



Enjoy your



meal

| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES |
|---|--|--|---|---|
| | | 1 FESTIVO | 2 FESTIVO | 3 FESTIVO |
| 6 Macarrones con salsa carbonara/ Carbonara pasta Brocheta de pollo / Chicken brochette Naranja y pan sin gluten / Orange, milk and bread without gluten | 7 Crema de zanahoria o gazpacho / Cream of carrot or cold tomato soup San Jacobo sin gluten / Breaded ham and cheese without gluten Yogur de macedonia o fruta y pan sin gluten / Fruit saladyogurt or fruit and bread without gluten | 8 Lentejas con verduras / Lentil stew with vegetables Emperador con salsa de ajo y perejil / Grilled swordfish with garlic and parsley Fresas , leche y pan singluten / Strawberry, milk and bread without gluten | 9 Ensaladilla rusa o campera / Creamy potato salad or vegetable and potato salad Filete de pavo a la plancha / Grilled turkey Fillet Yogur de limón o fruta y pan sin gluten / Lemon yogurt or Fruit and bread without gluten | 10 Judías verdes rehogadas / Sautéed green beans Filete de ternera a la plancha con puré de patata / Grilled veal steak with potato puree Manzana roja , leche y pan sin gluten / Apple, milk and bread without gluten |
| 13 Paella Valenciana / Valencian style rice Cinta de lomo con patatas fritas / Grilled pork with french fries. Piña y pan sin gluten / Pineapple and bread without gluten | 14 Cocido completo (sopa, garbanzos, zanahoria, repollo, patata, pollo, ternera, jamón y chorizo) / Complete cocido (broth, chickpeas, carrot, cabbage, potato, chicken, veal, ham and sausage) Yogur natural o fruta y pan sin gluten / Natural yogurt or fruit and bread without gluten | 15 FESTIVO | 16 Patatas guisadas con carne/ Potato stew with meat Bacalao con tomate sin gluten / Cod with tomato sauce without gluten Petis suisse o fruta y pan sin gluten / yogurt or fruit and bread without gluten | 17 Pasta con atún y tomate / Pasta with tuna and tomato sauce Filete de pollo / Grilled chicken fillet Plátano, leche y pan singluten / Banana, milk and bread without gluten |
| 20 Guisantes con jamón / Peas with ham Albóndigas de ternera sin gluten con patatas dado / Meatballs without gluten and with cubed potatoes Kiwi y pan sin gluten / Orange, milk and bread without gluten | 21 Arroz con tomate / Rice with tomato sauce Filete de cerdo a la plancha / Grilled pork fillet Yogur de fresa o fruta y pan sin gluten / Strawberry yogurt or fruit and bread without gluten | 22 Judías blancas con chorizo / White beans stew with sausage Tortilla de jamón / Ham omelette Naranja y pan sin gluten / Orange, milk and bread without gluten | 23 Pasta boloñesa con queso / Pasta with bolognese sauce and cheese Merluza a la plancha / Grilled hake. Natillas o fruta y pan sin gluten / Custard or fruit and bread without gluten | 24 Crema de verduras o salmorejo / Cream of vegetables or cold tomato soup Filete de pollo / Grilled chicken fillet Macedonia natural de frutas , leche y pan sin gluten / Natural fruit salad , milk and bread without gluten |
| 27 Ensaladilla rusa o campera / Creamy potato salad or vegetable and potato salad. Ragout de ternera / Veal in sauce with vegetables Melón , pan sin gluten y leche / Melon, bread without gluten and milk. | 28 Lentejas con verduras / Lentil stew with vegetables Atún con cebolla / Tuna with onion. Yogur de limón o fruta y pan sin gluten / Lemon yogurt or Fruit and bread without gluten | 29 Sopa de ave / Chicken broth. Pollo asado con patatas fritas / Roasted chicken with french fries Plátano, leche y pan sin gluten / Banana, milk and bread without gluten | 30 Crema de espinacas o judías verdes / Cream of spinach or sautéed green beans Croquetas caseras sin gluten / Homemade Croquettes Yogur de macedonia o fruta y pan sin gluten / Fruit saladyogurt or fruit and bread without gluten | 31 Ensalada de pasta / Pasta salad. Cinta de lomo al ajillo / Grilled pork with garlic Sandía, leche y pan sin gluten / Watermelon ,milk and bread without gluten |