



Alérgicos al pescado

# MENÚ COMIDAS

# 5

May



Enjoy your



meal

	MARTES	MIÉRCOLES	JUEVES	VIERNES
		1 <b>FESTIVO</b>	2 <b>FESTIVO</b>	3 <b>FESTIVO</b>
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  Tortilla francesa / Omelette  Fresas , leche y pan / Strawberry, milk and bread	9 Ensaladilla rusa o campera sin atún / Creamy potato salad or vegetable and potato salad without tuna  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, cabagge, potato, cchicken, veal, ham and sausage)  Yogur natural o fruta y pan / Natural yogurt or fruit and bread	15 <b>FESTIVO</b>	16 Patatas guisadas con carne/ Potato stew with meat  Tortilla francesa / Omelette  Petis suisse o fruta y pan / yogurt or fruit and bread	17 Pasta con con salsa boloñesa / Pasta bolognese  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  Filete de pavo a la plancha / Grilled turkey Fillet  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 sin atún / Creamy potato salad or vegetable and potato salad without tuna  Ragout de ternera / Veal in sauce with vegetables  Melón , pan y leche / Melon, bread and milk	28 Lentejas con verduras / Lentil stew with vegetables  Tortilla francesa / Omelette  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 ajillo / Grilled pork with garlic  Sandía, leche y pan / Watermelon ,milk and bread