



Enjoy your



meal

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
			1	2
			FIESTA	FIESTA
5 Judías verdes/Green beans Pollo al ajillo con patatas y cebolla./Chicken in garlic sauce with potatoes and onions Manzana, leche y pan sin gluten /Apple, milk and bread without gluten	6 Pasta boloñesa con parmesano /Bolognese pasta with cheese. Filetes de lenguado al limón / Sole with lemon Natillas y pan sin gluten / Pudding and bread without gluten	7 Cocido completo : sopa, garbanzos, patata, zanahoria, repollo, chorizo, pollo, ternera y jamón / Complete cocido (broth, chickpeas, potatoes, carrots, sausage, chicken, steak and ham). Mandarina y pan sin gluten / Mandarin and bread without gluten	8 Crema espinacas con picatostes sin gluten / Cream of spinach with croutons without gluten Lomo de cerdo con ensalada de pepino y tomate / Pork with cucumber and tomato salad Yogur de fresa y pan sin gluten Strawberry yogurt and bread without gluten.	9 FIESTA
12 Patatas con carne/Potatoes with meat Tortilla francesa con ensalada de tomate, queso fresco y orégano./ Omelette with tomato, fresh cheese and oregano. Plátano, pan sin gluten y leche/Banana, milk and bread without gluten	13 Guisantes salteados con jamón/Sauteed peas with ham Albóndigas de ternera sin gluten con patatas dado/Meatballs without gluten and with cubed potatoes Yogur de limón y pan sin gluten /Lemon yogurt and bread without gluten.	14 Arroz con chipirones/Rice with small squid Lacón a la gallega/Galician style ham Caqui, pan sin gluten y leche./Persimmon, bread without gluten and milk	15 Menestra de verduras/Sauteed vegetables Emperador con setas variadas/Swordfish with mixed mushrooms Yogur natural azucarado y pan sin gluten / Natural yogurt with sugar, and bread without gluten.	16 Lentejas estofadas con chorizo/Lentil stew with sausage Cuartos de pollo con cebolla , zanahoria y patatas/Chicken with onion, carrots and potatoes Uvas, pan sin gluten y leche/Grapes, bread without gluten and milk.
19 Puré de calabacín/Zucchini puree Cinta de lomo con revuelto de patatas panaderas y pimienta verde/Pork and scrambled eggs with potatoes and green peppers Manzana, leche y pan sin gluten / Apple, milk and bread without gluten.	20 Judías pintas con arroz/Black beans with rice Merluza a la plancha con ensalada / Hake with salad Petit-suisse y pan sin gluten / Yogurt and bread without gluten	21 Puré de verduras con picatostes sin gluten / Vegetables puree with croutons without gluten Lasaña de ternera sin gluten / Meat lasagne without gluten Plátano, pan sin gluten y leche/Banana, milk and bread without gluten	22 THANKSGIVING DAY Sopa ave y verduras/Chicken soup with vegetables Ragout de pavo con verduras y patatas/Turkey with vegetables and potatoes Yogur de macedonia y pan sin gluten /Fruit salad yogurt and bread without gluten	23 Lazos con chorizo , salsa de tomate y queso rallado/Pasta with sausage, tomato sauce and grated cheese. Bacalao a la plancha con cebolla y calabacín/Grilled cod fish with onion and zucchini. Mandarina y pan sin gluten /Mandarin and bread without gluten,
26 Arroz con salchichas y tomate/Rice with sausage and tomatoes Salmón al horno con brócoli/Baked salmon with broccoli Macedonia de frutas, leche y pan sin gluten /Mixed fruit salad, milk and bread without gluten	27 Cocido completo : sopa, garbanzos, patata, zanahoria, repollo, chorizo, pollo, ternera y jamón / Complete cocido (broth, chickpeas, potatoes, carrots, sausage, chicken, steak and ham) Yogur natural azucarado y pan sin gluten / Natural yogurt with sugar, and bread without gluten.	28 Acelgas salteadas con sofrito de jamón/Salted chard with ham Pollo al chiliindrón con patatas fritas/Chicken in sauce with french fries Manzana, leche y pan sin gluten /Apple, milk and bread without gluten	29 Pasta con salsa carbonara y queso / Carbonara pasta with cheese Merluza con pure de pimiento amarillo/ Hake with yellow pepper puree Yogur de fresa, y pan sin gluten /Strawberry yogurt, and bread without gluten	30 Judías verdes con patatas / Green beans with potatoes Croquetas sin gluten con ensalada de espinacas / Croquettes without gluten and with spinach salad Uvas, pan sin gluten y leche/Grapes, bread without gluten and milk.