



Enjoy
your



meal

VIERNES

MIÉRCOLES

JUEVES

VIERNES

1

FESTIVO

2

FESTIVO

3

FESTIVO

6

Macarrones con salsa carbonara/
Carbonara pasta

Brocheta de pollo / Chicken
brochette

Naranja y pan / Orange, milk and
bread

7

Crema de zanahoria o gazpacho /
Cream of carrot or cold tomato soup

Filete de cerdo a la plancha/ Grilled
pork fillet

Yogur de macedonia o fruta y pan /
Fruit saladyogurt or fruit and bread

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 / Strawberry, milk
and bread

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 / Lemon yogurt
or Fruit and bread

10

Judías verdes rehogadas / Sauteed
green beans

Filete de ternera a la plancha con puré
de patata / Grilled veal steak with
potato puree

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

13

Paella de pollo / Rice with chicken

Cinta de lomo con patatas fritas /
Grilled pork with french fries.

Piña y pan / Pineapple and bread

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 / Natural
yogurt or fruit and bread

15

FESTIVO

16

Patatas guisadas con carne/ Potato stew with
meat

Bacalao con tomate / Cod with tomato sauce

Petis suisse o fruta y pan / yogurt or fruit and
bread

17

Pasta con atún y tomate / Pasta with
tuna and tomato sauce

Filete de pollo / Grilled chicken fillet

Plátano, leche y pan / Banana, milk and
bread

20

Guisantes con jamón / Peas with
ham

Albóndigas de ternera con patatas
dado / Meatballs with cubed potatoes

Kiwi y pan / Orange, milk and bread

21

Arroz con tomate / Rice with tomato
sauce

Filete de cerdo a la plancha / Grilled
pork fillet

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

22

Judías blancas con chorizo / White
beans stew with sausage

Tortilla de jamón / Ham omelette

Naranja y pan / Orange, milk and bread

23

Pasta boloñesa con queso / Pasta with
bolognese sauce and cheese

Merluza a la plancha / Grilled hake.

Natillas o fruta y pan / Custard or fruit and
bread

24

Crema de verduras o salmorejo /
Cream of vegetables or cold tomato
soup

Nugget de pollo / Chicken nuggets

Macedonia natural de frutas , leche y
pan / Natural fruit salad , milk and
berad

27

Ensaladilla rusa o campera /
Creamy potato salad or vegetable
and potato salad

Ragout de ternera / Veal in sauce
with vegetables

Melón , pan y leche / Melon, bread
and milk

28

Lentejas con verduras / Lentil stew with
vegetables

Atún con cebolla / Tuna with onion

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

29

Sopa de ave / Chicken broth

Pollo asado con patatas fritas / Roasted
chicken with french fries

Plátano, leche y pan / Banana, milk and
bread

30

Crema de espinacas o judías verdes / Cream
of spinach or sauteed green beans

Croquetas caseras / Homemade
Croquettes

Yogur de macedonia o fruta y pan / Fruit
saladyogurt or fruit and bread

31

Ensalada de pasta / Pasta salad

Cinta de lomo al ajo / Grilled pork with
garlic

Sandia, leche y pan / Watermelon ,milk
and bread