



Alergicos a moluscos y marisco

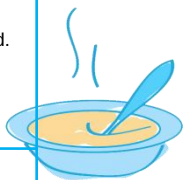
MENÚ COMIDAS

11

November



Enjoy your



meal

MARTES		MIÉRCOLES	JUEVES	VIERNES
				1 FIESTA
4 Crema de espinacas / Cream of Spinach. Filete de pavo con patatas fritas / Grilled turkey fillet with french fries Plátano, leche y pan / Banana, milk and bread.	5 Pasta carbonara con queso rallado / Pasta with carbonara sauce and grated cheese . Salmón a la plancha / Grilled Salmon. Yogur natural azucarado o fruta y pan / Natural yogurt with sugar or fruit and bread.	6 Cocido completo (sopa,garbanzos,zanahoria,repollo,patata,chorizo,jamónj,ternera y pollo) /Complete cocido (broth, chickpeas, potatoes, carrots, sausage, chicken, steak and ham). Piña, leche y pan./ Pineapple, milk and bread	7 Patatas guisadas con carne / Stewed potatoes with meat Bacalao al horno con ensalada / Baked cod with salad. Yogur de fresa o fruta y pan / Strawberry Yogurt or fruit and bread.	8 Judías verdes rehogadas / Sautéed green beans Lomo adobado a la plancha con puré de patata/ Grilled pork with mashed potatoes Macedonia de frutas natural, leche y pan / Natural fruit salad, milk and bread.
11 Menestra de verduras/Sauteed mixed vegetables Albóndigas de ternera con arroz blanco / Meatballs with white rice Manzana ,leche y pan / Apple ,milk and bread.	12 Sopa de cocido / Broth. Merluza a la romana con brocoli / Romana styled hake with broccoli Natillas o fruta y pan / Custard or fruit and bread.1,7	13 Puré de verduras/ Vegetable puree Hamburguesa de pollo con patatas fritas/ Chicken burger with french fries Caqui, leche y pan / Persimmon, milk and bread.	14 Lentejas con verduras / Lentil stew with vegetables. Emperador / Swordfish. Yogur de Macedonia o fruta y pan / Fruit salad yogurt or fruit and bread.	15 AbaCross Pasta con salsa boloñesa/ Pasta with bolognese sauce . Pincho moruno de cerdo con pimientos verdes / Pork with green peppers. Mandarinas, o Petit Suisse y pan / Mandarin , yogurt and bread.
18 Guisantes con jamón o pisto / Peas with ham or vegetables in tomato sauce Filete de pollo a la plancha con patatas/ Grilled chicken with potatoes Plátano, leche y pan / Banana, milk and bread.	19 Sopa de picadillo / Broth. Bacalao con tomate / Baked with tomato . Yogur natural azucarado o fruta y pan / Natural yogurt with sugar or fruit and bread.	20 Judías blancas con chorizo/ Haricot bean stew Tortilla francesa / Omelette. Piña, leche y pan./ Pineapple, milk and bread	21 Acelgas rehogadas o puré de acelgas/Lightly fried chard or Chard puree Lasaña de atún / Tuna lasagna . Petit Suisse o fruta y pan / Yogurt or fruit and bread.	22 Paella/ Valencian style rice dish Ternera con verduras / Veal sin sauce with vegetables Mandarina y pan /Mandarin and bread.
25 Arroz con salsa de tomate/ Rice with tomato sauce Merluza al horno /Baked hake. Macedonia de frutas, leche y pan/Mixed fruit salad, milk and bread.	26 Crema de calabaza/ Cream of pumpkin Pollo asado con patatas fritas/Roasted chicken with french fries Yogur de limón o fruta y pan /Lemon Yogurt or fruit and bread.	27 Judías verdes rehogadas con jamón / Sautéed green beans with ham Croquetas caseras/ Homemade croquettes . Plátano, leche y pan / Banana, milk and bread.	28 Pasta con salsa de tomate, chorizo y queso rallado/ Tomato pasta with sasusage, grated cheese. Emperador con champiñones/Swordfish with mushrooms. Yogur de fresa o fruta y pan / Strawberry Yogurt or fruit and bread.	29 Judías pintas con arroz/Black beans with rice Filete de ternera / Grilled veal steak Manzana ,leche y pan / Apple ,milk and bread.