

Lunes-Monday

Martes-Tuesday

Miercoles-Wednesday

Jueves-Thursday

Viernes-Friday

5 Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables 1T

Tortilla Vegana Casera al Horno
Vegan Omelette 1T
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T



12



**Festivo -
Holiday**

19 Espaguetis INTEGRALES a la Carbonara
con Bacon Crujiente
Carbonara Whole Wheat Spaguetis
1-3T-6-7-10T
Huevos Rellenos
Stuffed Eggs with Tuna 3-4-12T
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

26 Brócoli al Gratin
Broccoli au Gratin 7

Tortilla de Patata Casera
Homemade Potato Omelette 3

Tomate Aliñado con Orégano
Seasoned Tomato 12
Fruta y Pan
Fruit and Bread 1-6T-10T

6 Paella Hortelana
Rice with Vegetables

Gallineta a la Andaluza
Floured Fish 4
Verduras Salteadas
Vegetables
Fruta y Pan
Fruit and Bread 1-6T-10T

13 Crema de Zanahoria
Carrots Cream 12

Huevos Villaroy
Villaroy Eggs 1-2T-3-4T-6-7-9T-12-14T
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

20 Crema de Calabacín con Queso
Zucchini Cream with Cheese 7

Ragout de Pavo Estofado con Verduras
Stewed Turkey with Vegetables
Cous Cous 1-6T-10T
Fruta y Pan
Fruit and Bread 1-6T-10T

27 Alubias Blancas Estofadas con Arroz
INTEGRAL
Stewed White Beans with Whole Grain Rice

Pizza Vegetal Casera
Homemade Vegetable Pizza
1-3T-4T-6T-7-9T-10T-12T
Ensalada Variada
Mixed Salad 12
Fruta
Fruit



7 Alubias Pintas Estofadas con Verduras de
Temporada
Stewed Black Beans with Vegetables
Huevos Rellenos
Stuffed Eggs with Tuna 3-4-12T
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11

14 Arroz con Tomate Casero y Salchichas de
Pavo
Rice with Tomato Sauce and Sausages
Fogonero en Salsa de Cebolla
Fish with Onion Sauce 4
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11

21 Lentejas con Verduras
Stewed Lentils with Vegetables 1T

Salmon a la Naranja
Salmon With Orange Sauce 3-4
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11

28 Paella de Verduras de la Huerta
Rice with Vegetables

Merluza en Salsa Verde
Hake with Green Sauce 4

Guisantes Rehogados
Sautéed Green Peas
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11

1 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables

Merluza a la Bilbaína
Hake in Sauce 4-12
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

8 Crema de Verduras de Temporada
Vegetable Cream 12

Pollo en Salsa de Curry
Curry Chicken 1-6T-10T
Arroz INTEGRAL al Romero
Whole Grain Rice with Rosemary
Fruta y Pan
Fruit and Bread 1-6T-10T

15 Sopa de Estrellitas
Star Soup 1-3T-6T-10T

Cocido Vegetal
Chickpeas with Vegetables
Rapollo con Ajo Rehogado
Cabbage
Fruta y Pan
Fruit and Bread 1-6T-10T



22 Judías Verdes con Patatas
Green Beans with Potatoes

Pollo en Pepitoria
Chicken in Pepitoria 3
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

29 Sopa de Cocido
Meat Soup 1-3T-6T-10T-12T

Cocido Completo
Chickpeas with Meat and Vegetables 6T-12T

Rapollo Rehogado
Cabbage
Fruta y Pan
Fruit and Bread 1-6T-10T

2 Nachos con Pico de Gallo y Guacamole
Nachos with Vegetables and Guacamole
1T-6T-7T

Fajitas de Pollo
Chicken Fajitas 1-6T-10T
Ensalada Variada
Mixed Salad 12
Helado de Nata-Fresa
Strawberry Cream Ice-Cream 7

9 Lasaña Boloñesa Casera con Queso
Homemade Bolognese Lasagna 1-3T-6T-7-10T

Lomitos de Caballa en Aceite
Mackerel in Oil 4
Ensalada Variada
Mixed Salad 12
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

16 Salteado de Verdura Tricolor
Mixed Vegetables

Magro de Cerdo Estofado
Stewed Lean Pork
Arroz INTEGRAL Rehogado
Sautéed Whole grain Rice
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

23 Arroz con Pisto Casero
Rice with Ratatouille

Garbanzos a la Jardinera
Stewed Chickpeas

Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11



30 Crema de Calabaza con Croutons
Pumpkin Cream with Croutons 1-6T-11T-12

Pollo Asado en su Jugo
Baked Chicken 12

Ensalada Variada
Mixed Salad 12
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

ALÉRGENOS
1-Gluten
2-Crustaceo
3-Huevo
4-Pescado
5-Cacahuete
6-Soja
7-Leche y
Derivados
8-Frutos Secos
9-Apio
10-Mostaza
11-Sesamo
12-Sulfitos
13-Altramuces
14-Moluscos

mediterránea

PAN Y PÁCTEOS SIN FRUTOS SECOS LA FRUTA DE TEMPORADA OFERTADA SERÁ: manzana, pera, plátano, naranja y mandarina
ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maíz, Pepino, Cebolla, Zanahoria)

TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGENOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA DISPONIBLE EN LA APP "MEDITERRÁNEA EDUCACIÓN". PARA CUALQUIER CONSULTA AL RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

Lunes-Monday

Martes-Tuesday

Miercoles-Wednesday

Jueves-Thursday

Viernes-Friday

5 Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables 1T

Tortilla Vegana Casera al Horno
Vegan Omelette 1T
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T



12



Festivo -
Holiday

19 Espaguetis INTEGRALES a la Carbonara
con Bacon Crujiente
Carbonara Whole Wheat Spaguetis
1-3T-6-7-10T
Huevos Rellenos
Stuffed Eggs with Tuna 3-4-12T
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

26 Brócoli al Gratén
Broccoli au Gratin 7

Tortilla de Patata Casera
Homemade Potato Omelette 3

Tomate Aliñado con Orégano
Seasoned Tomato 12
Fruta y Pan
Fruit and Bread 1-6T-10T

6 Paella Hortelana
Rice with Vegetables

Gallineta a la Andaluza
Floured Fish 4
Verduras Salteadas
Vegetables
Fruta y Pan
Fruit and Bread 1-6T-10T

13 Crema de Zanahoria
Carrots Cream 12

Huevos Villaroy
Villaroy Eggs 1-2T-3-4T-6-7-9T-10T-12-14T
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

20 Crema de Calabacín con Queso
Zucchini Cream with Cheese 7

Ragout de Pavo Estofado con Verduras
Stewed Turkey with Vegetables
Cous Cous
Cous Cous 1-6T-10T
Fruta y Pan
Fruit and Bread 1-6T-10T

27 Alubias Blancas Estofadas con Arroz
INTEGRAL
Stewed White Beans with Whole Grain Rice
Pizza Vegetal Casera
Homemade Vegetable Pizza
1-3T-4T-6T-7-9T-10T-12T

Ensalada Variada
Mixed Salad 12
Fruta
Fruit



7 Alubias Pintas Estofadas con Verduras de
Temporada
Stewed Black Beans with Vegetables
Huevos Rellenos
Stuffed Eggs with Tuna 3-4-12T
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan
Yogurt and Bread 1-6T-7-10T

14 Arroz con Tomate Casero y Salchichas de
Pavo
Rice with Tomato Sauce and Sausages
Fogonero en Salsa de Cebolla
Fish with Onion Sauce 4
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan
Yogurt and Bread 1-6T-7-10T

21 Lentejas con Verduras
Stewed Lentils with Vegetables 1T

Salmon a la Naranja
Salmon With Orange Sauce 3-4
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan
Yogurt and Bread 1-6T-7-10T

28 Paella de Verduras de la Huerta
Rice with Vegetables

Merluza en Salsa Verde
Hake with Green Sauce 4

Guisantes Rehogados
Sautéed Green Peas
Yogur Natural y Pan
Yogurt and Bread 1-6T-7-10T

1 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
Merluza a la Bilbaína
Hake in Sauce 4-12
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

8 Crema de Verduras de Temporada
Vegetable Cream 12

Pollo en Salsa de Curry
Curry Chicken 1-6T-10T
Arroz INTEGRAL al Romero
Whole Grain Rice with Rosemary
Fruta y Pan
Fruit and Bread 1-6T-10T

15 Sopa de Estrellitas
Star Soup 1-3T-6T-10T

Cocido Vegetal
Chickpeas with Vegetables
Rapollo con Ajo Rehogado
Cabagge
Fruta y Pan
Fruit and Bread 1-6T-10T



22 Judías Verdes con Patatas
Green Beans with Potatoes

Pollo en Pepitoria
Chicken in Pepitoria 3
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

29 Sopa de Cocido
Meat Soup 1-3T-6T-10T-12T

Cocido Completo
Chickpeas with Meat and Vegetables 6T-12T

Rapollo Rehogado
Cabagge
Fruta y Pan
Fruit and Bread 1-6T-10T

2 Nachos con Pico de Gallo y Guacamole
Nachos with Vegetables and Guacamole
1T-6T-7T
Fajitas de Pollo
Chicken Fajitas 1-6T-10T
Ensalada Variada
Mixed Salad 12
Helado de Nata-Fresa
Strawberry Cream Ice-Cream 7

9 Lasaña Boloñesa Casera con Queso
Homemade Bolognese Lasagna 1-3T-6T-7-10T

Lomitos de Caballa en Aceite
Mackerel in Oil 4
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

16 Salteado de Verdura Tricolor
Mixed Vegetables

Magro de Cerdo Estofado
Stewed Lean Pork
Arroz INTEGRAL Rehogado
Sautéed Whole grain Rice
Fruta y Pan
Fruit and Bread 1-6T-10T

23 Arroz con Pisto Casero
Rice with Ratatouille

Garbanzos a la Jardinera
Stewed Chickpeas

Fruta y Pan
Fruit and Bread 1-6T-10T

30 Crema de Calabaza
Pumpkin Cream 12

Pollo Asado en su Jugo
Baked Chicken 12

Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T



ALÉRGENOS
1-Gluten
2-Crustaceo
3-Huevo
4-Pescado
5-Cacahuete
6-Soja
7-Leche y Derivados
8-Frutos Secos
9-Apio
10-Mostaza
11-Sesamo
12-Sulfitos
13-Altramuzes
14-Moluscos

PAN Y PÁCTEOS SIN FRUTOS SECOS NI SÉSAMO. LA FRUTA DE TEMPORADA OFERTADA SERÁ: manzana, pera, plátano, naranja y mandarina

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

TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGENOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA DISPONIBLE EN LA APP "MEDITERRÁNEA EDUCACIÓN". PARA CUALQUIER CONSULTA AL RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

mediterránea

Lunes-Monday

Martes-Tuesday

Miercoles-Wednesday

Jueves-Thursday

Viernes-Friday

ALÉRGENOS
1-Gluten
2-Crustaceo
3-Huevo
4-Pescado
5-Cacahuete
6-Soja
7-Leche y Derivados
8-Frutos Secos
9-Apio
10-Mostaza
11-Sesamo
12-Sulfitos
13-Altramuces
14-Moluscos



Festivo -
Holiday

5 Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables 1T

Tortilla Vegana Casera al Horno
Vegan Omelette 1T
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T



6 Paella Hortelana
Rice with Vegetables

Gallineta a la Andaluza
Floured Fish 4
Verduras Salteadas
Vegetables
Fruta y Pan
Fruit and Bread 1-6T-10T

13 Crema de Zanahoria
Carrots Cream 12

Huevos Villaroy
Villaroy Eggs 1-2T-3-4T-6-7-9T-10T-12-14T
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

20 Crema de Calabacín con Queso
Zucchini Cream with Cheese 7

Ragout de Pavo Estofado con Verduras
Stewed Turkey with Vegetables
Cous Cous 1-6T-10T
Fruta y Pan
Fruit and Bread 1-6T-10T

27 Alubias Blancas Estofadas con Arroz
Integral
Stewed White Beans with Whole Grain Rice

Pizza Vegetal Casera
Homemade Vegetable Pizza
1-3T-4T-6T-7-9T-10T-12T
Ensalada Variada
Mixed Salad 12
Fruta
Fruit



7 Alubias Pintas Estofadas con Verduras de Temporada
Stewed Black Beans with Vegetables

Huevos Rellenos
Stuffed Eggs with Tuna 3-4-12T
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11

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

Fogonero en Salsa de Cebolla
Fish with Onion Sauce 4
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11

21 Lentejas con Verduras
Stewed Lentils with Vegetables 1T

Salmon a la Naranja
Salmon With Orange Sauce 3-4
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11

28 Paella de Verduras de la Huerta
Rice with Vegetables

Merluza en Salsa Verde
Hake with Green Sauce 4

Guisantes Rehogados
Sautéed Green Peas
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11

1 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables

Merluza a la Bilbaína
Hake in Sauce 4-12
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

8 Crema de Verduras de Temporada
Vegetable Cream 12

Pollo en Salsa de Curry
Curry Chicken 1-6T-10T
Arroz INTEGRAL al Romero
Whole Grain Rice with Rosemary
Fruta y Pan
Fruit and Bread 1-6T-10T

15 Sopa de Estrellitas
Star Soup 1-3T-6T-10T

Cocido Vegetal
Chickpeas with Vegetables
Rapollo con Ajo Rehogado
Cabbage
Fruta y Pan
Fruit and Bread 1-6T-10T



22 Judías Verdes con Patatas
Green Beans with Potatoes

Pollo en Pepitoria
Chicken in Pepitoria 3
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

29 Sopa de Cocido
Meat Soup 1-3T-6T-10T-12T

Cocido Completo
Chickpeas with Meat and Vegetables 6T-12T

Rapollo Rehogado
Cabbage
Fruta y Pan
Fruit and Bread 1-6T-10T

2 Nachos con Pico de Gallo y Guacamole
Nachos with Vegetables and Guacamole 1T-6T-7T

Fajitas de Pollo
Chicken Fajitas 1-6T-10T
Ensalada Variada
Mixed Salad 12
Helado de Nata-Fresa
Strawberry Cream Ice-Cream 7

9 Lasaña Boloñesa Casera con Queso
Homemade Bolognese Lasagna 1-3T-6T-7-10T

Lomitos de Caballa en Aceite
Mackerel in Oil 4
Ensalada Variada
Mixed Salad 12
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

16 Salteado de Verdura Tricolor
Mixed Vegetables

Magro de Cerdo Estofado
Stewed Lean Pork
Arroz INTEGRAL Rehogado
Sautéed Whole grain Rice
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

23 Arroz con Pisto Casero
Rice with Ratatouille

Garbanzos a la Jardinera
Stewed Chickpeas

Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11



30 Crema de Calabaza con Croutons
Pumpkin Cream with Croutons 1-6T-11T-12

Pollo Asado en su Jugo
Baked Chicken 12

Ensalada Variada
Mixed Salad 12
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

mediterránea

PAN Y PÁTEOS SIN FRUTOS SECOS NI CACAHUETE. LA FRUTA DE TEMPORADA OFERTADA SERÁ: manzana, pera, plátano, naranja y mandarina

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

TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGENOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA DISPONIBLE EN LA APP "MEDITERRÁNEA EDUCACIÓN". PARA CUALQUIER CONSULTA AL RESPETO, NUESTRO PERSONAL LE ATENDERÁ

Lunes-Monday

Martes-Tuesday

Miercoles-Wednesday

Jueves-Thursday

Viernes-Friday

- 5 Garbanzos Estofados con Verduras de Temporada
Stewed Chickpeas with Vegetables
Ensalada Campera Vegetal
Veggie Potato Salad 12
Calabacín Asado
Baked Zucchini
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread 6-10T-13T

- 6 Paella Hortelana
Rice with Vegetables
Gallineta a la Andaluz
Floured Fish 4
Verduritas Salteadas
Vegetables
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread 6-10T-13T

- 7 Alubias Pintas Estofadas con Verduras de Temporada
Stewed Black Beans with Vegetables
Huevos Rellenos
Stuffed Eggs with Tuna 3-4-12T
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan S/Gluten
Yogurt and Gluten-Free Bread 6-7-10T-13T

- 8 Crema de Verduras de Temporada
Vegetable Cream 12
Pollo al Horno
Baked Chicken
Arroz INTEGRAL al Romero
Whole Grain Rice with Rosemary
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread 6-10T-13T

- 9 Pasta S/Gluten S/Huevo a la Boloñesa
Gluten Free Pasta with Bolognese 6T
Lomitos de Caballa en Aceite
Mackerel in Oil 4
Ensalada Variada
Mixed Salad 12
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread 6-10T-13T

- 12 Festivo -
Holiday

- 13 Crema de Zanahoria
Carrots Cream 12
Tortilla de Patata Casera
Homemade Potato Omelette 3
Ensalada Variada
Mixed Salad 12
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread 6-10T-13T

- 14 Arroz con Tomate Casero y Salchichas de Pavo
Rice with Tomato Sauce and Sausages
Fogonero en Salsa de Cebolla
Fish with Onion Sauce 4
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan S/Gluten
Yogurt and Gluten-Free Bread 6-7-10T-13T

- 15 Sopa de Fideos S/Gluten S/Huevo
Gluten-Free Noodle Soup 6T
Cocido Vegetal
Chickpeas with Vegetables
Repollo con Ajo Rehogado
Cabbage
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread 6-10T-13T

- 16 Salteado de Verdura Tricolor
Mixed Vegetables
Magro de Cerdo Estofado
Stewed Lean Pork
Arroz INTEGRAL Rehogado
Sautéed Whole grain Rice
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread 6-10T-13T

- 19 Pasta S/Gluten S/Huevo a la Carbonara
Carbonara Gluten-Egg Free Pasta
(Gluten-Free Flour) 6-7
Huevos Rellenos
Stuffed Eggs with Tuna 3-4-12T
Ensalada Variada
Mixed Salad 12
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread 6-10T-13T

- 20 Crema de Calabacín con Queso
Zucchini Cream with Cheese 7
Ragout de Pavo Estofado con Verduritas
Stewed Turkey with Vegetables
Arroz Pilaf
Rice
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread 6-10T-13T

- 21 Alubias Blancas con Verduras
Stewed White Beans with Vegetables
Salmon a la Naranja
Salmon With Orange Sauce 3-4
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan S/Gluten
Yogurt and Gluten-Free Bread 6-7-10T-13T

- 22 Judías Verdes con Patatas
Green Beans with Potatoes
Pollo en Pepitoria
Chicken in Pepitoria 3
Ensalada Variada
Mixed Salad 12
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread 6-10T-13T

- 23 Arroz con Pisto Casero
Rice with Ratatouille
Garbanzos a la Jardinera
Stewed Chickpeas
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread 6-10T-13T

- 26 Brócoli al Gratén
Broccoli au Gratin 7
Tortilla de Patata Casera
Homemade Potato Omelette 3
Tomate Aliñado con Orégano
Seasoned Tomato 12
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread 6-10T-13T

- 27 Alubias Blancas Estofadas con Arroz INTEGRAL
Stewed White Beans with Whole Grain Rice
Panini Casero de Pisto y Queso S/Gluten
Gluten-Free Homemade Vegetable Panini 6-7-10T-13T
Ensalada Variada
Mixed Salad 12
Fruta
Fruit

- 28 Paella de Verduritas de la Huerta
Rice with Vegetables
Merluza en Salsa Verde
Hake with Green Sauce 4
Guisantes Rehogados
Sautéed Green Peas
Yogur Natural y Pan S/Gluten
Yogurt and Gluten-Free Bread 6-7-10T-13T

- 29 Sopa de Cocido (Fideos S/Gluten S/Huevo)
Meat Soup with Gluten Free Noodles 6T-12T
Cocido Completo
Chickpeas with Meat and Vegetables 6T-12T
Repollo Rehogado
Cabbage
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread 6-10T-13T

- 30 Crema de Calabaza
Pumpkin Cream 12
Pollo Asado en su Jugo
Baked Chicken 12
Ensalada Variada
Mixed Salad 12
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread 6-10T-13T

ALÉRGICOS
1-Gluten
2-Crustaceo
3-Huevo
4-Pescado
5-Cacahuete
6-Soja
7-Leche y Derivados
8-Frutos Secos
9-Apio
10-Mostaza
11-Sesamo
12-Sulfitos
13-Altramuces
14-Moluscos

mediterránea

PAN Y LÁCTEOS SIN GLUTEN. LA FRUTA DE TEMPORADA OFERTADA SERÁ: manzana, pera, plátano, naranja y mandarina

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

TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGICOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA DISPONIBLE EN LA APP "MEDITERRÁNEA EDUCACIÓN". PARA CUALQUIER CONSULTA AL RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

Lunes-Monday

Martes-Tuesday

Miercoles-Wednesday

Jueves-Thursday

Viernes-Friday

- 5 Garbanzos Estofados con Verduras de Temporada
Stewed Chickpeas with Vegetables
Ensalada Campera Vegetal
Veggie Potato Salad 12
Calabacín Asado
Baked Zucchini
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread 6-10T-13T

- 6 Paella Hortelana
Rice with Vegetables
Gallineta a la Andaluza
Floured Fish 4
Verduritas Salteadas
Vegetables
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread 6-10T-13T

- 7 Alubias Pintas Estofadas con Verduras de Temporada
Stewed Black Beans with Vegetables
Huevos Rellenos
Stuffed Eggs with Tuna 3-4-12T
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan S/Gluten
Yogurt and Gluten-Free Bread 6-7-10T-13T

- 1 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
Merluza a la Bilbaína
Hake in Sauce 4-12
Ensalada Variada
Mixed Salad 12
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread 6-10T-13T

- 2 Chips con Pico de Gallo y Guacamole
Chips with Vegetables and Guacamole
Tacos S/Gluten de Pollo
Gluten-Free Chicken Fajitas 7T
Ensalada Variada
Mixed Salad 12
Helado de Nata-Fresa
Strawberry Cream Ice-Cream 7

- 12 
**Festivo -
Holiday**

- 13 Crema de Zanahoria
Carrots Cream 12
Tortilla de Patata Casera
Homemade Potato Omelette 3

- 14 Arroz con Tomate Casero y Salchichas de Pavo
Rice with Tomato Sauce and Sausages
Fogonero en Salsa de Cebolla
Fish with Onion Sauce 4

- 15 Sopa de Fideos S/Gluten S/Huevo
Gluten-Free Noodle Soup 6T

- 16 Salteado de Verdura Tricolor
Mixed Vegetables

- 19 Pasta S/Gluten S/Huevo a la Carbonara
Carbonara Gluten-Egg Free Pasta
(Gluten-Free Flour) 6-7
Huevos Rellenos
Stuffed Eggs with Tuna 3-4-12T
Ensalada Variada
Mixed Salad 12
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread 6-10T-13T

- 20 Crema de Calabacín con Queso
Zucchini Cream with Cheese 7
Ragout de Pavo Estofado con Verduritas
Stewed Turkey with Vegetables
Arroz Pilaf
Rice
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread 6-10T-13T

- 21 Alubias Blancas con Verduras
Stewed White Beans with Vegetables

- 22 Brócoli con Patatas
Sautéed Broccoli with Potatoes

- 23 Arroz con Pisto Casero
Rice with Ratatouille

- 26 Brócoli al Gratén
Broccoli au Gratin 7

Tortilla de Patata Casera
Homemade Potato Omelette 3

Tomate Aliñado con Orégano
Seasoned Tomato 12
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread 6-10T-13T

- 27 Alubias Blancas Estofadas con Arroz
INTEGRAL
Stewed White Beans with Whole Grain Rice
Panini Casero de Pisto y Queso S/Gluten
Gluten-Free Homemade Vegetable Panini
6-7-10T-13T
Ensalada Variada
Mixed Salad 12
Fruta
Fruit

- 28 Paella de Verduritas de la Huerta
Rice with Vegetables

Merluza en Salsa Verde
Hake with Green Sauce 4

Guisantes Rehogados
Sautéed Green Peas
Yogur Natural y Pan S/Gluten
Yogurt and Gluten-Free Bread 6-7-10T-13T

- 29 Sopa de Cocido (Fideos S/Gluten S/Huevo)
Meat Soup with Gluten Free Noodles 6T-12T

Cocido Completo
Chickpeas with Meat and Vegetables 6T-12T

Repollo Rehogado
Cabbage
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread 6-10T-13T

- 30 Crema de Calabaza
Pumpkin Cream 12

Pollo Asado en su Jugo
Baked Chicken 12

Ensalada Variada
Mixed Salad 12
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread 6-10T-13T

ALÉRGENOS
1-Gluten
2-Crustaceo
3-Huevo
4-Pescado
5-Cacahuete
6-Soja
7-Leche y Derivados
8-Frutos Secos
9-Apio
10-Mostaza
11-Sesamo
12-Sulfitos
13-Altramuces
14-Moluscos

mediterránea

PAN Y LÁCTEOS SIN GLUTEN. LA FRUTA DE TEMPORADA OFERTADA SERÁ: manzana, pera, plátano, naranja y mandarina
ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maíz, Pepino, Cebolla, Zanahoria)

TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGENOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA DISPONIBLE EN LA APP "MEDITERRÁNEA EDUCACIÓN". PARA CUALQUIER CONSULTA AL RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

Lunes-Monday

Martes-Tuesday

Miercoles-Wednesday

Jueves-Thursday

Viernes-Friday

5 Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables 1T

Tortilla Vegana Casera al Horno
Vegan Omelette 1T
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T



12



**Festivo -
Holiday**

19 Espaguetis INTEGRALES con Tomate Casero
Whole Wheat Spaguetis with Homemade Tomato Sauce 1-3T-6T-10T
Huevos Rellenos
Stuffed Eggs with Tuna 3-4-12T
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

26 Brócoli Rehogado
Sauteéd Broccoli

Tortilla de Patata Casera
Homemade Potato Omelette 3

Tomate Aliñado con Orégano
Seasoned Tomato 12
Fruta y Pan
Fruit and Bread 1-6T-10T

6 Paella Hortelana
Rice with Vegetables

Gallineta a la Andaluz
Floured Fish 4
Verduras Salteadas
Vegetables
Fruta y Pan
Fruit and Bread 1-6T-10T

13 Crema de Zanahoria
Carrots Cream 12

Tortilla de Patata Casera
Homemade Potato Omelette 3
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

20 Crema de Calabacín con Queso
Zucchini Cream with Cheese 7

Ragout de Pavo Estofado con Verduras
Stewed Turkey with Vegetables
Cous Cous
Cous Cous 1-6T-10T
Fruta y Pan
Fruit and Bread 1-6T-10T

27 Alubias Blancas Estofadas con Arroz
INTEGRAL
Stewed White Beans with Whole Grain Rice
Pizza Vegetal Casera
Homemade Vegetable Pizza
1-3T-4T-6T-7-9T-10T-12T
Ensalada Variada
Mixed Salad 12
Fruta
Fruit



7 Alubias Pintas Estofadas con Verduras de Temporada
Stewed Black Beans with Vegetables
Huevos Rellenos
Stuffed Eggs with Tuna 3-4-12T
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11

14 Arroz con Tomate Casero y Salchichas de Pavo
Rice with Tomato Sauce and Sausages
Fogonero en Salsa de Cebolla
Fish with Onion Sauce 4
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11

21 Lentejas con Verduras
Stewed Lentils with Vegetables 1T

Salmón a la Naranja
Salmon With Orange Sauce 3-4
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11

28 Paella de Verduras de la Huerta
Rice with Vegetables

Merluza en Salsa Verde
Hake with Green Sauce 4

Guisantes Rehogados
Sautéed Green Peas
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11

1 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables

Merluza a la Bilbaína
Hake in Sauce 4-12
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

8 Crema de Verduras de Temporada
Vegetable Cream 12

Pollo en Salsa de Curry
Curry Chicken 1-6T-10T
Arroz INTEGRAL al Romero
Whole Grain Rice with Rosemary
Fruta y Pan
Fruit and Bread 1-6T-10T

15 Sopa de Estrellitas
Star Soup 1-3T-6T-10T

Cocido Vegetal
Chickpeas with Vegetables
Repollo con Ajo Rehogado
Cabbage
Fruta y Pan
Fruit and Bread 1-6T-10T



22 Judías Verdes con Patatas
Green Beans with Potatoes

Pollo en Pepitoria
Chicken in Pepitoria 3
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

29 Sopa de Cocido
Meat Soup 1-3T-6T-10T-12T

Cocido Completo
Chickpeas with Meat and Vegetables 6T-12T

Repollo Rehogado
Cabbage
Fruta y Pan
Fruit and Bread 1-6T-10T

2 Nachos con Pico de Gallo y Guacamole
Nachos with Vegetables and Guacamole 1T-6T-7T

Fajitas de Pollo
Chicken Fajitas 1-6T-10T
Ensalada Variada
Mixed Salad 12
Yogur Natural
Natural Yogurt 7

9 Macarrones a la Boloñesa
Pasta with Bolognese Sauce 1-3T-6T-10T

Lomitos de Caballa en Aceite
Mackerel in Oil 4
Ensalada Variada
Mixed Salad 12
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

16 Salteado de Verdura Tricolor
Mixed Vegetables

Magro de Cerdo Estofado
Stewed Lean Pork
Arroz INTEGRAL Rehogado
Sautéed Whole grain Rice
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

23 Arroz con Pisto Casero
Rice with Ratatouille

Garbanzos a la Jardinera
Stewed Chickpeas

Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11



30 Crema de Calabaza con Croutons
Pumpkin Cream with Croutons 1-6T-11T-12

Pollo Asado en su Jugo
Baked Chicken 12

Ensalada Variada
Mixed Salad 12
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

ALÉRGENOS
1-Gluten
2-Crustaceo
3-Huevo
4-Pescado
5-Cacahuete
6-Soja
7-Leche y Derivados
8-Frutos Secos
9-Apio
10-Mostaza
11-Sesamo
12-Sulfitos
13-Altramuces
14-Moluscos

mediterránea

LA FRUTA DE TEMPORADA OFERTADA SERÁ: manzana, pera, plátano, naranja y mandarina
ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maíz, Pepino, Cebolla, Zanahoria)

TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGENOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA DISPONIBLE EN LA APP "MEDITERRÁNEA EDUCACIÓN". PARA CUALQUIER CONSULTA AL RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

Lunes-Monday

Martes-Tuesday

Miercoles-Wednesday

Jueves-Thursday

Viernes-Friday

5 Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables 1T

Tortilla Vegana Casera al Horno
Vegan Omelette 1T
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T



12



**Festivo -
Holiday**

19 Espaguettis INTEGRALES con Tomate Casero
Whole Wheat Spaguettis with Homemade Tomato Sauce 1-3T-6T-10T
Huevos Rellenos
Stuffed Eggs with Tuna 3-4-12T
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

26 Brócoli Rehogado
Sautéed Broccoli

Tortilla de Patata Casera
Homemade Potato Omelette 3
Tomate Aliñado con Orégano
Seasoned Tomato 12
Fruta y Pan
Fruit and Bread 1-6T-10T

6 Paella Hortelana
Rice with Vegetables

Gallineta a la Andaluza
Floured Fish 4
Verduras Salteadas
Vegetables
Fruta y Pan
Fruit and Bread 1-6T-10T

13 Crema de Zanahoria
Carrots Cream 12

Tortilla de Patata Casera
Homemade Potato Omelette 3
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

20 Crema de Calabacín
Zucchini Cream

Ragout de Pavo Estofado con Verduras
Stewed Turkey with Vegetables
Cous Cous
Cous Cous 1-6T-10T
Fruta y Pan
Fruit and Bread 1-6T-10T

27 Alubias Blancas Estofadas con Arroz INTEGRAL
Stewed White Beans with Whole Grain Rice
Panini Casero de Pisto
Homemade Vegetable Panini 1-6T-10T
Ensalada Variada
Mixed Salad 12
Fruta
Fruit



7 Alubias Pintas Estofadas con Verduras de Temporada
Stewed Black Beans with Vegetables
Huevos Rellenos
Stuffed Eggs with Tuna 3-4-12T
Ensalada Variada
Mixed Salad 12
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread 1-6-8T-10T-11

14 Arroz con Tomate Casero y Salchichas de Pavo
Rice with Tomato Sauce and Sausages
Fogonero en Salsa de Cebolla
Fish with Onion Sauce 4
Ensalada Variada
Mixed Salad 12
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread 1-6-8T-10T-11

21 Lentejas con Verduras
Stewed Lentils with Vegetables 1T

Salmón a la Naranja
Salmon With Orange Sauce 3-4
Ensalada Variada
Mixed Salad 12
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread 1-6-8T-10T-11

28 Paella de Verduras de la Huerta
Rice with Vegetables

Merluza en Salsa Verde
Hake with Green Sauce 4
Guisantes Rehogados
Sautéed Green Peas
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread 1-6-8T-10T-11

1 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
Merluza a la Bilbaína
Hake in Sauce 4-12
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

8 Crema de Verduras de Temporada
Vegetable Cream 12

Pollo en Salsa de Curry
Curry Chicken 1-6T-10T
Arroz INTEGRAL al Romero
Whole Grain Rice with Rosemary
Fruta y Pan
Fruit and Bread 1-6T-10T

15 Sopa de Estrellitas
Star Soup 1-3T-6T-10T

Cocido Vegetal
Chickpeas with Vegetables
Repollo con Ajo Rehogado
Cabbage
Fruta y Pan
Fruit and Bread 1-6T-10T



22 Judías Verdes con Patatas
Green Beans with Potatoes

Pollo en Pepitoria
Chicken in Pepitoria 3
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

29 Sopa de Cocido
Meat Soup 1-3T-6T-10T-12T

Cocido Completo
Chickpeas with Meat and Vegetables 6T-12T
Repollo Rehogado
Cabbage
Fruta y Pan
Fruit and Bread 1-6T-10T

2 Chips con Pico de Gallo y Guacamole
Chips with Vegetables and Guacamole
Fajitas de Pollo
Chicken Fajitas 1-6T-10T
Ensalada Variada
Mixed Salad 12
Yogur de Soja
Soy Yogurt 6-8T

9 Macarrones a la Bolognesa
Pasta with Bolognese Sauce 1-3T-6T-10T

Lomitos de Caballa en Aceite
Mackerel in Oil 4
Ensalada Variada
Mixed Salad 12
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

16 Salteado de Verdura Tricolor
Mixed Vegetables

Magro de Cerdo Estofado
Stewed Lean Pork
Arroz INTEGRAL Rehogado
Sautéed Whole grain Rice
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

23 Arroz con Pisto Casero
Rice with Ratatouille

Garbanzos a la Jardinera
Stewed Chickpeas

Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11



30 Crema de Calabaza con Croutons
Pumpkin Cream with Croutons 1-6T-11T-12

Pollo Asado en su Jugo
Baked Chicken 12
Ensalada Variada
Mixed Salad 12
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

ALÉRGENOS
1-Gluten
2-Crustaceo
3-Huevo
4-Pescado
5-Cacahuete
6-Soja
7-Leche y Derivados
8-Frutos Secos
9-Apio
10-Mostaza
11-Sesamo
12-Sulfitos
13-Altramuces
14-Moluscos

mediterránea

LA FRUTA DE TEMPORADA OFERTADA SERÁ: manzana, pera, plátano, naranja y mandarina
ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maíz, Pepino, Cebolla, Zanahoria)

TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGENOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA DISPONIBLE EN LA APP "MEDITERRÁNEA EDUCACIÓN". PARA CUALQUIER CONSULTA AL RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

Lunes-Monday

Martes-Tuesday

Miercoles-Wednesday

Jueves-Thursday

Viernes-Friday

5 Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables 1T

Tortilla Vegana Casera al Horno
Vegan Omelette 1T
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T



12



**Festivo -
Holiday**

19 Espaguettis INTEGRALES a la Carbonara
con Bacon Crujiente
Carbonara Whole Wheat Spaguettis
1-3T-6-7-10T
Huevos Rellenos
Stuffed Eggs with Tuna 3-4-12T
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

26 Brócoli al Gratin
Broccoli au Gratin 7

Tortilla de Patata Casera
Homemade Potato Omelette 3
Tomate Aliñado con Orégano
Seasoned Tomato 12
Fruta y Pan
Fruit and Bread 1-6T-10T

6 Paella Hortelana
Rice with Vegetables

Cinta de Lomo a la Plancha
Loin
Verduras Salteadas
Vegetables
Fruta y Pan
Fruit and Bread 1-6T-10T

13 Crema de Zanahoria
Carrots Cream 12

Tortilla de Patata Casera
Homemade Potato Omelette 3
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

20 Crema de Calabacín con Queso
Zucchini Cream with Cheese 7

Ragout de Pavo Estofado con Verduras
Stewed Turkey with Vegetables
Cous Cous
Cous Cous 1-6T-10T
Fruta y Pan
Fruit and Bread 1-6T-10T

27 Alubias Blancas Estofadas con Arroz
Integral
Stewed White Beans with Whole Grain Rice
Panini Casero de Pisto y Queso
Homemade Vegetable Panini 1-6T-7-10T
Ensalada Variada
Mixed Salad 12

Fruta
Fruit



7 Alubias Pintas Estofadas con Verduras de
Temporada
Stewed Black Beans with Vegetables
Huevos Rellenos
Stuffed Eggs with Tuna 3-4-12T
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11

14 Arroz con Tomate Casero y Salchichas de
Pavo
Rice with Tomato Sauce and Sausages
Filete de Pollo al Horno
Baked Chicken Breast
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11

21 Lentejas con Verduras
Stewed Lentils with Vegetables 1T

Tortilla Francesa de Pavo
Turkey Omelette 3
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11

28 Paella de Verduras de la Huerta
Rice with Vegetables

Cinta de Lomo a la Plancha
Loin
Guisantes Rehogados
Sautéed Green Peas
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11

1 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables

Tortilla Francesa
Omelette 3
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

8 Crema de Verduras de Temporada
Vegetable Cream 12

Pollo en Salsa de Curry
Curry Chicken 1-6T-10T
Arroz INTEGRAL al Romero
Whole Grain Rice with Rosemary
Fruta y Pan
Fruit and Bread 1-6T-10T

15 Sopa de Estrellitas
Star Soup 1-3T-6T-10T

Cocido Vegetal
Chickpeas with Vegetables
Rapollo con Ajo Rehogado
Cabbage
Fruta y Pan
Fruit and Bread 1-6T-10T



22 Judías Verdes con Patatas
Green Beans with Potatoes

Pollo en Pepitoria
Chicken in Pepitoria 3
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

29 Sopa de Cocido
Meat Soup 1-3T-6T-10T-12T

Cocido Completo
Chickpeas with Meat and Vegetables 6T-12T
Rapollo Rehogado
Cabbage
Fruta y Pan
Fruit and Bread 1-6T-10T

2 Nachos con Pico de Gallo y Guacamole
Nachos with Vegetables and Guacamole
1T-6T-7T

Fajitas de Pollo
Chicken Fajitas 1-6T-10T
Ensalada Variada
Mixed Salad 12
Helado de Nata-Fresa
Strawberry Cream Ice-Cream 7

9 Lasaña Boloñesa Casera con Queso
Homemade Bolognese Lasagna 1-3T-6T-7-10T

Lomitos de Caballa en Aceite
Mackerel in Oil 4
Ensalada Variada
Mixed Salad 12
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

16 Salteado de Verdura Tricolor
Mixed Vegetables

Magro de Cerdo Estofado
Stewed Lean Pork
Arroz INTEGRAL Rehogado
Sautéed Whole grain Rice
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

23 Arroz con Pisto Casero
Rice with Ratatouille

Garbanzos a la Jardinera
Stewed Chickpeas

Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11



30 Crema de Calabaza con Croutons
Pumpkin Cream with Croutons 1-6T-11T-12

Pollo Asado en su Jugo
Baked Chicken 12
Ensalada Variada
Mixed Salad 12
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

ALÉRGICOS
1-Gluten
2-Crustaceo
3-Huevo
4-Pescado
5-Cacahuete
6-Soja
7-Leche y
Derivados
8-Frutos Secos
9-Apio
10-Mostaza
11-Sesamo
12-Sulfitos
13-Altramuces
14-Moluscos

mediterránea

LA FRUTA DE TEMPORADA OFERTADA SERÁ: manzana, pera, plátano, naranja y mandarina
ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maíz, Pepino, Cebolla, Zanahoria)

TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGICOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA DISPONIBLE EN LA APP "MEDITERRÁNEA EDUCACIÓN". PARA CUALQUIER CONSULTA AL RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

Lunes-Monday

Martes-Tuesday

Miercoles-Wednesday

Jueves-Thursday

Viernes-Friday

5 Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables 1T

Tortilla Vegana Casera al Horno
Vegan Omelette 1T
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T



12



**Festivo -
Holiday**

19 Espaguetis INTEGRALES a la Carbonara
con Bacon Crujiente
Carbonara Whole Wheat Spaguetis
1-3T-6-7-10T
Huevos en Salsa de Tomate Casero
Eggs in Sauce 3
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

26 Brócoli al Gratin
Broccoli au Gratin 7

Tortilla de Patata Casera
Homemade Potato Omelette 3
Tomate Aliñado con Orégano
Seasoned Tomato 12
Fruta y Pan
Fruit and Bread 1-6T-10T

6 Paella Hortelana
Rice with Vegetables

Cinta de Lomo a la Plancha
Loin
Verduras Salteadas
Vegetables
Fruta y Pan
Fruit and Bread 1-6T-10T

13 Crema de Zanahoria
Carrots Cream 12

Tortilla de Patata Casera
Homemade Potato Omelette 3
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

20 Crema de Calabacín con Queso
Zucchini Cream with Cheese 7

Ragout de Pavo Estofado con Verduras
Stewed Turkey with Vegetables
Cous Cous
Cous Cous 1-6T-10T
Fruta y Pan
Fruit and Bread 1-6T-10T

27 Alubias Blancas Estofadas con Arroz
Integral
Stewed White Beans with Whole Grain Rice
Panini Casero de Pisto y Queso
Homemade Vegetable Panini 1-6T-7-10T
Ensalada Variada
Mixed Salad 12

Fruta
Fruit



7 Alubias Pintas Estofadas con Verduras de
Temporada
Stewed Black Beans with Vegetables
Huevos en Salsa de Tomate Casero
Eggs in Sauce 3
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11

14 Arroz con Tomate Casero y Salchichas de
Pavo
Rice with Tomato Sauce and Sausages
Filete de Pollo al Horno
Baked Chicken Breast
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11

21 Lentejas con Verduras
Stewed Lentils with Vegetables 1T

Tortilla Francesa de Pavo
Turkey Omelette 3
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11

28 Paella de Verduras de la Huerta
Rice with Vegetables

Cinta de Lomo a la Plancha
Loin
Guisantes Rehogados
Sautéed Green Peas
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11

1 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables

Tortilla Francesa
Omelette 3
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

8 Crema de Verduras de Temporada
Vegetable Cream 12

Pollo en Salsa de Curry
Curry Chicken 1-6T-10T
Arroz INTEGRAL al Romero
Whole Grain Rice with Rosemary
Fruta y Pan
Fruit and Bread 1-6T-10T

15 Sopa de Estrellitas
Star Soup 1-3T-6T-10T

Cocido Vegetal
Chickpeas with Vegetables
Rapollo con Ajo Rehogado
Cabbage
Fruta y Pan
Fruit and Bread 1-6T-10T



22 Judías Verdes con Patatas
Green Beans with Potatoes

Pollo en Pepitoria
Chicken in Pepitoria 3
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

29 Sopa de Cocido
Meat Soup 1-3T-6T-10T-12T

Cocido Completo
Chickpeas with Meat and Vegetables 6T-12T
Rapollo Rehogado
Cabbage
Fruta y Pan
Fruit and Bread 1-6T-10T

2 Nachos con Pico de Gallo y Guacamole
Nachos with Vegetables and Guacamole
1T-6T-7T

Fajitas de Pollo
Chicken Fajitas 1-6T-10T
Ensalada Variada
Mixed Salad 12
Helado de Nata-Fresa
Strawberry Cream Ice-Cream 7

9 Lasaña Boloñesa Casera con Queso
Homemade Bolognese Lasagna 1-3T-6T-7-10T

Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad 12
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

16 Salteado de Verdura Tricolor
Mixed Vegetables

Magro de Cerdo Estofado
Stewed Lean Pork
Arroz INTEGRAL Rehogado
Sautéed Whole grain Rice
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

23 Arroz con Pisto Casero
Rice with Ratatouille

Garbanzos a la Jardinera
Stewed Chickpeas

Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11



30 Crema de Calabaza con Croutons
Pumpkin Cream with Croutons 1-6T-11T-12

Pollo Asado en su Jugo
Baked Chicken 12
Ensalada Variada
Mixed Salad 12
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

ALÉRGICOS
1-Gluten
2-Crustaceo
3-Huevo
4-Pescado
5-Cacahuete
6-Soja
7-Leche y
Derivados
8-Frutos Secos
9-Apio
10-Mostaza
11-Sesamo
12-Sulfitos
13-Altramuces
14-Moluscos

mediterránea

LA FRUTA DE TEMPORADA OFERTADA SERÁ: manzana, pera, plátano, naranja y mandarina
ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maíz, Pepino, Cebolla, Zanahoria)

TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGICOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA DISPONIBLE EN LA APP "MEDITERRÁNEA EDUCACIÓN". PARA CUALQUIER CONSULTA AL RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

Lunes-Monday

Martes-Tuesday

Miercoles-Wednesday

Jueves-Thursday

Viernes-Friday

5 Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables 1T

Tortilla Vegana Casera al Horno
Vegan Omelette 1T
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T



12



**Festivo -
Holiday**

19 Espaguettis INTEGRALES con Tomate Casero
Whole Wheat Spaguettis with Homemade Tomato Sauce 1-3T-6T-10T
Huevos en Salsa de Tomate Casero
Eggs in Sauce 3
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

26 Brócoli Rehogado
Sautéed Broccoli

Tortilla de Patata Casera
Homemade Potato Omelette 3
Tomate Aliñado con Orégano
Seasoned Tomato 12
Fruta y Pan
Fruit and Bread 1-6T-10T

6 Paella Hortelana
Rice with Vegetables

Cinta de Lomo a la Plancha
Loin
Verduras Salteadas
Vegetables
Fruta y Pan
Fruit and Bread 1-6T-10T

13 Crema de Zanahoria
Carrots Cream 12

Tortilla de Patata Casera
Homemade Potato Omelette 3
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

20 Crema de Calabacín
Zucchini Cream

Ragout de Pavo Estofado con Verduras
Stewed Turkey with Vegetables
Cous Cous
Cous Cous 1-6T-10T
Fruta y Pan
Fruit and Bread 1-6T-10T

27 Alubias Blancas Estofadas con Arroz INTEGRAL
Stewed White Beans with Whole Grain Rice
Panini Casero de Pisto
Homemade Vegetable Panini 1-6T-10T
Ensalada Variada
Mixed Salad 12
Fruta
Fruit



7 Alubias Pintas Estofadas con Verduras de Temporada
Stewed Black Beans with Vegetables
Huevos en Salsa de Tomate Casero
Eggs in Sauce 3
Ensalada Variada
Mixed Salad 12
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread 1-6-8T-10T-11

14 Arroz con Tomate Casero y Salchichas de Pavo
Rice with Tomato Sauce and Sausages
Filete de Pollo al Horno
Baked Chicken Breast
Ensalada Variada
Mixed Salad 12
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread 1-6-8T-10T-11

21 Lentejas con Verduras
Stewed Lentils with Vegetables 1T

Tortilla Francesa de Pavo
Turkey Omelette 3
Ensalada Variada
Mixed Salad 12
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread 1-6-8T-10T-11

28 Paella de Verduras de la Huerta
Rice with Vegetables

Cinta de Lomo a la Plancha
Loin
Guisantes Rehogados
Sautéed Green Peas
Yogur de Soja y Pan Integral
Soy Yogurt and Whole Wheat Bread 1-6-8T-10T-11

1 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
Tortilla Francesa
Omelette 3
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

8 Crema de Verduras de Temporada
Vegetable Cream 12

Pollo en Salsa de Curry
Curry Chicken 1-6T-10T
Arroz INTEGRAL al Romero
Whole Grain Rice with Rosemary
Fruta y Pan
Fruit and Bread 1-6T-10T

15 Sopa de Estrellitas
Star Soup 1-3T-6T-10T

Cocido Vegetal
Chickpeas with Vegetables
Repollo con Ajo Rehogado
Cabbage
Fruta y Pan
Fruit and Bread 1-6T-10T



22 Judías Verdes con Patatas
Green Beans with Potatoes

Pollo en Pepitoria
Chicken in Pepitoria 3
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

29 Sopa de Cocido
Meat Soup 1-3T-6T-10T-12T

Cocido Completo
Chickpeas with Meat and Vegetables 6T-12T
Repollo Rehogado
Cabbage
Fruta y Pan
Fruit and Bread 1-6T-10T

2 Chips con Pico de Gallo y Guacamole
Chips with Vegetables and Guacamole
Fajitas de Pollo
Chicken Fajitas 1-6T-10T
Ensalada Variada
Mixed Salad 12
Yogur de Soja
Soy Yogurt 6-8T

9 Macarrones a la Bolognesa
Pasta with Bolognese Sauce 1-3T-6T-10T

Cinta de Lomo al Horno
Baked Loin
Ensalada Variada
Mixed Salad 12
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

16 Salteado de Verdura Tricolor
Mixed Vegetables

Magro de Cerdo Estofado
Stewed Lean Pork
Arroz INTEGRAL Rehogado
Sautéed Whole grain Rice
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

23 Arroz con Pisto Casero
Rice with Ratatouille

Garbanzos a la Jardinera
Stewed Chickpeas

Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11



30 Crema de Calabaza con Croutons
Pumpkin Cream with Croutons 1-6T-11T-12

Pollo Asado en su Jugo
Baked Chicken 12
Ensalada Variada
Mixed Salad 12
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

ALÉRGICOS
1-Gluten
2-Crustaceo
3-Huevo
4-Pescado
5-Cacahuete
6-Soja
7-Leche y Derivados
8-Frutos Secos
9-Apio
10-Mostaza
11-Sesamo
12-Sulfitos
13-Altramuzes
14-Moluscos

mediterránea

LA FRUTA DE TEMPORADA OFERTADA SERÁ: manzana, pera, plátano, naranja y mandarina
ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maíz, Pepino, Cebolla, Zanahoria)

TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGICOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA DISPONIBLE EN LA APP "MEDITERRÁNEA EDUCACIÓN". PARA CUALQUIER CONSULTA AL RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

Lunes-Monday

Martes-Tuesday

Miercoles-Wednesday

Jueves-Thursday

Viernes-Friday

5 Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables 1T

Tortilla Vegana Casera al Horno
Vegan Omelette 1T
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T



12



**Festivo -
Holiday**

19 Espaguetis INTEGRALES a la Carbonara
con Bacon Crujiente
Carbonara Whole Wheat Spaguetis
1-3T-6-7-10T
Merluza con Tomate Casero
Hake with Tomato Sauce 4
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

26 Brócoli al Gratin
Broccoli au Gratin 7

Pollo al Horno
Baked Chicken

Tomate Aliñado con Orégano
Seasoned Tomato 12
Fruta y Pan
Fruit and Bread 1-6T-10T

6 Paella Hortelana
Rice with Vegetables

Gallineta a la Andaluza
Floured Fish 4
Verduras Salteadas
Vegetables
Fruta y Pan
Fruit and Bread 1-6T-10T

13 Crema de Zanahoria
Carrots Cream 12

Filete de Pollo Enharinado (Harina de Maíz)
Floured Chicken
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

20 Crema de Calabacín con Queso
Zucchini Cream with Cheese 7

Ragout de Pavo Estofado con Verduritas
Stewed Turkey with Vegetables
Cous Cous 1-6T-10T
Fruta y Pan
Fruit and Bread 1-6T-10T

27 Alubias Blancas Estofadas con Arroz
INTEGRAL
Stewed White Beans with Whole Grain Rice

Pizza Vegetal Casera
Homemade Vegetable Pizza
1-3T-4T-6T-7-9T-10T-12T
Ensalada Variada
Mixed Salad 12
Fruta
Fruit



7 Alubias Pintas Estofadas con Verduras de
Temporada
Stewed Black Beans with Vegetables
Cinta de Lomo a la Plancha
Loin
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11

14 Arroz con Tomate Casero y Salchichas de
Pavo
Rice with Tomato Sauce and Sausages
Fogonero en Salsa de Cebolla
Fish with Onion Sauce 4
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11

21 Lentejas con Verduras
Stewed Lentils with Vegetables 1T

Salmon a la Naranja
Salmon With Orange Sauce 3-4
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11

28 Paella de Verduritas de la Huerta
Rice with Vegetables

Merluza en Salsa Verde
Hake with Green Sauce 4

Guisantes Rehogados
Sautéed Green Peas
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11

1 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables

Merluza a la Bilbaína
Hake in Sauce 4-12
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

8 Crema de Verduras de Temporada
Vegetable Cream 12

Pollo en Salsa de Curry
Curry Chicken 1-6T-10T
Arroz INTEGRAL al Romero
Whole Grain Rice with Rosemary
Fruta y Pan
Fruit and Bread 1-6T-10T

15 Sopa de Estrellitas
Star Soup 1-3T-6T-10T

Cocido Vegetal
Chickpeas with Vegetables
Rapollo con Ajo Rehogado
Cabbage
Fruta y Pan
Fruit and Bread 1-6T-10T



22 Judías Verdes con Patatas
Green Beans with Potatoes

Pollo al Horno
Baked Chicken
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

29 Sopa de Cocido
Meat Soup 1-3T-6T-10T-12T

Cocido Completo
Chickpeas with Meat and Vegetables 6T-12T

Rapollo Rehogado
Cabbage
Fruta y Pan
Fruit and Bread 1-6T-10T

2 Nachos con Pico de Gallo y Guacamole
Nachos with Vegetables and Guacamole
1T-6T-7T

Fajitas de Pollo
Chicken Fajitas 1-6T-10T
Ensalada Variada
Mixed Salad 12
Helado de Nata-Fresa
Strawberry Cream Ice-Cream 7

9 Lasaña Boloñesa Casera con Queso
Homemade Bolognese Lasagna 1-3T-6T-7-10T

Lomitos de Caballa en Aceite
Mackerel in Oil 4
Ensalada Variada
Mixed Salad 12
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

16 Salteado de Verdura Tricolor
Mixed Vegetables

Magro de Cerdo Estofado
Stewed Lean Pork
Arroz INTEGRAL Rehogado
Sautéed Whole grain Rice
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

23 Arroz con Pisto Casero
Rice with Ratatouille

Garbanzos a la Jardinera
Stewed Chickpeas

Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11



30 Crema de Calabaza con Croutons
Pumpkin Cream with Croutons 1-6T-11T-12

Pollo Asado en su Jugo
Baked Chicken 12

Ensalada Variada
Mixed Salad 12
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

ALÉRGENOS
1-Gluten
2-Crustaceo
3-Huevo
4-Pescado
5-Cacahuete
6-Soja
7-Leche y
Derivados
8-Frutos Secos
9-Apio
10-Mostaza
11-Sesamo
12-Sulfitos
13-Altramuces
14-Moluscos

mediterránea

PAN Y PÁCTEOS SIN FRUTOS SECOS LA FRUTA DE TEMPORADA OFERTADA SERÁ: manzana, pera, plátano, naranja y mandarina
ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maíz, Pepino, Cebolla, Zanahoria)

TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGENOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA DISPONIBLE EN LA APP "MEDITERRÁNEA EDUCACIÓN". PARA CUALQUIER CONSULTA AL RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

Lunes-Monday

Martes-Tuesday

Miercoles-Wednesday

Jueves-Thursday

Viernes-Friday

5 Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables 1T

Tortilla Vegana Casera al Horno
Vegan Omelette 1T
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T



12



Festivo -
Holiday

19 Pasta S/Gluten S/Huevo a la Carbonara
Carbonara Gluten-Egg Free Pasta
(Gluten-Free Flour) 6-7
Merluza con Tomate Casero
Hake with Tomato Sauce 4
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

26 Brócoli al Gratén
Broccoli au Gratin 7

Pollo al Horno
Baked Chicken
Tomate Aliñado con Orégano
Seasoned Tomato 12
Fruta y Pan
Fruit and Bread 1-6T-10T

6 Paella Hortelana
Rice with Vegetables

Gallineta a la Andaluza
Floured Fish 4
Verduras Salteadas
Vegetables
Fruta y Pan
Fruit and Bread 1-6T-10T

13 Crema de Zanahoria
Carrots Cream 12

Filete de Pollo Enharinado (Harina de Maíz)
Floured Chicken
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

20 Crema de Calabacín con Queso
Zucchini Cream with Cheese 7

Ragout de Pavo Estofado con Verduras
Stewed Turkey with Vegetables
Cous Cous
Cous Cous 1-6T-10T
Fruta y Pan
Fruit and Bread 1-6T-10T

27 Alubias Blancas Estofadas con Arroz
INTEGRAL
Stewed White Beans with Whole Grain Rice
Panini Casero de Pisto y Queso
Homemade Vegetable Panini 1-6T-7-10T
Ensalada Variada
Mixed Salad 12

Fruta
Fruit



7 Alubias Pintas Estofadas con Verduras de
Temporada
Stewed Black Beans with Vegetables
Cinta de Lomo a la Plancha
Loin
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11

14 Arroz con Tomate Casero y Salchichas de
Pavo
Rice with Tomato Sauce and Sausages
Fogonero en Salsa de Cebolla
Fish with Onion Sauce 4
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11

21 Lentejas con Verduras
Stewed Lentils with Vegetables 1T

Salmon al Horno
Baked Salmon 4
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11

28 Paella de Verduras de la Huerta
Rice with Vegetables

Merluza en Salsa Verde
Hake with Green Sauce 4
Guisantes Rehogados
Sautéed Green Peas
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11

1 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
Merluza a la Bilbaína
Hake in Sauce 4-12
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

8 Crema de Verduras de Temporada
Vegetable Cream 12

Pollo en Salsa de Curry
Curry Chicken 1-6T-10T
Arroz INTEGRAL al Romero
Whole Grain Rice with Rosemary
Fruta y Pan
Fruit and Bread 1-6T-10T

15 Sopa de Fideos S/Gluten S/Huevo
Gluten-Free Noodle Soup 6T

Cocido Vegetal
Chickpeas with Vegetables
Rapollo con Ajo Rehogado
Cabbage
Fruta y Pan
Fruit and Bread 1-6T-10T



22 Judías Verdes con Patatas
Green Beans with Potatoes

Pollo al Horno
Baked Chicken
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

29 Sopa de Cocido (Fideos S/Gluten S/Huevo)
Meat Soup with Gluten Free Noodles 6T-12T

Cocido Completo
Chickpeas with Meat and Vegetables 6T-12T
Rapollo Rehogado
Cabbage
Fruta y Pan
Fruit and Bread 1-6T-10T

2 Nachos con Pico de Gallo y Guacamole
Nachos with Vegetables and Guacamole
1T-6T-7T
Fajitas de Pollo
Chicken Fajitas 1-6T-10T
Ensalada Variada
Mixed Salad 12
Helado de Nata-Fresa
Strawberry Cream Ice-Cream 7

9 Pasta S/Gluten S/Huevo a la Boloñesa
Gluten Free Pasta with Bolognese 6T

Lomitos de Caballa en Aceite
Mackerel in Oil 4
Ensalada Variada
Mixed Salad 12
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

16 Salteado de Verdura Tricolor
Mixed Vegetables

Magro de Cerdo Estofado
Stewed Lean Pork
Arroz INTEGRAL Rehogado
Sautéed Whole grain Rice
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

23 Arroz con Pisto Casero
Rice with Ratatouille

Garbanzos a la Jardinera
Stewed Chickpeas

Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11



30 Crema de Calabaza con Croutons
Pumpkin Cream with Croutons 1-6T-11T-12

Pollo Asado en su Jugo
Baked Chicken 12
Ensalada Variada
Mixed Salad 12
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

ALÉRGICOS
1-Gluten
2-Crustaceo
3-Huevo
4-Pescado
5-Cacahuete
6-Soja
7-Leche y
Derivados
8-Frutos Secos
9-Apio
10-Mostaza
11-Sesamo
12-Sulfitos
13-Altramuces
14-Moluscos

LÁCTEOS SIN HUEVO. LA FRUTA DE TEMPORADA OFERTADA SERÁ: manzana, pera, plátano, naranja y mandarina
ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maíz, Pepino, Cebolla, Zanahoria)

TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGICOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA DISPONIBLE EN LA APP "MEDITERRÁNEA EDUCACIÓN". PARA CUALQUIER CONSULTA AL RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

mediterránea

Lunes-Monday

Martes-Tuesday

Miercoles-Wednesday

Jueves-Thursday

Viernes-Friday

5 Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables 1T

Tortilla Vegana Casera al Horno
Vegan Omelette 1T
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T



12



**Festivo -
Holiday**

19 Pasta S/Gluten S/Huevo a la Carbonara
Carbonara Gluten-Egg Free Pasta
(Gluten-Free Flour) 6-7

Merluza con Tomate Casero
Hake with Tomato Sauce 4
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

26

Brócoli al Gratin
Broccoli au Gratin 7

Pollo al Horno
Baked Chicken
Tomate Aliñado con Orégano
Seasoned Tomato 12
Fruta y Pan
Fruit and Bread 1-6T-10T

6 Paella Hortelana
Rice with Vegetables

Gallineta a la Andaluza
Floured Fish 4
Verduras Salteadas
Vegetables
Fruta y Pan
Fruit and Bread 1-6T-10T

13

Crema de Zanahoria
Carrots Cream 12

Filete de Pollo Enharinado (Harina de Maíz)
Floured Chicken
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

20

Crema de Calabacín con Queso
Zucchini Cream with Cheese 7

Ragout de Pavo Estofado con Verduras
Stewed Turkey with Vegetables
Cous Cous
Cous Cous 1-6T-10T
Fruta y Pan
Fruit and Bread 1-6T-10T

27

Alubias Blancas Estofadas con Arroz
INTEGRAL
Stewed White Beans with Whole Grain Rice

Panini Casero de Pisto y Queso
Homemade Vegetable Panini 1-6T-7-10T
Ensalada Variada
Mixed Salad 12
Fruta
Fruit



7

Alubias Pintas Estofadas con Verduras de
Temporada
Stewed Black Beans with Vegetables
Cinta de Lomo a la Plancha
Loin
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11

14

Arroz con Tomate Casero y Salchichas de
Pavo
Rice with Tomato Sauce and Sausages
Fogonero en Salsa de Cebolla
Fish with Onion Sauce 4
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11

21

Lentejas con Verduras
Stewed Lentils with Vegetables 1T

28

Salmón al Horno
Baked Salmon 4
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11
Paella de Verduras de la Huerta (sin
Champiñones)
Rice with Vegetables (without
Mushrooms)
Merluza en Salsa Verde
Hake with Green Sauce 4
Guisantes Rehogados
Sautéed Green Peas
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11

1

Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables

Merluza a la Bilbaína
Hake in Sauce 4-12
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

8

Crema de Verduras de Temporada
Vegetable Cream 12

Pollo en Salsa de Curry
Curry Chicken 1-6T-10T
Arroz INTEGRAL al Romero
Whole Grain Rice with Rosemary
Fruta y Pan
Fruit and Bread 1-6T-10T

15

Sopa de Fideos S/Gluten S/Huevo
Gluten-Free Noodle Soup 6T

Cocido Vegetal
Chickpeas with Vegetables
Rapollo con Ajo Rehogado
Cabbage
Fruta y Pan
Fruit and Bread 1-6T-10T



22

Judías Verdes con Patatas
Green Beans with Potatoes

29

Sopa de Cocido (Fideos S/Gluten S/Huevo)
Meat Soup with Gluten Free Noodles 6T-12T

Cocido Completo
Chickpeas with Meat and Vegetables 6T-12T
Rapollo Rehogado
Cabbage
Fruta y Pan
Fruit and Bread 1-6T-10T

2

Nachos con Pico de Gallo y Guacamole
Nachos with Vegetables and Guacamole
1T-6T-7T
Fajitas de Pollo
Chicken Fajitas 1-6T-10T
Ensalada Variada
Mixed Salad 12
Helado de Nata-Fresa
Strawberry Cream Ice-Cream 7

9

Pasta S/Gluten S/Huevo a la Boloñesa
Gluten Free Pasta with Bolognese 6T

Lomitos de Caballa en Aceite
Mackerel in Oil 4
Ensalada Variada
Mixed Salad 12
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

16

Salteado de Verdura Tricolor
Mixed Vegetables

Magro de Cerdo Estofado
Stewed Lean Pork
Arroz INTEGRAL Rehogado
Sautéed Whole grain Rice
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

23

Arroz con Pisto Casero
Rice with Ratatouille

Garbanzos a la Jardinera
Stewed Chickpeas

Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11



30

Crema de Calabaza con Croutons
Pumpkin Cream with Croutons 1-6T-11T-12

Pollo Asado en su Jugo
Baked Chicken 12
Ensalada Variada
Mixed Salad 12
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

ALÉRGICOS
1-Gluten
2-Crustaceo
3-Huevo
4-Pescado
5-Cacahuete
6-Soja
7-Leche y
Derivados
8-Frutos Secos
9-Apio
10-Mostaza
11-Sesamo
12-Sulfitos
13-Altramuzes
14-Moluscos

LÁCTEOS SIN HUEVO. LA FRUTA DE TEMPORADA OFERTADA SERÁ: manzana, pera, plátano, naranja y mandarina
ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maíz, Pepino, Cebolla, Zanahoria)

TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGICOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA DISPONIBLE EN LA APP "MEDITERRÁNEA EDUCACIÓN". PARA CUALQUIER CONSULTA AL RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

mediterránea

Lunes-Monday

Martes-Tuesday

Miercoles-Wednesday

Jueves-Thursday

Viernes-Friday

5 Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables 1T

Tortilla Vegana Casera al Horno
Vegan Omelette 1T
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T



12



**Festivo -
Holiday**

19 Espaguettis INTEGRALES a la Carbonara
con Bacon Crujiente
Carbonara Whole Wheat Spaguettis
1-3T-6-7-10T
Huevos Rellenos
Stuffed Eggs with Tuna 3-4-12T
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

26 Brócoli al Gratén
Broccoli au Gratin 7

Tortilla de Patata Casera
Homemade Potato Omelette 3

Tomate Aliñado con Orégano
Seasoned Tomato 12
Fruta y Pan
Fruit and Bread 1-6T-10T

6 Paella Hortelana
Rice with Vegetables

Gallineta a la Andaluza
Floured Fish 4
Verduras Salteadas
Vegetables
Fruta y Pan
Fruit and Bread 1-6T-10T

13 Crema de Zanahoria
Carrots Cream 12

Huevos Villaroy
Villaroy Eggs 1-2T-3-4T-6-7-9T-10T-12-14T
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

20 Crema de Calabacín con Queso
Zucchini Cream with Cheese 7

Ragout de Pavo Estofado con Verduras
Stewed Turkey with Vegetables
Cous Cous
Cous Cous 1-6T-10T
Fruta y Pan
Fruit and Bread 1-6T-10T

27 Alubias Blancas Estofadas con Arroz
Integral
Stewed White Beans with Whole Grain Rice

Pizza Vegetal Casera (sin Champiñones)
Homemade Vegetable Pizza (without
Mushrooms) 1-3T-4T-6T-7-9T-10T-12T
Ensalada Variada
Mixed Salad 12
Fruta
Fruit



7 Alubias Pintas Estofadas con Verduras de
Temporada
Stewed Black Beans with Vegetables
Huevos Rellenos
Stuffed Eggs with Tuna 3-4-12T
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11

14 Arroz con Tomate Casero y Salchichas de
Pavo
Rice with Tomato Sauce and Sausages
Fogonero en Salsa de Cebolla
Fish with Onion Sauce 4
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11

21 Lentejas con Verduras
Stewed Lentils with Vegetables 1T

Salmon a la Naranja
Salmon With Orange Sauce 3-4
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11

28 Paella de Verduras de la Huerta (sin
Champiñones)
Rice with Vegetables (without
Mushrooms)
Merluza en Salsa Verde
Hake with Green Sauce 4

Guisantes Rehogados
Sautéed Green Peas
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11

1 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
Merluza a la Bilbaína
Hake in Sauce 4-12
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

8 Crema de Verduras de Temporada
Vegetable Cream 12

Pollo en Salsa de Curry
Curry Chicken 1-6T-10T
Arroz INTEGRAL al Romero
Whole Grain Rice with Rosemary
Fruta y Pan
Fruit and Bread 1-6T-10T

15 Sopa de Estrellitas
Star Soup 1-3T-6T-10T

Cocido Vegetal
Chickpeas with Vegetables
Rapollo con Ajo Rehogado
Cabbage
Fruta y Pan
Fruit and Bread 1-6T-10T



22 Judías Verdes con Patatas
Green Beans with Potatoes

Pollo en Pepitoria
Chicken in Pepitoria 3
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

29 Sopa de Cocido
Meat Soup 1-3T-6T-10T-12T

Cocido Completo
Chickpeas with Meat and Vegetables 6T-12T

Rapollo Rehogado
Cabbage
Fruta y Pan
Fruit and Bread 1-6T-10T

2 Nachos con Pico de Gallo y Guacamole
Nachos with Vegetables and Guacamole
1T-6T-7T
Fajitas de Pollo
Chicken Fajitas 1-6T-10T
Ensalada Variada
Mixed Salad 12
Helado de Nata-Fresa
Strawberry Cream Ice-Cream 7

9 Lasaña Boloñesa Casera con Queso
Homemade Bolognese Lasagna 1-3T-6T-7-10T

Lomitos de Caballa en Aceite
Mackerel in Oil 4
Ensalada Variada
Mixed Salad 12
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

16 Salteado de Verdura Tricolor
Mixed Vegetables

Magro de Cerdo Estofado
Stewed Lean Pork
Arroz INTEGRAL Rehogado
Sautéed Whole grain Rice
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

23 Arroz con Pisto Casero
Rice with Ratatouille

Garbanzos a la Jardinera
Stewed Chickpeas

Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11



30 Crema de Calabaza con Croutons
Pumpkin Cream with Croutons 1-6T-11T-12

Pollo Asado en su Jugo
Baked Chicken 12

Ensalada Variada
Mixed Salad 12
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

ALÉRGICOS
1-Gluten
2-Crustaceo
3-Huevo
4-Pescado
5-Cacahuete
6-Soja
7-Leche y
Derivados
8-Frutos Secos
9-Apio
10-Mostaza
11-Sesamo
12-Sulfitos
13-Altramuces
14-Moluscos

mediterránea

LA FRUTA DE TEMPORADA OFERTADA SERÁ: manzana, pera, plátano, naranja y mandarina
ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maíz, Pepino, Cebolla, Zanahoria)

TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGICOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA DISPONIBLE EN LA APP "MEDITERRÁNEA EDUCACIÓN". PARA CUALQUIER CONSULTA AL RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

Lunes-Monday

- 5 Garbanzos Estofados con Verduras de Temporada
Stewed Chickpeas with Vegetables
Ensalada Campera Vegetal
Veggie Potato Salad 12
Calabacín Asado
Baked Zucchini
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread 6-10T-13T



12

Festivo -
Holiday

- 19 Pasta S/Gluten S/Huevo con Tomate Casero
Gluten/Egg-Free Pasta with Homemade Tomato Sauce 6T
Huevos Rellenos
Stuffed Eggs with Tuna 3-4-12T
Ensalada Variada
Mixed Salad 12
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread 6-10T-13T

26

Brócoli Rehogado
Sautéed Broccoli

Tortilla de Patata Casera
Homemade Potato Omelette 3

Tomate Aliñado con Orégano
Seasoned Tomato 12
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread 6-10T-13T

Martes-Tuesday

- 6 Paella Hortelana
Rice with Vegetables
Gallineta a la Andaluza
Floured Fish 4
Verduras Salteadas
Vegetables
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread 6-10T-13T

13

Crema de Zanahoria
Carrots Cream 12

Tortilla de Patata Casera
Homemade Potato Omelette 3
Ensalada Variada
Mixed Salad 12
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread 6-10T-13T

20

Crema de Calabacín
Zucchini Cream

Ragout de Pavo Estofado con Verduras
Stewed Turkey with Vegetables
Arroz Pilaf
Rice
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread 6-10T-13T

27

Alubias Blancas Estofadas con Arroz INTEGRAL
Stewed White Beans with Whole Grain Rice
Panini Casero de Pisto S/Gluten (sin Queso)
Gluten-Free Homemade Vegetable Panini (without Cheese) 6-10T-13T
Ensalada Variada
Mixed Salad 12
Fruta
Fruit



Miercoles-Wednesday

- 7 Alubias Pintas Estofadas con Verduras de Temporada
Stewed Black Beans with Vegetables
Huevos Rellenos
Stuffed Eggs with Tuna 3-4-12T
Ensalada Variada
Mixed Salad 12
Yogur de Soja y Pan S/Gluten
Soy Yogurt and Gluten-Free Bread 6-8T-10T-13T

14

Arroz con Tomate Casero y Salchichas de Pavo
Rice with Tomato Sauce and Sausages
Fogonero en Salsa de Cebolla
Fish with Onion Sauce 4
Ensalada Variada
Mixed Salad 12
Yogur de Soja y Pan S/Gluten
Soy Yogurt and Gluten-Free Bread 6-8T-10T-13T

21

Alubias Blancas con Verduras
Stewed White Beans with Vegetables

28

Paella de Verduras de la Huerta
Rice with Vegetables

Merluza en Salsa Verde
Hake with Green Sauce 4

Guisantes Rehogados
Sautéed Green Peas
Yogur de Soja y Pan S/Gluten
Soy Yogurt and Gluten-Free Bread 6-8T-10T-13T

Jueves-Thursday

1

Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
Merluza a la Bilbaína
Hake in Sauce 4-12

Ensalada Variada
Mixed Salad 12
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread 6-10T-13T

8

Crema de Verduras de Temporada
Vegetable Cream 12

Pollo al Horno
Baked Chicken
Arroz INTEGRAL al Romero
Whole Grain Rice with Rosemary
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread 6-10T-13T

15

Sopa de Fideos S/Gluten S/Huevo
Gluten-Free Noodle Soup 6T

Cocido Vegetal
Chickpeas with Vegetables
Repollo con Ajo Rehogado
Cabbage
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread 6-10T-13T



22

Judías Verdes con Patatas
Green Beans with Potatoes

29

Sopa de Cocido (Fideos S/Gluten S/Huevo)
Meat Soup with Gluten Free Noodles 6T-12T

Cocido Completo
Chickpeas with Meat and Vegetables 6T-12T

Repollo Rehogado
Cabbage
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread 6-10T-13T

Viernes-Friday

2

Chips con Pico de Gallo y Guacamole
Chips with Vegetables and Guacamole
Panini Casero de Pavo S/Gluten (sin Queso)
Gluten Free Homemade Turkey Panini (without Cheese) 6-10T-13T
Ensalada Variada
Mixed Salad 12
Yogur de Soja y Pan S/Gluten
Soy Yogurt and Gluten-Free Bread 6-8T-10T-13T

9

Pasta S/Gluten S/Huevo a la Bolognesa
Gluten Free Pasta with Bolognese 6T

Lomitos de Caballa en Aceite
Mackerel in Oil 4
Ensalada Variada
Mixed Salad 12
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread 6-10T-13T

16

Salteado de Verdura Tricolor
Mixed Vegetables

Magro de Cerdo Estofado
Stewed Lean Pork
Arroz INTEGRAL Rehogado
Sautéed Whole grain Rice
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread 6-10T-13T

23

Arroz con Pisto Casero
Rice with Ratatouille

Garbanzos a la Jardinera
Stewed Chickpeas

Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread 6-10T-13T



30

Crema de Calabaza
Pumpkin Cream 12

Pollo Asado en su Jugo
Baked Chicken 12

Ensalada Variada
Mixed Salad 12
Fruta y Pan S/Gluten
Fruit and Gluten-Free Bread 6-10T-13T

ALÉRGENOS
1-Gluten
2-Crustáceo
3-Huevo
4-Pescado
5-Cacahuete
6-Soja
7-Leche y Derivados
8-Frutos Secos
9-Apio
10-Mostaza
11-Sesamo
12-Sulfitos
13-Altramuces
14-Moluscos

mediterránea

PAN Y LÁCTEOS SIN GLUTEN. LA FRUTA DE TEMPORADA OFERTADA SERÁ: manzana, pera, plátano, naranja y mandarina

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

TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGENOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA DISPONIBLE EN LA APP "MEDITERRÁNEA EDUCACIÓN". PARA CUALQUIER CONSULTA AL RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

Lunes-Monday

Martes-Tuesday

Miercoles-Wednesday

Jueves-Thursday

Viernes-Friday

- 5 Garbanzos Estofados con Verduras de Temporada
Stewed Chickpeas with Vegetables
Tortilla Vegana Casera al Horno
Vegan Omelette 1T
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T



- 12 
**Festivo -
Holiday**

- 19 Espaguetis INTEGRALES a la Carbonara con Bacon Crujiente
Carbonara Whole Wheat Spaguetis 1-3T-6-7-10T
Huevos Rellenos
Stuffed Eggs with Tuna 3-4-12T
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

- 26 Brócoli al Gratin
Broccoli au Gratin 7

Tortilla de Patata Casera
Homemade Potato Omelette 3

Tomate Aliñado con Orégano
Seasoned Tomato 12
Fruta y Pan
Fruit and Bread 1-6T-10T

- 6 Paella Hortelana
Rice with Vegetables
Gallineta a la Andaluza
Floured Fish 4
Verduras Salteadas
Vegetables
Fruta y Pan
Fruit and Bread 1-6T-10T

- 13 Crema de Zanahoria
Carrots Cream 12

Huevos Villaroy
Villaroy Eggs 1-2T-3-4T-6-7-9T-12-14T
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

- 20 Crema de Calabacín con Queso
Zucchini Cream with Cheese 7

Ragout de Pavo Estofado con Verduras
Stewed Turkey with Vegetables
Cous Cous
Cous Cous 1-6T-10T
Fruta y Pan
Fruit and Bread 1-6T-10T

- 27 Alubias Blancas Estofadas con Arroz INTEGRAL
Stewed White Beans with Whole Grain Rice
Pizza Vegetal Casera
Homemade Vegetable Pizza 1-3T-4T-6T-7-9T-10T-12T
Ensalada Variada
Mixed Salad 12
Fruta
Fruit



- 7 Alubias Pintas Estofadas con Verduras de Temporada
Stewed Black Beans with Vegetables
Huevos Rellenos
Stuffed Eggs with Tuna 3-4-12T
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread 1-6T-7-10T-11

- 14 Arroz con Tomate Casero y Salchichas de Pavo
Rice with Tomato Sauce and Sausages
Fogonero en Salsa de Cebolla
Fish with Onion Sauce 4
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread 1-6T-7-10T-11

- 21 Alubias Blancas con Verduras
Stewed White Beans with Vegetables

Salmon a la Naranja
Salmon With Orange Sauce 3-4
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread 1-6T-7-10T-11

- 28 Paella de Verduras de la Huerta
Rice with Vegetables

Merluza en Salsa Verde
Hake with Green Sauce 4

Guisantes Rehogados
Sautéed Green Peas
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread 1-6T-7-10T-11

- 1 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
Merluza a la Bilbaína
Hake in Sauce 4-12
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

- 8 Crema de Verduras de Temporada
Vegetable Cream 12
Pollo en Salsa de Curry
Curry Chicken 1-6T-10T
Arroz INTEGRAL al Romero
Whole Grain Rice with Rosemary
Fruta y Pan
Fruit and Bread 1-6T-10T

- 15 Sopa de Estrellitas
Star Soup 1-3T-6T-10T

Cocido Vegetal
Chickpeas with Vegetables
Rapollo con Ajo Rehogado
Cabbage
Fruta y Pan
Fruit and Bread 1-6T-10T



- 22 Judías Verdes con Patatas
Green Beans with Potatoes

Pollo en Pepitoria
Chicken in Pepitoria 3
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

- 29 Sopa de Cocido
Meat Soup 1-3T-6T-10T-12T

Cocido Completo
Chickpeas with Meat and Vegetables 6T-12T

Rapollo Rehogado
Cabbage
Fruta y Pan
Fruit and Bread 1-6T-10T

- 2 Nachos con Pico de Gallo y Guacamole
Nachos with Vegetables and Guacamole 1T-6T-7T
Fajitas de Pollo
Chicken Fajitas 1-6T-10T
Ensalada Variada
Mixed Salad 12
Helado de Nata-Fresa
Strawberry Cream Ice-Cream 7

- 9 Lasaña Boloñesa Casera con Queso
Homemade Bolognese Lasagna 1-3T-6T-7-10T
Lomitos de Caballa en Aceite
Mackerel in Oil 4
Ensalada Variada
Mixed Salad 12
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

- 16 Salteado de Verdura Tricolor
Mixed Vegetables

Magro de Cerdo Estofado
Stewed Lean Pork
Arroz INTEGRAL Rehogado
Sautéed Whole grain Rice
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

- 23 Arroz con Pisto Casero
Rice with Ratatouille

Garbanzos a la Jardinera
Stewed Chickpeas

Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11



- 30 Crema de Calabaza con Croutons
Pumpkin Cream with Croutons 1-6T-11T-12

Pollo Asado en su Jugo
Baked Chicken 12

Ensalada Variada
Mixed Salad 12
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

ALÉRGENOS
1-Gluten
2-Crustaceo
3-Huevo
4-Pescado
5-Cacahuete
6-Soja
7-Leche y Derivados
8-Frutos Secos
9-Apio
10-Mostaza
11-Sesamo
12-Sulfitos
13-Altramuces
14-Moluscos

LA FRUTA DE TEMPORADA OFERTADA SERÁ: manzana, pera, plátano, naranja y mandarina
ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maíz, Pepino, Cebolla, Zanahoria)

TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGENOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA DISPONIBLE EN LA APP "MEDITERRÁNEA EDUCACIÓN". PARA CUALQUIER CONSULTA AL RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

mediterránea

Lunes-Monday

Martes-Tuesday

Miercoles-Wednesday

Jueves-Thursday

Viernes-Friday

5 Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables 17

Ensalada Campera Vegetal
Veggie Potato Salad 12
Calabacín Asado
Baked Zucchini
Fruta y Pan
Fruit and Bread 1-6T-10T



12



**Festivo -
Holiday**

19 Espaguetis INTEGRALES a la Carbonara
con Bacon Crujiente
Carbonara Whole Wheat Spaguetis
1-3T-6-7-10T
Huevos Rellenos
Stuffed Eggs with Tuna 3-4-12T
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

26 Brócoli al Gratin
Broccoli au Gratin 7

Tortilla de Patata Casera
Homemade Potato Omelette 3

Tomate Aliñado con Orégano
Seasoned Tomato 12
Fruta y Pan
Fruit and Bread 1-6T-10T

6 Paella Hortelana
Rice with Vegetables

Gallineta a la Andaluza
Floured Fish 4
Verduras Salteadas
Vegetables
Fruta y Pan
Fruit and Bread 1-6T-10T

13 Crema de Zanahoria
Carrots Cream 12

Huevos Villaroy
Villaroy Eggs 1-2T-3-4T-6-7-9T-10T-12-14T
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

20 Crema de Calabacín con Queso
Zucchini Cream with Cheese 7

Ragout de Pavo Estofado con Verduras
Stewed Turkey with Vegetables
Cous Cous
Cous Cous 1-6T-10T
Fruta y Pan
Fruit and Bread 1-6T-10T

27 Alubias Blancas Estofadas con Arroz
INTEGRAL
Stewed White Beans with Whole Grain Rice
Pizza Vegetal Casera
Homemade Vegetable Pizza
1-3T-4T-6T-7-9T-10T-12T

Ensalada Variada
Mixed Salad 12
Fruta
Fruit



7 Alubias Pintas Estofadas con Verduras de
Temporada
Stewed Black Beans with Vegetables
Huevos Rellenos
Stuffed Eggs with Tuna 3-4-12T
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan
Yogurt and Bread 1-6T-7-10T

14 Arroz con Tomate Casero y Salchichas de
Pavo
Rice with Tomato Sauce and Sausages
Fogonero en Salsa de Cebolla
Fish with Onion Sauce 4
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan
Yogurt and Bread 1-6T-7-10T

21 Lentejas con Verduras
Stewed Lentils with Vegetables 17

Salmón a la Naranja
Salmon With Orange Sauce 3-4
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan
Yogurt and Bread 1-6T-7-10T

28 Paella de Verduras de la Huerta
Rice with Vegetables

Merluza en Salsa Verde
Hake with Green Sauce 4

Guisantes Rehogados
Sautéed Green Peas
Yogur Natural y Pan
Yogurt and Bread 1-6T-7-10T

1 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
Merluza a la Bilbaína
Hake in Sauce 4-12
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

8 Crema de Verduras de Temporada
Vegetable Cream 12

Pollo en Salsa de Curry
Curry Chicken 1-6T-10T
Arroz INTEGRAL al Romero
Whole Grain Rice with Rosemary
Fruta y Pan
Fruit and Bread 1-6T-10T

15 Sopa de Estrellitas
Star Soup 1-3T-6T-10T

Lentejas a la Vinagreta
Lentils in Vinaigrette Sauce 1T-12

Fruta y Pan
Fruit and Bread 1-6T-10T



22 Judías Verdes con Patatas
Green Beans with Potatoes

Pollo en Pepitoria
Chicken in Pepitoria 3
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

29 Sopa de Fideos
Noodle Soup 1-3T-6T-10T

Pollo y Ternera con Patata y Zanahoria
Cocidos
Meat with Boiled Carrot and Potatoes
Repollo Rehogado
Cabbage
Fruta y Pan
Fruit and Bread 1-6T-10T

2 Nachos con Pico de Gallo y Guacamole
Nachos with Vegetables and Guacamole
1T-6T-7T
Fajitas de Pollo
Chicken Fajitas 1-6T-10T
Ensalada Variada
Mixed Salad 12
Helado de Nata-Fresa
Strawberry Cream Ice-Cream 7

9 Lasaña Boloñesa Casera con Queso
Homemade Bolognese Lasagna 1-3T-6T-7-10T

Lomitos de Caballa en Aceite
Mackerel in Oil 4
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

16 Salteado de Verdura Tricolor
Mixed Vegetables

Magro de Cerdo Estofado
Stewed Lean Pork
Arroz INTEGRAL Rehogado
Sautéed Whole grain Rice
Fruta y Pan
Fruit and Bread 1-6T-10T

23 Arroz con Pisto Casero
Rice with Ratatouille

Alubias Blancas a la Jardinera
Stewed White Beans with Vegetables

Fruta y Pan
Fruit and Bread 1-6T-10T



30 Crema de Calabaza
Pumpkin Cream 12

Pollo Asado en su Jugo
Baked Chicken 12

Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

ALÉRGENOS
1-Gluten
2-Crustaceo
3-Huevo
4-Pescado
5-Cacahuete
6-Soja
7-Leche y Derivados
8-Frutos Secos
9-Apio
10-Mostaza
11-Sesamo
12-Sulfitos
13-Altramuces
14-Moluscos

PAN Y PÁCTEOS SIN FRUTOS SECOS NI SÉSAMO. LA FRUTA DE TEMPORADA OFERTADA SERÁ: manzana, pera, plátano, naranja y mandarina

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

TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGENOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA DISPONIBLE EN LA APP "MEDITERRÁNEA EDUCACIÓN". PARA CUALQUIER CONSULTA AL RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

mediterránea

MENÚ OCTUBRE 2026 SENARA

Sin Gluten, Huevo, PLV, Cerdo, Soja ni Ajo - - Colegio Senara

Lunes-Monday

- 5 Garbanzos Estofados con Verduras de Temporada
Stewed Chickpeas with Vegetables
Ensalada Campera Vegetal
Veggie Potato Salad 12
Calabacín Asado
Baked Zucchini
Fruta
Fruit

12



Festivo -
Holiday

- 19 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Merluza al Horno con Perejil Fresco
Baked Hake with Fresh Parsley 4
Ensalada Variada
Mixed Salad 12
Fruta
Fruit

- 26 Brócoli Rehogado
Sautéed Broccoli

Pollo al Horno
Baked Chicken
Tomate Aliñado con Orégano
Seasoned Tomato 12
Fruta
Fruit

Martes-Tuesday

- 6 Paella Hortelana
Rice with Vegetables
Gallineta a la Andaluza
Floured Fish 4
Verduras Salteadas
Vegetables
Fruta
Fruit

- 13 Crema de Zanahoria
Carrots Cream 12

Filete de Pollo Enharinado (Harina de Maíz)
Floured Chicken
Ensalada Variada
Mixed Salad 12
Fruta
Fruit

- 20 Crema de Calabacín
Zucchini Cream
Ragout de Pavo Estofado con Verduras
Stewed Turkey with Vegetables
Arroz Pilaf
Rice
Fruta
Fruit

- 27 Alubias Blancas Estofadas con Arroz INTEGRAL
Stewed White Beans with Whole Grain Rice
Arroz con Pisto Casero
Rice with Ratatouille
Ensalada Variada
Mixed Salad 12
Fruta
Fruit

Miercoles-Wednesday

- 7 Alubias Pintas Estofadas con Verduras de Temporada
Stewed Black Beans with Vegetables
Pavo a la Plancha
Grilled Turkey
Ensalada Variada
Mixed Salad 12
Fruta
Fruit

- 14 Arroz con Tomate Casero y Salchichas de Pavo
Rice with Tomato Sauce and Sausages
Fogonero en Salsa de Cebolla
Fish with Onion Sauce 4
Ensalada Variada
Mixed Salad 12
Fruta
Fruit

- 21 Alubias Blancas con Verduras
Stewed White Beans with Vegetables
Salmón al Horno
Baked Salmon 4
Ensalada Variada
Mixed Salad 12
Fruta
Fruit

- 28 Paella de Verduras de la Huerta
Rice with Vegetables
Merluza en Salsa Verde
Hake with Green Sauce 4
Guisantes Rehogados
Sautéed Green Peas
Fruta
Fruit

Jueves-Thursday

- 1 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
Merluza a la Bilbaina
Hake in Sauce 4-12
Ensalada Variada
Mixed Salad 12
Fruta
Fruit

- 8 Crema de Verduras de Temporada
Vegetable Cream 12
Pollo al Horno
Baked Chicken
Arroz INTEGRAL al Romero
Whole Grain Rice with Rosemary
Fruta
Fruit

- 15 Sopa Juliana de Verduras
Vegetables Soup 12
Cocido Vegetal
Chickpeas with Vegetables
Repollo Rehogado
Cabbage
Fruta
Fruit

- 22 Judías Verdes con Patatas
Green Beans with Potatoes
Pollo al Horno
Baked Chicken
Ensalada Variada
Mixed Salad 12
Fruta
Fruit

- 29 Sopa Juliana de Verduras
Vegetables Soup 12
Pollo con Zanahoria y Patata Cocidas
Chicken with Potato and Carrot
Repollo Rehogado
Cabbage
Fruta
Fruit

Viernes-Friday

- 2 Chips con Pico de Gallo y Guacamole
Chips with Vegetables and Guacamole
Filete de Pollo al Horno
Baked Chicken Breast
Ensalada Variada
Mixed Salad 12
Fruta
Fruit

- 9 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Lomitos de Caballa en Aceite
Mackerel in Oil 4
Ensalada Variada
Mixed Salad 12
Fruta
Fruit

- 16 Salteado de Verdura Tricolor
Mixed Vegetables
Pollo al Horno
Baked Chicken
Arroz INTEGRAL Rehogado
Sautéed Whole grain Rice
Fruta
Fruit

- 23 Arroz con Pisto Casero
Rice with Ratatouille
Garbanzos a la Jardinera
Stewed Chickpeas
Fruta
Fruit

- 30 Crema de Calabaza
Pumpkin Cream 12
Pollo Asado en su Jugo
Baked Chicken 12
Ensalada Variada
Mixed Salad 12
Fruta
Fruit

ALÉRGICOS
1-Gluten
2-Crustaceo
3-Huevo
4-Pescado
5-Cacahuete
6-Soja
7-Leche y Derivados
8-Frutos Secos
9-Apio
10-Mostaza
11-Sesamo
12-Sulfitos
13-Altramuces
14-Moluscos

mediterránea

NO SE AÑADIRÁ AJO EN LA ELABORACIÓN DE LOS PLATOS. NO PAN.
LA FRUTA DE TEMPORADA OFERTADA SERÁ: manzana, pera, plátano, naranja y mandarina
ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maíz, Pepino, Cebolla, Zanahoria)

Lunes-Monday

- 5 Lentejas Estofadas con Verduras (Sin Tomate)
Stewed Lentils with Vegetables (without Tomato) 1T
Tortilla Vegana Casera al Horno
Vegan Omelette 1T
- Ensalada Variada (sin Tomate)
Mixed Salad (without Tomato) 12
Fruta y Pan
Fruit and Bread 1-6T-10T



- 12 
**Festivo -
Holiday**

- 19 Espaguettis INTEGRALES a la Carbonara con Bacon Crujiente
Carbonara Whole Wheat Spaguettis 1-3T-6-7-10T
Huevos Rellenos (Sin Tomate Frito)
Stuffed Eggs with Tuna (without Tomato) 3-4-12T
Ensalada Variada (sin Tomate)
Mixed Salad (without Tomato) 12
Fruta y Pan
Fruit and Bread 1-6T-10T

- 26 Brócoli Rehogado
Sautéed Broccoli

Tortilla de Patata Casera
Homemade Potato Omelette 3

Ensalada Variada (sin Tomate)
Mixed Salad (without Tomato) 12
Fruta y Pan
Fruit and Bread 1-6T-10T

Martes-Tuesday

- 6 Paella Hortelana (Sin Tomate)
Rice with Vegetables (without Tomato)

Gallineta a la Andaluza
Floured Fish 4

Verduritas Salteadas
Vegetables
Fruta y Pan
Fruit and Bread 1-6T-10T

- 13 Crema de Zanahoria
Carrots Cream 12

Huevos Villaroy
Villaroy Eggs 1-2T-3-4T-6-7-9T-10T-12-14T
Ensalada Variada (sin Tomate)
Mixed Salad (without Tomato) 12
Fruta y Pan
Fruit and Bread 1-6T-10T

- 20 Crema de Calabacín con Queso
Zucchini Cream with Cheese 7

Pavo a la Plancha
Grilled Turkey

Cous Cous
Cous Cous 1-6T-10T
Fruta y Pan
Fruit and Bread 1-6T-10T

- 27 Alubias Blancas Estofadas con Arroz INTEGRAL (sin Tomate)
Stewed White Beans with Whole Grain Rice (without Tomato)
Pizza Vegetal Casera (sin Tomate)
Homemade Vegetable Pizza (Without Tomato) 1-3T-4T-6T-7-9T-10T-12T
Ensalada Variada (sin Tomate)
Mixed Salad (without Tomato) 12
Fruta
Fruit



Miercoles-Wednesday

- 7 Alubias Pintas Estofadas con Verduras (sin Tomate)
Stewed Black Beans with Vegetables (without Tomato)
Huevos Rellenos (Sin Tomate Frito)
Stuffed Eggs with Tuna (without Tomato) 3-4-12T
Ensalada Variada (sin Tomate)
Mixed Salad (without Tomato) 12
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread 1-6T-7-10T-11

- 14 Arroz Rehogado con Salchichas (sin Tomate)
Rice Sauce with Sausages (without tomato) 6-12
Fogonero en Salsa de Cebolla
Fish with Onion Sauce 4
Ensalada Variada (sin Tomate)
Mixed Salad (without Tomato) 12
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread 1-6T-7-10T-11

- 21 Lentejas Estofadas con Verduras (Sin Tomate)
Stewed Lentils with Vegetables (without Tomato) 1T
Salmón a la Naranja
Salmon With Orange Sauce 3-4

Ensalada Variada (sin Tomate)
Mixed Salad (without Tomato) 12
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread 1-6T-7-10T-11

- 28 Paella de Verduritas de la Huerta (sin Tomate)
Rice with Vegetables (without Tomato)

Merluza en Salsa Verde
Hake with Green Sauce 4

Guisantes Rehogados
Sautéed Green Peas
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread 1-6T-7-10T-11

Jueves-Thursday

- 1 Patatas Estofadas con Verduras (Sin Tomate)
Stewed Potatoes with Vegetables (without Tomato)
Merluza a la Bilbaína
Hake in Sauce 4-12
Ensalada Variada (sin Tomate)
Mixed Salad (without Tomato) 12
Fruta y Pan
Fruit and Bread 1-6T-10T
Crema de Verduras de Temporada
Vegetable Cream 12

Pollo en Salsa de Curry
Curry Chicken 1-6T-10T

Arroz INTEGRAL al Romero
Whole Grain Rice with Rosemary
Fruta y Pan
Fruit and Bread 1-6T-10T

- 15 Sopa de Estrellitas
Star Soup 1-3T-6T-10T

Cocido Vegetal
Chickpeas with Vegetables
Repollo con Ajo Rehogado
Cabbage
Fruta y Pan
Fruit and Bread 1-6T-10T



- 22 Judías Verdes con Patatas
Green Beans with Potatoes

Pollo en Pepitoria
Chicken in Pepitoria 3

Ensalada Variada (sin Tomate)
Mixed Salad (without Tomato) 12
Fruta y Pan
Fruit and Bread 1-6T-10T

- 29 Sopa de Cocido
Meat Soup 1-3T-6T-10T-12T

Cocido Completo
Chickpeas with Meat and Vegetables 6T-12T

Repollo Rehogado
Cabbage
Fruta y Pan
Fruit and Bread 1-6T-10T

Viernes-Friday

- 2 Nachos con Guacamole
Nachos with Guacamole 1T-6T-7T

Fajitas de Pollo
Chicken Fajitas 1-6T-10T
Ensalada Variada (sin Tomate)
Mixed Salad (without Tomato) 12
Helado de Nata-Fresa
Strawberry Cream Ice-Cream 7

Macarrones a la Boloñesa (sin Tomate)
Bolognese Pasta (without Tomato) 1-3T-6T-10T

Lomitos de Caballa en Aceite
Mackerel in Oil 4

Ensalada Variada (sin Tomate)
Mixed Salad (without Tomato) 12
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

- 16 Salteado de Verdura Tricolor
Mixed Vegetables

Magro de Cerdo Asado
Baked Lean Pork
Arroz INTEGRAL Rehogado
Sautéed Whole grain Rice
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

- 23 Arroz Rehogado
Rice

Garbanzos a la Jardinera (sin Tomate)
Stewed Chickpeas (without Tomato)

Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11



- 30 Crema de Calabaza con Croutons
Pumpkin Cream with Croutons 1-6T-11T-12

Pollo Asado en su Jugo
Baked Chicken 12

Ensalada Variada (sin Tomate)
Mixed Salad (without Tomato) 12
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

ALÉRGENOS
1-Gluten
2-Crustaceo
3-Huevo
4-Pescado
5-Cacahuete
6-Soja
7-Leche y Derivados
8-Frutos Secos
9-Apio
10-Mostaza
11-Sesamo
12-Sulfitos
13-Altramuces
14-Moluscos

mediterránea

LA FRUTA DE TEMPORADA OFERTADA SERÁ: manzana, pera, plátano, naranja y mandarina
ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maíz, Pepino, Cebolla, Zanahoria)

TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGENOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA DISPONIBLE EN LA APP "MEDITERRÁNEA EDUCACIÓN". PARA CUALQUIER CONSULTA AL RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

Lunes-Monday

Martes-Tuesday

Miercoles-Wednesday

Jueves-Thursday

Viernes-Friday

5 Crema de Zanahoria
Carrots Cream 12
Tortilla de Patata Casera
Homemade Potato Omelette 3

Ensalada Variada
Mixed Salad 12
Fruta
Fruit

12



Festivo -
Holiday

19 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Huevos Rellenos (Sin Mayonesa)
Stuffed Eggs with Tuna (without
Mayonnaise) 3-4-12T
Ensalada Variada
Mixed Salad 12
Fruta
Fruit

26 Brócoli al Gratén
Broccoli au Gratin 7
Tortilla de Patata Casera
Homemade Potato Omelette 3

Tomate Aliñado con Orégano
Seasoned Tomato 12
Fruta
Fruit

6 Paella Hortelana
Rice with Vegetables
Gallineta a la Andaluza
Floured Fish 4

Verduritas Salteadas
Vegetables
Fruta
Fruit

13 Crema de Zanahoria
Carrots Cream 12
Tortilla de Patata Casera
Homemade Potato Omelette 3
Ensalada Variada
Mixed Salad 12
Fruta
Fruit

20 Crema de Calabacín con Queso
Zucchini Cream with Cheese 7
Ragout de Pavo Estofado con Verduritas
Stewed Turkey with Vegetables

Arroz Pilaf
Rice
Fruta
Fruit

27 Arroz con Pisto Casero
Rice with Ratatouille
Cinta de Lomo a la Plancha
Loin

Ensalada Variada
Mixed Salad 12
Fruta
Fruit

7 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
Huevos Rellenos (Sin Mayonesa)
Stuffed Eggs with Tuna (without
Mayonnaise) 3-4-12T
Ensalada Variada
Mixed Salad 12
Yogur Natural
Natural Yogurt 7

14 Arroz con Tomate Casero y Salchichas de
Pavo
Rice with Tomato Sauce and Sausages
Fogonero en Salsa de Cebolla
Fish with Onion Sauce 4
Ensalada Variada
Mixed Salad 12
Yogur Natural
Natural Yogurt 7

21 Crema de Verduras de Temporada
Vegetable Cream 12
Salmón a la Naranja
Salmon With Orange Sauce 3-4

Ensalada Variada
Mixed Salad 12
Yogur Natural
Natural Yogurt 7

28 Paella de Verduritas de la Huerta
Rice with Vegetables
Merluza en Salsa Verde
Hake with Green Sauce 4

Calabacín Salteado
Sautéed Zucchini
Yogur Natural
Natural Yogurt 7

1 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
Merluza a la Bilbaína
Hake in Sauce 4-12
Ensalada Variada
Mixed Salad 12
Fruta
Fruit

8 Crema de Verduras de Temporada
Vegetable Cream 12
Pollo al Horno
Baked Chicken

Arroz INTEGRAL al Romero
Whole Grain Rice with Rosemary
Fruta
Fruit

15 Sopa Juliana de Verduras
Vegetables Soup 12

Pollo con Zanahoria y Patata Cocidas
Chicken with Potato and Carrot
Repollo con Ajo Rehogado
Cabagge
Fruta
Fruit

22 Brócoli con Patatas
Sautéed Broccoli with Potatoes
Pollo en Pepitoria
Chicken in Pepitoria 3

Ensalada Variada
Mixed Salad 12
Fruta
Fruit

29 Sopa Juliana de Verduras
Vegetables Soup 12
Pollo y Ternera con Patata y Zanahoria
Cocidos
Meat with Boiled Carrot and Potatoes
Repollo Rehogado
Cabagge
Fruta
Fruit

2 Chips con Pico de Gallo y Guacamole
Chips with Vegetables and Guacamole
Filete de Pollo al Horno
Baked Chicken Breast
Ensalada Variada
Mixed Salad 12
Helado de Nata-Fresa
Strawberry Cream Ice-Cream 7

9 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Cinta de Lomo al Horno
Baked Loin

Ensalada Variada
Mixed Salad 12
Fruta
Fruit

16 Salteado de Verdura Tricolor
Mixed Vegetables

Magro de Cerdo Estofado
Stewed Lean Pork
Arroz INTEGRAL Rehogado
Sautéed Whole grain Rice
Fruta
Fruit

23 Arroz con Pisto Casero
Rice with Ratatouille
Tortilla Francesa
Omelette 3

Zanahorias Cubito Salteadas
Sautéed Carrots
Fruta
Fruit

30 Crema de Calabaza
Pumpkin Cream 12
Pollo Asado en su Jugo
Baked Chicken 12

Ensalada Variada
Mixed Salad 12
Fruta
Fruit

ALÉRGENOS
1-Gluten
2-Crustaceo
3-Huevo
4-Pescado
5-Cacahuete
6-Soja
7-Leche y
Derivados
8-Frutos Secos
9-Apio
10-Mostaza
11-Sesamo
12-Sulfitos
13-Altramuces
14-Moluscos

mediterránea

NO PAN NI HARINA DE TRIGO. LA FRUTA DE TEMPORADA OFERTADA SERÁ: manzana, pera, plátano, naranja y mandarina
ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maíz, Pepino, Cebolla, Zanahoria)

TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGENOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA DISPONIBLE EN LA APP "MEDITERRÁNEA EDUCACIÓN". PARA CUALQUIER CONSULTA AL RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

Lunes-Monday

Martes-Tuesday

Miercoles-Wednesday

Jueves-Thursday

Viernes-Friday

5 Crema de Zanahoria
Carrots Cream 12
Tortilla de Patata Casera
Homemade Potato Omelette 3

Ensalada Variada
Mixed Salad 12
Fruta
Fruit

12



Festivo -
Holiday

19 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Huevos Rellenos (Sin Mayonesa)
Stuffed Eggs with Tuna (without
Mayonnaise) 3-4-12T
Ensalada Variada
Mixed Salad 12
Fruta
Fruit

26 Brócoli al Gratin
Broccoli au Gratin 7
Tortilla de Patata Casera
Homemade Potato Omelette 3

Tomate Aliñado con Orégano
Seasoned Tomato 12
Fruta
Fruit

6 Paella Hortelana
Rice with Vegetables
Gallineta a la Andaluza
Floured Fish 4

Verduritas Salteadas
Vegetables
Fruta
Fruit

13 Crema de Zanahoria
Carrots Cream 12

Tortilla de Patata Casera
Homemade Potato Omelette 3
Ensalada Variada
Mixed Salad 12
Fruta
Fruit

20 Crema de Calabacín con Queso
Zucchini Cream with Cheese 7
Ragout de Pavo Estofado con Verduritas
Stewed Turkey with Vegetables

Arroz Pilaf
Rice
Fruta
Fruit

27 Arroz con Pisto Casero
Rice with Ratatouille
Cinta de Lomo a la Plancha
Loin

Ensalada Variada
Mixed Salad 12
Fruta
Fruit

7 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
Huevos Rellenos (Sin Mayonesa)
Stuffed Eggs with Tuna (without
Mayonnaise) 3-4-12T
Ensalada Variada
Mixed Salad 12
Yogur Natural
Natural Yogurt 7

14 Arroz con Tomate Casero y Salchichas de
Pavo
Rice with Tomato Sauce and Sausages
Fogonero en Salsa de Cebolla
Fish with Onion Sauce 4
Ensalada Variada
Mixed Salad 12
Yogur Natural
Natural Yogurt 7

21 Crema de Verduras de Temporada
Vegetable Cream 12
Salmón a la Naranja
Salmon With Orange Sauce 3-4

Ensalada Variada
Mixed Salad 12
Yogur Natural
Natural Yogurt 7

28 Paella de Verduritas de la Huerta
Rice with Vegetables
Merluza en Salsa Verde
Hake with Green Sauce 4

Calabacín Salteado
Sauteed Zucchini
Yogur Natural
Natural Yogurt 7

1 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
Merluza a la Bilbaína
Hake in Sauce 4-12
Ensalada Variada
Mixed Salad 12
Fruta
Fruit

8 Crema de Verduras de Temporada
Vegetable Cream 12
Pollo al Horno
Baked Chicken

Arroz INTEGRAL al Romero
Whole Grain Rice with Rosemary
Fruta
Fruit

15 Sopa Juliana de Verduras
Vegetables Soup 12

Pollo con Zanahoria y Patata Cocidas
Chicken with Potato and Carrot
Repollo con Ajo Rehogado
Cabagge
Fruta
Fruit

22 Brócoli con Patatas
Sauteed Broccoli with Potatoes
Pollo en Pepitoria
Chicken in Pepitoria 3

Ensalada Variada
Mixed Salad 12
Fruta
Fruit

29 Sopa Juliana de Verduras
Vegetables Soup 12
Pollo y Ternera con Patata y Zanahoria
Cocidos
Meat with Boiled Carrot and Potatoes

Repollo Rehogado
Cabagge
Fruta
Fruit

2 Chips con Pico de Gallo y Guacamole
Chips with Vegetables and Guacamole
Filete de Pollo al Horno
Baked Chicken Breast
Ensalada Variada
Mixed Salad 12
Helado de Nata-Fresa
Strawberry Cream Ice-Cream 7

9 Arroz con Tomate Casero
Rice with Homemade Tomato Sauce
Cinta de Lomo al Horno
Baked Loin

Ensalada Variada
Mixed Salad 12
Fruta
Fruit

16 Salteado de Verdura Tricolor
Mixed Vegetables

Magro de Cerdo Estofado
Stewed Lean Pork
Arroz INTEGRAL Rehogado
Sauteed Whole grain Rice
Fruta
Fruit

23 Arroz con Pisto Casero
Rice with Ratatouille
Tortilla Francesa
Omelette 3

Zanahorias Cubito Salteadas
Sauteed Carrots
Fruta
Fruit

30 Crema de Calabaza
Pumpkin Cream 12
Pollo Asado en su Jugo
Baked Chicken 12

Ensalada Variada
Mixed Salad 12
Fruta
Fruit

ALÉRGENOS
1-Gluten
2-Crustaceo
3-Huevo
4-Pescado
5-Cacahuete
6-Soja
7-Leche y
Derivados
8-Frutos Secos
9-Apio
10-Mostaza
11-Sesamo
12-Sulfitos
13-Altramuces
14-Moluscos

mediterránea

NO PAN NI HARINA DE TRIGO. FRUTA DE TEMPORADA. NO PLÁTANO NI PIÑA
ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maíz, Pepino, Cebolla, Zanahoria)

TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGENOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA DISPONIBLE EN LA APP "MEDITERRÁNEA EDUCACIÓN". PARA CUALQUIER CONSULTA AL RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

Lunes-Monday

Martes-Tuesday

Miercoles-Wednesday

Jueves-Thursday

Viernes-Friday

5 Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables 1T

Tortilla Vegana Casera al Horno
Vegan Omelette 1T
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T



12



**Festivo -
Holiday**

19 Espaguetis INTEGRALES a la Carbonara
con Bacon Crujiente
Carbonara Whole Wheat Spaguetis
1-3T-6-7-10T
Huevos Rellenos
Stuffed Eggs with Tuna 3-4-12T
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

26 Brócoli al Gratén
Broccoli au Gratin 7

Tortilla de Patata Casera
Homemade Potato Omelette 3

Tomate Aliñado con Orégano
Seasoned Tomato 12
Fruta y Pan
Fruit and Bread 1-6T-10T

6 Paella Hortelana
Rice with Vegetables

Gallineta a la Andaluza
Floured Fish 4
Verduras Salteadas
Vegetables
Fruta y Pan
Fruit and Bread 1-6T-10T

13 Crema de Zanahoria
Carrots Cream 12

Huevos Villaroy
Villaroy Eggs 1-2T-3-4T-6-7-9T-12-14T
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

20 Crema de Calabacín con Queso
Zucchini Cream with Cheese 7

Ragout de Pavo Estofado con Verduras
Stewed Turkey with Vegetables
Cous Cous
Cous Cous 1-6T-10T
Fruta y Pan
Fruit and Bread 1-6T-10T

27 Alubias Blancas Estofadas con Arroz
INTEGRAL
Stewed White Beans with Whole Grain Rice

Pizza Vegetal Casera
Homemade Vegetable Pizza
1-3T-4T-6T-7-9T-10T-12T
Ensalada Variada
Mixed Salad 12
Fruta
Fruit



7 Alubias Pintas Estofadas con Verduras de
Temporada
Stewed Black Beans with Vegetables
Huevos Rellenos
Stuffed Eggs with Tuna 3-4-12T
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11

14 Arroz con Tomate Casero y Salchichas de
Pavo
Rice with Tomato Sauce and Sausages
Fogonero en Salsa de Cebolla
Fish with Onion Sauce 4
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11

21 Lentejas con Verduras
Stewed Lentils with Vegetables 1T

Merluza al Horno con Perejil Fresco
Baked Hake with Fresh Parsley 4
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11

28 Paella de Verduras de la Huerta
Rice with Vegetables

Merluza en Salsa Verde
Hake with Green Sauce 4

Guisantes Rehogados
Sautéed Green Peas
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread
1-6T-7-10T-11

1 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables

Merluza a la Bilbaína
Hake in Sauce 4-12
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

8 Crema de Verduras de Temporada
Vegetable Cream 12

Pollo en Salsa de Curry
Curry Chicken 1-6T-10T
Arroz INTEGRAL al Romero
Whole Grain Rice with Rosemary
Fruta y Pan
Fruit and Bread 1-6T-10T

15 Sopa de Estrellitas
Star Soup 1-3T-6T-10T

Cocido Vegetal
Chickpeas with Vegetables
Rapollo con Ajo Rehogado
Cabbage
Fruta y Pan
Fruit and Bread 1-6T-10T



22 Judías Verdes con Patatas
Green Beans with Potatoes

Pollo en Pepitoria
Chicken in Pepitoria 3
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

29 Sopa de Cocido
Meat Soup 1-3T-6T-10T-12T

Cocido Completo
Chickpeas with Meat and Vegetables 6T-12T

Rapollo Rehogado
Cabbage
Fruta y Pan
Fruit and Bread 1-6T-10T

2 Nachos con Pico de Gallo y Guacamole
Nachos with Vegetables and Guacamole
1T-6T-7T

Fajitas de Pollo
Chicken Fajitas 1-6T-10T
Ensalada Variada
Mixed Salad 12
Helado de Nata-Fresa
Strawberry Cream Ice-Cream 7

9 Lasaña Boloñesa Casera con Queso
Homemade Bolognese Lasagna 1-3T-6T-7-10T

Lomitos de Caballa en Aceite
Mackerel in Oil 4
Ensalada Variada
Mixed Salad 12
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

16 Salteado de Verdura Tricolor
Mixed Vegetables

Magro de Cerdo Estofado
Stewed Lean Pork
Arroz INTEGRAL Rehogado
Sautéed Whole grain Rice
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

23 Arroz con Pisto Casero
Rice with Ratatouille

Garbanzos a la Jardinera
Stewed Chickpeas

Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11



30 Crema de Calabaza con Croutons
Pumpkin Cream with Croutons 1-6T-11T-12

Pollo Asado en su Jugo
Baked Chicken 12

Ensalada Variada
Mixed Salad 12
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

ALÉRGENOS
1-Gluten
2-Crustaceo
3-Huevo
4-Pescado
5-Cacahuete
6-Soja
7-Leche y
Derivados
8-Frutos Secos
9-Apio
10-Mostaza
11-Sesamo
12-Sulfitos
13-Altramuces
14-Moluscos

mediterránea

LA FRUTA DE TEMPORADA OFERTADA SERÁ: manzana, pera, plátano, naranja y mandarina
ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maíz, Pepino, Cebolla, Zanahoria)

TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGENOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA DISPONIBLE EN LA APP "MEDITERRÁNEA EDUCACIÓN". PARA CUALQUIER CONSULTA AL RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

Lunes-Monday

Martes-Tuesday

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Viernes-Friday

ALÉRGENOS
1-Gluten
2-Crustaceo
3-Huevo
4-Pescado
5-Cacahuete
6-Soja
7-Leche y Derivados
8-Frutos Secos
9-Apio
10-Mostaza
11-Sesamo
12-Sulfitos
13-Altramuces
14-Moluscos

5 Lentejas Estofadas con Verduras
Stewed Lentils with Vegetables 1T

Tortilla Vegana Casera al Horno
Vegan Omelette 1T
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T



12



Festivo -
Holiday

19 Espaguetis INTEGRALES a la Carbonara
Carbonara Whole Wheat Spaguetis
1-3T-6-7-10T
Huevos Rellenos
Stuffed Eggs with Tuna 3-4-12T
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

26 Brócoli al Gratin
Broccoli au Gratin 7

Tortilla de Patata Casera
Homemade Potato Omelette 3

Tomate Aliñado con Orégano
Seasoned Tomato 12
Fruta y Pan
Fruit and Bread 1-6T-10T

6 Paella Hortelana
Rice with Vegetables

Merluza a la Andaluza
Floured Hake 4
Verduras Salteadas
Vegetables
Fruta y Pan
Fruit and Bread 1-6T-10T

13 Crema de Zanahoria
Carrots Cream 12

Huevos Villaroy
Villaroy Eggs 1-2T-3-4T-6-7-9T-10T-12-14T
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

20 Crema de Calabacín con Queso
Zucchini Cream with Cheese 7

Ragout de Pavo Estofado con Verduras
Stewed Turkey with Vegetables
Cous Cous 1-6T-10T
Fruta y Pan
Fruit and Bread 1-6T-10T

27 Alubias Blancas Estofadas con Arroz
INTEGRAL
Stewed White Beans with Whole Grain Rice

Pizza Vegetal Casera
Homemade Vegetable Pizza
1-3T-4T-6T-7-9T-10T-12T
Ensalada Variada
Mixed Salad 12
Fruta
Fruit



7 Alubias Pintas Estofadas con Verduras de Temporada
Stewed Black Beans with Vegetables
Huevos Rellenos
Stuffed Eggs with Tuna 3-4-12T
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread 1-6T-7-10T-11

14 Arroz con Tomate Casero y Salchichas de Pavo
Rice with Tomato Sauce and Sausages
Fogonero en Salsa de Cebolla
Fish with Onion Sauce 4
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread 1-6T-7-10T-11

21 Lentejas con Verduras
Stewed Lentils with Vegetables 1T

Salmon a la Naranja
Salmon With Orange Sauce 3-4
Ensalada Variada
Mixed Salad 12
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread 1-6T-7-10T-11

28 Paella de Verduras de la Huerta
Rice with Vegetables

Merluza en Salsa Verde
Hake with Green Sauce 4

Guisantes Rehogados
Sautéed Green Peas
Yogur Natural y Pan Integral
Yogurt and Whole Wheat Bread 1-6T-7-10T-11

1 Patatas Estofadas con Verduras
Stewed Potatoes with Vegetables
Merluza a la Bilbaína
Hake in Sauce 4-12
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

8 Crema de Verduras de Temporada
Vegetable Cream 12
Pollo en Salsa de Curry
Curry Chicken 1-6T-10T
Arroz INTEGRAL al Romero
Whole Grain Rice with Rosemary
Fruta y Pan
Fruit and Bread 1-6T-10T

15 Sopa de Estrellitas
Star Soup 1-3T-6T-10T

Cocido Vegetal
Chickpeas with Vegetables
Rapollo con Ajo Rehogado
Cabbage
Fruta y Pan
Fruit and Bread 1-6T-10T



22 Judías Verdes con Patatas
Green Beans with Potatoes

Pollo en Pepitoria
Chicken in Pepitoria 3
Ensalada Variada
Mixed Salad 12
Fruta y Pan
Fruit and Bread 1-6T-10T

29 Sopa de Cocido
Meat Soup 1-3T-6T-10T-12T

Cocido Completo
Chickpeas with Meat and Vegetables 6T-12T

Rapollo Rehogado
Cabbage
Fruta y Pan
Fruit and Bread 1-6T-10T

2 Nachos con Pico de Gallo y Guacamole
Nachos with Vegetables and Guacamole 1T-6T-7T
Fajitas de Pollo
Chicken Fajitas 1-6T-10T
Ensalada Variada
Mixed Salad 12
Helado de Nata-Fresa
Strawberry Cream Ice-Cream 7

9 Lasaña Boloñesa Casera con Queso
Homemade Bolognese Lasagna 1-3T-6T-7-10T

Lomitos de Caballa en Aceite
Mackerel in Oil 4
Ensalada Variada
Mixed Salad 12
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

16 Salteado de Verdura Tricolor
Mixed Vegetables

Magro de Cerdo Estofado
Stewed Lean Pork
Arroz INTEGRAL Rehogado
Sautéed Whole grain Rice
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

23 Arroz con Pisto Casero
Rice with Ratatouille

Garbanzos a la Jardinera
Stewed Chickpeas

Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11



30 Crema de Calabaza con Croutons
Pumpkin Cream with Croutons 1-6T-11T-12

Pollo Asado en su Jugo
Baked Chicken 12

Ensalada Variada
Mixed Salad 12
Fruta y Pan Integral
Fruit and Whole Wheat Bread 1-6T-10T-11

mediterránea

LA FRUTA DE TEMPORADA OFERTADA SERÁ: manzana, pera, plátano, naranja y mandarina
ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maíz, Pepino, Cebolla, Zanahoria)

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