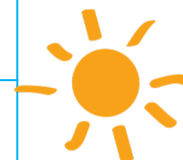


LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
<p><b>28</b> Judías verdes rehogadas con jamón / Green beans sauteed with ham</p> <p>Cinta de lomo a la plancha con pimientos verdes / Grilled pork with green peppers.</p> <p>Macedonia natural de frutas, leche y pan / Natural fruit salad, milk and bread.</p>	<p><b>29</b> Crema de verduras / Cream of vegetables</p> <p>Filete de pollo empanado / Breaded chicken.</p> <p>Yogur de fresa, fruta y pan / Strawberry yogurt, fruit and bread.</p>	<p><b>30</b> Pasta con salsa boloñesa / Pasta with bolognese sauce</p> <p>Merluza al horno / Hake .</p> <p>Sandia, leche y pan / Watermelon, milk and bread</p>	<p><b>1</b> Sopa o melón con jamón / Soup or melon with ham.</p> <p>Filete de ternera al plancha con patatas / Grilled steak with potatoes</p> <p>Yogur de limón o fruta y pan / Lemon yogurt or fruit and bread.</p>	<p><b>2</b> Arroz con tomate / White rice with tomato sauce</p> <p>Tortilla de patata con ensalada de la huerta / Omelette with garden vegetables.</p> <p>Manzana, leche y pan. Apple, milk and bread.</p>
<p><b>5</b> Pasta con salsa de tomate y chorizo / Pasta with tomato sauce and sausage.</p> <p>Cabracho con ensalada de tomate y queso fresco. / Fish with tomato and fresh cheese salad.</p> <p>Macedonia de frutas naturales, pan y leche/ Fruit salad, bread and milk</p>	<p><b>6</b> Ensaladilla rusa / Potato salad.</p> <p>Magro con tomate./ Meat with tomato sauce</p> <p>Yogur natural o fruta y pan/ Natural yogurt or fruit and bread.</p>	<p><b>7</b> Paella de verduras y pollo / Rice dish with vegetables and chicken</p> <p>Pescado a la plancha / Grilled fish</p> <p>Plátano leche y pan./ Banana, milk and bread.</p>	<p><b>8</b> Guisantes con jamón / Sauteed peas with ham o melón con jamón / Melon with ham</p> <p>Lasaña de carne / Meat lasagna.</p> <p>Petit suisse o fruta y pan / Yogurt or fruit and bread.</p>	<p><b>9</b> Puré de verduras o gazpacho / Vegetable puree or cold tomato soup.</p> <p>Pollo asado con patatas fritas/ Roasted chicken with french fries.</p> <p>Melón, leche y pan / Melon, milk and bread</p>
<p><b>12</b> Pasta boloñesa / Pasta with meat and tomato sauce</p> <p>Salmón a la plancha . Grilled salmon</p> <p>Manzana, leche y pan. Apple, milk and bread.</p>	<p><b>13</b> Lentejas con verduras / Lentil stew with vegetables.</p> <p>Filetes de pavo adobado con patatas fritas / Seasoned turkey with french fries.</p> <p>Yogur de macedonia o fruta y pan / Fruit salad yogurt or fruit and bread.</p>	<p><b>14</b> Judías verdes o pisto / Green beans or vegetables with tomato sauce</p> <p>Croquetas caseras / Homemade croquettes .</p> <p>Melón, leche y pan / Melon, milk and bread.</p>	<p><b>15</b> Ensalada de arroz / Riced salad. 7</p> <p>Bacalao con tomate / Tuna with tomato sauce.</p> <p>Yogur natural o fruta y pan/ Natural yogurt or fruit and bread.</p>	<p><b>16</b> Pure de calabacín o salmorejo/ Zucchini puree or cold, thick tomato soup.</p> <p>Albóndigas de ternera con arroz / Meatballs with rice.</p> <p>Macedonia de frutas naturales, pan y leche/ Fruit salad, bread and milk</p>
<p><b>19</b> Puré de espinacas / Spinach puree</p> <p>Lasaña de atun / Tuna lasagna.</p> <p>Sandia, leche y pan / Watermelon, milk and bread.</p>	<p><b>20</b> Menestra rehogada o salmorejo/ Sauteed vegetables or cold, thick tomato soup.</p> <p>San Jacobos caseros / Breaded ham and cheese with salad.</p> <p>Yogur de fresa o fruta y pan / Strawberry yogurt or fruit and bread.</p>	<p><b>21</b> Ensalada de pasta / Pasta salad.</p> <p>Merluza a la plancha/ Grilled hake.</p> <p>Plátano, leche y pan / Melon, milk and bread.</p>	<p><b>22</b> Arroz con tomate / White rice with tomato sauce.</p> <p>Tortilla de calabacín / Omelette with zucchini.</p> <p>Natillas o fruta y pan / Custard or fruit and bread.</p>	<p><b>23</b> Lentejas con verduras / Lentil stew with vegetables.</p> <p>Pollo en salsa con patatas fritas / Chicken with french fries</p> <p>Melón, leche y pan / Melon, milk and bread.</p>
<p><b>26</b> Crema de calabaza / Cream of pumpkin</p> <p>Cinta de lomo con patatas fritas / Pork with french fries</p> <p>Manzana, leche y pan. Apple, milk and bread.</p>	<p><b>27</b> Pasta con salsa carbonara / Pasta with carbonara sauce.</p> <p>Filete de pollo / Grilled chicken</p> <p>Petit suisse o fruta y pan / Yogurt or fruit and bread.</p>	<p><b>28</b> Guisantes o melón con jamón / Sauteed peas or melon with ham</p> <p>Filete de ternera a la plancha, con ensalada / Grilled steak with salad</p> <p>Sandia, leche y pan / Watermelon, milk and bread.</p>	<p><b>29</b> Sopa de picadillo o gazpacho / Soup with meat and egg or cold tomato soup.</p> <p>Bacalao al horno / Baked cod.</p> <p>Yogur natural o fruta y pan/ Natural yogurt or fruit and bread.</p>	<p><b>30</b> Arroz con salsa de tomate / Rice with tomato sauce</p> <p>Tortilla de patata con pimientos verdes / Omelette with green peppers.</p> <p>Helado y pan / Ice Cream and bread.</p>



Enjoy your



meal