



Enjoy  
your



meal

VIERNES		MIÉRCOLES		JUEVES		VIERNES	
						<b>1</b> Verdinas con chorizo / Beans stew with sausage  Magro en salsa / Lean in sauce  Naranja y pan / Orange and bread.	
<b>4</b> Arroz con salsa de tomate / Rice with tomato sauce  Emperador con calabacín a la plancha/ Swordfish with grilled zucchini.  Plátano, leche y pan / Banana, milk and bread.	<b>5</b> Crema de espinacas / Cream of spinach  Pollo asado con patatas fritas/ Roasted chicken with french fries  Yogur de limon y pan / lemon yogurt and bread.	<b>6</b> Cocido completo (Sopa, garbanzos, repollo, zanahoria, patata, pollo, jamón, chorizo y ternera) / Complete cocido ( broth, chickpeas, cabbage, carrot, potatoe, chicken, ham, sausage and veal).  Naranja y pan / Orange and bread.	<b>7</b> Judías verdes con jamón / Green beans sauteed with ham  Cinta de lomo con patatas fritas / Grilled pork with french fries  Yogur de macedonia y pan / Fruit salad yogurt and bread.	<b>8</b> Macarrones boloñesa con queso/ Pasta with meat, tomato sauce and cheese.  Salmón a la plancha con ensalada de tomate y pepino/ Grilled salmon with tomato and cucumber salad.  Manzana roja , leche y pan / Apple, milk and bread.			
<b>11</b> Guisantes con jamón / Peas with ham  Filete de ternera con patatas panaderas / Grilled veal steak with baked potatoes  Fresas con zumo de naranja / Strawberry with orange juice. .	<b>12</b> Arroz con pollo y champiñones / Rice with chicken and mushrooms  Filete de lomo a la plancha con lombarda / Grilled pork with red cabbage  Petit suisse y pan / Yogurt and bread.	<b>13</b> Lentejas con verduras / Lentil stew with vegetables  Merluza a la romana / Breaded hake.  Manzana verde, leche y pan / Apple, milk and bread.	<b>14</b> Acelgas con bacon / Chard with bacon  Hamburguesa de pollo con patatas fritas / Chicken burger with french fries  Natillas y pan / Pudding and bread.	<b>15</b> Espaguetis carbonara / Spaguetti with carbonara sauce.  Bacalao en salsa verde / Cod in sauce.  Plátano, leche y pan / Banana, milk and bread.			
<b>18</b> Paella Valenciana / Valencian style rice  Emperador con salsa de ajo y perejil / Swordfish with sauce.  Naranja y pan / Orange and bread.	<b>19</b> Judías blancas con chorizo / Beans stew with sausage  Tortilla de patata con pimientos verdes / Potatoe omelette with green peppers.  Flan de vainilla y pan / Custard and bread.	<b>20</b> Sopa de lluvia / Soup  Lasaña de ternera / Meat lasagna.  Fresas con zumo de naranja y pan / Strawberry with orange juice and bread.	<b>21</b> Crema de verduras / Cream of vegetables  Croquetas de jamón con pisto / croquettes with vegetables in tomato sauce  Yogur de macedonia y pan / Fruit salad yogurt and bread.	<b>22</b> Macarrones con atún / Pasta with tuna  Filete de pollo a la plancha con ensalada de espinacas / Grilled chicken with spinach salad  Plátano, leche y pan / Banana, milk and bread.			
<b>25</b> Crema de calabaza / Cream of pumpkin  Filete de pavo adobado con patatas fritas / Marinated turkey with french fries  Macedonia natural de fruta, pan y leche / Natural fruit salad, bread and milk.	<b>26</b> Patatas con costillas y setas / Potatoes stew with meat and mushrooms  Merluza a la plancha con brócoli / Grilled hake with broccoli.  Yogur de fresa y pan / Strawberry yogurt and bread.	<b>27</b> Coditos con chorizo / Pasta with sausage and tomato sauce.  Filete de ternera a la plancha / Grilled veal steak  Plátano, leche y pan / Banana, milk and bread.	<b>28</b> Cocido completo (Sopa, garbanzos, repollo, zanahoria, patata, pollo, jamón, chorizo y ternera) / Complete cocido ( broth, chickpeas, cabbage, carrot, potatoe, chicken, ham, sausage and veal).  Yogur natural y pan / Natural yogurt and bread.				