



ARTESANIA GASTRONOMICA ALCARREÑA



ABRIL MENU SIN HUEVO LECHE , PESCADO NI FRUTO SECO APRIL WITHOUT EGG, MILK , FISH AND NUTS MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
5	6	7	8	9
NO LECTIVO	Pasta sin huevo con tomate / Pasta in tomato sauce Lomo con zanahoria baby / Grilled pork loin with carrot Postre apto / Suitable dessert	Guisantes salteados con jamon / Sauted peas with ham Rosti de patata con ensalada mixta / Potato rosti with salad Fruta, pan / fruit, bread	Lentejas guisadas con verduras / lentils stew with vegetables Albóndigas jardinera con cous cous / Meatballs stew with cous cous Fruta, pan / fruit, bread	Arroz con tomate / Rice in tomato sauce Pollo con verduras asadas/ Baked chicken with vegetables Fruta, pan / fruit, bread
12	13	14	15	16
Judias blancas guisadas con verduras / Beans stew with vegetables Rosti con zanahorial rallada / Rosti with carrot Postre apto / Suitable dessert	paella carne / meat paella Salchichas horno con calabaza asada / Baked sausages with pumpkin Fruta, pan / fruit, bread	Brocoli salteado con pavo / Sauted brocoli with turkey Pollo estofado con arroz integral/ Chicken stew with rice Fruta, pan / fruit, bread	Crema de puerro y zanahoria / Carrot and lek cream Sajinia con patata vapor / Baked sajiniawith potatoes Fruta, pan / fruit, bread	Sopa de Cocido sin huevo / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, pan / fruit, bread
19	20	21	22	23
Lentejas con zanahoria y puerro / Lentils stew with vegetables Cinta de lomo con champiñon salteado / Grilled pork loin with mushrooms Gelatina / Jelly	Espaguetis sin huevo con pavo / Spagetti in tomato sauce with turkey Hamburguesa con lechuga zanahoria y aceitunas / Grilled burger with salad Fruta, pan / fruit, bread	Menestra de verdura / Vegetables stew Escalope de pollo con patatas / Breaded chicken with potatoes Fruta, pan / fruit, bread	paella con pollo y verduras / Chicken and vegetable paella Lacón horno con pisto / Baked ham with pisto Fruta, pan / fruit, bread	Judias pintas estofadas / pinto beans stew Rosti de patata con ensalada mixta / Potato Rosti with salad Fruta, pan / fruit, bread
26	27	28	29	30
Arroz pollo / meat rice Filete de pollo con ensalada mixta / Battered chicken with salad Postre apto / Suitable dessert	Calabacín rehogado / Sauted courgette Lomo al ajillo con puré de patata / Grilled Pork Loin with garlic and Potato puree Fruta, pan / fruit, bread	Lentejas con arroz / Lentils stew with rice Rosti con pisto / Rosti with pisto Fruta, pan / fruit, bread	Puré de verdura / Vegetables Puree Hamburguesa con patatas / Grilled burger with chips Fruta, pan / fruit, bread	Tallarines sin huevo con chorizo / Spagetti with chorizo pavo plancha con ensalada / Baked turkey with salad Fruta, pan / fruit, bread



ARTESANIA GASTRONOMICA ALCARREÑA



ABRIL MENU SIN HUEVO APRIL WITHOUT EGG MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
5	6	7	8	9
NO LECTIVO	Pasta sin huevo con tomate / Pasta in tomato sauce Limanda rebozada sin huevo con zanahoria baby / Breaded limanda with carrot Yogurt / Yoghurt	Guisantes salteados con jamon / Sauted peas with ham Rosti de patata con ensalada mixta / Rosti with salad Fruta, leche, pan / fruit, milk, bread	Lentejas guisadas con verduras / lentils stew with vegetables Albóndigas jardinera con cous cous / Meatballs stew with cous cous Fruta, leche, pan / fruit, milk, bread	Arroz con tomate / Rice in tomato sauce Pescadilla al horno con verduras asadas/ Baked hake with vegetables Fruta, leche, pan / fruit, milk, bread
12	13	14	15	16
Judias blancas guisadas con verduras / Beans stew with vegetables Rosti con zanahorial rallada / Rosti with carrot Fruta, leche, pan / fruit, milk, bread	paella mixta / Fish and meat paella Bacalao horno con calabaza asada / Baked cod with pumpkin Fruta, leche, pan / fruit, milk, bread	Brocoli salteado con pavo / Sauted brocoli with turkey Pollo estofado con arroz integral/ Chicken stew with rice Yogurt / Yoghurt	Crema de puerro y zanahoria / Carrot and lek cream Merluza a la gallega con patata vapor / Baked hake with potatoes Fruta, leche, pan / fruit, milk, bread	Sopa de Cocido sin huevo / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, leche, pan / fruit, milk, bread
19	20	21	22	23
Lentejas con zanahoria y puerro / Lentils stew with vegetables Cinta de lomo con champiñon salteado / Grilled pork loin with mushrooms Gelatina / Jelly	Espaguetis sin huevo con pavo / Spagetti in tomato sauce with turkey Filete de merluza con lechuga zanahoria y aceitunas / Baked hake with salad Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Escalope de pollo con patatas / Breaded chicken with potatoes Fruta, leche, pan / fruit, milk, bread	paella con pollo y verduras / Chicken and vegetable paella Limanda horno con pisto / Baked limanda with pisto Fruta, leche, pan / fruit, milk, bread	Judias pintas estofadas / pinto beans stew Rosti de patata con ensalada mixta / Potato omelette with salad Fruta, leche, pan / fruit, milk, bread
26	27	28	29	30
Paella mixta / Fish and meat paella Filete de merluza con ensalada mixta / grilled hake with salad Yogurt de fruta/ Fruit yoghurt	Calabacín rehogado / Battered courgette Lomo al ajillo con puré de patata / Grilled Pork Loin with garlic and Potato puree Fruta, leche, pan / fruit, milk, bread	Lentejas con arroz / Lentils stew with rice rosti con pisto / rosti with pisto Fruta, leche, pan / fruit, milk, bread	Puré de verdura / Vegetables Puree Hamburguesa con patatas / Grilled burger with chips Fruta, leche, pan / fruit, milk, bread	Tallarines sin huevo con chorizo / Spagetti with chorizo Salmon horno con ensalada / Baked salmon with salad Fruta, leche, pan / fruit, milk, bread



ARTESANIA GASTRONOMICA ALCARREÑA



ABRIL MENU SIN LECHE APRIL WITHOUT MILK MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
5	6	7	8	9
NO LECTIVO	Pasta con tomate / Pasta in tomato sauce Limanda rebozada con zanahoria baby / Breaded limanda with carrot Postre apto / Suitable dessert	Guisantes salteados con jamon / Sauted peas with ham Tortilla de patata con ensalada mixta / Potato omelette with salad Fruta, pan / fruit, bread	Lentejas guisadas con verduras / lentils stew with vegetables Albóndigas jardinera con cous cous / Meatballs stew with cous cous Fruta, pan / fruit, bread	Arroz con tomate / Rice in tomato sauce Pescadilla al horno con verduras asadas/ Baked hake with vegetables Fruta, pan / fruit, bread
12	13	14	15	16
Judias blancas guisadas con verduras / Beans stew with vegetables Huevos cocidos con zanahorial rallada / Villaroy eggs with carrot Postre apto / Suitable dessert	paella mixta / Fish and meat paella Bacalao horno con calabaza asada / Baked cod with pumpkin Fruta, pan / fruit, bread	Brocoli salteado con pavo / Sauted brocoli with turkey Pollo estofado con arroz integral/ Chicken stew with rice Fruta, pan / fruit, bread	Crema de puerro y zanahoria / Carrot and lek cream Merluza a la gallega con patata vapor / Baked hake with potatoes Fruta, pan / fruit, bread	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, pan / fruit, bread
19	20	21	22	23
Lentejas con zanahoria y puerro / Lentils stew with vegetables Cinta de lomo con champiñon salteado / Grilled pork loin with mushrooms Gelatina / Jelly	Espaguetis con pavo / Spagetti in tomato sauce with turkey Filete de merluza con lechuga zanahoria y aceitunas / Baked hake with salad Fruta, pan / fruit, bread	Menestra de verdura / Vegetables stew Escalope de pollo con patatas / Breaded chicken with potatoes Fruta, pan / fruit, bread	paella con pollo y verduras / Chicken and vegetable paella Limanda horno con pisto / Baked limanda with pisto Fruta, pan / fruit, bread	Judias pintas estofadas / pinto beans stew Tortilla de patata con ensalada mixta / Potato omelette with salad Fruta, pan / fruit, bread
26	27	28	29	30
Fideua mixta / Fish and meat fideua Filete de merluza rebozado con ensalada mixta / Battered hake with salad Postre apto / Suitable dessert	Calabacín rebozado / Battered courgette Lomo al ajillo con puré de patata / Grilled Pork Loin with garlic and Potato puree Fruta, pan / fruit, bread	Lentejas con arroz / Lentils stew with rice Huevos rellenos con pisto / Stuffed eggs with pisto Fruta, pan / fruit, bread	Puré de verdura / Vegetables Puree Hamburguesa con patatas / Grilled burger with chips Fruta, pan / fruit, bread	Tallarines con chorizo / Spagetti with chorizo Salmon horno con ensalada / Baked salmon with salad Fruta, pan / fruit, bread



ARTESANIA GASTRONOMICA ALCARREÑA



ABRIL MENU SIN LECHE, NI ANCHOA NI BOQUERON

APRIL WITHOUT MILK MENU AND ANCHOVY MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
5	6	7	8	9
NO LECTIVO	Pasta con tomate / Pasta in tomato sauce Limanda rebozada con zanahoria baby / Breaded limanda with carrot Postre apto / Suitable dessert	Guisantes salteados con jamon / Sauted peas with ham Tortilla de patata con ensalada mixta / Potato omelette with salad Fruta, pan / fruit, bread	Lentejas guisadas con verduras / lentils stew with vegetables Albóndigas jardinera con cous cous / Meatballs stew with cous cous Fruta, pan / fruit, bread	Arroz con tomate / Rice in tomato sauce Pescadilla al horno con verduras asadas/ Baked hake with vegetables Fruta, pan / fruit, bread
12	13	14	15	16
Judias blancas guisadas con verduras / Beans stew with vegetables Huevos cocidos con zanahorial rallada / Villaroy eggs with carrot Postre apto / Suitable dessert	paella mixta / Fish and meat paella Bacalao horno con calabaza asada / Baked cod with pumpkin Fruta, pan / fruit, bread	Brocoli salteado con pavo / Sauted brocoli with turkey Pollo estofado con arroz integral/ Chicken stew with rice Fruta, pan / fruit, bread	Crema de puerro y zanahoria / Carrot and lek cream Merluza a la gallega con patata vapor / Baked hake with potatoes Fruta, pan / fruit, bread	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, pan / fruit, bread
19	20	21	22	23
Lentejas con zanahoria y puerro / Lentils stew with vegetables Cinta de lomo con champiñon salteado / Grilled pork loin with mushrooms Gelatina / Jelly	Espaguetis con pavo / Spagetti in tomato sauce with turkey Filete de merluza con lechuga zanahoria y aceitunas / Baked hake with salad Fruta, pan / fruit, bread	Menestra de verdura / Vegetables stew Escalope de pollo con patatas / Breaded chicken with potatoes Fruta, pan / fruit, bread	paella con pollo y verduras / Chicken and vegetable paella Limanda horno con pisto / Baked limanda with pisto Fruta, pan / fruit, bread	Judias pintas estofadas / pinto beans stew Tortilla de patata con ensalada mixta / Potato omelette with salad Fruta, pan / fruit, bread
26	27	28	29	30
Fideua mixta / Fish and meat fideua Filete de merluza rebozado con ensalada mixta / Breaded hake with salad Postre apto / Suitable dessert	Calabacín rebozado / Battered courgette Lomo al ajillo con puré de patata / Grilled Pork Loin with garlic and Potato puree Fruta, pan / fruit, bread	Lentejas con arroz / Lentils stew with rice Huevos rellenos con pisto / Stuffed eggs with pisto Fruta, pan / fruit, bread	Puré de verdura / Vegetables Puree Hamburguesa con patatas / Grilled burger with chips Fruta, pan / fruit, bread	Tallarines con chorizo / Spagetti with chorizo Salmon horno con ensalada / Baked salmon with salad Fruta, pan / fruit, bread



ARTESANIA GASTRONOMICA ALCARREÑA



ABRIL MENU SIN F. SECO APRIL WITHOUT NUTS MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
5	6	7	8	9
NO LECTIVO	Pasta con tomate / Pasta in tomato sauce Limanda rebozada con zanahoria baby / Breaded limanda with carrot Yogurt / Yoghurt	Guisantes salteados con jamon / Sauted peas with ham Tortilla de patata con ensalada mixta / Potato omelette with salad Fruta, leche, pan / fruit, milk, bread	Lentejas guisadas con verduras / lentils stew with vegetables Albóndigas jardinera con cous cous / Meatballs stew with cous cous Fruta, leche, pan / fruit, milk, bread	Arroz con tomate / Rice in tomato sauce Pescadilla al horno con verduras asadas/ Baked hake with vegetables Fruta, leche, pan / fruit, milk, bread
12	13	14	15	16
Judias blancas guisadas con verduras / Beans stew with vegetables Huevos cocidos con zanahorial rallada / Villaroy eggs with carrot Fruta, leche, pan / fruit, milk, bread	paella mixta / Fish and meat paella Bacalao horno con calabaza asada / Baked cod with pumpkin Fruta, leche, pan / fruit, milk, bread	Brocoli salteado con pavo / Sauted brocoli with turkey Pollo estofado con arroz integral/ Chicken stew with rice Yogurt / Yoghurt	Crema de puerro y zanahoria / Carrot and lek cream Merluza a la gallega con patata vapor / Baked hake with potatoes Fruta, leche, pan / fruit, milk, bread	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, leche, pan / fruit, milk, bread
19	20	21	22	23
Lentejas con zanahoria y puerro / Lentils stew with vegetables Cinta de lomo con champiñon salteado / Grilled pork loin with mushrooms Gelatina / Jelly	Espaguetis con pavo / Spagetti in tomato sauce with turkey Filete de merluza con lechuga zanahoria y aceitunas / Baked hake with salad Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Escalope de pollo con patatas / Breaded chicken with potatoes Fruta, leche, pan / fruit, milk, bread	paella con pollo y verduras / Chicken and vegetable paella Limanda horno con pisto / Baked limanda with pisto Fruta, leche, pan / fruit, milk, bread	Judias pintas estofadas / pinto beans stew Tortilla de patata con ensalada mixta / Potato omelette with salad Fruta, leche, pan / fruit, milk, bread
26	27	28	29	30
Fideua mixta / Fish and meat fideua Filete de merluza rebozado con ensalada mixta / Breaded hake with salad Yogurt de fruta/ Fruit yoghurt	Calabacín rebozado / Battered courgette Lomo al ajillo con puré de patata / Grilled Pork Loin with garlic and Potato puree Fruta, leche, pan / fruit, milk, bread	Lentejas con arroz / Lentils stew with rice Huevos rellenos con pisto / Stuffed eggs with pisto Fruta, leche, pan / fruit, milk, bread	Puré de verdura / Vegetables Puree Hamburguesa con patatas / Grilled burger with chips Fruta, leche, pan / fruit, milk, bread	Tallarines con chorizo / Spagetti with chorizo Salmon horno con ensalada / Baked salmon with salad Fruta, leche, pan / fruit, milk, bread



ARTESANIA GASTRONOMICA ALCARREÑA



ABRIL MENU SIN LENTEJAS, GARBANZOS NI MANDARINA APRIL WITHOUT LENTILS, CHICKPEAS AN MANDARIN MENU

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
5	6	7	8	9
NO LECTIVO	Pasta con tomate / Pasta in tomato sauce Limanda rebozada con zanahoria baby / Breaded limanda with carrot Yogurt / Yoghurt	Guisantes salteados con jamon / Sauted peas with ham Tortilla de patata con ensalada mixta / Potato omelette with salad Fruta, leche, pan / fruit, milk, bread	Ensalada mixta / Mixed salad Albóndigas jardinera con cous cous / Meatballs stew with cous cous Fruta, leche, pan / fruit, milk, bread	Arroz con tomate / Rice in tomato sauce Pescadilla al horno con verduras asadas/ Baked hake with vegetables Fruta, leche, pan / fruit, milk, bread
12	13	14	15	16
Judías blancas guisadas con verduras / Beans stew with vegetables Huevos cocidos con zanahorial rallada / Villaroy eggs with carrot Fruta, leche, pan / fruit, milk, bread	paella mixta / Fish and meat paella Bacalao horno con calabaza asada / Baked cod with pumpkin Fruta, leche, pan / fruit, milk, bread	Brocoli salteado con pavo / Sauted brocoli with turkey Pollo estofado con arroz integral/ Chicken stew with rice Yogurt / Yoghurt	Crema de puerro y zanahoria / Carrot and lek cream Merluza a la gallega con patata vapor / Baked hake with potatoes Fruta, leche, pan / fruit, milk, bread	Sopa de Cocido / Stew Soup Cocido Completo sin garbanzos / Meat and Cabbage Stew Fruta, leche, pan / fruit, milk, bread
19	20	21	22	23
Verdura salteada / sauted vegetables Cinta de lomo con champiñon salteado / Grilled pork loin with mushrooms Gelatina / Jelly	Espaguetis con pavo / Spagetti in tomato sauce with turkey Filete de merluza con lechuga zanahoria y aceitunas / Baked hake with salad Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Escalope de pollo con patatas / Breaded chicken with potatoes Fruta, leche, pan / fruit, milk, bread	paella con pollo y verduras / Chicken and vegetable paella Limanda horno con pisto / Baked limanda with pisto Fruta, leche, pan / fruit, milk, bread	Judías pintas estofadas / pinto beans stew Tortilla de patata con ensalada mixta / Potato omelette with salad Fruta, leche, pan / fruit, milk, bread
26	27	28	29	30
Fideua mixta / Fish and meat fideua Filete de merluza rebozado con ensalada mixta / Battered hake with salad Yogurt de fruta/ Fruit yoghurt	Calabacín rebozado / Battered courgette Lomo al ajillo con puré de patata / Grilled Pork Loin with garlic and Potato puree Fruta, leche, pan / fruit, milk, bread	Arroz salteado / Sauted rice Huevos rellenos con pisto / Stuffed eggs with pisto Fruta, leche, pan / fruit, milk, bread	Puré de verdura / Vegetables Puree Hamburguesa con patatas / Grilled burger with chips Fruta, leche, pan / fruit, milk, bread	Tallarines con chorizo / Spagetti with chorizo Salmon horno con ensalada / Baked salmon with salad Fruta, leche, pan / fruit, milk, bread

La sopa de cocido se elaborara con caldo realizado con carne y pollo aparte, sin contacto con garbanzos



ARTESANIA GASTRONOMICA ALCARREÑA



ABRIL MENU SIN HUEVO NI F. SECOS APRIL WITHOUT EGG AND NUTS MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
5	6	7	8	9
NO LECTIVO	Pasta sin huevo con tomate / Pasta in tomato sauce Limanda rebozada sin huevo con zanahoria baby / Breaded limanda with carrot Yogurt / Yoghurt	Guisantes salteados con jamon / Sauted peas with ham Rosti de patata con ensalada mixta / Rosti with salad Fruta, leche, pan / fruit, milk, bread	Lentejas guisadas con verduras / lentils stew with vegetables Albóndigas jardinera con cous cous / Meatballs stew with cous cous Fruta, leche, pan / fruit, milk, bread	Arroz con tomate / Rice in tomato sauce Pescadilla al horno con verduras asadas/ Baked hake with vegetables Fruta, leche, pan / fruit, milk, bread
12	13	14	15	16
Judias blancas guisadas con verduras / Beans stew with vegetables Rosti con zanahorial rallada / Rosti with carrot Fruta, leche, pan / fruit, milk, bread	paella mixta / Fish and meat paella Bacalao horno con calabaza asada / Baked cod with pumpkin Fruta, leche, pan / fruit, milk, bread	Brocoli salteado con pavo / Sauted brocoli with turkey Pollo estofado con arroz integral/ Chicken stew with rice Yogurt / Yoghurt	Crema de puerro y zanahoria / Carrot and lek cream Merluza a la gallega con patata vapor / Baked hake with potatoes Fruta, leche, pan / fruit, milk, bread	Sopa de Cocido sin huevo / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, leche, pan / fruit, milk, bread
19	20	21	22	23
Lentejas con zanahoria y puerro / Lentils stew with vegetables Cinta de lomo con champiñon salteado / Grilled pork loin with mushrooms Gelatina / Jelly	Espaguetis sin huevo con pavo / Spagetti in tomato sauce with turkey Filete de merluza con lechuga zanahoria y aceitunas / Baked hake with salad Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Escalope de pollo con patatas / Breaded chicken with potatoes Fruta, leche, pan / fruit, milk, bread	paella con pollo y verduras / Chicken and vegetable paella Limanda horno con pisto / Baked limanda with pisto Fruta, leche, pan / fruit, milk, bread	Judias pintas estofadas / pinto beans stew Rosti de patata con ensalada mixta / Potato omelette with salad Fruta, leche, pan / fruit, milk, bread
26	27	28	29	30
Paella mixta / Fish and meat paella Filete de merluza con ensalada mixta / grilled hake with salad Yogurt de fruta/ Fruit yoghurt	Calabacín rehogado / Battered courgette Lomo al ajillo con puré de patata / Grilled Pork Loin with garlic and Potato puree Fruta, leche, pan / fruit, milk, bread	Lentejas con arroz / Lentils stew with rice rosti con pisto / rosti with pisto Fruta, leche, pan / fruit, milk, bread	Puré de verdura / Vegetables Puree Hamburguesa con patatas / Grilled burger with chips Fruta, leche, pan / fruit, milk, bread	Tallarines sin huevo con chorizo / Spagetti with chorizo Salmon horno con ensalada / Baked salmon with salad Fruta, leche, pan / fruit, milk, bread



ARTESANIA GASTRONOMICA ALCARREÑA



ABRIL MENU SIN GLUTEN APRIL WITHOUT GLUTEN MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
5	6	7	8	9
NO LECTIVO	Pasta sin gluten con tomate / Pasta in tomato sauce Limanda rebozada con zanahoria baby / Breaded limanda with carrot Yogurt / Yoghurt	Guisantes salteados con jamon / Sauted peas with ham Tortilla de patata con ensalada mixta / Potato omelette with salad Fruta, leche, pan / fruit, milk, bread	Lentejas guisadas con verduras / lentils stew with vegetables Albóndigas jardinera con arroz / Meatballs stew with rice Fruta, leche, pan / fruit, milk, bread	Arroz con tomate / Rice in tomato sauce Pescadilla al horno con verduras asadas/ Baked hake with vegetables Fruta, leche, pan / fruit, milk, bread
12	13	14	15	16
Judias blancas guisadas con verduras / Beans stew with vegetables Huevos cocidos con zanahorial rallada / Villaroy eggs with carrot Fruta, leche, pan / fruit, milk, bread	paella mixta / Fish and meat paella Bacalao horno con calabaza asada / Baked cod with pumpkin Fruta, leche, pan / fruit, milk, bread	Brocoli salteado con pavo / Sauted brocoli with turkey Pollo estofado con arroz integral/ Chicken stew with rice Yogurt / Yoghurt	Crema de puerro y zanahoria / Carrot and lek cream Merluza a la gallega con patata vapor / Baked hake with potatoes Fruta, leche, pan / fruit, milk, bread	Sopa de Cocido sin gluten / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, leche, pan / fruit, milk, bread
19	20	21	22	23
Lentejas con zanahoria y puerro / Lentils stew with vegetables Cinta de lomo con champiñon salteado / Grilled pork loin with mushrooms Gelatina / Jelly	Espaguetis sin gluten con pavo / Spagetti in tomato sauce with turkey Filete de merluza con lechuga zanahoria y aceitunas / Baked hake with salad Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Escalope de pollo con patatas / Breaded chicken with potatoes Fruta, leche, pan / fruit, milk, bread	paella con pollo y verduras / Chicken and vegetable paella Limanda horno con pisto / Baked limanda with pisto Fruta, leche, pan / fruit, milk, bread	Judias pintas estofadas / pinto beans stew Tortilla de patata con ensalada mixta / Potato omelette with salad Fruta, leche, pan / fruit, milk, bread
26	27	28	29	30
Paella / Paella Filete de merluza rebozado con ensalada mixta / Battered hake with salad Yogurt de fruta/ Fruit yoghurt	Calabacín rebozado / Battered courgette Lomo al ajillo con puré de patata / Grilled Pork Loin with garlic and Potato puree Fruta, leche, pan / fruit, milk, bread	Lentejas con arroz / Lentils stew with rice Huevos rellenos con pisto / Stuffed eggs with pisto Fruta, leche, pan / fruit, milk, bread	Puré de verdura / Vegetables Puree Hamburguesa con patatas / Grilled burger with chips Fruta, leche, pan / fruit, milk, bread	Tallarines sin gluten con chorizo / Spagetti with chorizo Salmon horno con ensalada / Baked salmon with salad Fruta, leche, pan / fruit, milk, bread