



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBRE MENU SIN CARNE ROJA OCTOBER WITHOUT RED MEAT

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
2	3	4	5	6
Arroz ecológico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / baked hake in sauce Yogur, pan integral / Yoghurt, bread	Menestra de verdura salteada / sauted vegetables Pavo guisado con cous cous / turkey stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Espaguetis con salsa de tomate / Spagetti with Tomato Sauce Tortilla con lechuga y zanahoria / Omelette with lettuce and carrot Fruta y leche, pan integral / Fruit and milk, bread	Crema de calabacín / Cream of courgette Albondigas pollo guisadas con tomate y patata / Meatballs stew with potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas estofadas/ Stew white beans with vegetables Bacalao horno lechuga / Baked cod with lettuce Fruta y leche, pan / Fruit and milk, bread
9	10	11	12	13
coliflor rehogada / sauted cauliflower Pavo plancha con champiñón salteado / Grilled turkey with salad Yogur, pan integral / Yoghurt, bread	Lentejas ecológicas con patata y zanahoria / bio Stew lentils with potato and carrot Lenguadina con lechuga y maíz / grilled sole with salad Fruta y leche, pan / Fruit and milk, bread	Crema de zanahoria / Cream of carrot soup Escalope de pollo con patatas / Breaded chicken with potatoes Fruta y leche, pan integral / Fruit and milk, bread	FESTIVO	NO LECTIVO
16	17	18	19	20
Fideua de pollo / Chicken fideua Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad Yogur, pan integral / Yoghurt, bread	Judías pintas con verduras / Pinto beans with vegetables Huevos villarroy con ensalada / Villarroy eggs with salad Fruta y leche, pan / Fruit and milk, bread	Judías verdes salteadas / Sauteed Green Beans Pavo estofado con arroz / Turkey stew with rice Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis integrales con tomate / spaghetti in tomato sauce Bacalao rebozado con ensalada / Battered cod with salad Manzana ecológica leche, pan / bio apple and milk, bread	Sopa de Cocido / Cocido Soup Cocido con pollo/ Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
23	24	25	26	27
Arroz con tomate / Rice in tomato sauce Tortilla de patata con ensalada mixta / Potato omelette with salad Yogur, pan integral / Yoghurt, bread	Lentejas jardinera / Lentils stew with vegetables Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Brocoli salteado / Sauteed broccoli Pollo chilindron con cous cous / Chicken stew with cous cous Fruta y leche, pan integral / Fruit and milk, bread	Crema de zanahoria y puerro / Carrot, potato and leek puree Pavo gallega con patata cocida / Baked turkey with boiled potato Fruta y leche, pan / Fruit and milk, bread	Macarrones integrales al ajillo / Macaronni in sauce Ventresca de merluza con calabacín dado / Baked hake with sauted courgette Yogur, pan integral / Yoghurt, bread
30	31			
Judías verdes salteadas con pavo / Sauteed green beans Huevos villarroy con ensalada / Villarroy eggs with salad Yogur, pan integral / Yoghurt, bread	Espaguetis terroríficos / Terrifying spaghetti Dedos sangrientos (salchichas pavo)/ Bloody fingers Fruta y leche, pan / Fruit and milk, bread			



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBRE MENU SIN F. SECO OCTOBER WITHOUT NUTS MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
2	3	4	5	6
Arroz ecologico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / baked hake in sauce Yogur, pan integral / Yoghurt, bread	Menestra de verdura salteada / sauted vegetables Magro guisado con cous cous / Pork meat stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Espaguetis con salsa de tomate / Spagetti with Tomato Sauce Tortilla De jamon con lechuga y zanahoria / Turkey Omelette with lettuce and carrot Fruta y leche, pan integral / Fruit and milk, bread	Crema de calabacin / Cream of courgette Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas estofadas/ Stew white beans with vegetables Bacalao horno lechuga / Baked cod with lettuce Fruta y leche, pan / Fruit and milk, bread
9	10	11	12	13
coliflor rehogada / sauted cauliflower Cinta de lomo plancha con champiñón salteado / Grilled ork loin with salad Yogur, pan integral / Yoghurt, bread	Lentejas ecologicas con patata y zanahoria / bio Stew lentils with potato and carrot Lenguadina con lechuga y maiz / grilled sole with salad Fruta y leche, pan / Fruit and milk, bread	Crema de zanahoria / Cream of carrot soup Escalope de pollo con patatas / Breaded chicken with potatoes Fruta y leche, pan integral / Fruit and milk, bread	FESTIVO	NO LECTIVO
16	17	18	19	20
Fideua de pollo / Chicken fideua Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad Yogur, pan integral / Yoghurt, bread	Judías pintas con verduras / Pinto beans with vegetables Huevos villarroy con ensalada / Villaroy eggs with salad Fruta y leche, pan / Fruit and milk, bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pavo estofado con arroz / Turkey stew with rice Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis integrales boloñesa / Bolognesse spagetti Bacalao rebozado con ensalada / Battered cod with salad Manza ecologica leche, pan / bio apple and milk, bread	Sopa de Cocido / Cocido Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
23	24	25	26	27
Arroz con tomate / Rice in tomato sauce Tortilla de patata con ensalada mixta / Potato omelete with salad Yogur, pan integral / Yoghurt, bread	Lentejas jardinera / Lentils stew with vegetables Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Brocoli salteado con jamon / Sauted brocoli with ham Pollo chilindron con cous cous / Chicken strew with cous cous Fruta y leche, pan integral / Fruit and milk, bread	Crema de zanahoria y puerro / Carrot, potato and leek puree Lacon gallega con patata cocida / Baked ham with boiled potato Fruta y leche, pan / Fruit and milk, bread	Macarrones integrales al ajillo / Macaronni in sauce Ventresca de merluza con calabacin dado / Bked hake with sauted courgette Fruta y leche, pan / Fruit and milk, bread
30	31			
Judias verdes salteadas con pavo / Sauted green beans ADO: soja Huevos villarroy con ensalada / Villaroy eggs with salad Yogur, pan integral / Yoghurt, bread	Espaguetis terrorificos / Terrifying spaghetti Dedos sangrientos / Bloody fingers Fruta y leche, pan / Fruit and milk, bread			



ARTESANIA GASTRONOMICA ALCARREÑA

OCTUBRE MENU SIN FRUTO SECO(arroz y pasta integral)

OCTOBER WITHOUT MILK MENU AND ANCHOVY MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
2	3	4	5	6
Arroz ecologico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / baked hake in sauce Yogur, pan integral / Yoghurt, bread	Menestra de verdura salteada / sauted vegetables Magro guisado con cous cous / Pork meat stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Espaguetis con salsa de tomate / Spagetti with Tomato Sauce Tortilla De jamon con lechuga y zanahoria / Turkey Omelette with lettuce and carrot Fruta y leche, pan integral / Fruit and milk, bread	Crema de calabacin / Cream of courgette Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas estofadas/ Stew white beans with vegetables Bacalao horno lechuga / Baked cod with lettuce Fruta y leche, pan / Fruit and milk, bread
9	10	11	12	13
coliflor rehogada / sauted cauliflower Cinta de lomo plancha con champiñón salteado / Grilled ork loin with salad Yogur, pan integral / Yoghurt, bread	Lentejas ecologicas con patata y zanahoria / bio Stew lentils with potato and carrot Lenguadina con lechuga y maiz / grilled sole with salad Fruta y leche, pan / Fruit and milk, bread	Crema de zanahoria / Cream of carrot soup Escalope de pollo con patatas / Breaded chicken with potatoes Fruta y leche, pan integral / Fruit and milk, bread	FESTIVO	NO LECTIVO
16	17	18	19	20
Fideua de pollo / Chicken fideua Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad Yogur, pan integral / Yoghurt, bread	Judías pintas con verduras / Pinto beans with vegetables Huevos villarroy con ensalada / Villarroy eggs with salad Fruta y leche, pan / Fruit and milk, bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pavo estofado con arroz / Turkey stew with rice Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis integrales boloñesa / Bolognesse spagetti Bacalao rebozado con ensalada / Battered cod with salad Manza ecologica leche, pan / bio apple and milk, bread	Sopa de Cocido / Cocido Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
23	24	25	26	27
Arroz con tomate / Rice in tomato sauce Tortilla de patata con ensalada mixta / Potato omelete with salad Yogur, pan integral / Yoghurt, bread	Lentejas jardinera / Lentils stew with vegetables Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Brocoli salteado con jamon / Sauted brocoli with ham Pollo chilindron con cous cous / Chicken strew with cous cous Fruta y leche, pan integral / Fruit and milk, bread	Crema de zanahoria y puerro / Carrot, potato y leek puree Lacon gallega con patata cocida / Baked ham with boiled potato Fruta y leche, pan / Fruit and milk, bread	Macarrones integrales al ajillo / Macaronni in sauce Ventresca de merluza con calabacin dado / Bked hake with sauted courgette Fruta y leche, pan / Fruit and milk, bread
30	31			
Judías verdes salteadas con pavo / Sauted green beans ADO: soja Huevos villarroy con ensalada / Villarroy eggs with salad Yogur, pan integral / Yoghurt, bread	Espaguetis terroríficos / Terrifying spaghetti Dedos sangrientos / Bloody fingers Fruta y leche, pan / Fruit and milk, bread			

A.G.A. S.L. Avda. Montes de Oca, 19. Nave 24. S.S. de los Reyes WWW.cutasa.com

La pasta y el arroz utilizada en este menu sera integral



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBRE MENU SIN GLUTEN OCTOBER WITHOUT GLUTEN MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
2	3	4	5	6
Arroz ecológico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / baked hake in sauce Yogur, pan sin gluten / Yoghurt, bread	Menestra de verdura salteada / sauted vegetables Magro guisado con arroz / Pork meat stew with rice Fruta y leche, pan sin gluten / Fruit and milk, bread	Espaguetis sin gluten con salsa de tomate / Spagetti with Tomato Sauce Tortilla De jamon con lechuga y zanahoria / Turkey Omelette with lettuce and carrot Fruta y leche, pan sin gluten / Fruit and milk, bread	Crema de calabacin / Cream of courgette Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y leche, pan sin gluten / Fruit and milk, bread	Judías blancas estofadas/ Stew white beans with vegetables Bacalao horno lechuga / Baked cod with lettuce Fruta y leche, pan sin gluten / Fruit and milk, bread
9	10	11	12	13
coliflor rehogada / sauted cauliflower Cinta de lomo plancha con champiñón salteado / Grilled ork loin with salad Yogur, pan sin gluten / Yoghurt, bread	Judías con patata y zanahoria / Stew beans with potato and carrot Lenguadina con lechuga y maíz / grilled sole with salad Fruta y leche, pan sin gluten / Fruit and milk, bread	Crema de zanahoria / Cream of carrot soup Escalope de pollo con patatas / Breaded chicken with potatoes Fruta y leche, pan sin gluten / Fruit and milk, bread	FESTIVO	NO LECTIVO
16	17	18	19	20
Arroz de pollo / Chicken rice Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad Yogur, pan sin gluten / Yoghurt, bread	Judías pintas con verduras / Pinto beans with vegetables Huevos cocidos con ensalada / Boiled eggs with salad Fruta y leche, pan sin gluten / Fruit and milk, bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pavo estofado con arroz / Turkey stew with rice Fruta y leche, pan sin gluten / Fruit and milk, bread	Espaguetis sin gluten boloñesa / Bolognese spaghetti Bacalao con ensalada / baked Cod with salad Fruta y leche, pan sin gluten / Fruit and milk, bread	Sopa de Cocido sin gluten / Cocido Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan sin gluten / Fruit and milk, bread
23	24	25	26	27
Arroz con tomate / Rice in tomato sauce Tortilla de patata con ensalada mixta / Potato omelette with salad Yogur, pan sin gluten / Yoghurt, bread	Garbanzo jardinera / Chickpeas stew with vegetables Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y leche, pan sin gluten / Fruit and milk, bread	Brocoli salteado con jamon / Sauted broccoli with ham Pollo chiliindron con arroz / Chicken stew with rice Fruta y leche, pan sin gluten / Fruit and milk, bread	Crema de zanahoria y puerro / Carrot, potato and leek puree Lacon gallega con patata cocida / Baked ham with boiled potato Fruta y leche, pan sin gluten / Fruit and milk, bread	Macarrones sin gluten al ajillo / Macaronni in sauce Ventresca de merluza con calabacin dado / Baked hake with sauted courgette Fruta y leche, pan sin gluten / Fruit and milk, bread
30	31			
Judías verdes salteadas con pavo / Sauted green beans ADO: soja Huevos cocidos con ensalada / Boiled eggs with salad Yogur, pan sin gluten / Yoghurt, bread	Espaguetis sin gluten terroríficos / Terrifying spaghetti Dedos sangrientos / Bloody fingers Fruta y leche, pan sin gluten / Fruit and milk, bread			



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBRE MENU SIN HUEVO CRUDO NI F. SECO OCTOBER WITHOUT EGG AND NUTS

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
2	3	4	5	6
Arroz ecológico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / baked hake in sauce Yogur, pan integral / Yoghurt, bread	Menestra de verdura salteada / sauted vegetables Magro guisado con cous cous / Pork meat stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Espaguetis con salsa de tomate / Spagetti with Tomato Sauce Tortilla De jamon con lechuga y zanahoria / Turkey Omelette with lettuce and carrot Fruta y leche, pan integral / Fruit and milk, bread	Crema de calabacin / Cream of courgette Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas estofadas/ Stew white beans with vegetables Bacalao horno lechuga / Baked cod with lettuce Fruta y leche, pan / Fruit and milk, bread
9	10	11	12	13
coliflor rehogada / sauted cauliflower Cinta de lomo plancha con champiñón salteado / Grilled ork loin with salad Yogur, pan integral / Yoghurt, bread	Lentejas ecológicas con patata y zanahoria / bio Stew lentils with potato and carrot Lenguadina con lechuga y maíz / grilled sole with salad Fruta y leche, pan / Fruit and milk, bread	Crema de zanahoria / Cream of carrot soup Escalope de pollo con patatas / Breaded chicken with potatoes Fruta y leche, pan integral / Fruit and milk, bread	FESTIVO	NO LECTIVO
16	17	18	19	20
Fideua de pollo / Chicken fideua Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad Yogur, pan integral / Yoghurt, bread	Judías pintas con verduras / Pinto beans with vegetables Huevos villarroy con ensalada / Villaroy eggs with salad Fruta y leche, pan / Fruit and milk, bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pavo estofado con arroz / Turkey stew with rice Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis integrales boloñesa / Bolognesse spaghetti Bacalao rebozado con ensalada / Battered cod with salad Manza ecológica leche, pan / bio apple and milk, bread	Sopa de Cocido / Cocido Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
23	24	25	26	27
Arroz con tomate / Rice in tomato sauce Tortilla de patata con ensalada mixta / Potato omelette with salad Yogur, pan integral / Yoghurt, bread	Lentejas jardinera / Lentils stew with vegetables Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Brocoli salteado con jamon / Sauted brocoli with ham Pollo chilindron con cous cous / Chicken stew with cous cous Fruta y leche, pan integral / Fruit and milk, bread	Crema de zanahoria y puerro / Carrot, potato and leek puree Lacon gallega con patata cocida / Baked ham with boiled potato Fruta y leche, pan / Fruit and milk, bread	Macarrones integrales al ajillo / Macaronni in sauce Ventresca de merluza con calabacin dado / Baked hake with sauted courgette Fruta y leche, pan / Fruit and milk, bread
30	31			
Judías verdes salteadas con pavo / Sauted green beans ADO: soja Huevos villarroy con ensalada / Villaroy eggs with salad Yogur, pan integral / Yoghurt, bread	Espaguetis terroríficos / Terrifying spaghetti Dedos sangrientos / Bloody fingers Fruta y leche, pan / Fruit and milk, bread			



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBRE MENU SIN HUEVO NI F. SECOS OCTOBER WITHOUT EGG AND NUTS MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
2	3	4	5	6
Arroz ecologico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / baked hake in sauce Yogur, pan integral / Yoghurt, bread	Menestra de verdura salteada / sauted vegetables Magro guisado con cous cous / Pork meat stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Espaguetis sin huevo con salsa de tomate / Spagetti with Tomato Sauce Rosti De jamon con lechuga y zanahoria / Turkey rosti with lettuce and carrot Fruta y leche, pan integral / Fruit and milk, bread	Crema de calabacin / Cream of courgette Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas estofadas/ Stew white beans with vegetables Bacalao horno lechuga / Baked cod with lettuce Fruta y leche, pan / Fruit and milk, bread
9	10	11	12	13
coliflor rehogada / sauted cauliflower Cinta de lomo plancha con champiñón salteado / Grilled ork loin with salad Yogur, pan integral / Yoghurt, bread	Lentejas ecologicas con patata y zanahoria / bio Stew lentils with potato and carrot Lenguadina con lechuga y maiz / grilled sole with salad Fruta y leche, pan / Fruit and milk, bread	Crema de zanahoria / Cream of carrot soup Escalope de pollo con patatas / Breaded chicken with potatoes Fruta y leche, pan integral / Fruit and milk, bread	FESTIVO	NO LECTIVO
16	17	18	19	20
Arroz de pollo / Chicken rice Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad Yogur, pan integral / Yoghurt, bread	Judías pintas con verduras / Pinto beans with vegetables Rosti con ensalada / Rosti with salad Fruta y leche, pan / Fruit and milk, bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pavo estofado con arroz / Turkey stew with rice Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis sin huevo boloñesa / Bolognesse spagetti Bacalao con ensalada / baked Cod with salad Manza ecologica leche, pan / bio apple and milk, bread	Sopa de Cocido sin huevo / Cocido Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
23	24	25	26	27
Arroz con tomate / Rice in tomato sauce Rosti de patata con ensalada mixta / Potato rosti with salad Yogur, pan integral / Yoghurt, bread	Lentejas jardinera / Lentils stew with vegetables Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Brocoli salteado con jamon / Sauted brocoli with ham Pollo chilindron con cous cous / Chicken strew with cous cous Fruta y leche, pan integral / Fruit and milk, bread	Crema de zanahoria y puerro / Carrot, potato and leek puree Lacon gallega con patata cocida / Baked ham with boiled potato Fruta y leche, pan / Fruit and milk, bread	Macarrones sin huevo al ajillo / Macaronni in sauce Ventresca de merluza con calabacin dado / Bked hake with sauted courgette Fruta y leche, pan / Fruit and milk, bread
30	31			
Judias verdes salteadas con pavo / Sauted green beans ADO: soja Rosti con ensalada / Rosti with salad Yogur, pan integral / Yoghurt, bread	Espaguetis sin huevo terrorificos / Terrifying spagetti Dedos sangrientos / Bloody fingers Fruta y leche, pan / Fruit and milk, bread			



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBRE MENU SIN HUEVO, LECHE, PESCADO, APIO NI F. SECOS OCTOBER WITHOUT MILK, EGG, FISH AND NUTS MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
2	3	4	5	6
Arroz ecológico con pollo / Bio Rice with chicken Salchichas con ensalada / Sausages with salad Yogur, pan integral / Yoghurt, bread	Menestra de verdura salteada / sauted vegetables Magro guisado con cous cous / Pork meat stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Espaguetis sin huevo con salsa de tomate / Spagetti with Tomato Sauce Rosti De jamon con lechuga y zanahoria / Turkey rosti with lettuce and carrot Fruta y leche, pan integral / Fruit and milk, bread	Crema de calabacin / Cream of courgette Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas estofadas/ Stew white beans with vegetables Pollo horno lechuga / Baked chicken with lettuce Fruta y leche, pan / Fruit and milk, bread
9	10	11	12	13
coliflor rehogada / sauted cauliflower Cinta de lomo plancha con champiñón salteado / Grilled ork loin with salad Yogur, pan integral / Yoghurt, bread	Lentejas ecológicas con patata y zanahoria / bio Stew lentils with potato and carrot Lacon con lechuga y maíz / Baked hams with salad Fruta y leche, pan / Fruit and milk, bread	Crema de zanahoria / Cream of carrot soup Escalope de pollo con patatas / Breaded chicken with potatoes Fruta y leche, pan integral / Fruit and milk, bread	FESTIVO	NO LECTIVO
16	17	18	19	20
Arroz de pollo / Chicken rice Salchichas de pavo con tomate / Turkey Sausages with tomato Yogur, pan integral / Yoghurt, bread	Judías pintas con verduras / Pinto beans with vegetables rosti con ensalada / Rosti with salad Fruta y leche, pan / Fruit and milk, bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pavo estofado con arroz / Turkey stew with rice Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis sin huevo boloñesa / Bolognese spaghetti Lomo con ensalada / grilled pork loin with salad Manza ecológica leche, pan / bio apple and milk, bread	Sopa de Cocido sin huevo/ Cocido Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
23	24	25	26	27
Arroz con tomate / Rice in tomato sauce Rosti de patata con ensalada mixta / Potato rosti with salad Yogur, pan integral / Yoghurt, bread	Lentejas jardinera / Lentils stew with vegetables Hamburguesa al horno con patata cocida/ Baked burger with potatoes Fruta y leche, pan / Fruit and milk, bread	Brocoli salteado con jamon / Sauted brocoli with ham Pollo chilindron con cous cous / Chicken strew with cous cous Fruta y leche, pan integral / Fruit and milk, bread	Crema de zanahoria y puerro / Carrot, potato and leek puree Lacon gallega con patata cocida / Baked ham with boiled potato Fruta y leche, pan / Fruit and milk, bread	Macarrones sin huevo al ajillo / Macaronni in sauce Lomo plancha con calabacin dado / Grilled pork loin with sauted courgette Fruta y leche, pan / Fruit and milk, bread
30	31			
Judias verdes salteadas con pavo / Sauted green beans ADO: soja rosti con ensalada / Rosti with salad Yogur, pan integral / Yoghurt, bread	Espaguetis sin huevo terroríficos / Terrifying spaghetti Dedos sangrientos / Bloody fingers Fruta y leche, pan / Fruit and milk, bread			



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBRE MENU SIN HUEVO OCTOBER WITHOUT EGG MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
2	3	4	5	6
Arroz ecologico con pollo / Bio Rice with chicken	Menestra de verdura salteada / sauted vegetables	Espaguetis sin huevo con salsa de tomate / Spagetti with Tomato Sauce	Crema de calabacin / Cream of courgette	Judías blancas estofadas/ Stew white beans with vegetables
Fte. De Merluza en salsa verde / baked hake in sauce	Magro guisado con cous cous / Pork meat stew with cous cous	Rosti De jamon con lechuga y zanahoria / Turkey rosti with lettuce and carrot	Albondigas guisadas con tomate y patata / Meatballs stew with potatoes	Bacalao horno lechuga / Baked cod with lettuce
Yogur, pan integral / Yoghurt, bread	Fruta y leche, pan / Fruit and milk, bread	Fruta y leche, pan integral / Fruit and milk, bread	Fruta y leche, pan / Fruit and milk, bread	Fruta y leche, pan / Fruit and milk, bread
9	10	11	12	13
coliflor rehogada / sauted cauliflower	Lentejas ecologicas con patata y zanahoria / bio Stew lentils with potato and carrot	Crema de zanahoria / Cream of carrot soup	FESTIVO	NO LECTIVO
Cinta de lomo plancha con champiñón salteado / Grilled ork loin with salad	Lenguadina con lechuga y maiz / grilled sole with salad	Escalope de pollo con patatas / Breaded chicken with potatoes		
Yogur, pan integral / Yoghurt, bread	Fruta y leche, pan / Fruit and milk, bread	Fruta y leche, pan integral / Fruit and milk, bread		
16	17	18	19	20
Arroz de pollo / Chicken rice	Judías pintas con verduras / Pinto beans with vegetables	Judías verdes salteadas con jamón / Sauted Green Beans with ham	Espaguetis sin huevo boloñesa / Bolognesse spagetti	Sopa de Cocido sin huevo / Cocido Soup
Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad	Rosti con ensalada / Rosti with salad	Pavo estofado con arroz / Turkey stew with rice	Bacalao con ensalada / baked Cod with salad	Cocido Completo / Chickpeas, Meat and Cabbage Stew
Yogur, pan integral / Yoghurt, bread	Fruta y leche, pan / Fruit and milk, bread	Fruta y leche, pan integral / Fruit and milk, bread	Manza ecologica leche, pan / bio apple and milk, bread	Fruta y leche, pan / Fruit and milk, bread
23	24	25	26	27
Arroz con tomate / Rice in tomato sauce	Lentejas jardinera / Lentils stew with vegetables	Brocoli salteado con jamon / Sauted brocoli with ham	Crema de zanahoria y puerro / Carrot, potato and leek puree	Macarrones sin huevo al ajillo / Macaronni in sauce
Rosti de patata con ensalada mixta / Potato rosti with salad	Salmón al horno con patata cocida/ Baked salmon with potatoes	Pollo chilindron con cous cous / Chicken strew with cous cous	Lacon gallega con patata cocida / Baked ham with boiled potato	Ventresca de merluza con calabacin dado / Bked hake with sauted courgette
Yogur, pan integral / Yoghurt, bread	Fruta y leche, pan / Fruit and milk, bread	Fruta y leche, pan integral / Fruit and milk, bread	Fruta y leche, pan / Fruit and milk, bread	Fruta y leche, pan / Fruit and milk, bread
30	31			
Judias verdes salteadas con pavo / Sauted green beans ADO: soja	Espaguetis sin huevo terrorificos / Terrifying spagetti			
Rosti con ensalada / Rosti with salad	Dedos sangrientos / Bloody fingers			
Yogur, pan integral / Yoghurt, bread	Fruta y leche, pan / Fruit and milk, bread			



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBRE MENU SIN LECHE OCTOBER WITHOUT MILK MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
2	3	4	5	6
Arroz ecologico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / baked hake in sauce Postre apto, pan integral / suitable dessert, bread	Menestra de verdura salteada / sauted vegetables Magro guisado con cous cous / Pork meat stew with cous cous Fruta y pan / Fruit and bread	Espaguetis con salsa de tomate / Spagetti with Tomato Sauce Tortilla De jamon con lechuga y zanahoria / Turkey Omelette with lettuce and carrot Fruta , pan integral / Fruit , bread	Crema de calabacin / Cream of courgette Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y pan / Fruit and bread	Judías blancas estofadas/ Stew white beans with vegetables Bacalao horno lechuga / Baked cod with lettuce Fruta y pan / Fruit and bread
9	10	11	12	13
coliflor rehogada / sauted cauliflower Cinta de lomo plancha con champiñón salteado / Grilled ork loin with salad Postre apto, pan integral / suitable dessert, bread	Lentejas ecologicas con patata y zanahoria / bio Stew lentils with potato and carrot Lenguadina con lechuga y maiz / grilled sole with salad Fruta y pan / Fruit and bread	Crema de zanahoria / Cream of carrot soup Escalope de pollo con patatas / Breaded chicken with potatoes Fruta , pan integral / Fruit , bread	FESTIVO	NO LECTIVO
16	17	18	19	20
Fideua de pollo / Chicken fideua Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad Postre apto, pan integral / suitable dessert, bread	Judías pintas con verduras / Pinto beans with vegetables Huevos cocidos con ensalada / Boiled eggs with salad Fruta y pan / Fruit and bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pavo estofado con arroz / Turkey stew with rice Fruta , pan integral / Fruit , bread	Espaguetis integrales boloñesa / Bolognesse spagetti Bacalao rebozado con ensalada / Battered cod with salad Manza ecologica , pan / bio apple , bread	Sopa de Cocido / Cocido Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y pan / Fruit and bread
23	24	25	26	27
Arroz con tomate / Rice in tomato sauce Tortilla de patata con ensalada mixta / Potato omelete with salad Postre apto, pan integral / suitable dessert, bread	Lentejas jardinera / Lentils stew with vegetables Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y pan / Fruit and bread	Brocoli salteado con jamon / Sauted brocoli with ham Pollo chilindron con cous cous / Chicken strew with cous cous Fruta , pan integral / Fruit , bread	Crema de zanahoria y puerro / Carrot, potato and leek puree Lacon gallega con patata cocida / Baked ham with boiled potato Fruta y pan / Fruit and bread	Macarrones integrales al ajillo / Macaronni in sauce Ventresca de merluza con calabacin dado / Bked hake with sauted courgette Fruta y pan / Fruit and bread
30	31			
Judias verdes salteadas con pavo / Sauted green beans ADO: soja Huevos cocidos con ensalada / Boiled eggs with salad Postre apto, pan integral / suitable dessert, bread	Espaguetis terrorificos / Terrifying spaghetti Dedos sangrientos / Bloody fingers Fruta y pan / Fruit and bread			



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBRE MENU SIN LECHE NI HUEVO OCTOBER WITHOUT MILK AND EGG MENU

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
2	3	4	5	6
Arroz ecologico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / baked hake in sauce Postre apto, pan integral / suitable dessert, bread	Menestra de verdura salteada / sauted vegetables Magro guisado con cous cous / Pork meat stew with cous cous Fruta y pan / Fruit and bread	Espaguetis sin huevo con salsa de tomate / Spagetti with Tomato Sauce Rosti De jamon con lechuga y zanahoria / Turkey rosti with lettuce and carrot Fruta y pan integral / Fruit and bread	Crema de calabacin / Cream of courgette Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y pan / Fruit and bread	Judías blancas estofadas/ Stew white beans with vegetables Bacalao horno lechuga / Baked cod with lettuce Fruta y pan / Fruit and bread
9	10	11	12	13
coliflor rehogada / sauted cauliflower Cinta de lomo plancha con champiñón salteado / Grilled ork loin with salad Postre apto, pan integral / suitable dessert, bread	Lentejas ecologicas con patata y zanahoria / bio Stew lentils with potato and carrot Lenguadina con lechuga y maiz / grilled sole with salad Fruta y pan / Fruit and bread	Crema de zanahoria / Cream of carrot soup Escalope de pollo con patatas / Breaded chicken with potatoes Fruta y pan integral / Fruit and bread	FESTIVO	NO LECTIVO
16	17	18	19	20
Arroz de pollo / Chicken rice Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad Postre apto, pan integral / suitable dessert, bread	Judías pintas con verduras / Pinto beans with vegetables Rosti con ensalada / Rosti with salad Fruta y pan / Fruit and bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pavo estofado con arroz / Turkey stew with rice Fruta y pan integral / Fruit and bread	Espaguetis sin huevo boloñesa / Bolognesse spagetti Bacalao con ensalada / baked Cod with salad Manza ecologica pan / bio apple and bread	Sopa de Cocido sin huevo / Cocido Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y pan / Fruit and bread
23	24	25	26	27
Arroz con tomate / Rice in tomato sauce Rosti de patata con ensalada mixta / Potato rosti with salad Postre apto, pan integral / suitable dessert, bread	Lentejas jardinera / Lentils stew with vegetables Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y pan / Fruit and bread	Brocoli salteado con jamon / Sauted brocoli with ham Pollo chilindron con cous cous / Chicken strew with cous cous Fruta y pan integral / Fruit and bread	Crema de zanahoria y puerro / Carrot, potato and leek puree Lacon gallega con patata cocida / Baked ham with boiled potato Fruta y pan / Fruit and bread	Macarrones sin huevo al ajillo / Macaronni in sauce Ventresca de merluza con calabacin dado / Bked hake with sauted courgette Fruta y pan / Fruit and bread
30	31			
Judias verdes salteadas con pavo / Sauted green beans ADO: soja Rosti con ensalada / Rosti with salad Postre apto, pan integral / suitable dessert, bread	Espaguetis sin huevo terrorificos / Terrifying spagetti Dedos sangrientos / Bloody fingers Fruta y pan / Fruit and bread			



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBRE MENU SIN LECHE, BERNJENA Y TOMATE NATURAL OCTOBER WITHOUT MILK, EGGPLANT AND TOMATO

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
2	3	4	5	6
Arroz ecologico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / baked hake in sauce Postre apto, pan integral / suitable dessert, bread	Menestra de verdura salteada / sauted vegetables Magro guisado con cous cous / Pork meat stew with cous cous Fruta y pan / Fruit and bread	Espaguetis con salsa de tomate / Spagetti with Tomato Sauce Tortilla De jamon con lechuga y zanahoria / Turkey Omelette with lettuce and carrot Fruta , pan integral / Fruit , bread	Crema de calabacin / Cream of courgette Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y pan / Fruit and bread	Judías blancas estofadas/ Stew white beans with vegetables Bacalao horno lechuga / Baked cod with lettuce Fruta y pan / Fruit and bread
9	10	11	12	13
coliflor rehogada / sauted cauliflower Cinta de lomo plancha con champiñon salteado / Grilled ork loin with salad Postre apto, pan integral / suitable dessert, bread	Lentejas ecologicas con patata y zanahoria / bio Stew lentils with potato and carrot Lenguadina con lechuga y maiz / grilled sole with salad Fruta y pan / Fruit and bread	Crema de zanahoria / Cream of carrot soup Escalope de pollo con patatas / Breaded chicken with potatoes Fruta , pan integral / Fruit , bread	FESTIVO	NO LECTIVO
16	17	18	19	20
Fideua de pollo / Chicken fideua Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad Postre apto, pan integral / suitable dessert, bread	Judías pintas con verduras / Pinto beans with vegetables Huevos cocidos con ensalada / Boiled eggs with salad Fruta y pan / Fruit and bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pavo estofado con arroz / Turkey stew with rice Fruta , pan integral / Fruit , bread	Espaguetis integrales boloñesa / Bolognesse spagetti Bacalao rebozado con ensalada / Battered cod with salad Manza ecologica , pan / bio apple , bread	Sopa de Cocido / Cocido Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y pan / Fruit and bread
23	24	25	26	27
Arroz con tomate / Rice in tomato sauce Tortilla de patata con ensalada mixta / Potato omelete with salad Postre apto, pan integral / suitable dessert, bread	Lentejas jardinera / Lentils stew with vegetables Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y pan / Fruit and bread	Brocoli salteado con jamon / Sauted brocoli with ham Pollo chilindron con cous cous / Chicken strew with cous cous Fruta , pan integral / Fruit , bread	Crema de zanahoria y puerro / Carrot, potato and leek puree Lacon gallega con patata cocida / Baked ham with boiled potato Fruta y pan / Fruit and bread	Macarrones integrales al ajillo / Macaronni in sauce Ventresca de merluza con calabacin dado / Bked hake with sauted courgette Fruta y pan / Fruit and bread
30	31			
Judias verdes salteadas con pavo / Sauted green beans ADO: soja Huevos cocidos con ensalada / Boiled eggs with salad Postre apto, pan integral / suitable dessert, bread	Espaguetis terrorificos / Terrifying spaghetti Dedos sangrientos / Bloody fingers Fruta y pan / Fruit and bread			



ARTESANIA GASTRONOMICA ALCARREÑA

OCTUBRE MENU SIN LEGUMBRE (si j. verde y blanca)

OCTOBER WITHOUT LEGUMES

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
2	3	4	5	6
Arroz ecológico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / baked hake in sauce Yogur, pan integral / Yoghurt, bread	Menestra de verdura salteada / sauted vegetables Magro guisado con cous cous / Pork meat stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Espaguetis con salsa de tomate / Spagetti with Tomato Sauce Tortilla De jamon con lechuga y zanahoria / Turkey Omelette with lettuce and carrot Fruta y leche, pan integral / Fruit and milk, bread	Crema de calabacin / Cream of courgette Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas estofadas/ Stew white beans with vegetables Bacalao horno lechuga / Baked cod with lettuce Fruta y leche, pan / Fruit and milk, bread
9	10	11	12	13
Coliflor rebozada / Battered cauliflower Cinta de lomo plancha con champiñón salteado / Grilled ork loin with salad Yogur, pan integral / Yoghurt, bread	Arroz blanco con tomate /rice in toamto sauce Lenguadina con lechuga y maiz / grilled sole with salad Fruta y leche, pan / Fruit and milk, bread	Crema de zanahoria / Cream of carrot soup Escalope de pollo con patatas / Breaded chicken with potatoes Fruta y leche, pan integral / Fruit and milk, bread	FESTIVO	NO LECTIVO
16	17	18	19	20
Fideua de pollo / Chicken fideua Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad Yogur, pan integral / Yoghurt, bread	verduras estofadas / Vegetbles stew Huevos villarroy con ensalada / Villaroy eggs with salad Fruta y leche, pan / Fruit and milk, bread	Judías verdes salteadas con jamón / Sauteed Green Beans with ham Pavo estofado con arroz / Turkey stew with rice Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis integrales boloñesa / Bolognesse spagetti Bacalao rebozado con ensalada / Battered cod with salad Manza ecologica leche, pan / bio apple and milk, bread	Sopa de Cocido / Cocido Soup Cocido sin garbanzo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
23	24	25	26	27
Arroz con tomate / Rice in tomato sauce Tortilla de patata con ensalada mixta / Potato omelete with salad Yogur, pan integral / Yoghurt, bread	champiñón salteado / Sauteed mushrooms Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Brocoli salteado con jamon / Sauteed brocoli with ham Pollo chilindron con cous cous / Chicken strew with cous cous Fruta y leche, pan integral / Fruit and milk, bread	Crema de zanahoria y puerro / Carrot, potato and leek puree Lacon gallega con patata cocida / Baked ham with boiled potato Fruta y leche, pan / Fruit and milk, bread	Macarrones integrales al ajillo / Macaronni in sauce Ventresca de merluza con calabacin dado / Bked hake with sauted courgette Fruta y leche, pan / Fruit and milk, bread
30	31			
Judías verdes salteadas con pavo / Sauteed green beans ADO: soja Huevos villarroy con ensalada / Villaroy eggs with salad Yogur, pan integral / Yoghurt, bread	Espaguetis terrorificos / Terrifying spaghetti Dedos sangrientos / Bloody fingers Fruta y leche, pan / Fruit and milk, bread			



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBER MENU SIN LECHE,SOJA,HUEVO,F. SECO, CRUSTACEOS Y MOLUSCOS, LEGUMBRE(si j. blanca y verde), APIO NI MOSTAZA

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
2	3	4	5	6
Arroz ecologico con pollo / Bio Rice with chicken	Menestra de verdura salteada / sauted vegetables	Espaguetis sin huevo con salsa de tomate / Spagetti with Tomato Sauce	Crema de calabacin / Cream of courgette	Judías blancas estofadas/ Stew white beans with vegetables
Fte. De Merluza en salsa verde / baked hake in sauce	Magro guisado con cous cous / Pork meat stew with cous cous	Rosti con lechuga y zanahoria / Rosti with lettuce and carrot	Albondigas guisadas con tomate y patata / Meatballs stew with potatoes	Bacalao horno lechuga / Baked cod with lettuce
Postre apto, pan integral / suitable dessert, bread	Fruta y pan / Fruit and bread	Fruta , pan integral / Fruit , bread	Fruta y pan / Fruit and bread	Fruta y pan / Fruit and bread
9	10	11	12	13
Coliflor rebozada / Battered cauliflower	Arroz blanco con tomate /rice in tomato sauce	Crema de zanahoria / Cream of carrot soup	FESTIVO	NO LECTIVO
Cinta de lomo plancha con champiñón salteado / Grilled ork loin with salad	Lenguadina con lechuga y maiz / grilled sole with salad	Escalope de pollo con patatas / Breaded chicken with potatoes		
Postre apto, pan integral / suitable dessert, bread	Fruta y pan / Fruit and bread	Fruta , pan integral / Fruit , bread		
16	17	18	19	20
Arroz de pollo / Chicken rice	verduras estofadas / Vegetables stew	Judías verdes salteadas / Sauted Green Beans	Espaguetis sin huevo boloñesa / Bolognese spaghetti	Sopa de Cocido sin huevo/ Cocido Soup
Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad	Rosti con ensalada / Rosti with salad	Pavo estofado con arroz / Turkey stew with rice	Bacalao rebozado con ensalada / Battered cod with salad	Cocido sin garbanzo / Chickpeas, Meat and Cabbage Stew
Postre apto, pan integral / suitable dessert, bread	Fruta y pan / Fruit and bread	Fruta , pan integral / Fruit , bread	Fruta y pan / Fruit and bread	Fruta y pan / Fruit and bread
23	24	25	26	27
Arroz con tomate / Rice in tomato sauce	champiñón salteado / Sauted mushrooms	Brocoli salteado con jamon / Sauted brocoli with ham	Crema de zanahoria y puerro / Carrot, potato and leek puree	Macarrones integrales al ajillo / Macaronni in sauce
Rosti de patata con ensalada mixta / Potato rosti with salad	Salmón al horno con patata cocida/ Baked salmon with potatoes	Pollo chilindron con cous cous / Chicken stew with cous cous	Lacon gallega con patata cocida / Baked ham with boiled potato	Ventresca de merluza con calabacin dado / Baked hake with sauted courgette
Postre apto, pan integral / suitable dessert, bread	Fruta y pan / Fruit and bread	Fruta , pan integral / Fruit , bread	Fruta y pan / Fruit and bread	Fruta y pan / Fruit and bread
30	31			
Judias verdes salteadas / Sauted green beans	Espaguetis sin huevo terrorificos / Terrifying spaghetti			
Rosti con ensalada / Rosti with salad	Dedos sangrientos / Bloody fingers			
Postre apto, pan integral / suitable dessert, bread	Fruta y pan / Fruit and bread			



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBRE MENU SIN PESCADO NI MARISCO OCTOBER WITHOUT FISH AND SELLFISH MENU

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
2	3	4	5	6
Arroz ecologico con pollo / Bio Rice with chicken Salchichas con ensalada / Sausages with salad Yogur, pan integral / Yoghurt, bread	Menestra de verdura salteada / sauted vegetables Magro guisado con cous cous / Pork meat stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Espaguetis con salsa de tomate / Spagetti with Tomate Sauce Tortilla De jamon con lechuga y zanahoria / Turkey Omelette with lettuce and carrot Fruta y leche, pan integral / Fruit and milk, bread	Crema de calabacin / Cream of courgette Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas estofadas/ Stew white beans with vegetables Pollo horno lechuga / Baked chicken with lettuce Fruta y leche, pan / Fruit and milk, bread
9	10	11	12	13
coliflor rehogada / sauted cauliflower Cinta de lomo plancha con champiñon salteado / Grilled ork loin with salad Yogur, pan integral / Yoghurt, bread	Lentejas ecologicas con patata y zanahoria / bio Stew lentils with potato and carrot Lacon con lechuga y maiz / Baked hams with salad Fruta y leche, pan / Fruit and milk, bread	Crema de zanahoria / Cream of carrot soup Escalope de pollo con patatas / Breaded chicken with potatoes Fruta y leche, pan integral / Fruit and milk, bread	FESTIVO	NO LECTIVO
16	17	18	19	20
Fideua de pollo / Chicken fideua Salchichas de pavo con tomate / Turkey Sausages with tomato Yogur, pan integral / Yoghurt, bread	Judías pintas con verduras / Pinto beans with vegetables Huevos villarroy con ensalada / Villaroy eggs with salad Fruta y leche, pan / Fruit and milk, bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pavo estofado con arroz / Turkey stew with rice Fruta y leche, pan integral / Fruit and milk, bread	Espagetis integrales boloñesa / Bolognesse spagetti Lomo con ensalada / grilled pork loin with salad Manza ecologica leche, pan / bio apple and milk, bread	Sopa de Cocido / Cocido Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
23	24	25	26	27
Arroz con tomate / Rice in tomato sauce Tortilla de patata con ensalada mixta / Potato omelete with salad Yogur, pan integral / Yoghurt, bread	Lentejas jardinera / Lentils stew with vegetables Hamburguesa al horno con patata cocida/ Baked burger with potatoes Fruta y leche, pan / Fruit and milk, bread	Brocoli salteado con jamon / Sauted brocoli with ham Pollo chilindron con cous cous / Chicken strew with cous cous Fruta y leche, pan integral / Fruit and milk, bread	Crema de zanahoria y puerro / Carrot, potato and leek puree Lacon gallega con patata cocida / Baked ham with boiled potato Fruta y leche, pan / Fruit and milk, bread	Macarrones integrales al ajillo / Macaronni in sauce Lomo plancha con calabacin dado / Grilled pork loin with sauted courgette Fruta y leche, pan / Fruit and milk, bread
30	31			
Judias verdes salteadas con pavo / Sauted green beans ADO: soja Huevos villarroy con ensalada / Villaroy eggs with salad Yogur, pan integral / Yoghurt, bread	Espaguetis terrorificos / Terrifying spaghetti Dedos sangrientos / Bloody fingers Fruta y leche, pan / Fruit and milk, bread			



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBRE MENU SIN SAL NI PROCESADOS OCTOBER WITHOUT SALT MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
2	3	4	5	6
Arroz ecológico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / baked hake in sauce Yogur, pan integral / Yoghurt, bread	Menestra de verdura salteada / sauted vegetables Magro guisado con cous cous / Pork meat stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Espaguetis con salsa de tomate / Spagetti with Tomato Sauce Tortilla De jamon con lechuga y zanahoria / Turkey Omelette with lettuce and carrot Fruta y leche, pan integral / Fruit and milk, bread	Crema de calabacin / Cream of courgette Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas estofadas/ Stew white beans with vegetables Bacalao horno lechuga / Baked cod with lettuce Fruta y leche, pan / Fruit and milk, bread
9	10	11	12	13
coliflor rehogada / sauted cauliflower Cinta de lomo plancha con champiñón salteado / Grilled ork loin with salad Yogur, pan integral / Yoghurt, bread	Lentejas ecológicas con patata y zanahoria / bio Stew lentils with potato and carrot Lenguadina con lechuga y maíz / grilled sole with salad Fruta y leche, pan / Fruit and milk, bread	Crema de zanahoria / Cream of carrot soup Escalope de pollo con patatas / Breaded chicken with potatoes Fruta y leche, pan integral / Fruit and milk, bread	FESTIVO	NO LECTIVO
16	17	18	19	20
Fideua de pollo / Chicken fideua Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad Yogur, pan integral / Yoghurt, bread	Judías pintas con verduras / Pinto beans with vegetables Huevos cocidos con ensalada / Boiled eggs with salad Fruta y leche, pan / Fruit and milk, bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pavo estofado con arroz / Turkey stew with rice Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis integrales boloñesa / Bolognesse spaghetti Bacalao rebozado con ensalada / Battered cod with salad Manza ecológica leche, pan / bio apple and milk, bread	Sopa de Cocido / Cocido Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
23	24	25	26	27
Arroz con tomate / Rice in tomato sauce Tortilla de patata con ensalada mixta / Potato omelette with salad Yogur, pan integral / Yoghurt, bread	Lentejas jardinera / Lentils stew with vegetables Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Brocoli salteado con jamon / Sauted broccoli with ham Pollo chilindron con cous cous / Chicken stew with cous cous Fruta y leche, pan integral / Fruit and milk, bread	Crema de zanahoria y puerro / Carrot, potato and leek puree Lacon gallega con patata cocida / Baked ham with boiled potato Fruta y leche, pan / Fruit and milk, bread	Macarrones integrales al ajillo / Macaronni in sauce Ventresca de merluza con calabacin dado / Baked hake with sauted courgette Fruta y leche, pan / Fruit and milk, bread
30	31			
Judías verdes salteadas con pavo / Sauted green beans ADO: soja Huevos cocidos con ensalada / Boiled eggs with salad Yogur, pan integral / Yoghurt, bread	Espaguetis terroríficos / Terrifying spaghetti Dedos sangrientos / Bloody fingers Fruta y leche, pan / Fruit and milk, bread			



ARTESANIA GASTRONOMICA ALCARREÑA

OCTUBRE MENU VEGANO

2	3	4	5	6
Arroz ecologico / Bio Rice	Menestra de verdura salteada / sauted vegetables	Espaguetis con salsa de tomate / Spagetti with Tomate Sauce	Crema de calabacin / Cream of courgette	Judías blancas estofadas/ Stew white beans with vegetables
Guisantes rehogados / Sauted peas	cous cous salteado/ Sauted cous cous	Rosti con lechuga y zanahoria / Rosti with lettuce and carrot	hamburguesa vegetal / Vegetal burger	Judias verdes asalteadas
Yogur, pan integral / Yoghurt, bread	Fruta y leche, pan / Fruit and milk, bread	Fruta y leche, pan integral / Fruit and milk, bread	Fruta y leche, pan / Fruit and milk, bread	Fruta y leche, pan / Fruit and milk, bread
9	10	11	12	13
coliflor rehogada / sauted cauliflower	Lentejas ecologicas con patata y zanahoria / bio Stew lentils with potato and carrot	Crema de zanahoria / Cream of carrot soup		
champiñon salteado / Sauted mushrooms	Berenjena plancha / Grilled eggplant	tofu plancha con patatas / çgrilled tofu with potatoes	FESTIVO	NO LECTIVO
Yogur, pan integral / Yoghurt, bread	Fruta y leche, pan / Fruit and milk, bread	Fruta y leche, pan integral / Fruit and milk, bread		
16	17	18	19	20
Fideua de verdura / Vegetables fideua	Judías pintas con verduras / Pinto beans with vegetables	Judías verdes salteadas / Sauted Green Beans	Espagetis integrales con tomate / spaghetti in tomato sauce	Sopa de fideos / Noodle soup
Acelgas rehogadas	Rosti con lechuga y zanahoria / Rosti with lettuce and carrot	hamburguesa vegetal / Vegetal burger	espinacas salteadas	repollo y zanahoria
Yogur, pan integral / Yoghurt, bread	Fruta y leche, pan / Fruit and milk, bread	Fruta y leche, pan integral / Fruit and milk, bread	Manza ecologica leche, pan / bio apple and milk, bread	Fruta y leche, pan / Fruit and milk, bread
23	24	25	26	27
Arroz con tomate / Rice in tomato sauce	Lentejas jardinera / Lentils stew with vegetables	Brocoli salteado / Sauted brocoli	Crema de zanahoria y puerro / Carrot, potato and leek puree	Macarrones integrales al ajillo / Macaronni in sauce
Rosti con lechuga y zanahoria / Rosti with lettuce and carrot	hamburguesa vegetal / Vegetal burger	cous cous salteado/ Sauted cous cous	tofu plancha	calabacin salteado / sauted courgette
Yogur, pan integral / Yoghurt, bread	Fruta y leche, pan / Fruit and milk, bread	Fruta y leche, pan integral / Fruit and milk, bread	Fruta y leche, pan / Fruit and milk, bread	Fruta y leche, pan / Fruit and milk, bread
30	31			
Judías verdes salteadas / Sauted green beans	Espaguetis terrorificos / Terrifying spaghetti			
Rosti con lechuga y zanahoria / Rosti with lettuce and carrot	hamburguesa vegetal / Vegetal burger			
Yogur, pan integral / Yoghurt, bread	Fruta y leche, pan / Fruit and milk, bread			



ARTESANIA GASTRONOMICA ALCARREÑA

OCTUBRE MENU SIN CARNE, LACTEOS, NO FRITOS, AZUCARES NI SALSAS INDUSTRIALES

2	3	4	5	6
Arroz ecologico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / baked hake in sauce Yogur, pan integral / Yoghurt, bread	Menestra de verdura salteada / sauted vegetables cous cous salteado/ Sauted cous cous Fruta y leche, pan / Fruit and milk, bread	Espaguetis con salsa de tomate / Spagetti with Tomato Sauce Tortilla con lechuga y zanahoria / Omelette with lettuce and carrot Fruta y leche, pan integral / Fruit and milk, bread	Crema de calabacin / Cream of courgette hamburguesa vegetal / Vegetal burger Fruta y leche, pan / Fruit and milk, bread	Judías blancas estofadas/ Stew white beans with vegetables Bacalao horno lechuga / Baked cod with lettuce Fruta y leche, pan / Fruit and milk, bread
9	10	11	12	13
coliflor rehogada / sauted cauliflower champiñón salteado / Sauted mushrooms Yogur, pan integral / Yoghurt, bread	Lentejas ecologicas con patata y zanahoria / bio Stew lentils with potato and carrot Lenguadina con lechuga y maiz / grilled sole with salad Fruta y leche, pan / Fruit and milk, bread	Crema de zanahoria / Cream of carrot soup tofu plancha con patatas / çgrilled tofu with potatoes Fruta y leche, pan integral / Fruit and milk, bread	FESTIVO	NO LECTIVO
16	17	18	19	20
Fideua de verdura / Vegetables fideua Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad Yogur, pan integral / Yoghurt, bread	Judías pintas con verduras / Pinto beans with vegetables Huevos cocidos con ensalada / Boiled eggs with salad Fruta y leche, pan / Fruit and milk, bread	Judías verdes salteadas / Sauted Green Beans hamburguesa vegetal / Vegetal burger Fruta y leche, pan integral / Fruit and milk, bread	Espagetis integrales con tomate / spaghetti in tomato sauce Bacalao horno con ensalada / Battered cod with salad Manza ecologica leche, pan / bio apple and milk, bread	Sopa de fideos / Noodle soup repollo y zanahoria Fruta y leche, pan / Fruit and milk, bread
23	24	25	26	27
Arroz con tomate / Rice in tomato sauce Tortilla de patata con ensalada mixta / Potato omelete with salad Yogur, pan integral / Yoghurt, bread	Lentejas jardinera / Lentils stew with vegetables Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Brocoli salteado/ Sauted brocoli cous cous salteado/ Sauted cous cous Fruta y leche, pan integral / Fruit and milk, bread	Crema de zanahoria y puerro / Carrot, potato and leek puree tofu plancha Fruta y leche, pan / Fruit and milk, bread	Macarrones integrales al ajillo / Macaronni in sauce Ventresca de merluza con calabacin dado / Bked hake with sauted courgette Fruta y leche, pan / Fruit and milk, bread
30	31			
Judías verdes salteadas / Sauted green beans Huevos cocidos con ensalada / Boiled eggs with salad Yogur, pan integral / Yoghurt, bread	Espaguetis terrorificos / Terrifying spaghetti hamburguesa vegetal / Vegetal burger Fruta y leche, pan / Fruit and milk, bread			