



ARTESANIA GASTRONOMICA ALCARREÑA



FEBRERO MENU SIN HUEVO LECHE , PESCADO NI FRUTO SECO FEBRUARY WITHOUT EGG, MILK , FISH AND NUTS MENU

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
1	2	3	4	5
Lentejas con puerro y zanahoria / Lentils stew with vegetables Rosti Y Ensalada / Rosti with salad Postre apto / Suitable dessert	Macarrones con pavo y tomate / Macaroni with turkey in tomato sauce lomo con ensalada / Grilled loin in sauce with salad Fruta, Pan / Fruit, bread	Judías Verdes Rehogadas / Sauted green beans Pollo Con Patata panadera / Chicken with potatoes Fruta, Pan / Fruit, bread	Garbanzos guisados / Chickpeas stew Filete de pollo con zanahoria y lechuga/ Baked chicken with salad Fruta, Pan / Fruit, bread	Pure de calabaza / Pumpkin puree lomo al ajillo con patata / Grillrd porl loin with potatoes Fruta, Pan / Fruit, bread,
8	9	10	11	12
Arroz tres delicias / Three delights fried rice Salchichas con ensalada / Grilled sausajes with salad Postre apto / Suitable dessert	Puré de zanahoria / Carrot puree Ragout de pavo con patata / Turkey stew with potatoes Fruta, Pan / Fruit, bread	Pasta con tomate / Pasta in tomato sauce Lomo con ensalada mixta / Baked loin with salad Fruta, Pan / Fruit, bread	Sopa De Cocido Con Fideos / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas and vegetables stew Fruta, Pan / Fruit, bread	Brocoli rehogado / Sauted brocoli Filetes Rusos caseros Con cous cous / Burguer in sace with cous cous Fruta, Pan / Fruit, bread,
15	16	17	18	19
Espaguettis Boloñesa / Bolognese spagetti Filete De lomo Con Ensalada / Baked pork loin with salad Postre apto / Suitable dessert	Judías Pintas guisadas / Pinto Beans stew Rosti Y Ensalada / Rosti with salad Fruta, Pan / Fruit, bread	Crema De Verduras / Vegetables cream Escalope de pollo Con Patatas / Breaded chicken with potatoes Fruta, Pan / Fruit, bread	Arroz Con Verduras / Rice with vegetables Pollo Con Tomate / Baked Chicken in tomato sauce Fruta, Pan / Fruit, bread	FESTIVO
22	23	24	25	26
FESTIVO	Lentejas Guisada Con chorizo / Lentils stew with chorizo rosti Con pisto /rostitwith pisto Postre apto / Suitable dessert	Caracolas con tomate / Pasta shells with tomato Salchichas con lechuga y maiz / Baked sausajes with salad Fruta, Pan / Fruit, bread	Pure de calabacin / courgette puree Filete de pollo con Patatas / Grilled chicken with potatoes Fruta, Pan / Fruit, bread	Patatas con ternera / Potato stew with veal Lomo con ensalada / Baked loin with salad Fruta, Pan / Fruit, bread



ARTESANIA GASTRONOMICA ALCARREÑA



FEBRERO MENU SIN HUEVO FEBRUARY WITHOUT EGG MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
1	2	3	4	5
Lentejas con puerro y zanahoria / Lentils stew with vegetables Rosti de pavo con ensalada / turkey rosti with salad Yogurt , Pan / Yoghurt, bread	Macarrones sin huevo con pavo y tomate / Macaroni with turkey in tomato sauce Salmón al horno con ensalada / Baked Salmon with salad Fruta, Leche , Pan / Fruit, milk, bread	Judías Verdes Rehogadas / Sauted green beans Pollo Con Patata panadera / chicken with potatoes Fruta, Leche , Pan / Fruit, milk, bread	Garbanzos guisados / Chickpeas stew Filete de limanda con zanahoria y lechuga/ Baked limanda with salad Fruta, Leche , Pan / Fruit, milk, bread	Pure de calabaza / Pumpkin puree Lomo al ajillo con patata / Grillrd porl loin with potatoes Fruta, Leche , Pan / Fruit, milk,
8	9	10	11	12
Arroz tres delicias sin huevo / Three delights fried rice Dados de rape con ensalada / Battered monkfish with salad Yogurt , Pan / Yoghurt, bread	Puré de zanahoria / Carrot puree Ragout de pavo con patata / Turkey stew with potatoes Fruta, Leche , Pan / Fruit, milk, bread	Pasta sin huevo con tomate / Pasta in tomato sauce Bacalao con ensalada mixta / Baked cod with salad Fruta, Leche , Pan / Fruit, milk,	Sopa De Cocido Con Fideos sin huevo / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas and vegetables stew Fruta, Leche , Pan / Fruit, milk,	Brocoli rehogado / Sauted brocoli Filetes Rusos caseros Con cous cous / Burguer in sace with cous cous Fruta, Leche , Pan / Fruit, milk, bread
15	16	17	18	19
Espaguettis Boloñesa sin huevo / Bolognese spagetti Filete De Limanda Con Ensalada / Baked sole with salad Yogurt , Pan / Yoghurt, bread	Judías Pintas guisadas / Pinto Beans stew Rosti De jamon Con Pavo Y Ensalada / Ham Rosti with turkey Fruta, Leche , Pan / Fruit, milk, bread	Crema De Verduras / Vegetables cream Escalope de pollo Con Patatas / Breaded chicken with potatoes Fruta, Leche , Pan / Fruit, milk, bread	Arroz Con Verduras / Rice with vegetables Ventresca merluza horno Con Tomate / Baked belly hake in tomato sauce Fruta, Leche , Pan / Fruit, milk, bread	FESTIVO
22	23	24	25	26
FESTIVO	Lentejas Guisada Con chorizo / Lentils stew with chorizo Rosti Con pisto / Turkey rosti with pisto Fruta, Leche , Pan / Fruit, milk, bread	Pasta sin huevo con tomate / Pasta shells with tomato Merluza con lechuga y maiz / Baked hake with salad Fruta, Leche , Pan / Fruit, milk, bread	Pure de calabacin / courgette puree Filete de pollo con Patatas / Grilled chicken with potatoes Fruta, Leche , Pan / Fruit, milk, bread	Patatas con ternera / Potato stew with veal Bacalao encebollado / Baked cod with onion Fruta, Leche , Pan / Fruit, milk



ARTESANIA GASTRONOMICA ALCARREÑA



FEBRERO MENU SIN LECHE FEBRUARY WITHOUT MILK MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
1	2	3	4	5
Lentejas con puerro y zanahoria / Lentils stew with vegetables Tortilla con ensalada / Potato omelette with salad Postre apto / Suitable dessert	Macarrones con pavo y tomate / Macaroni with turkey in tomato sauce Salmón al horno con ensalada / Baked Salmon with salad Fruta, Pan / Fruit, bread	Judías Verdes Rehogadas / Sauted green beans Pollo Con Patata panadera / Chicken with potatoes Fruta, Pan / Fruit, bread	Garbanzos guisados / Chickpeas stew Filete de limanda con zanahoria y lechuga / Baked limanda with salad Fruta, Pan / Fruit, bread	Pure de calabaza / Pumpkin puree Lomo al ajillo con patata / Grilled pork loin with potatoes Fruta, Pan / Fruit, bread,
8	9	10	11	12
Arroz tres delicias / Three delights fried rice Dados de rape con ensalada / Battered monkfish with salad Postre apto / Suitable dessert	Puré de zanahoria / Carrot puree Ragout de pavo con patata / Turkey stew with potatoes Fruta, Pan / Fruit, bread	Pasta con tomate / Pasta in tomato sauce Bacalao con ensalada mixta / Baked cod with salad Fruta, Pan / Fruit, bread,	Sopa De Cocido Con Fideos / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas and vegetables stew Fruta, Pan / Fruit, bread	Brocoli rehogado / Sauted broccoli Filetes Rusos caseros Con cous cous / Burguer in sauce wit couscous Fruta, Pan / Fruit, bread
15	16	17	18	19
Espaguetis Boloñesa / Bolognese spaghetti Filete De Limanda Con Ensalada / Baked sole with salad Postre apto / Suitable dessert	Judías Pintas guisadas / Pinto Beans stew Tortilla con ensalada / Omelette with salad Fruta, Pan / Fruit, bread	Crema De Verduras / Vegetables cream Escalope de pollo Con Patatas / Breaded chicken with potatoes Fruta, Pan / Fruit, bread	Arroz Con Verduras / Rice with vegetables Ventresca merluza horno Con Tomate / Baked belly hake in tomato sauce Fruta, Pan / Fruit, bread	FESTIVO
22	23	24	25	26
FESTIVO	Lentejas Guisada Con chorizo / Lentils stew with chorizo Huevos cocidos Con pisto / Boiled eggs with pisto Postre apto / Suitable dessert	Caracolas con tomate / Pasta shells with tomato Merluza con lechuga y maiz / Baked hake with salad Fruta, Pan / Fruit, bread	Pure de calabacin / courgette puree Filete de pollo con Patatas / Grilled chicken with potatoes Fruta, Pan / Fruit, bread	Patatas con ternera / Potato stew with veal Bacalao encebollado / Baked cod with onion Fruta, Pan / Fruit, Bread



ARTESANIA GASTRONOMICA ALCARREÑA



FEBRERO MENU SIN LECHE, NI ANCHOA NI BOQUERON
 FEBRUARY WITHOUT MILK MENU AND ANCHOVY MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
1	2	3	4	5
Lentejas con puerro y zanahoria / Lentils stew with vegetables Tortilla con ensalada / Potato omelette with salad Postre apto / Suitable dessert	Macarrones con pavo y tomate / Macaroni with turkey in tomato sauce Salmón al horno con ensalada / Baked Salmon with salad Fruta, Pan / Fruit, bread	Judías Verdes Rehogadas / Sauted green beans Pollo Con Patata panadera / Chicken with potatoes Fruta, Pan / Fruit, bread	Garbanzos guisados / Chickpeas stew Filete de limanda con zanahoria y lechuga / Baked limanda with salad Fruta, Pan / Fruit, bread	Pure de calabaza / Pumpkin puree Lomo al ajillo con patata / Grilled pork loin with potatoes Fruta, Pan / Fruit, bread,
8	9	10	11	12
Arroz tres delicias / Three delights fried rice Dados de rape con ensalada / Battered monkfish with salad Postre apto / Suitable dessert	Puré de zanahoria / Carrot puree Ragout de pavo con patata / Turkey stew with potatoes Fruta, Pan / Fruit, bread	Pasta con tomate / Pasta in tomato sauce Bacalao con ensalada mixta / Baked cod with salad Fruta, Pan / Fruit, bread,	Sopa De Cocido Con Fideos / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas and vegetables stew Fruta, Pan / Fruit, bread	Brocoli rehogado / Sauted broccoli Filetes Rusos caseros Con cous cous / Burguer in sauce wit couscous Fruta, Pan / Fruit, bread
15	16	17	18	19
Espaguetis Boloñesa / Bolognese spaghetti Filete De Limanda Con Ensalada / Baked sole with salad Postre apto / Suitable dessert	Judías Pintas guisadas / Pinto Beans stew Tortilla con ensalada / Omelette with salad Fruta, Pan / Fruit, bread	Crema De Verduras / Vegetables cream Escalope de pollo Con Patatas / Breaded chicken with potatoes Fruta, Pan / Fruit, bread	Arroz Con Verduras / Rice with vegetables Ventresca merluza horno Con Tomate / Baked belly hake in tomato sauce Fruta, Pan / Fruit, bread	FESTIVO
22	23	24	25	26
FESTIVO	Lentejas Guisada Con chorizo / Lentils stew with chorizo Huevos cocidos Con pisto / Boiled eggs with pisto Postre apto / Suitable dessert	Caracolas con tomate / Pasta shells with tomato Merluza con lechuga y maiz / Baked hake with salad Fruta, Pan / Fruit, bread	Pure de calabacin / courgette puree Filete de pollo con Patatas / Grilled chicken with potatoes Fruta, Pan / Fruit, bread	Patatas con ternera / Potato stew with veal Bacalao encebollado / Baked cod with onion Fruta, Pan / Fruit, Bread



ARTESANIA GASTRONOMICA ALCARREÑA



FEBRERO MENU SIN F. SECO FEBRUARY WITHOUT NUTS MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
1	2	3	4	5
Lentejas con puerro y zanahoria / Lentils stew with vegetables Tortilla con ensalada / Potato omelette with salad Yogurt, Pan / Yoghurt, bread	Macarrones con pavo y tomate / Macaroni with turkey in tomato sauce Salmón al horno con ensalada / Baked Salmon with salad Fruta, Leche, Pan / Fruit, milk, bread	Judías Verdes Rehogadas / Sauted green beans Pollo Con Patata panadera / Chicken with potatoes Fruta, Leche, Pan / Fruit, milk, bread	Garbanzos guisados / Chickpeas stew Filete de limanda con zanahoria y lechuga / Baked limanda with salad Fruta, Leche, Pan / Fruit, milk, bread	Pure de calabaza / Pumpkin puree Lomo al ajillo con patata / Grilled pork loin with potatoes Fruta, Leche, Pan / Fruit, milk, bread
8	9	10	11	12
Arroz tres delicias / Three delights fried rice Dados de rape con ensalada / Battered monkfish with salad Yogurt, Pan / Yoghurt, bread	Puré de zanahoria / Carrot puree Ragout de pavo con patata / Turkey stew with potatoes Fruta, Leche, Pan / Fruit, milk, bread	Pasta con tomate / Pasta in tomato sauce Bacalao con ensalada mixta / Baked cod with salad Fruta, Leche, Pan / Fruit, milk,	Sopa De Cocido Con Fideos / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas and vegetables stew Fruta, Leche, Pan / Fruit, milk,	Brócoli rebozado / Battered brócoli Filetes Rusos caseros Con cous cous / Burguer in sauce with cous cous Fruta, Leche, Pan / Fruit, milk, bread
15	16	17	18	19
Espaguetis Boloñesa / Bolognese spaghetti Filete De Limanda Con Ensalada / Baked sole with salad Yogurt, Pan / Yoghurt, bread	Judías Pintas guisadas / Pinto Beans stew Tortilla con ensalada / Omelette with salad Fruta, Leche, Pan / Fruit, milk, bread	Crema De Verduras / Vegetables cream Escalope de pollo Con Patatas / Breaded chicken with potatoes Fruta, Leche, Pan / Fruit, milk, bread	Arroz Con Verduras / Rice with vegetables Ventresca merluza horno Con Tomate / Baked belly hake in tomato sauce Fruta, Leche, Pan / Fruit, milk, bread	FESTIVO
22	23	24	25	26
FESTIVO	Lentejas Guisada Con chorizo / Lentils stew with chorizo Huevos cocidos Con pisto / Boiled eggs with pisto Fruta, Leche, Pan / Fruit, milk, bread	Caracolas con tomate / Pasta shells with tomato Merluza con lechuga y maiz / Baked hake with salad Fruta, Leche, Pan / Fruit, milk, bread	Pure de calabacin / courgette puree Filete de pollo con Patatas / Grilled chicken with potatoes Fruta, Leche, Pan / Fruit, milk, bread	Patatas con ternera / Potato stew with veal Bacalao encebollado / Baked cod with onion Fruta, Leche, Pan / Fruit, milk



ARTESANIA GASTRONOMICA ALCARREÑA



FEBRERO MENU SIN LENTEJAS, GARBANZOS NI MANDARINA FEBRUARY WITHOUT LENTILS, CHICKPEAS AN MANDARIN MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
1	2	3	4	5
Verdura salteada / Sauted vegetables Tortilla con ensalada / Potato omelette with salad Yogurt, Pan / Yoghurt, bread	Macarrones con pavo y tomate / Macaroni with turkey in tomato sauce Salmón al horno con ensalada / Baked Salmon with salad Fruta, Leche, Pan / Fruit, milk, bread	Judías Verdes Rehogadas / Sauted green beans Pollo Con Patata panadera / Chicken with potatoes Fruta, Leche, Pan / Fruit, milk, bread	Arroz salteado / Sauted rice Filete de limanda con zanahoria y lechuga / Baked limanda with salad Fruta, Leche, Pan / Fruit, milk, bread	Pure de calabaza / Pumpkin puree Lomo al ajillo con patata / Grilled pork loin with potatoes Fruta, Leche, Pan / Fruit, milk, bread
8	9	10	11	12
Arroz tres delicias / Three delights fried rice Dados de rape con ensalada / Battered monkfish with salad Yogurt, Pan / Yoghurt, bread	Puré de zanahoria / Carrot puree Ragout de pavo con patata / Turkey stew with potatoes Fruta, Leche, Pan / Fruit, milk, bread	lasaña boloñesa / Bolognese lasagna Bacalao con ensalada mixta / Baked cod with salad Fruta, Leche, Pan / Fruit, milk,	Sopa De Cocido Con Fideos / cocido soup Cocido sin, Ternera, Chorizo, Repollo / meat, chickpeas and vegetables stew Fruta, Leche, Pan / Fruit, milk,	Brócoli rebozado / Battered brócoli Filetes Rusos caseros Con cous cous / Burguer in sauce with cous cous Fruta, Leche, Pan / Fruit, milk, bread
15	16	17	18	19
Espaguetis Boloñesa / Bolognese spaghetti Filete De Limanda Con Ensalada / Baked sole with salad Yogurt, Pan / Yoghurt, bread	Judías Pintas guisadas / Pinto Beans stew Tortilla con ensalada / Omelette with salad Fruta, Leche, Pan / Fruit, milk, bread	Crema De Verduras / Vegetables cream Escalope de pollo Con Patatas / Breaded chicken with potatoes Fruta, Leche, Pan / Fruit, milk, bread	Arroz Con Verduras / Rice with vegetables Ventresca merluza horno Con Tomate / Baked belly hake in tomato sauce Fruta, Leche, Pan / Fruit, milk, bread	FESTIVO
22	23	24	25	26
FESTIVO	Arroz con tomate / Rice in tomato sauce Huevos villaroy Con pisto / villaroy eggs with pisto Fruta, Leche, Pan / Fruit, milk, bread	Caracolas con tomate / Pasta shells with tomato Merluza con lechuga y maiz / Baked hake with salad Fruta, Leche, Pan / Fruit, milk, bread	Pure de calabacin / courgette puree Filete de pollo con Patatas / Grilled chicken with potatoes Fruta, Leche, Pan / Fruit, milk, bread	Patatas con ternera / Potato stew with veal Bacalao encebollado / Baked cod with onion Fruta, Leche, Pan / Fruit, milk

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



ARTESANIA GASTRONOMICA ALCARREÑA



FEBRERO MENU SIN HUEVO NI F. SECOS FEBRUARY WITHOUT EGG AND NUTS MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
1	2	3	4	5
Lentejas con puerro y zanahoria / Lentils stew with vegetables Rosti de pavo con ensalada / turkey rosti with salad Yogurt , Pan / Yoghurt, bread	Macarrones sin huevo con pavo y tomate / Macaroni with turkey in tomato sauce Salmón al horno con ensalada / Baked Salmon with salad Fruta, Leche , Pan / Fruit, milk, bread	Judías Verdes Rehogadas / Sauted green beans Pollo Con Patata panadera / chicken with potatoes Fruta, Leche , Pan / Fruit, milk, bread	Garbanzos guisados / Chickpeas stew Filete de limanda con zanahoria y lechuga/ Baked limanda with salad Fruta, Leche , Pan / Fruit, milk, bread	Pure de calabaza / Pumpkin puree Lomo al ajillo con patata / Grillrd porl loin with potatoes Fruta, Leche , Pan / Fruit, milk,
8	9	10	11	12
Arroz tres delicias sin huevo / Three delights fried rice Dados de rape con ensalada / Battered monkfish with salad Yogurt , Pan / Yoghurt, bread	Puré de zanahoria / Carrot puree Ragout de pavo con patata / Turkey stew with potatoes Fruta, Leche , Pan / Fruit, milk, bread	Pasta sin huevo con tomate / Pasta in tomato sauce Bacalao con ensalada mixta / Baked cod with salad Fruta, Leche , Pan / Fruit, milk,	Sopa De Cocido Con Fideos sin huevo / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas and vegetables stew Fruta, Leche , Pan / Fruit, milk,	Brocoli rehogado / Sauted brocoli Filetes Rusos caseros Con cous cous / Burguer in sace with cous cous Fruta, Leche , Pan / Fruit, milk, bread
15	16	17	18	19
Espaguettis Boloñesa sin huevo / Bolognese spagetti Filete De Limanda Con Ensalada / Baked sole with salad Yogurt , Pan / Yoghurt, bread	Judías Pintas guisadas / Pinto Beans stew Rosti De jamon Con Pavo Y Ensalada / Ham Rosti with turkey Fruta, Leche , Pan / Fruit, milk, bread	Crema De Verduras / Vegetables cream Escalope de pollo Con Patatas / Breaded chicken with potatoes Fruta, Leche , Pan / Fruit, milk, bread	Arroz Con Verduras / Rice with vegetables Ventresca merluza horno Con Tomate / Baked belly hake in tomato sauce Fruta, Leche , Pan / Fruit, milk, bread	FESTIVO
22	23	24	25	26
FESTIVO	Lentejas Guisada Con chorizo / Lentils stew with chorizo Rosti Con pisto / Turkey rosti with pisto Fruta, Leche , Pan / Fruit, milk, bread	Pasta sin huevo con tomate / Pasta shells with tomato Merluza con lechuga y maiz / Baked hake with salad Fruta, Leche , Pan / Fruit, milk, bread	Pure de calabacin / courgette puree Filete de pollo con Patatas / Grilled chicken with potatoes Fruta, Leche , Pan / Fruit, milk, bread	Patatas con ternera / Potato stew with veal Bacalao encebollado / Baked cod with onion Fruta, Leche , Pan / Fruit, milk



ARTESANIA GASTRONOMICA ALCARREÑA



FEBRERO MENU SIN GLUTEN FEBRUARY WITHOUT GLUTEN MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
1	2	3	4	5
Lentejas con puerro y zanahoria / Lentils stew with vegetables Tortilla con ensalada / Potato omelette with salad Yogurt, Pan sin gluten / Yoghurt, bread	Macarrones sin gluten con pavo y tomate / Macaroni with turkey in tomato sauce Salmón al horno con ensalada / Baked Salmon with salad Fruta, Leche, Pan sin gluten / Fruit, milk, bread	Judías Verdes Rehogadas / Sauted green beans Pollo Con Patata panadera / Chicken with potatoes Fruta, Leche, Pan sin gluten / Fruit, milk, bread	Garbanzos guisados / Chickpeas stew Filete de limanda con zanahoria y lechuga / Baked limanda with salad Fruta, Leche, Pan sin gluten / Fruit, milk, bread	Pure de calabaza / Pumpkin puree Lomo al ajillo con patata / Grilled pork loin with potatoes Fruta, Leche, Pan sin gluten / Fruit, milk, bread
8	9	10	11	12
Arroz tres delicias / Three delights fried rice Dados de rape con ensalada / Battered monkfish with salad Yogurt, Pan sin gluten / Yoghurt, bread	Puré de zanahoria / Carrot puree Ragout de pavo con patata / Turkey stew with potato Fruta, Leche, Pan / Fruit, milk, bread	Pasta sin gluten con tomate / Pasta in tomato sauce Bacalao con ensalada mixta / Baked cod with salad Fruta, Leche, Pan / Fruit, milk,	Sopa De Cocido sin gluten / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas and vegetables stew Fruta, Leche, Pan / Fruit, milk,	Brocoli rehogado / Sauted broccoli Filetes Rusos aptos Con arroz / Burger in sauce with rice Fruta, Leche, Pan / Fruit, milk, bread
15	16	17	18	19
Espaguetis sin gluten Boloñesa / Bolognese spaghetti Filete De Limanda Con Ensalada / Baked sole with salad Yogurt, Pan / Yoghurt, bread	Judías Pintas guisadas / Pinto Beans stew Tortilla con ensalada / Omelette with salad Fruta, Leche, Pan sin gluten / Fruit, milk, bread	Crema De Verduras / Vegetables cream Escalope de pollo Con Patatas / Breaded chicken with potatoes Fruta, Leche, Pan / Fruit, milk, bread	Arroz Con Verduras / Rice with vegetables Ventresca merluza horno Con Tomate / Baked belly hake in tomato sauce Fruta, Leche, Pan sin gluten / Fruit, milk, bread	FESTIVO
22	23	24	25	26
FESTIVO	Lentejas Guisada Con chorizo / Lentils stew with chorizo Huevos cocidos Con pisto / Boiled eggs with pisto Fruta, Leche, Pan / Fruit, milk, bread	Pasta sin gluten con tomate / Pasta shells with tomato Merluza con lechuga y maiz / Baked hake with salad Fruta, Leche, Pan / Fruit, milk, bread	Pure de calabacin / courgette puree Filete de pollo con Patatas / Grilled chicken with potatoes Fruta, Leche, Pan sin gluten / Fruit, milk, bread	Patatas con ternera / Potato stew with veal Bacalao encebollado / Baked cod with onion Fruta, Leche, Pan / Fruit, milk