

Lunes-Monday

1 Coliflor con Bechamel
Cauliflower au Gratin
Tortilla de Patata
Potato Omelette
Tomate Asado a la Provenzal con AOVE
Baked Tomato with AOVE and Spices
Vaso de Leche y Pan
Glass of Milk and Bread

8 Judías Verdes con Patatas
Green Beans with Potatoes
Empanadillas de Atún
Tuna Dumplings
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

15 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce

Lomitos de Caballa en Aceite
Mackerel in Oil

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

Martes-Tuesday

2 Alubias a la Vinagreta
Beans in Vinaigrette Sauce
Jamoncitos de Pollo Asados en su Jugo
Roasted Chicken Drumsticks
Patata Horno
Roasted Potatoes
Fruta y Pan
Fruit and Bread

9 Ensalada de Garbanzos Vegetal
Veggie Chickpeas Salad
Huevos Rellenos
Stuffed Eggs with Tuna
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

16 Espaguetis INTEGRALES con Verduras y Salsa de Soja
Whole Wheat Spaguetis with Vegetables and Soy Sauce
Huevos Revueltos con Taquitos de Pavo
Scrambled Eggs with Turkey

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Miercoles-Wednesday

3 Arroz Tres Delicias
Three Delights Rice
Fogonero a la Andaluza
Floured Fish
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

10 Gazpacho Andaluz
Gazpacho
Pollo en Pepitoria
Chicken in Pepitoria
Patata Panadera
Baked Potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

17 Ensalada de Lentejas Vegetal
Lentils Salad

Pizza Vegetal Casera
Homemade Vegetable Pizza

Ensalada Variada
Mixed Salad
Fruta
Fruit

Jueves-Thursday

4 Crema de Calabaza ECOLÓGICA
Organic Pumpkin Cream
Burritos Vegetales con Arroz y Frijoles
Veggie Burrito with Rice and Beans
Ensalada Variada
Mixed Salad
Fruta
Fruit

11 Ensalada de Pasta
Pasta Salad
Merluza en Salsa Verde
Hake with Green Sauce
Verduritas Salteadas
Vegetables
Fruta y Pan
Fruit and Bread

18 Ensaladilla Rusa
Potato Mixed Salad

Abadejo con Tomate
Fish with Tomato Sauce

Rodajitas de Calabacín Rebozado
Fried Zucchini
Fruta y Pan Integral
Fruit and Whole Wheat Bread

Viernes-Friday

5 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

12 Arroz con Champiñones y Frijoles
Rice with Mushrooms and Beans
Magro de Cerdo Estofado
Stewed Lean Pork
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

19 Ensalada Mixta
Mixed Salad

Hamburguesa de Ternera Completa con Queso y Pan
Veal Burger with Cheese
Patatas Chips
Chips
Helado de Nata-Fresa
Strawberry Cream Ice-Cream



Lunes-Monday

1 Coliflor con Bechamel
Cauliflower au Gratin
Tortilla de Patata
Potato Omelette
Tomate Asado a la Provenzal con AOVE
Baked Tomato with AOVE and Spices
Vaso de Leche y Pan
Glass of Milk and Bread

8 Judías Verdes con Patatas
Green Beans with Potatoes
Empanadillas de Atún
Tuna Dumplings
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

15 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce

Lomitos de Caballa en Aceite
Mackerel in Oil

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Martes-Tuesday

2 Alubias a la Vinagreta
Beans in Vinaigrette Sauce
Jamoncitos de Pollo Asados en su Jugo
Roasted Chicken Drumsticks
Patata Horno
Roasted Potatoes
Fruta y Pan
Fruit and Bread

9 Ensalada de Garbanzos Vegetal
Veggie Chickpeas Salad
Huevos Rellenos
Stuffed Eggs with Tuna
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

16 Espaguetis INTEGRALES con Verduras y Salsa de Soja
Whole Wheat Spaguetis with Vegetables and Soy Sauce
Huevos Revueltos con Taquitos de Pavo
Scrambled Eggs with Turkey

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Miercoles-Wednesday

3 Arroz Tres Delicias
Three Delights Rice
Fogonero a la Andaluz
Floured Fish
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

10 Gazpacho Andaluz
Gazpacho
Pollo en Pepitoria
Chicken in Pepitoria
Patata Panadera
Baked Potatoes
Fruta y Pan
Fruit and Bread

17 Ensalada de Lentejas Vegetal
Lentils Salad

Pizza Vegetal Casera
Homemade Vegetable Pizza

Ensalada Variada
Mixed Salad
Fruta
Fruit

Jueves-Thursday

4 Crema de Calabaza ECOLÓGICA
Organic Pumpkin Cream
Burritos Vegetales con Arroz y Frijoles
Veggie Burrito with Rice and Beans
Ensalada Variada
Mixed Salad
Fruta
Fruit

11 Ensalada de Pasta
Pasta Salad
Merluza en Salsa Verde
Hake with Green Sauce
Verduritas Salteadas
Vegetables
Fruta y Pan
Fruit and Bread

18 Ensaladilla Rusa
Potato Mixed Salad

Abadejo con Tomate
Fish with Tomato Sauce

Rodajitas de Calabacín Rebozado
Fried Zucchini
Fruta y Pan
Fruit and Bread

Viernes-Friday

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

12 Arroz con Champiñones y Frijoles
Rice with Mushrooms and Beans
Magro de Cerdo Estofado
Stewed Lean Pork
Ensalada Variada
Mixed Salad
Yogur y Pan
Yogurt and Bread

19 Ensalada Mixta
Mixed Salad

Hamburguesa de Ternera con Tomate y Queso (Sin Pan)
Veal Burger with Tomato Sauce and Cheese (without Bread)
Patatas Chips
Chips
Helado de Nata-Fresa y Pan
Strawberry Cream Ice-Cream and Bread



Lunes-Monday

1 Coliflor Rehogada
Sautéed Cauliflower
Tortilla de Patata
Potato Omelette

Tomate Asado a la Provenzal con AOVE
Baked Tomato with AOVE and Spices
Vaso de Leche y Pan S/Gluten
Glass of Milk and Gluten-Free Bread

8 Judías Verdes con Patatas
Green Beans with Potatoes
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

15 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce

Lomitos de Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad

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

Martes-Tuesday

2 Alubias a la Vinagreta
Beans in Vinaigrette Sauce
Jamoncitos de Pollo Asados en su Jugo
Roasted Chicken Drumsticks

Patata Horno
Roasted Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

9 Ensalada de Garbanzos Vegetal
Veggie Chickpeas Salad
Huevos Rellenos
Stuffed Eggs with Tuna
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

16 Pasta S/Gluten S/Huevo Salteada con Verduras
Gluten-Egg Free Pasta with Vegetables
Huevos Revueltos con Taquitos de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad

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

Miercoles-Wednesday

3 Arroz Tres Delicias
Three Delights Rice
Fogonero a la Andaluza
Floured Fish

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

10 Gazpacho Andaluz (Sin Pan)
Gazpacho (Without Bread)
Pollo en Pepitoria
Chicken in Pepitoria
Patata Panadera
Baked Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

17 Ensalada de Alubias Veggie
Beans Salad

Panini Casero de Pisto y Queso S/Gluten
Gluten-Free Homemade Vegetable Panini
Ensalada Variada
Mixed Salad

Fruta
Fruit

Jueves-Thursday

4 Crema de Calabaza ECOLÓGICA
Organic Pumpkin Cream
Tacos de Maíz con Verduras, Arroz y Frijoles
Gluten-Free Tacos with Rice and Vegetables (without Soy)

Ensalada Variada
Mixed Salad
Fruta
Fruit

11 Ensalada de Pasta S/Gluten S/Huevo
Gluten-Egg Free Pasta Salad
Merluza en Salsa Verde
Hake with Green Sauce
Verduras Salteadas
Vegetables
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

18 Ensaladilla Rusa
Potato Mixed Salad

Abadejo con Tomate
Fish with Tomato Sauce
Calabacín Enharinado Casero (Harina de Maíz)
Homemade Fried Zucchini
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Viernes-Friday

5 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

12 Arroz con Champiñones y Frijoles
Rice with Mushrooms and Beans
Magro de Cerdo Estofado
Stewed Lean Pork
Ensalada Variada
Mixed Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

19 Ensalada Mixta
Mixed Salad

Salchichas de Pavo con Tomate
Turkey Sausages with Tomato Sauce
Patatas Chips
Chips

Helado de Nata-Fresa y Pan S/Gluten
Strawberry Cream Ice-Cream and Gluten Free Bread



Lunes-Monday

1 Coliflor Rehogada
Sautéed Cauliflower
Tortilla de Patata
Potato Omelette

Tomate Asado a la Provenzal con AOVE
Baked Tomato with AOVE and Spices
Vaso de Leche y Pan S/Gluten
Glass of Milk and Gluten-Free Bread

8 Brócoli con Patatas
Sautéed Broccoli with Potatoes
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

15 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce

Lomitos de Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad

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

Martes-Tuesday

2 Alubias a la Vinagreta
Beans in Vinaigrette Sauce
Jamoncitos de Pollo Asados en su Jugo
Roasted Chicken Drumsticks

Patata Horno
Roasted Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

9 Ensalada de Garbanzos Vegetal
Veggie Chickpeas Salad
Huevos Rellenos
Stuffed Eggs with Tuna
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

16 Pasta S/Gluten S/Huevo Salteada con Verduras
Gluten-Egg Free Pasta with Vegetables
Huevos Revueltos con Taquitos de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad

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

Miercoles-Wednesday

3 Arroz Tres Delicias
Three Delights Rice
Fogonero a la Andaluza
Floured Fish

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

10 Gazpacho Andaluz (Sin Pan)
Gazpacho (Without Bread)
Pollo en Pepitoria
Chicken in Pepitoria
Patata Panadera
Baked Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

17 Ensalada de Alubias Veggie
Beans Salad

Panini Casero de Pisto y Queso S/Gluten
Gluten-Free Homemade Vegetable Panini
Ensalada Variada
Mixed Salad

Fruta
Fruit

Jueves-Thursday

4 Crema de Calabaza ECOLÓGICA
Organic Pumpkin Cream
Tacos de Maíz con Verduras, Arroz y Frijoles
Gluten-Free Tacos with Rice and Vegetables (without Soy)

Ensalada Variada
Mixed Salad
Fruta
Fruit

11 Ensalada de Pasta S/Gluten S/Huevo
Gluten-Egg Free Pasta Salad
Merluza en Salsa Verde
Hake with Green Sauce
Verduras Salteadas
Vegetables
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

18 Ensaladilla Rusa
Potato Mixed Salad

Abadejo con Tomate
Fish with Tomato Sauce
Calabacín Enharinado Casero (Harina de Maíz)
Homemade Fried Zucchini
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Viernes-Friday

5 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

12 Arroz con Champiñones y Frijoles
Rice with Mushrooms and Beans
Magro de Cerdo Estofado
Stewed Lean Pork
Ensalada Variada
Mixed Salad
Yogur y Pan S/Gluten
Yogurt and Gluten-Free Bread

19 Ensalada Mixta
Mixed Salad

Salchichas de Pavo con Tomate
Turkey Sausages with Tomato Sauce
Patatas Chips
Chips

Helado de Nata-Fresa y Pan S/Gluten
Strawberry Cream Ice-Cream and Gluten Free Bread



Lunes-Monday

1 Coliflor con Bechamel
Cauliflower au Gratin
Tortilla de Patata
Potato Omelette
Tomate Asado a la Provenzal con AOVE
Baked Tomato with AOVE and Spices
Vaso de Leche y Pan
Glass of Milk and Bread

8 Judías Verdes con Patatas
Green Beans with Potatoes
Empanadillas de Atún
Tuna Dumplings
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

15 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce

Lomitos de Caballa en Aceite
Mackerel in Oil

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

Martes-Tuesday

2 Alubias a la Vinagreta
Beans in Vinaigrette Sauce
Jamoncitos de Pollo Asados en su Jugo
Roasted Chicken Drumsticks
Patata Horno
Roasted Potatoes
Fruta y Pan
Fruit and Bread

9 Ensalada de Garbanzos Vegetal
Veggie Chickpeas Salad
Huevos Rellenos
Stuffed Eggs with Tuna
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

16 Espaguetis INTEGRALES con Verduras y Salsa de Soja
Whole Wheat Spaguetis with Vegetables and Soy Sauce
Huevos Revueltos con Taquitos de Pavo
Scrambled Eggs with Turkey

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Miercoles-Wednesday

3 Arroz Tres Delicias
Three Delights Rice
Fogonero a la Andaluza
Floured Fish
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

10 Gazpacho Andaluz
Gazpacho
Pollo en Pepitoria
Chicken in Pepitoria
Patata Panadera
Baked Potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

17 Ensalada de Lentejas Vegetal
Lentils Salad

Pizza Vegetal Casera
Homemade Vegetable Pizza

Ensalada Variada
Mixed Salad
Fruta
Fruit

Jueves-Thursday

4 Crema de Calabaza ECOLÓGICA
Organic Pumpkin Cream
Burritos Vegetales con Arroz y Frijoles
Veggie Burrito with Rice and Beans
Ensalada Variada
Mixed Salad
Fruta
Fruit

11 Ensalada de Pasta
Pasta Salad
Merluza en Salsa Verde
Hake with Green Sauce
Verduritas Salteadas
Vegetables
Fruta y Pan
Fruit and Bread

18 Ensaladilla Rusa
Potato Mixed Salad

Abadejo con Tomate
Fish with Tomato Sauce

Rodajitas de Calabacín Rebozado
Fried Zucchini
Fruta y Pan Integral
Fruit and Whole Wheat Bread



Viernes-Friday

5 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

12 Arroz con Champiñones y Frijoles
Rice with Mushrooms and Beans
Magro de Cerdo Estofado
Stewed Lean Pork
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

19 Ensalada Mixta
Mixed Salad

Hamburguesa de Ternera Completa con Queso y Pan
Veal Burger with Cheese
Patatas Chips
Chips
Helado de Nata-Fresa
Strawberry Cream Ice-Cream

Lunes-Monday

1 Coliflor Rehogada
Sautéed Cauliflower
Tortilla de Patata
Potato Omelette
Tomate Asado a la Provenzal con AOVE
Baked Tomato with AOVE and Spices
Yogur de Soja y Pan
Soy Yogurt and Bread

8 Judías Verdes con Patatas
Green Beans with Potatoes
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

15 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce

Lomitos de Caballa en Aceite
Mackerel in Oil
Ensalada Variada
Mixed Salad

Fruta y Pan Integral
Fruit and Whole Wheat Bread

Martes-Tuesday

2 Alubias a la Vinagreta
Beans in Vinaigrette Sauce
Jamoncitos de Pollo Asados en su Jugo
Roasted Chicken Drumsticks
Patata Horno
Roasted Potatoes
Fruta y Pan
Fruit and Bread

9 Ensalada de Garbanzos Vegetal
Veggie Chickpeas Salad
Huevos Rellenos
Stuffed Eggs with Tuna
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

16 Espaguetis INTEGRALES con Verduras y Salsa de Soja
Whole Wheat Spaguetis with Vegetables and Soy Sauce
Huevos Revueltos con Taquitos de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad

Fruta y Pan
Fruit and Bread

Miercoles-Wednesday

3 Arroz Tres Delicias
Three Delights Rice
Fogonero a la Andaluza
Floured Fish
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

10 Gazpacho Andaluz
Gazpacho
Pollo en Pepitoria
Chicken in Pepitoria
Patata Panadera
Baked Potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

17 Ensalada de Lentejas Vegetal
Lentils Salad

Panini Casero de Pisto
Homemade Vegetable Panini
Ensalada Variada
Mixed Salad

Fruta
Fruit

Jueves-Thursday

4 Crema de Calabaza ECOLÓGICA
Organic Pumpkin Cream
Burritos Vegetales con Arroz y Frijoles
Veggie Burrito with Rice and Beans
Ensalada Variada
Mixed Salad
Fruta
Fruit



11 Ensalada de Pasta
Pasta Salad
Merluza en Salsa Verde
Hake with Green Sauce
Verduritas Salteadas
Vegetables
Fruta y Pan
Fruit and Bread

18 Ensaladilla Rusa
Potato Mixed Salad

Abadejo con Tomate
Fish with Tomato Sauce
Calabacín Enharinado Casero (Harina de Maíz)
Homemade Fried Zucchini
Fruta y Pan Integral
Fruit and Whole Wheat Bread

Viernes-Friday

5 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

12 Arroz con Champiñones y Frijoles
Rice with Mushrooms and Beans
Magro de Cerdo Estofado
Stewed Lean Pork
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

19 Ensalada Mixta
Mixed Salad

Hamburguesa de Ternera con Tomate
Veal Burger with Tomato Sauce
Patatas Chips
Chips
Yogur de Soja y Pan
Soy Yogurt and Bread

Lunes-Monday

- 1 Coliflor Rehogada
Sautéed Cauliflower
Tortilla de Patata
Potato Omelette

- Tomate Asado a la Provenzal con AOVE
Baked Tomato with AOVE and Spices
Yogur de Soja y Pan S/Gluten
Soy Yogurt and Gluten-Free Bread
- 8 Judías Verdes con Patatas
Green Beans with Potatoes
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

- 15 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
- Lomitos de Caballa en Aceite
Mackerel in Oil
- Ensalada Variada
Mixed Salad
- Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

Martes-Tuesday

- 2 Alubias a la Vinagreta
Beans in Vinaigrette Sauce
Jamoncitos de Pollo Asados en su Jugo
Roasted Chicken Drumsticks

- Patata Horno
Roasted Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread
- 9 Ensalada de Garbanzos Vegetal
Veggie Chickpeas Salad
Huevos Rellenos
Stuffed Eggs with Tuna
Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

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

Miercoles-Wednesday

- 3 Arroz Tres Delicias
Three Delights Rice
Fogonero a la Andaluza
Floured Fish

- Ensalada Variada
Mixed Salad
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread
- 10 Gazpacho Andaluz (Sin Pan)
Gazpacho (Without Bread)
Pollo en Pepitoria
Chicken in Pepitoria
Patata Panadera
Baked Potatoes
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

- 17 Ensalada de Alubias Veggie
Beans Salad
- Panini Casero de Pisto S/Gluten (sin Queso)
Gluten-Free Homemade Vegetable Panini
Ensalada Variada
Mixed Salad
- Fruta
Fruit

Jueves-Thursday

- 4 Crema de Calabaza ECOLÓGICA
Organic Pumpkin Cream
Tacos de Maíz con Verduras, Arroz y Frijoles
Gluten-Free Tacos with Rice and Vegetables (without Soy)
Ensalada Variada
Mixed Salad
Fruta
Fruit

- 11 Ensalada de Pasta S/Gluten S/Huevo
Gluten-Egg Free Pasta Salad
Merluza en Salsa Verde
Hake with Green Sauce
Verduras Salteadas
Vegetables
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread

- 18 Ensaladilla Rusa
Potato Mixed Salad
- Abadejo con Tomate
Fish with Tomato Sauce
- Calabacín Enharinado Casero (Harina de Maíz)
Homemade Fried Zucchini
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread



Viernes-Friday

- 5 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
- 12 Arroz con Champiñones y Frijoles
Rice with Mushrooms and Beans
Magro de Cerdo Estofado
Stewed Lean Pork
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan S/Gluten
Soy Yogurt and Gluten-Free Bread

- Ensalada Mixta
Mixed Salad
- Salchichas de Pavo con Tomate
Turkey Sausages with Tomato Sauce
- Patatas Chips
Chips
- Yogur de Soja y Pan S/Gluten
Soy Yogurt and Gluten-Free Bread

Lunes-Monday

1 Coliflor Rehogada
Sautéed Cauliflower
Tortilla de Patata
Potato Omelette
Tomate Asado a la Provenzal con AOVE
Baked Tomato with AOVE and Spices
Yogur de Soja y Pan
Soy Yogurt and Bread

8 Judías Verdes con Patatas
Green Beans with Potatoes
Salchichas de Pavo con Tomate
Turkey Sausages with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

15 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce

Filete de Pollo a la Plancha
Chicken Breast
Ensalada Variada
Mixed Salad

Fruta y Pan Integral
Fruit and Whole Wheat Bread

Martes-Tuesday

2 Alubias a la Vinagreta
Beans in Vinaigrette Sauce
Jamoncitos de Pollo Asados en su Jugo
Roasted Chicken Drumsticks
Patata Horno
Roasted Potatoes
Fruta y Pan
Fruit and Bread

9 Ensalada de Garbanzos Vegetal
Veggie Chickpeas Salad
Tortilla Francesa de York
Ham French Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

16 Espaguetis INTEGRALES con Verduras y Salsa de Soja
Whole Wheat Spaguetis with Vegetables and Soy Sauce
Huevos Revueltos con Taquitos de Pavo
Scrambled Eggs with Turkey
Ensalada Variada
Mixed Salad

Fruta y Pan
Fruit and Bread

Miercoles-Wednesday

3 Arroz Tres Delicias
Three Delights Rice
Cinta de Lomo a la Plancha
Loin
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

10 Gazpacho Andaluz
Gazpacho
Pollo en Pepitoria
Chicken in Pepitoria
Patata Panadera
Baked Potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

17 Ensalada de Lentejas Vegetal
Lentils Salad

Panini Casero de Pisto
Homemade Vegetable Panini
Ensalada Variada
Mixed Salad

Fruta
Fruit

Jueves-Thursday

4 Crema de Calabaza ECOLÓGICA
Organic Pumpkin Cream
Burritos Vegetales con Arroz y Frijoles
Veggie Burrito with Rice and Beans
Ensalada Variada
Mixed Salad
Fruta
Fruit

11 Ensalada de Pasta (Sin Atún)
Pasta Salad
Cinta de Lomo a la Plancha
Loin
Verduritas Salteadas
Vegetables
Fruta y Pan
Fruit and Bread

18 Ensaladilla Rusa (Sin Atún)
Potato Mixed Salad (without Tuna)

Lomo con Tomate
Loin with Tomato Sauce
Calabacín Enharinado Casero (Harina de Maíz)
Homemade Fried Zucchini
Fruta y Pan Integral
Fruit and Whole Wheat Bread

Viernes-Friday

5 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

12 Arroz con Champiñones y Frijoles
Rice with Mushrooms and Beans
Magro de Cerdo Estofado
Stewed Lean Pork
Ensalada Variada
Mixed Salad
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread

19 Ensalada Mixta (sin Atún)
Mixed Salad (without Tuna)

Hamburguesa de Ternera con Tomate
Veal Burger with Tomato Sauce
Patatas Chips
Chips
Yogur de Soja y Pan
Soy Yogurt and Bread



Lunes-Monday

1 Coliflor con Bechamel
Cauliflower au Gratin
Tortilla de Patata
Potato Omelette
Tomate Asado a la Provenzal con AOVE
Baked Tomato with AOVE and Spices
Vaso de Leche y Pan
Glass of Milk and Bread

8 Judías Verdes con Patatas
Green Beans with Potatoes
Salchichas de Pavo con Tomate
Turkey Sausages with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

15 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce

Lomitos de Caballa en Aceite
Mackerel in Oil

Ensalada Variada
Mixed Salad

Fruta y Pan Integral
Fruit and Whole Wheat Bread

Martes-Tuesday

2 Alubias a la Vinagreta
Beans in Vinaigrette Sauce
Jamoncitos de Pollo Asados en su Jugo
Roasted Chicken Drumsticks
Patata Horno
Roasted Potatoes
Fruta y Pan
Fruit and Bread

9 Ensalada de Garbanzos Vegetal
Veggie Chickpeas Salad
Huevos Rellenos
Stuffed Eggs with Tuna
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

16 Espaguetis INTEGRALES con Verduras y Salsa de Soja
Whole Wheat Spaguetis with Vegetables and Soy Sauce
Huevos Revueltos con Taquitos de Pavo
Scrambled Eggs with Turkey

Ensalada Variada
Mixed Salad

Fruta y Pan
Fruit and Bread

Miercoles-Wednesday

3 Arroz Tres Delicias
Three Delights Rice
Cinta de Lomo a la Plancha
Loin
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

10 Gazpacho Andaluz
Gazpacho
Pollo en Pepitoria
Chicken in Pepitoria
Patata Panadera
Baked Potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

17 Ensalada de Lentejas Vegetal
Lentils Salad

Panini Casero de Pisto y Queso
Homemade Vegetable Panini

Ensalada Variada
Mixed Salad

Fruta
Fruit

Jueves-Thursday

4 Crema de Calabaza ECOLÓGICA
Organic Pumpkin Cream
Burritos Vegetales con Arroz y Frijoles
Veggie Burrito with Rice and Beans
Ensalada Variada
Mixed Salad
Fruta
Fruit

11 Ensalada de Pasta
Pasta Salad
Cinta de Lomo a la Plancha
Loin
Verduras Salteadas
Vegetables
Fruta y Pan
Fruit and Bread

18 Ensaladilla Rusa
Potato Mixed Salad

Lomo con Tomate
Loin with Tomato Sauce

Calabacín Enharinado Casero (Harina de Maíz)
Homemade Fried Zucchini
Fruta y Pan Integral
Fruit and Whole Wheat Bread

Viernes-Friday

5 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

12 Arroz con Champiñones y Frijoles
Rice with Mushrooms and Beans
Magro de Cerdo Estofado
Stewed Lean Pork
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

19 Ensalada Mixta
Mixed Salad

Hamburguesa de Ternera Completa con Queso y Pan
Veal Burger with Cheese
Patatas Chips
Chips

Helado de Nata-Fresa
Strawberry Cream Ice-Cream



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 Coliflor con Bechamel
Cauliflower au Gratin
Tortilla de Patata
Potato Omelette
Tomate Asado a la Provenzal con AOVE
Baked Tomato with AOVE and Spices
Vaso de Leche y Pan
Glass of Milk and Bread

8 Judías Verdes con Patatas
Green Beans with Potatoes
Salchichas de Pavo con Tomate
Turkey Sausages with Tomato Sauce
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

15 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce

Filete de Pollo a la Plancha
Chicken Breast

Ensalada Variada
Mixed Salad

Fruta y Pan Integral
Fruit and Whole Wheat Bread

Martes-Tuesday

2 Alubias a la Vinagreta
Beans in Vinaigrette Sauce
Jamoncitos de Pollo Asados en su Jugo
Roasted Chicken Drumsticks
Patata Horno
Roasted Potatoes
Fruta y Pan
Fruit and Bread

9 Ensalada de Garbanzos Vegetal
Veggie Chickpeas Salad
Tortilla Francesa de York
Ham French Omelette
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

16 Espaguetis INTEGRALES con Verduras y Salsa de Soja
Whole Wheat Spaguetis with Vegetables and Soy Sauce
Huevos Revueltos con Taquitos de Pavo
Scrambled Eggs with Turkey

Ensalada Variada
Mixed Salad

Fruta y Pan
Fruit and Bread

Miercoles-Wednesday

3 Arroz Tres Delicias
Three Delights Rice
Cinta de Lomo a la Plancha
Loin
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

10 Gazpacho Andaluz
Gazpacho
Pollo en Pepitoria
Chicken in Pepitoria
Patata Panadera
Baked Potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

17 Ensalada de Lentejas Vegetal
Lentils Salad

Panini Casero de Pisto y Queso
Homemade Vegetable Panini

Ensalada Variada
Mixed Salad

Fruta
Fruit

Jueves-Thursday

4 Crema de Calabaza ECOLÓGICA
Organic Pumpkin Cream
Burritos Vegetales con Arroz y Frijoles
Veggie Burrito with Rice and Beans
Ensalada Variada
Mixed Salad
Fruta
Fruit

11 Ensalada de Pasta (Sin Atún)
Pasta Salad
Cinta de Lomo a la Plancha
Loin
Verduras Salteadas
Vegetables
Fruta y Pan
Fruit and Bread

18 Ensaladilla Rusa (Sin Atún)
Potato Mixed Salad (without Tuna)

Lomo con Tomate
Loin with Tomato Sauce

Calabacín Enharinado Casero (Harina de Maíz)
Homemade Fried Zucchini
Fruta y Pan Integral
Fruit and Whole Wheat Bread



Viernes-Friday

5 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

12 Arroz con Champiñones y Frijoles
Rice with Mushrooms and Beans
Magro de Cerdo Estofado
Stewed Lean Pork
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

19 Ensalada Mixta (sin Atún)
Mixed Salad (without Tuna)

Hamburguesa de Ternera Completa con Queso y Pan
Veal Burger with Cheese
Patatas Chips
Chips

Helado de Nata-Fresa
Strawberry Cream Ice-Cream

Lunes-Monday

1 Coliflor con Bechamel
Cauliflower au Gratin
Cinta de Lomo a la Plancha
Loin
Tomate Asado a la Provenzal con AOVE
Baked Tomato with AOVE and Spices
Vaso de Leche y Pan
Glass of Milk and Bread

8 Judías Verdes con Patatas
Green Beans with Potatoes
Empanadillas de Atún
Tuna Dumplings
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

15 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce

Lomitos de Caballa en Aceite
Mackerel in Oil

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

Martes-Tuesday

2 Alubias a la Vinagreta
Beans in Vinaigrette Sauce
Jamoncitos de Pollo Asados en su Jugo
Roasted Chicken Drumsticks
Patata Horno
Roasted Potatoes
Fruta y Pan
Fruit and Bread

9 Ensalada de Garbanzos Vegetal
Veggie Chickpeas Salad
Cinta de Lomo a la Plancha
Loin
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

16 Espaguetis INTEGRALES con Verduras y Salsa de Soja
Whole Wheat Spaguettis with Vegetables and Soy Sauce
Filete de Pollo a la Plancha
Chicken Breast

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Miercoles-Wednesday

3 Arroz Tres Delicias (sin Huevo)
Three Delights Rice (Without Egg)
Fogonero a la Andaluza
Floured Fish
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

10 Gazpacho Andaluz
Gazpacho
Pollo al Horno
Baked Chicken
Patata Panadera
Baked Potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

17 Ensalada de Lentejas Vegetal
Lentils Salad

Pizza Vegetal Casera
Homemade Vegetable Pizza

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit

Jueves-Thursday

4 Crema de Calabaza ECOLÓGICA
Organic Pumpkin Cream
Burritos Vegetales con Arroz y Frijoles
Veggie Burrito with Rice and Beans
Ensalada Variada
Mixed Salad
Fruta
Fruit



11 Ensalada de Pasta (Sin Huevo Cocido)
Pasta Salad without Boiled Egg
Merluza en Salsa Verde
Hake with Green Sauce
Verduritas Salteadas
Vegetables
Fruta y Pan
Fruit and Bread

18 Ensalada Campera Vegetal
Potato Salad (without Tuna and Egg)

Abadejo con Tomate
Fish with Tomato Sauce

Rodajitas de Calabacín Rebozado
Fried Zucchini
Fruta y Pan Integral
Fruit and Whole Wheat Bread

Viernes-Friday

5 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

12 Arroz con Champiñones y Frijoles
Rice with Mushrooms and Beans
Magro de Cerdo Estofado
Stewed Lean Pork
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

19 Ensalada Mixta (sin Huevo)
Mixed Salad (without Egg)

Hamburguesa de Ternera Completa con Queso y Pan
Veal Burger with Cheese
Patatas Chips
Chips
Helado de Nata-Fresa
Strawberry Cream Ice-Cream

Lunes-Monday

1 Coliflor con Bechamel
Cauliflower au Gratin
Cinta de Lomo a la Plancha Loin
Tomate Asado a la Provenzal con AOVE
Baked Tomato with AOVE and Spices
Vaso de Leche y Pan
Glass of Milk and Bread

8 Judías Verdes con Patatas
Green Beans with Potatoes

Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

15 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce

Lomitos de Caballa en Aceite
Mackerel in Oil

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

Martes-Tuesday

2 Alubias a la Vinagreta
Beans in Vinaigrette Sauce
Jamoncitos de Pollo Asados en su Jugo
Roasted Chicken Drumsticks
Patata Horno
Roasted Potatoes
Fruta y Pan
Fruit and Bread

9 Ensalada de Garbanzos Vegetal
Veggie Chickpeas Salad

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

16 Pasta S/Gluten S/Huevo Salteada con Verduras
Gluten-Egg Free Pasta with Vegetables
Filete de Pollo a la Plancha
Chicken Breast

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Miercoles-Wednesday

3 Arroz Tres Delicias (sin Huevo)
Three Delights Rice (Without Egg)
Fogonero a la Andaluza
Floured Fish
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

10 Gazpacho Andaluz
Gazpacho

Pollo al Horno
Baked Chicken
Patata Panadera
Baked Potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

17 Ensalada de Lentejas Vegetal
Lentils Salad

Panini Casero de Pisto y Queso
Homemade Vegetable Panini

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit

Jueves-Thursday

4 Crema de Calabaza ECOLÓGICA
Organic Pumpkin Cream
Burritos Vegetales con Arroz y Frijoles
Veggie Burrito with Rice and Beans
Ensalada Variada
Mixed Salad
Fruta
Fruit



11 Ensalada de Pasta S/Gluten S/Huevo (Sin Huevo)
Gluten-Egg Free Pasta Salad Without Egg

Merluza en Salsa Verde
Hake with Green Sauce
Verduritas Salteadas
Vegetables
Fruta y Pan
Fruit and Bread

18 Ensalada Campera Vegetal
Potato Salad (without Tuna and Egg)

Abadejo con Tomate
Fish with Tomato Sauce

Rodajitas de Calabacín Rebozado
Fried Zucchini
Fruta y Pan Integral
Fruit and Whole Wheat Bread

Viernes-Friday

5 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

12 Arroz con Champiñones y Frijoles
Rice with Mushrooms and Beans

Magro de Cerdo Estofado
Stewed Lean Pork
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

19 Ensalada Mixta (sin Huevo)
Mixed Salad (without Egg)

Hamburguesa de Ternera con Tomate y Queso (Sin Pan)
Veal Burger with Tomato Sauce and Cheese (without Bread)
Patatas Chips
Chips
Helado de Nata-Fresa y Pan
Strawberry Cream Ice-Cream and Bread

Lunes-Monday

1 Coliflor con Bechamel
Cauliflower au Gratin
Cinta de Lomo a la Plancha Loin
Tomate Asado a la Provenzal con AOVE
Baked Tomato with AOVE and Spices
Vaso de Leche y Pan
Glass of Milk and Bread

8 Judías Verdes con Patatas
Green Beans with Potatoes

Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

15 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce

Lomitos de Caballa en Aceite
Mackerel in Oil

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

Martes-Tuesday

2 Alubias a la Vinagreta
Beans in Vinaigrette Sauce
Jamoncitos de Pollo Asados en su Jugo
Roasted Chicken Drumsticks
Patata Horno
Roasted Potatoes
Fruta y Pan
Fruit and Bread

9 Ensalada de Garbanzos Vegetal
Veggie Chickpeas Salad

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

16 Pasta S/Gluten S/Huevo Salteada con Verduras
Gluten-Egg Free Pasta with Vegetables
Filete de Pollo a la Plancha
Chicken Breast

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Miercoles-Wednesday

3 Arroz Tres Delicias (sin Huevo)
Three Delights Rice (Without Egg)
Fogonero a la Andaluza
Floured Fish
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

10 Gazpacho Andaluz
Gazpacho

Pollo al Horno
Baked Chicken
Patata Panadera
Baked Potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

17 Ensalada de Lentejas Vegetal
Lentils Salad

Panini Casero de Pisto y Queso
Homemade Vegetable Panini

Ensalada Variada
Mixed Salad
Fruta
Fruit

Jueves-Thursday

4 Crema de Calabaza ECOLÓGICA
Organic Pumpkin Cream
Burritos Vegetales con Arroz y Frijoles
Veggie Burrito with Rice and Beans
Ensalada Variada
Mixed Salad
Fruta
Fruit



11 Ensalada de Pasta S/Gluten S/Huevo (Sin Huevo)
Gluten-Egg Free Pasta Salad Without Egg

Merluza en Salsa Verde
Hake with Green Sauce
Verduritas Salteadas
Vegetables
Fruta y Pan
Fruit and Bread

18 Ensalada Campera Vegetal
Potato Salad (without Tuna and Egg)

Abadejo con Tomate
Fish with Tomato Sauce

Rodajitas de Calabacín Rebozado
Fried Zucchini
Fruta y Pan Integral
Fruit and Whole Wheat Bread

Viernes-Friday

5 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

12 Arroz con Verduras y Frijoles (sin Setas)
Rice with Vegetables and Beans

Magro de Cerdo Estofado
Stewed Lean Pork
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

19 Ensalada Mixta (sin Huevo)
Mixed Salad (without Egg)

Hamburguesa de Ternera con Tomate y Queso (Sin Pan)
Veal Burger with Tomato Sauce and Cheese (without Bread)
Patatas Chips
Chips
Helado de Nata-Fresa y Pan
Strawberry Cream Ice-Cream and Bread

Lunes-Monday

1 Coliflor con Bechamel
Cauliflower au Gratin
Tortilla de Patata
Potato Omelette
Tomate Asado a la Provenzal con AOVE
Baked Tomato with AOVE and Spices
Vaso de Leche y Pan
Glass of Milk and Bread

8 Judías Verdes con Patatas
Green Beans with Potatoes
Empanadillas de Atún
Tuna Dumplings
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

15 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce

Lomitos de Caballa en Aceite
Mackerel in Oil

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

Martes-Tuesday

2 Alubias a la Vinagreta
Beans in Vinaigrette Sauce
Jamoncitos de Pollo Asados en su Jugo
Roasted Chicken Drumsticks
Patata Horno
Roasted Potatoes
Fruta y Pan
Fruit and Bread

9 Ensalada de Garbanzos Vegetal
Veggie Chickpeas Salad
Huevos Rellenos
Stuffed Eggs with Tuna
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

16 Espaguetis INTEGRALES con Verduras y Salsa de Soja
Whole Wheat Spaguetis with Vegetables and Soy Sauce
Huevos Revueltos con Taquitos de Pavo
Scrambled Eggs with Turkey

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Miercoles-Wednesday

3 Arroz Tres Delicias
Three Delights Rice
Fogonero a la Andaluza
Floured Fish
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

10 Gazpacho Andaluz
Gazpacho
Pollo en Pepitoria
Chicken in Pepitoria
Patata Panadera
Baked Potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

17 Ensalada de Lentejas Vegetal
Lentils Salad

Pizza Vegetal Casera (sin Champiñones)
Homemade Vegetable Pizza

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit

Jueves-Thursday

4 Crema de Calabaza ECOLÓGICA
Organic Pumpkin Cream
Burritos Vegetales con Arroz y Frijoles
Veggie Burrito with Rice and Beans
Ensalada Variada
Mixed Salad
Fruta
Fruit

11 Ensalada de Pasta
Pasta Salad
Merluza en Salsa Verde
Hake with Green Sauce
Verduritas Salteadas
Vegetables
Fruta y Pan
Fruit and Bread

18 Ensaladilla Rusa
Potato Mixed Salad

Abadejo con Tomate
Fish with Tomato Sauce

Rodajitas de Calabacín Rebozado
Fried Zucchini
Fruta y Pan Integral
Fruit and Whole Wheat Bread

Viernes-Friday

5 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

12 Arroz con Verduras y Frijoles (sin Setas)
Rice with Vegetables and Beans
Magro de Cerdo Estofado
Stewed Lean Pork
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

19 Ensalada Mixta
Mixed Salad

Hamburguesa de Ternera Completa con Queso y Pan
Veal Burger with Cheese
Patatas Chips
Chips
Helado de Nata-Fresa
Strawberry Cream Ice-Cream



Lunes-Monday

1 Coliflor con Bechamel
Cauliflower au Gratin
Tortilla de Patata
Potato Omelette
Tomate Asado a la Provenzal con AOVE
Baked Tomato with AOVE and Spices
Vaso de Leche y Pan
Glass of Milk and Bread

8 Judías Verdes con Patatas
Green Beans with Potatoes
Empanadillas de Atún
Tuna Dumplings
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

15 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce

Lomitos de Caballa en Aceite
Mackerel in Oil

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

Martes-Tuesday

2 Alubias a la Vinagreta
Beans in Vinaigrette Sauce
Jamoncitos de Pollo Asados en su Jugo
Roasted Chicken Drumsticks
Patata Horno
Roasted Potatoes
Fruta y Pan
Fruit and Bread

9 Ensalada de Garbanzos Vegetal
Veggie Chickpeas Salad
Huevos Rellenos
Stuffed Eggs with Tuna
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

16 Espaguetis INTEGRALES con Verduras y Salsa de Soja
Whole Wheat Spaguetis with Vegetables and Soy Sauce
Huevos Revueltos con Taquitos de Pavo
Scrambled Eggs with Turkey

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Miercoles-Wednesday

3 Arroz Tres Delicias
Three Delights Rice
Fogonero a la Andaluza
Floured Fish
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

10 Gazpacho Andaluz
Gazpacho
Pollo en Pepitoria
Chicken in Pepitoria
Patata Panadera
Baked Potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

17 Ensalada de Alubias Veggie
Beans Salad

Pizza Vegetal Casera
Homemade Vegetable Pizza

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit

Jueves-Thursday

4 Crema de Calabaza ECOLÓGICA
Organic Pumpkin Cream
Burritos Vegetales con Arroz y Frijoles
Veggie Burrito with Rice and Beans
Ensalada Variada
Mixed Salad
Fruta
Fruit

11 Ensalada de Pasta
Pasta Salad
Merluza en Salsa Verde
Hake with Green Sauce
Verduritas Salteadas
Vegetables
Fruta y Pan
Fruit and Bread

18 Ensaladilla Rusa
Potato Mixed Salad

Abadejo con Tomate
Fish with Tomato Sauce

Rodajitas de Calabacín Rebozado
Fried Zucchini
Fruta y Pan Integral
Fruit and Whole Wheat Bread



Viernes-Friday

5 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

12 Arroz con Champiñones y Frijoles
Rice with Mushrooms and Beans
Magro de Cerdo Estofado
Stewed Lean Pork
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

19 Ensalada Mixta
Mixed Salad

Hamburguesa de Ternera Completa con Queso y Pan
Veal Burger with Cheese
Patatas Chips
Chips
Helado de Nata-Fresa
Strawberry Cream Ice-Cream

Lunes-Monday

- 1 Coliflor con Bechamel
Cauliflower au Gratin
Tortilla de Patata
Potato Omelette

- Tomate Asado a la Provenzal con AOVE
Baked Tomato with AOVE and Spices
Vaso de Leche y Pan
Glass of Milk and Bread

- 8 Judías Verdes con Patatas
Green Beans with Potatoes
Empanadillas de Atún
Tuna Dumplings
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

- 15 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce

- Lomitos de Caballa en Aceite
Mackerel in Oil

- Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Martes-Tuesday

- 2 Alubias a la Vinagreta
Beans in Vinaigrette Sauce
Jamoncitos de Pollo Asados en su Jugo
Roasted Chicken Drumsticks

- Patata Horno
Roasted Potatoes
Fruta y Pan
Fruit and Bread

- 9 Ensalada de Alubias Veggie
Beans Salad
Huevos Rellenos
Stuffed Eggs with Tuna
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

- 16 Espaguetis INTEGRALES con Verduras y Salsa de Soja
Whole Wheat Spaguetis with Vegetables and Soy Sauce
Huevos Revueltos con Taquitos de Pavo
Scrambled Eggs with Turkey

- Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Miercoles-Wednesday

- 3 Arroz Tres Delicias
Three Delights Rice
Fogonero a la Andaluza
Floured Fish

- Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

- 10 Gazpacho Andaluz
Gazpacho
Pollo en Pepitoria
Chicken in Pepitoria
Patata Panadera
Baked Potatoes
Fruta y Pan
Fruit and Bread

- 17 Ensalada de Lentejas Vegetal
Lentils Salad

- Pizza Vegetal Casera
Homemade Vegetable Pizza

- Ensalada Variada
Mixed Salad
Fruta
Fruit

Jueves-Thursday

- 4 Crema de Calabaza ECOLÓGICA
Organic Pumpkin Cream
Burritos Vegetales con Arroz y Frijoles
Veggie Burrito with Rice and Beans

- Ensalada Variada
Mixed Salad
Fruta
Fruit

- 11 Ensalada de Pasta
Pasta Salad
Merluza en Salsa Verde
Hake with Green Sauce
Verduras Salteadas
Vegetables
Fruta y Pan
Fruit and Bread

- 18 Ensaladilla Rusa
Potato Mixed Salad

- Abadejo con Tomate
Fish with Tomato Sauce

- Rodajitas de Calabacín Rebozado
Fried Zucchini
Fruta y Pan
Fruit and Bread

Viernes-Friday

- 5 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

- 12 Arroz con Champiñones y Frijoles
Rice with Mushrooms and Beans
Magro de Cerdo Estofado
Stewed Lean Pork
Ensalada Variada
Mixed Salad
Yogur y Pan
Yogurt and Bread

- 19 Ensalada Mixta
Mixed Salad

- Hamburguesa de Ternera con Tomate y Queso (Sin Pan)
Veal Burger with Tomato Sauce and Cheese (without Bread)
Patatas Chips
Chips
Helado de Nata-Fresa y Pan
Strawberry Cream Ice-Cream and Bread



Lunes-Monday

1 Coliflor Rehogada
Sautéed Cauliflower
Tortilla de Patata
Potato Omelette

Tomate Asado a la Provenzal con AOVE
Baked Tomato with AOVE and Spices
Vaso de Leche
Glass of Milk

8 Brócoli con Patatas
Sautéed Broccoli with Potatoes
Merluza a la Andaluza
Floured Hake

Ensalada Variada
Mixed Salad
Fruta
Fruit

15 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce

Merluza al Horno con Perejil Fresco
Baked Hake with Fresh Parsley
Ensalada Variada
Mixed Salad

Fruta
Fruit

Martes-Tuesday

2 Ensalada de Patata
Potato Salad
Jamoncitos de Pollo Asados en su Jugo
Roasted Chicken Drumsticks

Patata Horno
Roasted Potatoes
Fruta
Fruit

9 Ensalada de Patata
Potato Salad
Huevos Rellenos (Sin Mayonesa)
Stuffed Eggs with Tuna (without Mayonnaise)
Ensalada Variada
Mixed Salad
Fruta
Fruit

16 Quinoa con Verduras
Quinoa with Vegetables

Huevos Revueltos
Scrambled Eggs
Ensalada Variada
Mixed Salad

Fruta
Fruit

Miercoles-Wednesday

3 Arroz con Verduras
Rice with Vegetables
Fogonero a la Andaluza
Floured Fish

Ensalada Variada
Mixed Salad
Fruta
Fruit

10 Gazpacho Andaluz (Sin Pan)
Gazpacho (Without Bread)
Pollo en Pepitoria
Chicken in Pepitoria

Patata Panadera
Baked Potatoes
Fruta
Fruit

17 Crema de Verduras de Temporada
Vegetable Cream

Filete de Pollo a la Plancha
Chicken Breast
Ensalada Variada
Mixed Salad

Fruta
Fruit

Jueves-Thursday

4 Crema de Calabaza ECOLÓGICA
Organic Pumpkin Cream
Cinta de Lomo a la Plancha
Loin

Arroz Pilaf
Rice
Fruta
Fruit

11 Quinoa con Verduras
Quinoa with Vegetables
Merluza en Salsa Verde
Hake with Green Sauce

Verduritas Salteadas
Vegetables
Fruta
Fruit

18 Ensaladilla Rusa (Sin Guisantes ni Mayonesa)
Potato Mixed Salad (without Green peas and Mayonnaise)
Abadejo con Tomate
Fish with Tomato Sauce
Calabacín Enharinado Casero (Harina de Maíz)
Homemade Fried Zucchini
Fruta
Fruit

Viernes-Friday

5 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

12 Arroz con Verduras
Rice with Vegetables
Magro de Cerdo Estofado
Stewed Lean Pork

Ensalada Variada
Mixed Salad
Yogur
Yogurt

19 Ensalada Mixta
Mixed Salad

Salchichas de Pavo con Tomate
Turkey Sausages with Tomato Sauce
Patatas Chips
Chips

Yogur
Yogurt

Lunes-Monday

1 Coliflor Rehogada
Sautéed Cauliflower
Tortilla de Patata
Potato Omelette

Tomate Asado a la Provenzal con AOVE
Baked Tomato with AOVE and Spices
Vaso de Leche
Glass of Milk

8 Brócoli con Patatas
Sautéed Broccoli with Potatoes
Merluza a la Andaluza
Floured Hake

Ensalada Variada
Mixed Salad
Fruta
Fruit

15 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce

Merluza al Horno con Perejil Fresco
Baked Hake with Fresh Parsley
Ensalada Variada
Mixed Salad

Fruta
Fruit

Martes-Tuesday

2 Ensalada de Patata
Potato Salad
Jamoncitos de Pollo Asados en su Jugo
Roasted Chicken Drumsticks

Patata Horno
Roasted Potatoes
Fruta
Fruit

9 Ensalada de Patata
Potato Salad
Huevos Rellenos (Sin Mayonesa)
Stuffed Eggs with Tuna (without Mayonnaise)
Ensalada Variada
Mixed Salad
Fruta
Fruit

16 Quinoa con Verduras
Quinoa with Vegetables

Huevos Revueltos
Scrambled Eggs
Ensalada Variada
Mixed Salad

Fruta
Fruit

Miercoles-Wednesday

3 Arroz con Verduras
Rice with Vegetables
Fogonero a la Andaluza
Floured Fish

Ensalada Variada
Mixed Salad
Fruta
Fruit

10 Gazpacho Andaluz (Sin Pan)
Gazpacho (Without Bread)
Pollo en Pepitoria
Chicken in Pepitoria

Patata Panadera
Baked Potatoes
Fruta
Fruit

17 Crema de Verduras de Temporada
Vegetable Cream

Filete de Pollo a la Plancha
Chicken Breast
Ensalada Variada
Mixed Salad

Fruta
Fruit

Jueves-Thursday

4 Crema de Calabaza ECOLÓGICA
Organic Pumpkin Cream
Cinta de Lomo a la Plancha
Loin

Arroz Pilaf
Rice
Fruta
Fruit

11 Quinoa con Verduras
Quinoa with Vegetables
Merluza en Salsa Verde
Hake with Green Sauce

Verduritas Salteadas
Vegetables
Fruta
Fruit

18 Ensaladilla Rusa (Sin Guisantes ni Mayonesa)
Potato Mixed Salad (without Green peas and Mayonnaise)
Abadejo con Tomate
Fish with Tomato Sauce
Calabacín Enharinado Casero (Harina de Maíz)
Homemade Fried Zucchini
Fruta
Fruit

Viernes-Friday

5 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

12 Arroz con Verduras
Rice with Vegetables
Magro de Cerdo Estofado
Stewed Lean Pork

Ensalada Variada
Mixed Salad
Yogur
Yogurt

19 Ensalada Mixta
Mixed Salad

Salchichas de Pavo con Tomate
Turkey Sausages with Tomato Sauce
Patatas Chips
Chips

Yogur
Yogurt

Lunes-Monday

1 Coliflor con Bechamel
Cauliflower au Gratin
Tortilla de Patata
Potato Omelette
Tomate Asado a la Provenzal con AOVE
Baked Tomato with AOVE and Spices
Vaso de Leche y Pan
Glass of Milk and Bread

8 Judías Verdes con Patatas
Green Beans with Potatoes
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

15 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce

Lomitos de Caballa en Aceite
Mackerel in Oil

Ensalada Variada
Mixed Salad

Fruta y Pan Integral
Fruit and Whole Wheat Bread

Martes-Tuesday

2 Alubias a la Vinagreta
Beans in Vinaigrette Sauce
Jamoncitos de Pollo Asados en su Jugo
Roasted Chicken Drumsticks
Patata Horno
Roasted Potatoes
Fruta y Pan
Fruit and Bread

9 Ensalada de Garbanzos Vegetal
Veggie Chickpeas Salad
Huevos Rellenos
Stuffed Eggs with Tuna
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

16 Espaguetis INTEGRALES con Verduras y Salsa de Soja
Whole Wheat Spaguetis with Vegetables and Soy Sauce
Huevos Revueltos con Taquitos de Pavo
Scrambled Eggs with Turkey

Ensalada Variada
Mixed Salad

Fruta y Pan
Fruit and Bread

Miercoles-Wednesday

3 Arroz Tres Delicias
Three Delights Rice
Fogonero a la Andaluza
Floured Fish
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

10 Gazpacho Andaluz
Gazpacho
Pollo en Pepitoria
Chicken in Pepitoria
Patata Panadera
Baked Potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

17 Ensalada de Lentejas Vegetal
Lentils Salad

Pizza Vegetal Casera
Homemade Vegetable Pizza

Ensalada Variada
Mixed Salad

Fruta
Fruit

Jueves-Thursday

4 Crema de Calabaza ECOLÓGICA
Organic Pumpkin Cream
Burritos Vegetales con Arroz y Frijoles
Veggie Burrito with Rice and Beans
Ensalada Variada
Mixed Salad
Fruta
Fruit

11 Ensalada de Pasta
Pasta Salad
Merluza en Salsa Verde
Hake with Green Sauce
Verduritas Salteadas
Vegetables
Fruta y Pan
Fruit and Bread

18 Ensaladilla Rusa
Potato Mixed Salad

Abadejo con Tomate
Fish with Tomato Sauce

Calabacín Enharinado Casero (Harina de Maíz)
Homemade Fried Zucchini
Fruta y Pan Integral
Fruit and Whole Wheat Bread



Viernes-Friday

5 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

12 Arroz con Champiñones y Frijoles
Rice with Mushrooms and Beans
Magro de Cerdo Estofado
Stewed Lean Pork
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

19 Ensalada Mixta
Mixed Salad

Hamburguesa de Ternera Completa con Queso y Pan
Veal Burger with Cheese
Patatas Chips
Chips

Helado de Nata-Fresa
Strawberry Cream Ice-Cream

Lunes-Monday

1 Coliflor Rehogada
Sautéed Cauliflower
Tortilla de Patata
Potato Omelette
Tomate Asado a la Provenzal con AOVE
Baked Tomato with AOVE and Spices
Yogur y Pan
Yogurt and Bread

8 Judías Verdes con Patatas
Green Beans with Potatoes
Empanadillas de Atún
Tuna Dumplings
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

15 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce

Lomitos de Caballa en Aceite
Mackerel in Oil

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

Martes-Tuesday

2 Alubias a la Vinagreta
Beans in Vinaigrette Sauce
Jamoncitos de Pollo Asados en su Jugo
Roasted Chicken Drumsticks
Patata Horno
Roasted Potatoes
Fruta y Pan
Fruit and Bread

9 Ensalada de Garbanzos Vegetal
Veggie Chickpeas Salad
Huevos Rellenos
Stuffed Eggs with Tuna
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

16 Espaguetis INTEGRALES con Verduras y Salsa de Soja
Whole Wheat Spaguetis with Vegetables and Soy Sauce
Huevos Revueltos con Taquitos de Pavo
Scrambled Eggs with Turkey

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread

Miercoles-Wednesday

3 Arroz Tres Delicias
Three Delights Rice
Fogonero a la Andaluza
Floured Fish
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread

10 Gazpacho Andaluz
Gazpacho
Pollo en Pepitoria
Chicken in Pepitoria
Patata Panadera
Baked Potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

17 Ensalada de Lentejas Vegetal
Lentils Salad

Pizza Vegetal Casera
Homemade Vegetable Pizza

Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit

Jueves-Thursday

4 Crema de Calabaza ECOLÓGICA
Organic Pumpkin Cream
Burritos Vegetales con Arroz y Frijoles
Veggie Burrito with Rice and Beans
Ensalada Variada
Mixed Salad
Fruta
Fruit

11 Ensalada de Pasta
Pasta Salad
Merluza en Salsa Verde
Hake with Green Sauce
Verduritas Salteadas
Vegetables
Fruta y Pan
Fruit and Bread

18 Ensaladilla Rusa
Potato Mixed Salad

Abadejo con Tomate
Fish with Tomato Sauce

Rodajitas de Calabacín Rebozado
Fried Zucchini
Fruta y Pan Integral
Fruit and Whole Wheat Bread

Viernes-Friday

5 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

12 Arroz con Champiñones y Frijoles
Rice with Mushrooms and Beans
Magro de Cerdo Estofado
Stewed Lean Pork
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

19 Ensalada Mixta
Mixed Salad

Hamburguesa de Ternera Completa con Queso y Pan
Veal Burger with Cheese
Patatas Chips
Chips
Yogur
Yogurt



Lunes-Monday

1 Coliflor con Bechamel (sin Tomate)
Cauliflower au Gratin (without Tomato)
Tortilla de Patata
Potato Omelette

Ensalada Variada (sin Tomate)
Mixed Salad (without Tomato)
Vaso de Leche y Pan
Glass of Milk and Bread

8 Judías Verdes con Patatas
Green Beans with Potatoes

Merluza a la Andaluza
Floured Hake
Ensalada Variada (sin Tomate)
Mixed Salad (without Tomato)
Fruta y Pan
Fruit and Bread

15 Arroz Rehogado
Rice

Lomitos de Caballa en Aceite
Mackerel in Oil

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

Martes-Tuesday

2 Alubias a la Vinagreta (Sin Tomate)
Beans in Vinaigrette Sauce without Tomato
Jamoncitos de Pollo Asados en su Jugo
Roasted Chicken Drumsticks

Patata Horno
Roasted Potatoes
Fruta y Pan
Fruit and Bread

9 Ensalada de Garbanzos Veggie (Sin Tomate)
Veggie Chickpeas Salad (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

16 Espaguettis INTEGRALES con Verduras (sin Tomate)
Whole Wheat Spaguettis with Vegetables (without Tomato)
Huevos Revueltos con Taquitos de Pavo
Scrambled Eggs with Turkey

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

Miercoles-Wednesday

3 Arroz Tres Delicias
Three Delights Rice
Fogonero a la Andaluza
Floured Fish

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

10 Crema de Zanahoria
Carrots Cream

Pollo en Pepitoria
Chicken in Pepitoria
Patata Panadera
Baked Potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread

17 Ensalada de Lentejas Vegetal (sin Tomate)
Lentils Salad (without Tomato)

Pizza Vegetal Casera (sin Tomate)
Homemade Vegetable Pizza (Without Tomato)
Ensalada Variada (sin Tomate)
Mixed Salad (without Tomato)
Fruta
Fruit

Jueves-Thursday

4 Crema de Calabaza ECOLÓGICA
Organic Pumpkin Cream
Burritos Vegetales con Arroz y Frijoles (sin Tomate)
Veggie Burrito with Rice and Beans (without Tomato)

Ensalada Variada (sin Tomate)
Mixed Salad (without Tomato)
Fruta
Fruit

11 Ensalada de Pasta (Sin Tomate Natural)
Pasta Salad (without Tomato)

Merluza en Salsa Verde
Hake with Green Sauce
Verduritas Salteadas
Vegetables
Fruta y Pan
Fruit and Bread

18 Ensaladilla Rusa
Potato Mixed Salad

Abadejo al Horno
Baked Fish

Rodajitas de Calabacín Rebozado
Fried Zucchini
Fruta y Pan Integral
Fruit and Whole Wheat Bread

Viernes-Friday

5 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

12 Arroz con Champiñones y Frijoles (sin Tomate)
Rice with Mushrooms and Beans (without Tomato)

Magro de Cerdo Estofado (Sin Tomate)
Stewed Lean Pork (without Tomato)
Ensalada Variada (sin Tomate)
Mixed Salad (without Tomato)
Yogur y Pan Integral
Yogurt and Whole Wheat Bread

19 Ensalada Mixta (Sin Tomate Natural)
Mixed Salad (without Tomato)

Hamburguesa de Ternera con Queso y Pan (Sin Tomate)
Veal Burger with Cheese and Bread
Patatas Chips
Chips
Helado de Nata-Fresa
Strawberry Cream Ice-Cream



MENÚ JUNIO 2026 SENARA

Sin Pescados Planos (Gallo, Gallineta, Lenguado, Limanda, Palometa) -
Caleña, Senara

Lunes-Monday

- 1** Coliflor con Bechamel
Cauliflower au Gratin
Tortilla de Patata
Potato Omelette
Tomate Asado a la Provenzal con AOVE
Baked Tomato with AOVE and Spices
Vaso de Leche y Pan
Glass of Milk and Bread
- 8** Judías Verdes con Patatas
Green Beans with Potatoes
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread
- 15** Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
- Lomitos de Caballa en Aceite
Mackerel in Oil
- Ensalada Variada
Mixed Salad
- Fruta y Pan Integral
Fruit and Whole Wheat Bread

Martes-Tuesday

- 2** Alubias a la Vinagreta
Beans in Vinaigrette Sauce
Jamoncitos de Pollo Asados en su Jugo
Roasted Chicken Drumsticks
Patata Horno
Roasted Potatoes
Fruta y Pan
Fruit and Bread
- 9** Ensalada de Garbanzos Vegetal
Veggie Chickpeas Salad
Huevos Rellenos
Stuffed Eggs with Tuna
Ensalada Variada
Mixed Salad
Fruta y Pan
Fruit and Bread
- 16** Espaguetis INTEGRALES con Verduras y Salsa de Soja
Whole Wheat Spaguetts with Vegetables and Soy Sauce
Huevos Revueltos con Taquitos de Pavo
Scrambled Eggs with Turkey
- Ensalada Variada
Mixed Salad
- Fruta y Pan
Fruit and Bread

Miercoles-Wednesday

- 3** Arroz Tres Delicias
Three Delights Rice
Fogonero a la Andaluza
Floured Fish
Ensalada Variada
Mixed Salad
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 10** Gazpacho Andaluz
Gazpacho
Pollo en Pepitoria
Chicken in Pepitoria
Patata Panadera
Baked Potatoes
Fruta y Pan Integral
Fruit and Whole Wheat Bread
- 17** Ensalada de Lentejas Vegetal
Lentils Salad
- Panini Casero de Pisto y Queso
Homemade Vegetable Panini
- Ensalada Variada
Mixed Salad
- Fruta
Fruit

Jueves-Thursday

- 4** Crema de Calabaza ECOLÓGICA
Organic Pumpkin Cream
Burritos Vegetales con Arroz y Frijoles
Veggie Burrito with Rice and Beans
Ensalada Variada
Mixed Salad
Fruta
Fruit
- 11** Ensalada de Pasta
Pasta Salad
Merluza en Salsa Verde
Hake with Green Sauce
Verduritas Salteadas
Vegetables
Fruta y Pan
Fruit and Bread
- 18** Ensaladilla Rusa
Potato Mixed Salad
- Abadejo con Tomate
Fish with Tomato Sauce
- Calabacín Enharinado Casero (Harina de Maíz)
Homemade Fried Zucchini
Fruta y Pan Integral
Fruit and Whole Wheat Bread



Viernes-Friday

- 5** 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
- 12** Arroz con Champiñones y Frijoles
Rice with Mushrooms and Beans
Magro de Cerdo Estofado
Stewed Lean Pork
Ensalada Variada
Mixed Salad
Yogur y Pan Integral
Yogurt and Whole Wheat Bread
- 19** Ensalada Mixta
Mixed Salad
- Hamburguesa de Ternera Completa con Queso y Pan
Veal Burger with Cheese
Patatas Chips
Chips
- Helado de Nata-Fresa
Strawberry Cream Ice-Cream

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

- 1 Coliflor Rehogada
Sautéed Cauliflower
Merluza al Horno con Perejil Fresco
Baked Hake with Fresh Parsley

Tomate Asado a la Provenzal con AOVE
Baked Tomato with AOVE and Spices
Fruta
Fruit
- 8 Judías Verdes con Patatas
Green Beans with Potatoes
Merluza a la Andaluza
Floured Hake
Ensalada Variada
Mixed Salad
Fruta
Fruit
- 15 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce

Merluza al Horno con Perejil Fresco
Baked Hake with Fresh Parsley
Ensalada Variada
Mixed Salad

Fruta
Fruit

Martes-Tuesday

- 2 Alubias a la Vinagreta
Beans in Vinaigrette Sauce
Jamoncitos de Pollo Asados en su Jugo
Roasted Chicken Drumsticks

Patata Horno
Roasted Potatoes
Fruta
Fruit
- 9 Ensalada de Garbanzos Vegetal
Veggie Chickpeas Salad
Pavo a la Plancha
Grilled Turkey
Ensalada Variada
Mixed Salad
Fruta
Fruit
- 16 Quinoa con Verduras
Quinoa with Vegetables

Filete de Pollo a la Plancha
Chicken Breast
Ensalada Variada
Mixed Salad

Fruta
Fruit

Miercoles-Wednesday

- 3 Arroz con Verduras
Rice with Vegetables
Fogonero a la Andaluza
Floured Fish

Ensalada Variada
Mixed Salad
Fruta
Fruit
- 10 Crema de Zanahoria
Carrots Cream
Pollo al Horno
Baked Chicken
Patata Panadera
Baked Potatoes
Fruta
Fruit
- 17 Ensalada de Alubias Veggie
Beans Salad

Arroz con Pisto Casero
Rice with Ratatouille
Ensalada Variada
Mixed Salad

Fruta
Fruit

Jueves-Thursday

- 4 Crema de Calabaza ECOLÓGICA
Organic Pumpkin Cream
Arroz con Verduras y Frijoles
Rice with Vegetables and Beans

Ensalada Variada
Mixed Salad
Fruta
Fruit
- 11 Quinoa con Verduras
Quinoa with Vegetables
Merluza en Salsa Verde
Hake with Green Sauce
Verduritas Salteadas
Vegetables
Fruta
Fruit
- 18 Ensaladilla Rusa (Sin Huevo, sin Mayonesa)
Potato Mixed Salad (without Egg and Mayonnaise)
Abadejo al Horno
Baked Fish
Calabacín Enharinado Casero (Harina de Maíz)
Homemade Fried Zucchini
Fruta
Fruit



Viernes-Friday

- 5 Sopa Juliana de Verduras
Vegetables Soup
Cocido (Sin Cerdo)
Chickpeas with Meat and Vegetables (without Pork)
Repollo Rehogado
Cabagge
Fruta
Fruit
- 12 Arroz con Champiñones y Frijoles
Rice with Mushrooms and Beans
Estofado de Pollo
Stewed Chicken
Ensalada Variada
Mixed Salad
Fruta
Fruit
- 19 Ensalada Mixta (sin Huevo)
Mixed Salad (without Egg)

Salchichas de Pavo al Horno
Turkey Sausages
Patatas Chips
Chips

Fruta
Fruit