



lunes	martes	miércoles	jueves	viernes
			1 Lentejas con verduras Lacón a la gallega con patatas al vapor Postre Especial y pan Vegetable lentils Lacón pork shoulder with potatoes with steamed potatoes Special desserts and bread	2 Macarrones con tomate Tortilla francesa con lechuga y olivas negras Fruta y pan Macaroni with tomato sauce Omelette with lettuce & olives Fruit and bread
5 Arroz napolitana Caella adobada con lechuga y maíz Fruta y pan Neapolitan rice Pickled blue shark with lettuce & sweetcorn Fruit and bread	6 Sopa de cocido Cocido completo Postre Especial y pan "Cocido" soup Full course "cocido" stew Special desserts and bread	7 Crema de calabacín Jamoncitos de pollo al limón con patatas fritas Fruta y pan Cream of zucchini Lemon chicken drumsticks with french fries Fruit and bread	8 Coditos boloñesa Tortilla francesa con ensalada verde (lechuga, pimiento verde y aceituna) Postre Especial y pan Pasta bolognese sauce Omelette with green salad (lettuce, green peppers & olives) Special desserts and bread	9 Alubias blancas estofadas Filete de merluza con lechuga y zanahoria Fruta y pan Stewed white beans Hake steak with lettuce & carrot Fruit and bread
12 Brócoli salteado Escalope de cerdo con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Sautéed broccoli Pork escalope (breaded steak) with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	13 Lentejas estofadas Tortilla de atún con lechuga y maíz Postre Especial y pan Stewed lentils Tuna omelette with lettuce & sweetcorn Special desserts and bread	14 Arroz con tomate Ragout de ternera con verduritas Fruta y pan Rice with tomato sauce Beef ragout sauce with vegetables Fruit and bread	15 Sopa de fideos Jamoncitos de pollo con arroz salteado Postre Especial y pan Noodle soup Chicken drumsticks with sautéed rice Special desserts and bread	16 Espirales napolitana Merlán a la andaluza con lechuga y olivas negras Fruta y pan Spirals in neapolitan sauce Andalucian style whiting with lettuce & olives Fruit and bread
19 Crema de verduras Tortilla de patatas con lechuga y zanahoria Fruta y pan Vegetable cream Spanish potato omelette with lettuce & carrot Fruit and bread	20 Patatas revolconas Palometa con tomate con guisantes salteados Postre Especial y pan Chunky mashed seasoned potatoes Pomfret with tomato sauce with sautéed peas Special desserts and bread	21 Sopa de cocido Cocido completo Fruta y pan "Cocido" soup Full course "cocido" stew Fruit and bread	22 Macarrones con tomate Hamburguesa a la plancha con ensalada tricolor (lechuga, zanahoria y maíz) Postre Especial y pan Macaroni with tomato sauce Grilled hamburger with tricolor salad (lettuce, carrots & sweetcorn) Special desserts and bread	23 Arroz con verduras Filete de merluza con lechuga y olivas negras Fruta y pan Rice with vegetable Hake steak with lettuce & olives Fruit and bread
26 Crema de calabaza Pollo asado con patatas dado Fruta y pan Cream of butternut squash Roasted chicken with diced potatoes Fruit and bread	27 Alubias blancas a la jardinera Filete de limanda rebozado con lechuga y zanahoria Postre Especial y pan White beans with vegetables Batter-fried yellowfin sole steak with lettuce & carrot Special desserts and bread	28 <b>FESTIVO</b>	29 <b>FESTIVO</b>	30 <b>FESTIVO</b>