Rehogados  
Sautéed Green Peas  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

Miercoles-Wednesday

8

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

15 Pasta S/Gluten S/Huevo a la Carbonara  
Carbonara Gluten-Egg Free Pasta (Gluten-Free Flour)  
Abadejo con Aceite de Ajo y Perejil  
Fish with Garlic and Parsley Oil

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

22 Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Lomo de Sajonia en Salsa de Zanahoria  
Saxony Pork with Carrot Sauce

Patatas Fritas Crujientes  
Crunchy French Fries  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

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

Jueves-Thursday

9

Pasta S/Gluten S/Huevo con Pisto Casero  
Gluten Free Pasta with Ratatouille  
Fogonero al Horno con Perejil Fresco  
Baked Fish with Fresh Parsley  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

16 Crema de Verduras de Temporada ECO  
Organic Vegetable Cream

Tacos de Maíz con Verduras y Arroz (sin Soja)  
Gluten-Free Tacos with Rice and Vegetables (without Soy)  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread



23 Alubias Blancas con Verduras  
Stewed White Beans with Vegetables  
Duelos y Quebrantos de Bacon  
Scrambled Eggs with Bacon

Ensalada Variada  
Mixed Salad  
Queso Fresco y Pan S/Gluten  
Cheese and Gluten-Free Bread

30 Pasta S/Gluten S/Huevo a la Napolitana  
Gluten-Egg Free Pasta with Tomato Sauce  
Pollo Asado al Limón  
Roasted Chicken with Lemon  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

Viernes-Friday

10

Alubias Blancas a la Jardinera  
Stewed White Beans with Vegetables  
Paella Hortelana  
Rice with Vegetables

Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread



17 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables

Dados de Salmón Enharinados (Harina de Maíz)  
Gluten-Free Floured Salmon

Tomate Aliñado con Orégano  
Seasoned Tomato  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread

24 Arroz a la Milanese con Queso Rallado  
Milanese Rice  
Merluza a la Riojana  
Hake with Tomato Sauce

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

Lunes-Monday

6



**Festivo-Holiday**

13 Arroz con Tomate Casero y Salchichas de Pavo  
Rice with Tomato Sauce and Sausages  
Cinta de Lomo al Horno  
Baked Loin

Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

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

27 Judías Verdes con Sofrito de Tomate Casero  
Green Beans with Homemade Tomato Sauce  
Albóndigas de Ternera a la Jardinera  
Veal Meatballs with Vegetables  
Dados de Patata  
Diced Potatoes  
Fruta y Pan  
Fruit and Bread

Martes-Tuesday

7

Brócoli con Patatas  
Sautéed Broccoli with Potatoes  
Salchichas de Pavo al Horno  
Turkey Sausages  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

14 Lentejas Guisadas con Verduras de Temporada  
Stewed Lentils with Vegetables  
Muslitos de Pollo Asados en su Jugo  
Roasted Chicken Drumsticks

Cous Cous al Romero  
Cous Cous with Rosemary  
Fruta y Pan  
Fruit and Bread

21 Sopa de Fideos S/ Gluten S/ Huevo  
Gluten- Free Noodle Soup  
Cocido Vegetal  
Chickpeas with Vegetables  
Rapollo con Ajo Rehogado  
Cabagge  
Fruta y Pan  
Fruit and Bread

28 Arroz Salteado al Estilo Tailandés  
Rice with Vegetables and Soy Sauce

Merluza en Salsa Verde  
Hake with Green Sauce  
Guisantes Rehogados  
Sautéed Green Peas  
Fruta y Pan  
Fruit and Bread

Miercoles-Wednesday

8

Sopa de Cocido (Fideos S/ Gluten S/ Huevo)  
Meat Soup with Gluten Free Noodles  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Rapollo con Ajo Rehogado  
Cabagge  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

15 Pasta S/ Gluten S/ Huevo a la Carbonara  
Carbonara Gluten-Egg Free Pasta (Gluten-Free Flour)  
Abadejo con Aceite de Ajo y Perejil  
Fish with Garlic and Parsley Oil

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

22 Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Lomo de Sajonia en Salsa de Zanahoria  
Saxony Pork with Carrot Sauce  
Patatas Fritas Crujientes  
Crunchy French Fries  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

29 Alubias Blancas con Verduras  
Stewed White Beans with Vegetables

Cinta de Lomo a la Plancha  
Loin  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

Jueves-Thursday

9

Pasta S/ Gluten S/ Huevo con Pisto Casero  
Gluten Free Pasta with Ratatouille  
Fogonero al Horno con Perejil Fresco  
Baked Fish with Fresh Parsley  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

16 Crema de Verduras de Temporada ECO  
Organic Vegetable Cream  
Burritos Vegetales con Soja Texturizada  
Veggie Burrito with Soy

Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

23 Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Filete de Pollo  
Chicken Breast  
Ensalada Variada  
Mixed Salad  
Queso Fresco y Pan  
Cheese and Bread

30 Pasta S/ Gluten S/ Huevo a la Napolitana  
Gluten-Egg Free Pasta with Tomato Sauce

Pollo Asado al Limón  
Roasted Chicken with Lemon  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Viernes-Friday

10

Alubias Blancas a la Jardinera  
Stewed White Beans with Vegetables  
Paella Hortelana  
Rice with Vegetables  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

17 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables

Dados de Salmón Enharinados (Harina de Maíz)  
Gluten-Free Floured Salmon  
Tomate Aliñado con Orégano  
Seasoned Tomato  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

24 Arroz a la Milanese con Queso Rallado  
Milanese Rice  
Merluza a la Riojana  
Hake with Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat 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 RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

Lunes-Monday

6



**Festivo-Holiday**

- 13 Arroz con Tomate Casero y Salchichas de Pavo  
Rice with Tomato Sauce and Sausages  
Cinta de Lomo al Horno  
Baked Loin  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread
- 20 Macarrones a la Boloñesa  
Pasta with Bolognese Sauce  
Lomitos de Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

- 27 Judías Verdes con Sofrito de Tomate Casero  
Green Beans with Homemade Tomato Sauce  
Albóndigas de Ternera a la Jardinera  
Veal Meatballs with Vegetables  
Dados de Patata  
Diced Potatoes  
Fruta y Pan  
Fruit and Bread

Martes-Tuesday

7

- Brócoli con Patatas  
Sautéed Broccoli with Potatoes  
Salchichas de Pavo al Horno  
Turkey Sausages  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

- 14 Lentejas Guisadas con Verduras de Temporada  
Stewed Lentils with Vegetables  
Muslitos de Pollo Asados en su Jugo  
Roasted Chicken Drumsticks  
Cous Cous al Romero  
Cous Cous with Rosemary  
Fruta y Pan  
Fruit and Bread

- 21 Sopa de Estrellitas  
Star Soup  
Cocido Vegetal  
Chickpeas with Vegetables  
Repollo con Ajo Rehogado  
Cabbage  
Fruta y Pan  
Fruit and Bread

- 28 Arroz Salteado al Estilo Tailandés  
Rice with Vegetables and Soy Sauce

- Merluza en Salsa Verde  
Hake with Green Sauce  
Guisantes Rehogados  
Sautéed Green Peas  
Fruta y Pan  
Fruit and Bread

Miercoles-Wednesday

8

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

- 15 Espaguetis INTEGRALES a la Carbonara con Bacon Crujiente  
Carbonara Whole Wheat Spaguetis  
Abadejo con Aceite de Ajo y Perejil  
Fish with Garlic and Parsley Oil  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

- 22 Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Lomo de Sajonia en Salsa de Zanahoria  
Saxony Pork with Carrot Sauce  
Patatas Fritas Crujientes  
Crunchy French Fries  
Fruta y Pan  
Fruit and Bread

- 29 Alubias Blancas con Verduras  
Stewed White Beans with Vegetables

- Cinta de Lomo a la Plancha  
Loin  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Jueves-Thursday

9

- Espirales Tricolor con Pisto Casero  
Pasta with Ratatouille  
Fogonero al Horno con Perejil Fresco  
Baked Fish with Fresh Parsley  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

- 16 Crema de Verduras de Temporada ECO  
Organic Vegetable Cream  
Burritos Vegetales con Arroz y Verduras  
Veggie Burrito with Rice  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

- 23 Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Filete de Pollo  
Chicken Breast  
Ensalada Variada  
Mixed Salad  
Queso Fresco y Pan  
Cheese and Bread

- 30 Coditos a la Napolitana con Tomate Casero  
Pasta with Homemade Tomato Sauce

- Pollo Asado al Limón  
Roasted Chicken with Lemon  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Viernes-Friday

10

- Alubias Blancas a la Jardinera  
Stewed White Beans with Vegetables  
Paella Hortelana  
Rice with Vegetables  
Yogur y Pan  
Yogurt and Bread

- 17 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Salmón Enharinado (Harina de Maíz)  
Gluten-Free Floured Salmon  
Tomate Aliñado con Orégano  
Seasoned Tomato  
Yogur y Pan  
Yogurt and Bread

- 24 Arroz a la Milanese con Queso Rallado  
Milanese Rice  
Merluza a la Riojana  
Hake with Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread



Lunes-Monday

6



**Festivo-Holiday**

13 Arroz con Tomate Casero y Salchichas de Pavo  
Rice with Tomato Sauce and Sausages

Huevos Rellenos  
Stuffed Eggs with Tuna  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

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

27 Judías Verdes con Sofrito de Tomate Casero  
Green Beans with Homemade Tomato Sauce  
Albóndigas de Ternera a la Jardinera  
Veal Meatballs with Vegetables  
Dados de Patata  
Diced Potatoes  
Fruta y Pan  
Fruit and Bread

Martes-Tuesday

7

Brócoli con Patatas  
Sautéed Broccoli with Potatoes  
Tortilla Francesa con York  
Ham French Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

14 Lentejas Guisadas con Verduras de Temporada  
Stewed Lentils with Vegetables

Muslitos de Pollo Asados en su Jugo  
Roasted Chicken Drumsticks  
Cous Cous al Romero  
Cous Cous with Rosemary  
Fruta y Pan  
Fruit and Bread

21 Sopa de Estrellitas  
Star Soup  
Cocido Vegetal  
Chickpeas with Vegetables  
Repollo con Ajo Rehogado  
Cabagge  
Fruta y Pan  
Fruit and Bread

28 Arroz Salteado al Estilo Tailandés  
Rice with Vegetables and Soy Sauce

Merluza en Salsa Verde  
Hake with Green Sauce  
Guisantes Rehogados  
Sautéed Green Peas  
Fruta y Pan  
Fruit and Bread

Miercoles-Wednesday

8

Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo con Ajo Rehogado  
Cabagge  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

15 Espaguetis INTEGRALES con Tomate Casero  
Whole Wheat Spaguetis with Homemade Tomato Sauce  
Abadejo con Aceite de Ajo y Perejil  
Fish with Garlic and Parsley Oil  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

22 Crema de Calabacín  
Zucchini Cream  
Lomo Asado en Salsa de Zanahoria  
Baked Loin with Carrot Sauce  
Patatas Fritas Crujientes  
Crunchy French Fries  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

29 Alubias Blancas con Verduras  
Stewed White Beans with Vegetables

Tortilla Francesa con Lascas de Calabacín  
Zucchini Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

Jueves-Thursday

9

Espirales Tricolor con Pisto Casero  
Pasta with Ratatouille  
Fogonero al Horno con Perejil Fresco  
Baked Fish with Fresh Parsley  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

16 Crema de Verduras de Temporada ECO  
Organic Vegetable Cream

Burritos Vegetales con Soja Texturizada  
Veggie Burrito with Soy  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

23 Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Duelos y Quebrantos de Bacon  
Scrambled Eggs with Bacon  
Ensalada Variada  
Mixed Salad  
Yogur de Soja y Pan  
Soy Yogurt and Bread

30 Coditos a la Napolitana con Tomate Casero  
Pasta with Homemade Tomato Sauce

Pollo Asado al Limón  
Roasted Chicken with Lemon  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Viernes-Friday

10

Alubias Blancas a la Jardinera  
Stewed White Beans with Vegetables  
Paella Hortelana  
Rice with Vegetables

Yogur de Soja y Pan Integral  
Soy Yogurt and Whole Wheat

17 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables

Nuggets Caseros de Salmón  
Homemade Salmon Nuggets  
Tomate Aliñado con Orégano  
Seasoned Tomato  
Yogur de Soja y Pan Integral  
Soy Yogurt and Whole Wheat Bread

24 Arroz a la Milanese (sin Queso)  
Milanese Rice (without Cheese)  
Merluza a la Riojana  
Hake with Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread



mediterránea

FRUTA VARIADA y de TEMPORADA

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

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

Lunes-Monday

6



**Festivo-Holiday**

13 Arroz con Tomate Casero y Salchichas de Pavo  
Rice with Tomato Sauce and Sausages

Huevos Rellenos  
Stuffed Eggs with Tuna

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

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

27 Judías Verdes con Sofrito de Tomate Casero  
Green Beans with Homemade Tomato Sauce  
Albóndigas de Ternera (sin Gluten) en Salsa  
Gluten-Free Veal Meatballs in Sauce  
Dados de Patata  
Diced Potatoes  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

Martes-Tuesday

7

Brócoli con Patatas  
Sautéed Broccoli with Potatoes  
Tortilla Francesa con York  
Ham French Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

14 Garbanzos Estofados con Verduras de Temporada  
Stewed Chickpeas with Vegetables

Muslitos de Pollo Asados en su Jugo  
Roasted Chicken Drumsticks

Patata Cocida  
Boiled Potatoes  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

21 Sopa de Fideos S/Gluten S/Huevo  
Gluten- Free Noodle Soup  
Cocido Vegetal  
Chickpeas with Vegetables  
Repollo con Ajo Rehogado  
Cabagge  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

28 Arroz con Verduras  
Rice with Vegetables

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

Miercoles-Wednesday

8

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

15 Pasta S/Gluten S/Huevo con Tomate Casero  
Gluten/Egg-Free Pasta with Homemade Tomato Sauce  
Abadejo con Aceite de Ajo y Perejil  
Fish with Garlic and Parsley Oil

Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread  
22 Crema de Calabacín  
Zucchini Cream  
Lomo Asado en Salsa de Zanahoria  
Baked Loin with Carrot Sauce  
Patatas Fritas Crujientes  
Crunchy French Fries  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

29 Alubias Blancas con Verduras  
Stewed White Beans with Vegetables

Tortilla Francesa con Lascas de Calabacín  
Zucchini Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

Jueves-Thursday

9

Pasta S/Gluten S/Huevo con Pisto Casero  
Gluten Free Pasta with Ratatouille  
Fogonero al Horno con Perejil Fresco  
Baked Fish with Fresh Parsley  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

16 Crema de Verduras de Temporada ECO  
Organic Vegetable Cream

Tacos de Maíz con Verduras y Arroz (sin Soja)  
Gluten-Free Tacos with Rice and Vegetables (without Soy)  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

23 Alubias Blancas con Verduras  
Stewed White Beans with Vegetables  
Duelos y Quebrantos de Bacon  
Scrambled Eggs with Bacon  
Ensalada Variada  
Mixed Salad  
Yogur de Soja y Pan S/Gluten  
Soy Yogurt and Gluten-Free Bread

30 Pasta S/Gluten S/Huevo a la Napolitana  
Gluten-Egg Free Pasta with Tomato Sauce

Pollo Asado al Limón  
Roasted Chicken with Lemon  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

Viernes-Friday

10

Alubias Blancas a la Jardinera  
Stewed White Beans with Vegetables  
Paella Hortelana  
Rice with Vegetables

Yogur de Soja y Pan S/Gluten  
Soy Yogurt and Gluten-Free Bread

17 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables

Dados de Salmón Enharinados (Harina de Maíz)  
Gluten-Free Floured Salmon

Tomate Aliñado con Orégano  
Seasoned Tomato  
Yogur de Soja y Pan S/Gluten  
Soy Yogurt and Gluten-Free Bread  
24 Arroz a la Milanese (sin Queso)  
Milanese Rice (without Cheese)  
Merluza a la Riojana  
Hake with Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread



Lunes-Monday

6



**Festivo-Holiday**

13 Arroz con Tomate Casero y Salchichas de Pavo  
Rice with Tomato Sauce and Sausages  
Tortilla Francesa  
Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

20 Macarrones a la Boloñesa  
Pasta with Bolognese Sauce  
Tortilla Francesa con Champiñones  
Homemade Omelette with Mushrooms  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

27 Judías Verdes con Sofrito de Tomate Casero  
Green Beans with Homemade Tomato Sauce  
Albóndigas de Ternera a la Jardinera  
Veal Meatballs with Vegetables  
Dados de Patata  
Diced Potatoes  
Fruta y Pan  
Fruit and Bread

Martes-Tuesday

7

Brócoli con Patatas  
Sautéed Broccoli with Potatoes  
Tortilla Francesa con York  
Ham French Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

14 Lentejas Guisadas con Verduras de Temporada  
Stewed Lentils with Vegetables  
Muslitos de Pollo Asados en su Jugo  
Roasted Chicken Drumsticks  
Cous Cous al Romero  
Cous Cous with Rosemary  
Fruta y Pan  
Fruit and Bread

21 Sopa de Estrellitas  
Star Soup  
Cocido Vegetal  
Chickpeas with Vegetables  
Rapollo con Ajo Rehogado  
Cabbage  
Fruta y Pan  
Fruit and Bread

28 Arroz Salteado al Estilo Tailandés  
Rice with Vegetables and Soy Sauce

Cinta de Lomo al Horno  
Baked Loin  
Guisantes Rehogados  
Sautéed Green Peas  
Fruta y Pan  
Fruit and Bread

Miercoles-Wednesday

8

Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Rapollo con Ajo Rehogado  
Cabbage  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

15 Espaguetis INTEGRALES a la Carbonara con Bacon Crujiente  
Carbonara Whole Wheat Spaguetis  
Cinta de Lomo a la Plancha  
Loin  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

22 Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Lomo de Sajonia en Salsa de Zanahoria  
Saxony Pork with Carrot Sauce  
Patatas Fritas Crujientes  
Crunchy French Fries  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

29 Alubias Blancas con Verduras  
Stewed White Beans with Vegetables

Tortilla Francesa con Lascas de Calabacín  
Zucchini Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

Jueves-Thursday

9

Espirales Tricolor con Pisto Casero  
Pasta with Ratatouille  
Filete de Pollo  
Chicken Breast  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

16 Crema de Verduras de Temporada ECO  
Organic Vegetable Cream  
Burritos Vegetales con Soja Texturizada  
Veggie Burrito with Soy  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

23 Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Duelos y Quebrantos de Bacon  
Scrambled Eggs with Bacon  
Ensalada Variada  
Mixed Salad  
Queso Fresco y Pan  
Cheese and Bread

30 Coditos a la Napolitana con Tomate Casero  
Pasta with Homemade Tomato Sauce

Pollo Asado al Limón  
Roasted Chicken with Lemon  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Viernes-Friday

10

Alubias Blancas a la Jardinera  
Stewed White Beans with Vegetables  
Paella Hortelana  
Rice with Vegetables  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

17 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Salchichas de Pavo al Horno  
Turkey Sausages  
Tomate Aliñado con Orégano  
Seasoned Tomato  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

24 Arroz a la Milanese con Queso Rallado  
Milanese Rice  
Filete de Pollo  
Chicken Breast  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat 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

6



**Festivo-Holiday**

13 Arroz con Tomate Casero y Salchichas de Pavo  
Rice with Tomato Sauce and Sausages  
Huevos Rellenos  
Stuffed Eggs with Tuna  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

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

27 Judías Verdes con Sofrito de Tomate Casero  
Green Beans with Homemade Tomato Sauce  
Albóndigas de Ternera a la Jardinera  
Veal Meatballs with Vegetables  
Dados de Patata  
Diced Potatoes  
Fruta y Pan  
Fruit and Bread

Martes-Tuesday

7

Brócoli con Patatas  
Sautéed Broccoli with Potatoes  
Tortilla Francesa con York  
Ham French Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

14 Lentejas Guisadas con Verduras de Temporada  
Stewed Lentils with Vegetables  
Muslitos de Pollo Asados en su Jugo  
Roasted Chicken Drumsticks  
Cous Cous al Romero  
Cous Cous with Rosemary  
Fruta y Pan  
Fruit and Bread

21 Sopa de Estrellitas  
Star Soup  
Cocido Vegetal  
Chickpeas with Vegetables  
Repollo con Ajo Rehogado  
Cabbage  
Fruta y Pan  
Fruit and Bread

28 Arroz Salteado al Estilo Tailandés  
Rice with Vegetables and Soy Sauce

Cinta de Lomo al Horno  
Baked Loin  
Guisantes Rehogados  
Sautéed Green Peas  
Fruta y Pan  
Fruit and Bread

Miercoles-Wednesday

8

Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo con Ajo Rehogado  
Cabbage  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

15 Espaguetis INTEGRALES a la Carbonara con Bacon Crujiente  
Carbonara Whole Wheat Spaguetis  
Cinta de Lomo a la Plancha  
Loin  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

22 Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Lomo de Sajonia en Salsa de Zanahoria  
Saxony Pork with Carrot Sauce  
Patatas Fritas Crujientes  
Crunchy French Fries  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

29 Alubias Blancas con Verduras  
Stewed White Beans with Vegetables

Tortilla Francesa con Lascas de Calabacín  
Zucchini Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

Jueves-Thursday

9

Espirales Tricolor con Pisto Casero  
Pasta with Ratatouille  
Filete de Pollo  
Chicken Breast  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

16 Crema de Verduras de Temporada ECO  
Organic Vegetable Cream  
Burritos Vegetales con Soja Texturizada  
Veggie Burrito with Soy  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

23 Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Duelos y Quebrantos de Bacon  
Scrambled Eggs with Bacon  
Ensalada Variada  
Mixed Salad  
Queso Fresco y Pan  
Cheese and Bread

30 Coditos a la Napolitana con Tomate Casero  
Pasta with Homemade Tomato Sauce

Pollo Asado al Limón  
Roasted Chicken with Lemon  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Viernes-Friday

10

Alubias Blancas a la Jardinera  
Stewed White Beans with Vegetables  
Paella Hortelana  
Rice with Vegetables  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

17 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Salchichas de Pavo al Horno  
Turkey Sausages  
Tomate Aliñado con Orégano  
Seasoned Tomato  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

24 Arroz a la Milanese con Queso Rallado  
Milanese Rice  
Filete de Pollo  
Chicken Breast  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat 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 RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

**Lunes-Monday**

6



**Festivo-Holiday**

13 Arroz con Tomate Casero y Salchichas de Pavo  
Rice with Tomato Sauce and Sausages  
Huevos Rellenos  
Stuffed Eggs with Tuna  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

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

27 Judías Verdes con Sofrito de Tomate Casero  
Green Beans with Homemade Tomato Sauce  
Albóndigas de Ternera a la Jardinera  
Veal Meatballs with Vegetables  
Dados de Patata  
Diced Potatoes  
Fruta y Pan  
Fruit and Bread

**Martes-Tuesday**

7

Brócoli con Patatas  
Sautéed Broccoli with Potatoes  
Huevos Villaroy  
Villaroy Eggs  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

14 Garbanzos Estofados con Verduras de Temporada  
Stewed Chickpeas with Vegetables  
Muslitos de Pollo Asados en su Jugo  
Roasted Chicken Drumsticks  
Cous Cous al Romero  
Cous Cous with Rosemary  
Fruta y Pan  
Fruit and Bread

21 Sopa de Estrellitas  
Star Soup  
Cocido Vegetal  
Chickpeas with Vegetables  
Repollo con Ajo Rehogado  
Cabagge  
Fruta y Pan  
Fruit and Bread

28 Arroz Salteado al Estilo Tailandés  
Rice with Vegetables and Soy Sauce

Merluza en Salsa Verde  
Hake with Green Sauce  
Guisantes Rehogados  
Sautéed Green Peas  
Fruta y Pan  
Fruit and Bread

**Miercoles-Wednesday**

8

Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo con Ajo Rehogado  
Cabagge  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

15 Espaguettis INTEGRALES a la Carbonara con Bacon Crujiente  
Carbonara Whole Wheat Spaguettis  
Abadejo con Aceite de Ajo y Perejil  
Fish with Garlic and Parsley Oil  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

22 Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Lomo de Sajonia en Salsa de Zanahoria  
Saxony Pork with Carrot Sauce  
Patatas Fritas Crujientes  
Crunchy French Fries  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

29 Alubias Blancas con Verduras  
Stewed White Beans with Vegetables

Tortilla Francesa con Lascas de Calabacín  
Zucchini Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

**Jueves-Thursday**

9

Espirales Tricolor con Pisto Casero  
Pasta with Ratatouille  
Fogonero al Horno con Perejil Fresco  
Baked Fish with Fresh Parsley  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

16 Crema de Verduras de Temporada ECO  
Organic Vegetable Cream  
Burritos Vegetales con Soja Texturizada  
Veggie Burrito with Soy  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

23 Alubias Blancas con Verduras  
Stewed White Beans with Vegetables  
Duelos y Quebrantos de Bacon  
Scrambled Eggs with Bacon  
Ensalada Variada  
Mixed Salad  
Queso Fresco y Pan  
Cheese and Bread

30 Coditos a la Napolitana con Tomate Casero  
Pasta with Homemade Tomato Sauce

Pollo Asado al Limón  
Roasted Chicken with Lemon  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

**Viernes-Friday**

10

Alubias Blancas a la Jardinera  
Stewed White Beans with Vegetables  
Paella Hortelana  
Rice with Vegetables  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

17 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Nuggets Caseros de Salmón  
Homemade Salmon Nuggets  
Tomate Aliñado con Orégano  
Seasoned Tomato  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

24 Arroz a la Milanese con Queso Rallado  
Milanese Rice  
Merluza a la Riojana  
Hake with Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat 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 RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

**Lunes-Monday**

6



**Festivo-Holiday**

13 Arroz con Tomate Casero y Salchichas de Pavo  
Rice with Tomato Sauce and Sausages  
Huevos Rellenos  
Stuffed Eggs with Tuna  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

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

27 Judías Verdes con Sofrito de Tomate Casero  
Green Beans with Homemade Tomato Sauce  
Albóndigas de Ternera a la Jardinera  
Veal Meatballs with Vegetables  
Dados de Patata  
Diced Potatoes  
Fruta y Pan  
Fruit and Bread

**Martes-Tuesday**

7

Brócoli con Patatas  
Sautéed Broccoli with Potatoes  
Huevos Villaroy  
Villaroy Eggs  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

14 Lentejas Guisadas con Verduras de Temporada  
Stewed Lentils with Vegetables  
Muslitos de Pollo Asados en su Jugo  
Roasted Chicken Drumsticks  
Cous Cous al Romero  
Cous Cous with Rosemary  
Fruta y Pan  
Fruit and Bread

21 Sopa de Estrellitas  
Star Soup  
Cocido Vegetal  
Chickpeas with Vegetables  
Repollo con Ajo Rehogado  
Cabagge  
Fruta y Pan  
Fruit and Bread

28 Arroz Salteado al Estilo Tailandés  
Rice with Vegetables and Soy Sauce

Merluza en Salsa Verde  
Hake with Green Sauce  
Guisantes Rehogados  
Sautéed Green Peas  
Fruta y Pan  
Fruit and Bread

**Miercoles-Wednesday**

8

Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo con Ajo Rehogado  
Cabagge  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

15 Espaguettis INTEGRALES a la Carbonara con Bacon Crujiente  
Carbonara Whole Wheat Spaguettis  
Abadejo con Aceite de Ajo y Perejil  
Fish with Garlic and Parsley Oil  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

22 Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Lomo de Sajonia en Salsa de Zanahoria  
Saxony Pork with Carrot Sauce  
Patatas Fritas Crujientes  
Crunchy French Fries  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

29 Alubias Blancas con Verduras  
Stewed White Beans with Vegetables

Tortilla Francesa con Lascas de Calabacín  
Zucchini Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

**Jueves-Thursday**

9

Espirales Tricolor con Pisto Casero  
Pasta with Ratatouille  
Fogonero al Horno con Perejil Fresco  
Baked Fish with Fresh Parsley  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

16 Crema de Verduras de Temporada ECO  
Organic Vegetable Cream  
Burritos Vegetales con Soja Texturizada  
Veggie Burrito with Soy  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

23 Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Duelos y Quebrantos de Bacon  
Scrambled Eggs with Bacon  
Ensalada Variada  
Mixed Salad  
Queso Fresco y Pan  
Cheese and Bread

30 Coditos a la Napolitana con Tomate Casero  
Pasta with Homemade Tomato Sauce

Pollo Asado al Limón  
Roasted Chicken with Lemon  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

**Viernes-Friday**

10

Alubias Blancas a la Jardinera  
Stewed White Beans with Vegetables  
Paella Hortelana  
Rice with Vegetables  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

17 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Nuggets Caseros de Salmón  
Homemade Salmon Nuggets  
Tomate Aliñado con Orégano  
Seasoned Tomato  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

24 Arroz a la Milanese con Queso Rallado  
Milanese Rice  
Merluza a la Riojana  
Hake with Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread



mediterránea

FRUTA VARIADA y de TEMPORADA

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

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

Lunes-Monday

6



**Festivo-Holiday**

13 Arroz con Salchichas (sin Tomate)  
Rice Sauce with Sausages (without tomato)

Huevos Rellenos (Sin Tomate Frito)  
Stuffed Eggs with Tuna (without Tomato)

Ensalada Variada (sin Tomate)  
Mixed Salad (without Tomato)  
Fruta y Pan  
Fruit and Bread

20 Macarrones a la Boloñesa (sin Tomate)  
Bolognese Pasta (without Tomato)

Lomitos de Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada (sin Tomate)  
Mixed Salad (without Tomato)  
Fruta y Pan  
Fruit and Bread

27 Judías Verdes Rehogadas con Ajito  
Sautéed Green Beans with Garlic

Albóndigas de Ternera a la Jardinera (sin Tomate)  
Veal Meatballs with Vegetables (without Tomato Sauce)  
Dados de Patata  
Diced Potatoes  
Fruta y Pan  
Fruit and Bread

Martes-Tuesday

7

Brócoli con Patatas  
Sautéed Broccoli with Potatoes

Huevos Villaroy  
Villaroy Eggs  
Ensalada Variada (sin Tomate)  
Mixed Salad (without Tomato)  
Fruta y Pan  
Fruit and Bread

14 Lentejas Guisadas (Sin Tomate)  
Stewed Lentils (without Tomato)

Muslitos de Pollo Asados en su Jugo  
Roasted Chicken Drumsticks

Cous Cous al Romero  
Cous Cous with Rosemary  
Fruta y Pan  
Fruit and Bread

21 Sopa de Estrellitas  
Star Soup

Cocido Vegetal  
Chickpeas with Vegetables  
Repollo con Ajo Rehogado  
Cabagge  
Fruta y Pan  
Fruit and Bread

28 Arroz Salteado al Estilo Tailandés  
Rice with Vegetables and Soy Sauce

Merluza en Salsa Verde  
Hake with Green Sauce

Guisantes Rehogados  
Sautéed Green Peas  
Fruta y Pan  
Fruit and Bread

Miercoles-Wednesday

8

Sopa de Cocido  
Meat Soup

Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo con Ajo Rehogado  
Cabagge  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

15 Espaguettis INTEGRALES a la Carbonara con Bacon Crujiente  
Carbonara Whole Wheat Spaguettis

Abadejo con Aceite de Ajo y Perejil  
Fish with Garlic and Parsley Oil

Ensalada Variada (sin Tomate)  
Mixed Salad (without Tomato)  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

22 Crema de Calabacín con Queso  
Zucchini Cream with Cheese

Lomo de Sajonia en Salsa de Zanahoria  
Saxony Pork with Carrot Sauce  
Patatas Fritas Crujientes  
Crunchy French Fries  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

29 Alubias Blancas con Verduras (Sin Tomate)  
Stewed White Beans with Vegetables without Tomato  
Tortilla Francesa con Lascas de Calabacín  
Zucchini Omelette

Ensalada Variada (sin Tomate)  
Mixed Salad (without Tomato)  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

Jueves-Thursday

9

Macarrones con Verduras (sin Tomate)  
Pasta with Vegetables (without Tomato)

Fogonero al Horno con Perejil Fresco  
Baked Fish with Fresh Parsley  
Ensalada Variada (sin Tomate)  
Mixed Salad (without Tomato)  
Fruta y Pan  
Fruit and Bread

16 Crema de Verduras de Temporada ECO  
Organic Vegetable Cream

Burritos Vegetales con Soja Texturizada (sin Tomate)  
Veggie Burrito with Soy (without Tomato)  
Ensalada Variada (sin Tomate)  
Mixed Salad (without Tomato)  
Fruta y Pan  
Fruit and Bread

23 Lentejas Estofadas con Verduras (Sin Tomate)  
Stewed Lentils with Vegetables (without Tomato)

Duelos y Quebrantos de Bacon  
Scrambled Eggs with Bacon  
Ensalada Variada (sin Tomate)  
Mixed Salad (without Tomato)  
Queso Fresco y Pan  
Cheese and Bread

30 Coditos Rehogados  
Sautéed Pasta

Pollo Asado al Limón  
Roasted Chicken with Lemon

Ensalada Variada (sin Tomate)  
Mixed Salad (without Tomato)  
Fruta y Pan  
Fruit and Bread

Viernes-Friday

10

Alubias Blancas a la Jardinera (Sin Tomate)  
Stewed White Beans with Vegetables without Tomato  
Paella Hortelana (Sin Tomate)  
Rice with Vegetables (without Tomato)

Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

17 Patatas Estofadas con Verduras (Sin Tomate)  
Stewed Potatoes with Vegetables (without Tomato)

Nuggets Caseros de Salmón  
Homemade Salmon Nuggets

Ensalada Variada (sin Tomate)  
Mixed Salad (without Tomato)  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread  
Arroz a la Milanese (Sin Tomate)  
Milanese Rice (without Tomato)

Merluza al Horno con Perejil Fresco  
Baked Hake with Fresh Parsley  
Ensalada Variada (sin Tomate)  
Mixed Salad (without Tomato)  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread



Lunes-Monday

6



**Festivo-Holiday**

13 Arroz con Tomate Casero y Salchichas de Pavo  
Rice with Tomato Sauce and Sausages

Huevos Rellenos  
Stuffed Eggs with Tuna  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

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

27 Judías Verdes con Sofrito de Tomate Casero  
Green Beans with Homemade Tomato Sauce  
Albóndigas de Ternera a la Jardinera  
Veal Meatballs with Vegetables  
Dados de Patata  
Diced Potatoes  
Fruta y Pan  
Fruit and Bread

Martes-Tuesday

7

Brócoli con Patatas  
Sautéed Broccoli with Potatoes  
Tortilla Francesa con York  
Ham French Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

14 Lentejas Guisadas con Verduras de Temporada  
Stewed Lentils with Vegetables

Muslitos de Pollo Asados en su Jugo  
Roasted Chicken Drumsticks  
Cous Cous al Romero  
Cous Cous with Rosemary  
Fruta y Pan  
Fruit and Bread

21 Sopa de Estrellitas  
Star Soup  
Cocido Vegetal  
Chickpeas with Vegetables  
Rapollo con Ajo Rehogado  
Cabagge  
Fruta y Pan  
Fruit and Bread

28 Arroz Salteado al Estilo Tailandés  
Rice with Vegetables and Soy Sauce

Merluza en Salsa Verde  
Hake with Green Sauce  
Guisantes Rehogados  
Sautéed Green Peas  
Fruta y Pan  
Fruit and Bread

Miercoles-Wednesday

8

Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Rapollo con Ajo Rehogado  
Cabagge  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

15 Espaguettis INTEGRALES con Tomate Casero  
Whole Wheat Spaguettis with Homemade Tomato Sauce

Abadejo con Aceite de Ajo y Perejil  
Fish with Garlic and Parsley Oil  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

22 Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Lomo de Sajonia en Salsa de Zanahoria  
Saxony Pork with Carrot Sauce  
Patatas Fritas Crujientes  
Crunchy French Fries  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

29 Alubias Blancas con Verduras  
Stewed White Beans with Vegetables

Tortilla Francesa con Lascas de Calabacín  
Zucchini Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

Jueves-Thursday

9

Espirales Tricolor con Pisto Casero  
Pasta with Ratatouille  
Fogonero al Horno con Perejil Fresco  
Baked Fish with Fresh Parsley  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

16 Crema de Verduras de Temporada ECO  
Organic Vegetable Cream

Burritos Vegetales con Soja Texturizada  
Veggie Burrito with Soy  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

23 Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Duelos y Quebrantos de Bacon  
Scrambled Eggs with Bacon  
Ensalada Variada  
Mixed Salad  
Queso Fresco y Pan  
Cheese and Bread

30 Coditos a la Napolitana con Tomate Casero  
Pasta with Homemade Tomato Sauce

Pollo Asado al Limón  
Roasted Chicken with Lemon  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Viernes-Friday

10

Alubias Blancas a la Jardinera  
Stewed White Beans with Vegetables  
Paella Hortelana  
Rice with Vegetables  
  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

17 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables

Nuggets Caseros de Salmón  
Homemade Salmon Nuggets  
Tomate Aliñado con Orégano  
Seasoned Tomato  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

24 Arroz a la Milanesea con Queso Rallado  
Milanese Rice  
Merluza a la Riojana  
Hake with Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat 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 RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

Lunes-Monday

6



**Festivo-Holiday**

13 Arroz con Tomate Casero y Salchichas de Pavo  
Rice with Tomato Sauce and Sausages

Tortilla Francesa  
Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

20 Macarrones a la Boloñesa  
Pasta with Bolognese Sauce  
Tortilla Francesa con Champiñones  
Homemade Omelette with Mushrooms  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

27 Judías Verdes con Sofrito de Tomate Casero  
Green Beans with Homemade Tomato Sauce  
Albóndigas de Ternera a la Jardinera  
Veal Meatballs with Vegetables  
Dados de Patata  
Diced Potatoes  
Fruta y Pan  
Fruit and Bread

Martes-Tuesday

7

Brócoli con Patatas  
Sautéed Broccoli with Potatoes  
Tortilla Francesa con York  
Ham French Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

14 Lentejas Guisadas con Verduras de Temporada  
Stewed Lentils with Vegetables

Muslitos de Pollo Asados en su Jugo  
Roasted Chicken Drumsticks  
Cous Cous al Romero  
Cous Cous with Rosemary  
Fruta y Pan  
Fruit and Bread

21 Sopa de Estrellitas  
Star Soup  
Cocido Vegetal  
Chickpeas with Vegetables  
Repollo con Ajo Rehogado  
Cabagge  
Fruta y Pan  
Fruit and Bread

28 Arroz Salteado al Estilo Tailandés  
Rice with Vegetables and Soy Sauce

Cinta de Lomo al Horno  
Baked Loin  
Guisantes Rehogados  
Sautéed Green Peas  
Fruta y Pan  
Fruit and Bread

Miercoles-Wednesday

8

Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo con Ajo Rehogado  
Cabagge  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

15 Espaguetis INTEGRALES con Tomate Casero  
Whole Wheat Spaguetis with Homemade Tomato Sauce  
Cinta de Lomo a la Plancha  
Loin  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

22 Crema de Calabacín  
Zucchini Cream  
Lomo Asado en Salsa de Zanahoria  
Baked Loin with Carrot Sauce  
Patatas Fritas Crujientes  
Crunchy French Fries  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

29 Alubias Blancas con Verduras  
Stewed White Beans with Vegetables

Tortilla Francesa con Lascas de Calabacín  
Zucchini Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

Jueves-Thursday

9

Espirales Tricolor con Pisto Casero  
Pasta with Ratatouille  
Filete de Pollo  
Chicken Breast  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

16 Crema de Verduras de Temporada ECO  
Organic Vegetable Cream

Burritos Vegetales con Soja Texturizada  
Veggie Burrito with Soy  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

23 Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Duelos y Quebrantos de Bacon  
Scrambled Eggs with Bacon  
Ensalada Variada  
Mixed Salad  
Yogur de Soja y Pan Integral  
Soy Yogurt and Whole Wheat Bread

30 Coditos a la Napolitana con Tomate Casero  
Pasta with Homemade Tomato Sauce

Pollo Asado al Limón  
Roasted Chicken with Lemon  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Viernes-Friday

10

Alubias Blancas a la Jardinera  
Stewed White Beans with Vegetables  
Paella Hortelana  
Rice with Vegetables

Yogur de Soja y Pan Integral  
Soy Yogurt and Whole Wheat Bread

17 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables

Salchichas de Pavo al Horno  
Turkey Sausages  
Tomate Aliñado con Orégano  
Seasoned Tomato  
Yogur de Soja y Pan Integral  
Soy Yogurt and Whole Wheat Bread

24 Arroz a la Milanese (sin Queso)  
Milanese Rice (without Cheese)  
Filete de Pollo  
Chicken Breast  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread



Lunes-Monday

6



**Festivo-Holiday**

13 Arroz con Tomate Casero y Salchichas de Pavo  
Rice with Tomato Sauce and Sausages  
Huevos Rellenos  
Stuffed Eggs with Tuna  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

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

27 Judías Verdes con Sofrito de Tomate Casero  
Green Beans with Homemade Tomato Sauce  
Albóndigas de Ternera a la Jardinera  
Veal Meatballs with Vegetables  
Dados de Patata  
Diced Potatoes  
Fruta y Pan  
Fruit and Bread

Martes-Tuesday

7

Brócoli con Patatas  
Sautéed Broccoli with Potatoes  
Tortilla Francesa con York  
Ham French Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

14 Lentejas Guisadas con Verduras de Temporada  
Stewed Lentils with Vegetables  
Muslitos de Pollo Asados en su Jugo  
Roasted Chicken Drumsticks  
Cous Cous al Romero  
Cous Cous with Rosemary  
Fruta y Pan  
Fruit and Bread

21 Sopa de Estrellitas  
Star Soup  
Cocido Vegetal  
Chickpeas with Vegetables  
Repollo con Ajo Rehogado  
Cabagge  
Fruta y Pan  
Fruit and Bread

28 Arroz Salteado al Estilo Tailandés  
Rice with Vegetables and Soy Sauce

Merluza en Salsa Verde  
Hake with Green Sauce  
Guisantes Rehogados  
Sautéed Green Peas  
Fruta y Pan  
Fruit and Bread

Miercoles-Wednesday

8

Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo con Ajo Rehogado  
Cabagge  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

15 Espaguettis INTEGRALES a la Carbonara con Bacon Crujiente  
Carbonara Whole Wheat Spaguettis  
Abadejo con Aceite de Ajo y Perejil  
Fish with Garlic and Parsley Oil  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

22 Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Lomo de Sajonia en Salsa de Zanahoria  
Saxony Pork with Carrot Sauce  
Patatas Fritas Crujientes  
Crunchy French Fries  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

29 Alubias Blancas con Verduras  
Stewed White Beans with Vegetables

Tortilla Francesa con Lascas de Calabacín  
Zucchini Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

Jueves-Thursday

9

Espirales Tricolor con Pisto Casero  
Pasta with Ratatouille  
Fogonero al Horno con Perejil Fresco  
Baked Fish with Fresh Parsley  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

16 Crema de Verduras de Temporada ECO  
Organic Vegetable Cream  
Burritos Vegetales con Soja Texturizada  
Veggie Burrito with Soy  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

23 Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Duelos y Quebrantos de Bacon  
Scrambled Eggs with Bacon  
Ensalada Variada  
Mixed Salad  
Queso Fresco y Pan  
Cheese and Bread

30 Coditos a la Napolitana con Tomate Casero  
Pasta with Homemade Tomato Sauce

Pollo Asado al Limón  
Roasted Chicken with Lemon  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Viernes-Friday

10

Alubias Blancas a la Jardinera  
Stewed White Beans with Vegetables  
Paella Hortelana  
Rice with Vegetables  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

17 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Merluza al Horno con Perejil Fresco  
Baked Hake with Fresh Parsley  
Tomate Aliñado con Orégano  
Seasoned Tomato  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

24 Arroz a la Milanese con Queso Rallado  
Milanese Rice  
Merluza a la Riojana  
Hake with Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread



mediterránea

FRUTA VARIADA y de TEMPORADA

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

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

Lunes-Monday

6



**Festivo-Holiday**

13 Arroz con Tomate Casero y Salchichas de Pavo

Rice with Tomato Sauce and Sausages  
Huevos Rellenos (Sin Mayonesa)  
Stuffed Eggs with Tuna (without Mayonnaise)

Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

20 Arroz a la Boloñesa de Ternera

Rice with Veal Bolognese Sauce  
Merluza en Salsa  
Hake in Sauce

Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

27 Brócoli Rehogado

Sauteéd Broccoli  
Ragout de Ternera Asada  
Baked Veal  
Dados de Patata  
Diced Potatoes  
Fruta  
Fruit

Martes-Tuesday

7

Brócoli con Patatas  
Sautéed Broccoli with Potatoes  
Tortilla Francesa  
Omelette

Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

14 Crema de Calabacín

Zucchini Cream

Muslitos de Pollo Asados en su Jugo  
Roasted Chicken Drumsticks

Patata Cocida  
Boiled Potatoes  
Fruta  
Fruit

21 Sopa Juliana de Verduras

Vegetables Soup  
Pollo y Ternera con Patata y Zanahoria  
Cocidos  
Meat with Boiled Carrot and Potatoes  
Repollo con Ajo Rehogado  
Cabagge  
Fruta  
Fruit

28 Arroz con Verduras

Rice with Vegetables  
Merluza en Salsa Verde  
Hake with Green Sauce  
Calabacín Salteado  
Sautéed Zucchini  
Fruta  
Fruit

Miercoles-Wednesday

8

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

15 Arroz con Tomate Casero

Rice with Homemade Tomato Sauce  
Abadejo con Aceite de Ajo y Perejil  
Fish with Garlic and Parsley Oil

Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

22 Crema de Calabacín con Queso

Zucchini Cream with Cheese  
Lomo Asado en Salsa de Zanahoria  
Baked Loin with Carrot Sauce  
Patatas Fritas Crujientes  
Crunchy French Fries  
Fruta  
Fruit

29 Crema de Zanahoria

Carrots Cream  
Tortilla Francesa con Lascas de Calabacín  
Zucchini Omelette  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

Jueves-Thursday

9

Arroz con Pisto Casero  
Rice with Ratatouille  
Fogonero al Horno con Perejil Fresco  
Baked Fish with Fresh Parsley  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

16 Crema de Verduras de Temporada ECO

Organic Vegetable Cream  
Quinoa con Verduras  
Quinoa with Vegetables

Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

23 Patatas Estofadas con Verduras

Stewed Potatoes with Vegetables  
Huevos Revueltos  
Scrambled Eggs  
Ensalada Variada  
Mixed Salad  
Queso Fresco  
Cheese

30 Arroz a la Napolitana

Rice with Tomato Sauce  
Pollo Asado al Limón  
Roasted Chicken with Lemon  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

Viernes-Friday

10

Paella Hortelana  
Rice with Vegetables  
Filete de Pollo  
Chicken Breast  
Ensalada Variada  
Mixed Salad  
Yogur  
Yogurt

17 Patatas Estofadas con Verduras

Stewed Potatoes with Vegetables  
Dados de Salmón Enharinados (Harina de Maíz)  
Gluten-Free Floured Salmon  
Tomate Aliñado con Orégano  
Seasoned Tomato  
Yogur  
Yogurt

24 Arroz a la Milanese con Queso Rallado

Milanese Rice  
Merluza a la Riojana  
Hake with Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit



Lunes-Monday

6



**Festivo-Holiday**

13

Arroz con Tomate Casero y Salchichas de Pavo  
Rice with Tomato Sauce and Sausages  
Huevos Rellenos (Sin Mayonesa)  
Stuffed Eggs with Tuna (without Mayonnaise)  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

20

Arroz a la Boloñesa de Ternera  
Rice with Veal Bolognese Sauce  
Merluza en Salsa  
Hake in Sauce  
  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

27

Brócoli Rehogado  
Sautéed Broccoli  
Ragout de Ternera Asada  
Baked Veal  
Dados de Patata  
Diced Potatoes  
Fruta  
Fruit

Martes-Tuesday

7

Brócoli con Patatas  
Sautéed Broccoli with Potatoes  
Tortilla Francesa  
Omelette  
  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

14

Crema de Calabacín  
Zucchini Cream  
  
Muslitos de Pollo Asados en su Jugo  
Roasted Chicken Drumsticks  
  
Patata Cocida  
Boiled Potatoes  
Fruta  
Fruit

21

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

28

Arroz con Verduras  
Rice with Vegetables  
Merluza en Salsa Verde  
Hake with Green Sauce  
Calabacín Salteado  
Sautéed Zucchini  
Fruta  
Fruit

Miercoles-Wednesday

8

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

15

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

22

Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Lomo Asado en Salsa de Zanahoria  
Baked Loin with Carrot Sauce  
  
Patatas Fritas Crujientes  
Crunchy French Fries  
Fruta  
Fruit

29

Crema de Zanahoria  
Carrots Cream  
Tortilla Francesa con Lascas de Calabacín  
Zucchini Omelette  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

Jueves-Thursday

9

Arroz con Pisto Casero  
Rice with Ratatouille  
Fogonero al Horno con Perejil Fresco  
Baked Fish with Fresh Parsley  
  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

16

Crema de Verduras de Temporada ECO  
Organic Vegetable Cream  
  
Quinoa con Verduras  
Quinoa with Vegetables  
  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

23

Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Huevos Revueltos  
Scrambled Eggs  
  
Ensalada Variada  
Mixed Salad  
Queso Fresco  
Cheese

30

Arroz a la Napolitana  
Rice with Tomato Sauce  
Pollo Asado al Limón  
Roasted Chicken with Lemon  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

Viernes-Friday

10

Paella Hortelana  
Rice with Vegetables  
Filete de Pollo  
Chicken Breast  
  
Ensalada Variada  
Mixed Salad  
Yogur  
Yogurt

17

Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
  
Dados de Salmón Enharinados (Harina de Maíz)  
Gluten-Free Floured Salmon  
Tomate Aliñado con Orégano  
Seasoned Tomato  
Yogur  
Yogurt

24

Arroz a la Milanese con Queso Rallado  
Milanese Rice  
Merluza a la Riojana  
Hake with Tomato Sauce  
  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit



**Lunes-Monday**

6



**Festivo-Holiday**

13 Arroz con Tomate Casero y Salchichas de Pavo  
Rice with Tomato Sauce and Sausages  
Huevos Rellenos  
Stuffed Eggs with Tuna  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

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

27 Judías Verdes con Sofrito de Tomate Casero  
Green Beans with Homemade Tomato Sauce  
Albóndigas de Ternera a la Jardinera  
Veal Meatballs with Vegetables  
Dados de Patata  
Diced Potatoes  
Fruta y Pan  
Fruit and Bread

**Martes-Tuesday**

7

Brócoli con Patatas  
Sautéed Broccoli with Potatoes  
Tortilla Francesa con York  
Ham French Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

14 Lentejas Guisadas con Verduras de Temporada  
Stewed Lentils with Vegetables  
Muslitos de Pollo Asados en su Jugo  
Roasted Chicken Drumsticks  
Cous Cous al Romero  
Cous Cous with Rosemary  
Fruta y Pan  
Fruit and Bread

21 Sopa de Estrellitas  
Star Soup  
Cocido Vegetal  
Chickpeas with Vegetables  
Repollo con Ajo Rehogado  
Cabbage  
Fruta y Pan  
Fruit and Bread

28 Arroz Salteado al Estilo Tailandés  
Rice with Vegetables and Soy Sauce

Merluza en Salsa Verde  
Hake with Green Sauce  
Guisantes Rehogados  
Sautéed Green Peas  
Fruta y Pan  
Fruit and Bread

**Miercoles-Wednesday**

8

Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo con Ajo Rehogado  
Cabbage  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

15 Espaguetis INTEGRALES a la Carbonara con Bacon Crujiente  
Carbonara Whole Wheat Spaguetis  
Abadejo con Aceite de Ajo y Perejil  
Fish with Garlic and Parsley Oil  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

22 Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Lomo de Sajonia en Salsa de Zanahoria  
Saxony Pork with Carrot Sauce  
Patatas Fritas Crujientes  
Crunchy French Fries  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

29 Alubias Blancas con Verduras  
Stewed White Beans with Vegetables

Tortilla Francesa con Lascas de Calabacín  
Zucchini Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

**Jueves-Thursday**

9

Espirales Tricolor con Pisto Casero  
Pasta with Ratatouille  
Fogonero al Horno con Perejil Fresco  
Baked Fish with Fresh Parsley  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

16 Crema de Verduras de Temporada ECO  
Organic Vegetable Cream  
Burritos Vegetales con Soja Texturizada  
Veggie Burrito with Soy  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

23 Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Duelos y Quebrantos de Bacon  
Scrambled Eggs with Bacon  
Ensalada Variada  
Mixed Salad  
Queso Fresco y Pan  
Cheese and Bread

30 Coditos a la Napolitana con Tomate Casero  
Pasta with Homemade Tomato Sauce

Pollo Asado al Limón  
Roasted Chicken with Lemon  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

**Viernes-Friday**

10

Alubias Blancas a la Jardinera  
Stewed White Beans with Vegetables  
Paella Hortelana  
Rice with Vegetables  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

17 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Nuggets Caseros de Salmón  
Homemade Salmon Nuggets  
Tomate Aliñado con Orégano  
Seasoned Tomato  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

24 Arroz a la Milanese con Queso Rallado  
Milanese Rice  
Merluza a la Riojana  
Hake with Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat 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 RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

Lunes-Monday

6



**Festivo-Holiday**

13 Arroz con Tomate Casero y Salchichas de Pavo  
Rice with Tomato Sauce and Sausages  
Huevos Rellenos  
Stuffed Eggs with Tuna  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

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

27 Judías Verdes con Sofrito de Tomate Casero  
Green Beans with Homemade Tomato Sauce  
Albóndigas de Ternera a la Jardinera  
Veal Meatballs with Vegetables  
Dados de Patata  
Diced Potatoes  
Fruta y Pan  
Fruit and Bread

Martes-Tuesday

7

Brócoli con Patatas  
Sautéed Broccoli with Potatoes  
Huevos Villaroy  
Villaroy Eggs

Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

14 Lentejas Guisadas con Verduras de Temporada  
Stewed Lentils with Vegetables  
Muslitos de Pollo Asados en su Jugo  
Roasted Chicken Drumsticks  
Cous Cous al Romero  
Cous Cous with Rosemary  
Fruta y Pan  
Fruit and Bread

21 Sopa de Estrellitas  
Star Soup  
Alubias a la Vinagreta  
Beans in Vinaigrette Sauce

Fruta y Pan  
Fruit and Bread

28 Arroz Salteado al Estilo Tailandés  
Rice with Vegetables and Soy Sauce

Merluza en Salsa Verde  
Hake with Green Sauce  
Guisantes Rehogados  
Sautéed Green Peas  
Fruta y Pan  
Fruit and Bread

Miercoles-Wednesday

8

Sopa de Fideos  
Noodle Soup  
Pollo y Ternera con Patata y Zanahoria  
Cocidos  
Meat with Boiled Carrot and Potatoes  
Repollo con Ajo Rehogado  
Cabagge  
Fruta y Pan  
Fruit and Bread

15 Espaguettis INTEGRALES a la Carbonara con Bacon Crujiente  
Carbonara Whole Wheat Spaguettis  
Abadejo con Aceite de Ajo y Perejil  
Fish with Garlic and Parsley Oil  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

22 Crema de Calabacín con Queso  
Zucchini Cream with Cheese  
Lomo de Sajonia en Salsa de Zanahoria  
Saxony Pork with Carrot Sauce  
Patatas Fritas Crujientes  
Crunchy French Fries  
Fruta y Pan  
Fruit and Bread

29 Alubias Blancas con Verduras  
Stewed White Beans with Vegetables

Tortilla Francesa con Lascas de Calabacín  
Zucchini Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Jueves-Thursday

9

Espirales Tricolor con Pisto Casero  
Pasta with Ratatouille  
Fogonero al Horno con Perejil Fresco  
Baked Fish with Fresh Parsley

Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

16 Crema de Verduras de Temporada ECO  
Organic Vegetable Cream

Burritos Vegetales con Arroz y Verduras  
Veggie Burrito with Rice  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

23 Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Duelos y Quebrantos de Bacon  
Scrambled Eggs with Bacon  
Ensalada Variada  
Mixed Salad  
Queso Fresco y Pan  
Cheese and Bread

30 Coditos a la Napolitana con Tomate Casero  
Pasta with Homemade Tomato Sauce

Pollo Asado al Limón  
Roasted Chicken with Lemon  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

Viernes-Friday

10

Alubias Blancas a la Jardinera  
Stewed White Beans with Vegetables  
Paella Hortelana  
Rice with Vegetables

Yogur y Pan  
Yogurt and Bread

17 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables

Salmón Enharinado (Harina de Maíz)  
Gluten-Free Floured Salmon  
Tomate Aliñado con Orégano  
Seasoned Tomato  
Yogur y Pan  
Yogurt and Bread

24 Arroz a la Milanese con Queso Rallado  
Milanese Rice  
Merluza a la Riojana  
Hake with Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread



Lunes-Monday

6



**Festivo-Holiday**

13 Arroz con Tomate Casero y Salchichas de Pavo  
Rice with Tomato Sauce and Sausages  
Filete de Pollo  
Chicken Breast

Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

20 Arroz a la Boloñesa de Ternera  
Rice with Veal Bolognese Sauce  
Merluza en Salsa  
Hake in Sauce  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

27 Judías Verdes con Sofrito de Tomate Casero  
Green Beans with Homemade Tomato Sauce  
Ragout de Ternera Asada  
Baked Veal  
Dados de Patata  
Diced Potatoes  
Fruta  
Fruit

Martes-Tuesday

7

Brócoli con Patatas  
Sautéed Broccoli with Potatoes  
Salchichas de Pavo al Horno  
Turkey Sausages

Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

14 Garbanzos Estofados con Verduras de Temporada  
Stewed Chickpeas with Vegetables  
Muslitos de Pollo Asados en su Jugo  
Roasted Chicken Drumsticks

Patata Cocida  
Boiled Potatoes  
Fruta  
Fruit

21 Sopa Juliana de Verduras  
Vegetables Soup  
Cocido Vegetal  
Chickpeas with Vegetables  
Repollo Rehogado  
Cabagge  
Fruta  
Fruit

28 Arroz con Verduras  
Rice with Vegetables

Merluza en Salsa Verde  
Hake with Green Sauce  
Guisantes Rehogados  
Sautéed Green Peas  
Fruta  
Fruit

Miercoles-Wednesday

8

Sopa Juliana de Verduras  
Vegetables Soup  
Cocido (Sin Cerdo)  
Chickpeas with Meat and Vegetables (without Pork)  
Repollo Rehogado  
Cabagge  
Fruta  
Fruit

15 Arroz con Tomate Casero  
Rice with Homemade Tomato Sauce

Abadejo al Horno  
Baked Fish

Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

22 Crema de Calabacín  
Zucchini Cream  
Pavo al Horno  
Baked Turkey  
Patatas Fritas Crujientes  
Crunchy French Fries  
Fruta  
Fruit

29 Alubias Blancas con Verduras  
Stewed White Beans with Vegetables

Filete de Pollo  
Chicken Breast  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

Jueves-Thursday

9

Arroz con Pisto Casero  
Rice with Ratatouille  
Fogonero al Horno con Perejil Fresco  
Baked Fish with Fresh Parsley

Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

16 Crema de Verduras de Temporada ECO  
Organic Vegetable Cream

Quinoa con Verduras  
Quinoa with Vegetables

Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

23 Alubias Blancas con Verduras  
Stewed White Beans with Vegetables  
Filete de Pollo  
Chicken Breast  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

30 Arroz a la Napolitana  
Rice with Tomato Sauce

Pollo Asado al Limón  
Roasted Chicken with Lemon  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

Viernes-Friday

10

Alubias Blancas a la Jardinera  
Stewed White Beans with Vegetables  
Paella Hortelana  
Rice with Vegetables

Fruta  
Fruit

17 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables

Dados de Salmón Enharinados (Harina de Maíz)  
Gluten-Free Floured Salmon  
Tomate Aliñado con Orégano  
Seasoned Tomato  
Fruta  
Fruit

24 Arroz con Verduras  
Rice with Vegetables  
Merluza al Horno con Perejil Fresco  
Baked Hake with Fresh Parsley  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

