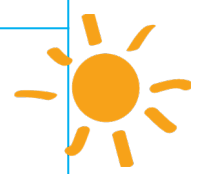




# MENÚ COMIDAS

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
			1 <b>FIESTA</b>	2 <b>FIESTA</b>
5 Judías verdes/Green beans  Pollo al ajillo con patatas y cebolla./Chicken in garlic sauce with potatoes and onions  Manzana, leche y pan/Apple, milk and bread. .	6 Pasta boloñesa con parmesano /Bolognese pasta with cheese.  Filetes de lenguado al limón / Sole with lemon  Natillas y pan/Pudding and bread. .	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 / Mandarin and bread.	8 Crema espinacas con picatostes / Cream of spinach with croutons.  Lomo de cerdo con ensalada de pepino y tomate / Pork with cucumber and tomato salad  Yogur de fresa y pan/ Strawberry yogurt and bread.	9 <b>FIESTA</b>
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 y leche/Banana, milk and bread .	13 Guisantes salteados con jamón/Sauteed peas with ham  Albóndigas de ternera sin soja con patatas dado/Meatballs without soy and with cubed potatoes  Yogur de limón y pan/Lemon yogurt and bread.	14 Arroz con chipirones/Rice with small squid  Lacón a la gallega/Galician style ham  Caqui, pan y leche./Persimmon, bread and milk	15 Menestra de verduras/Sauteed vegetables  Emperador con setas variadas/Swordfish with mixed mushrooms  Yogur natural azucarado y pan/ Natural yogurt with sugar, and bread. .	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 y leche/Grapes, bread and milk.
19 Puré de calabacín/Zucchini puree  Cinta de lomo con revuelto de patatas panaderas y pimiento verde/Pork and scrambled eggs with potatoes and green peppers  Manzana, leche y pan/ Apple, milk and bread.	20 Judías pintas con arroz/Black beans with rice  Merluza a la plancha con ensalada / Hake with salad  Petit-suisse y pan / Yogurt and bread	21 Puré de verduras con picatostes / Vegetables puree with croutons.  Lasaña de ternera sin soja / Meat lasagne without soy  Plátano, pan y leche/Banana, milk and bread	22 <b>THANKSGIVING DAY</b> 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 /Fruit salad yogurt and bread	23 Lazos con chorizo , salsa de tomate y queso rallado/Pasta with sausage, tomato sauce and grated cheese  Bacalao enharinado con cebolla y calabacín/Breaded cod fish with onion and zucchini.  Mandarina y pan/Mandarin and bread
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/Mixed fruit salad, milk and bread .	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/ Natural yogurt with sugar, and bread. .	28 Acelgas salteadas con sofrito de jamón/Salted chard with ham  Pollo al chilindrón con patatas fritas/Chicken in sauce with french fries  Manzana, leche y pan/Apple, milk and bread.	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/Strawberry yogurt, and bread.	30 Judías verdes con patatas / Green beans with potatoes  Croquetas sin soja con ensalada de espinacas / Croquettes without soy and with spinach salad  Uvas, pan y leche/Grapes, bread and milk.



Enjoy your



meal