



Enjoy your



meal

VIERNES

MIÉRCOLES

JUEVES

VIERNES

1

NO LECTIVO

4

NO LECTIVO

5

Macarrones boloñesa / Pasta with bolognesa sauce.

Emperador a la plancha con salsa ajo perejil / Grilled swordfish

Yogur de limón o fruta y pan / Lemon yogurt or fruit and bread.

6

Lentejas con verduras / Lentil stew with vegetables.

Filete de cerdo a la plancha / Grilled pork fillet

Naranja y pan / Orange and bread. 1,

7

Sopa de lluvia / Soup.

Pollo asado con patatas fritas / Roasted chicken with french fries

Yogur de macedonia o fruta y pan / Fruit salad yogurt or Fruit and bread.

8

Crema de verduras con picatostes / Cream of vegetables with bread.

Lasaña de carne / Meat lasagna

Manzana roja , leche y pan / Apple, milk and bread.

11

Guisantes con jamón / Peas with ham

Albóndigas de pollo con arroz / Meatballs with rice.

Fresas , leche y pan / Strawberry, milk and bread.

12

Crema de calabacín / Cream of vegetables

Merluza a la romana con ensalada / Breaded hake with baked tomatoes.

Yogur natural o fruta y pan / Natural yogurt or Fruit and bread

13

Judías verdes rehogadas / Green beans sauteed

Filete de ternera con patatas fritas / Grilled veal steak with french fries

Manzana verde, leche y pan / Apple, milk and bread.

14

Cocido completo (sopa, garbanzos, zanahoria, patata, repollo, chorizo, ternera, jamón y pollo) / Complete cocido (Broth, chickpeas, carrot, potatoe, cabbage, sausage, veal, ham and chicken)

Petit suisse o fruta y pan / Yogurt or fruit and bread.

15

Pasta carbonara / Pasta with carbonara sauce.

Salmón a la plancha / Grilled salmon.

Plátano, leche y pan / Banana, milk and bread.

18

Crema de acelgas con zanahoria / Cream of chard and carrot

Hamburguesa de pollo con patatas fritas / Chicken burger with french fries.

Naranja y pan / Orange and bread.

19

Judías blancas con chorizo / Beans stew with sausage.

Emperador a la plancha con salsa ajo perejil / Grilled swordfish.

Natillas o fruta y pan / Custard or fruit and bread.

20

Sopa de ave / Soup .

Filete de ternera con ensalada / Grilled veal steak with salad

Fresas, leche y pan / Strawberry, milk and bread.

21

Crema de calabaza o Pisto / Cream of pumpkin or vegetables in tomato sauce

Croquetas caseras / Croquettes

Yogur de macedonia o fruta y pan / Fruit salad yogurt or fruit and bread.

22

Arroz con salchichas y salsa de tomate y salchichas / Rice with sausage and tomato sauce

Tortilla de patata / Omelette.

Macedonia de fruta , leche y pan / Natural fruit salad ,milk and bread.

25

Patatas con carne / Potatoes stew with meat

Empanadillas de queso y jamón / Tuna ham and cheese

Manzana roja , pan y leche / Red apple, bread and milk.

26

Lentejas con verduras / Lentil stew with vegetables.

Brocheta de pollo / Chicken

Yogur de fresa o fruta y pan / Strawberry yogurt or fruit and bread.

27

Pasta con chorizo y queso/ Pasta with sausage and cheese.

Ternera en salsa con verduras / Veal in sauce with vegetables

Plátano, leche y pan / Banana, milk and bread.

28

Crema de verduras / Vegetables sauteed

Filete de cerdo a la plancha / Grilled pork fillet

Yogur natural o fruta y pan / Natural yogurt or fruit and bread.

29

Judías pintas con arroz / Pinto beans stew with rice

Merluza a la plancha / Grilled hake.

Naranja y pan / Orange and bread.