



lunes	martes	miércoles	jueves	viernes
ALÉRGICO AL HUEVO, PROTEÍNA DE LECHE Y GAMBAS				1 Crema de zanahoria Filete de pollo con patatas Fruta y pan Cream of carrot soup Chicken steak with potatoes Fruit and bread
4 Arroz napolitana Filete de merluza con lechuga y maíz Fruta y pan Neapolitan rice Hake steak with lettuce & sweetcorn Fruit and bread	5 Sopa de fideos Magro en salsa con jardinera Postre Especial y pan Noodle soup Lean pork in sauce with mixed vegetables Special desserts and bread	6 Crema de verduras Albóndigas en salsa con patatas dado Fruta y pan Cream of vegetable soup Meatballs in gravy with diced potatoes Fruit and bread	7 Alubias blancas estofadas Pavo al ajillo con lechuga y olivas negras Postre Especial y pan Stewed white beans Turkey with garlic with lettuce & olives Special desserts and bread	8 Macarrones con tomate Pollo al horno con lechuga y zanahoria Fruta y pan Macaroni with tomato sauce Baked chicken with lettuce & carrot Fruit and bread
11 Arroz con tomate Merluza con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Rice with tomato sauce Hake with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	12 Crema de calabacín Jamoncitos de pollo al horno con patatas Postre Especial y pan Cream of zucchini soup Baked chicken drumsticks with potatoes Special desserts and bread	13 Lentejas estofadas Estofado de pavo con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan Stewed lentils Turkey stew with green salad (lettuce, green peppers & olives) Fruit and bread	14 Judías verdes con patatas rehogadas Hamburguesa a la plancha con lechuga y zanahoria Postre Especial y pan Braised green beans and potatoes Grilled hamburger with lettuce & carrot Special desserts and bread	15 Coditos con tomate Caella en salsa con lechuga y olivas negras Fruta y pan Pasta with tomato sauce Blue shark in gravy with lettuce & olives Fruit and bread
18 Lentejas con arroz Pechuga de pollo con lechuga y maíz Fruta y pan Lentils with rice Chicken breast with lettuce & sweetcorn Fruit and bread	19 Espirales con tomate Merluza con lechuga y olivas negras Postre Especial y pan Spirals with tomato sauce Hake with lettuce & olives Special desserts and bread	20 Paella de pollo Ternera en salsa con lechuga, zanahoria y maíz Fruta y pan Chicken paella Beef in sauce with lettuce, carrot & sweetcorn Fruit and bread	21 Sopa de cocido Cocido completo Postre Especial y pan "Cocido" soup Full course "cocido" stew Special desserts and bread	22 Crema de calabaza Lomo al ajillo con verduritas Fruta y pan Cream of butternut squash soup Tenderloin with garlic with vegetables Fruit and bread
25 Patatas estofadas Lomo de Sajonia con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan Stewed potatoes Kassler with green salad (lettuce, green peppers & olives) Fruit and bread	26 Sopa de verduras con pasta Salteado moruno con lechuga y zanahoria Postre Especial y pan Vegetables soup with pasta Shish-kabab with lettuce & carrot Special desserts and bread	27 Macarrones con tomate Pavo en salsa con lechuga y maíz Fruta y pan Macaroni with tomato sauce Turkey with gravy with lettuce & sweetcorn Fruit and bread	28 Crema de verduras Contramuslo de pollo asado con patatas dado Postre Especial y pan Cream of vegetable soup Baked chicken thigh with diced potatoes Special desserts and bread	29 Alubias blancas estofadas Merluza con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Stewed white beans Hake with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread