



ARTESANIA GASTRONOMICA ALCARREÑA



MARZO MENU SIN HUEVO LECHE , PESCADO NI FRUTO SECO MARCH WITHOUT EGG, MILK , FISH AND NUTS MENU

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
1	2	3	4	5
Judías blancas estofadas / Stewed Beans Merluza al limon con ensalada / Baked hake in lemon sauce yogur fruta / Fruit yogurt	Coliflor rehogada o pure / Sauted cauliflower or pure Lomo al ajillo c/ patatas / Grilled pork garlic loin with potatoes Fruta, leche, pan / fruit, milk, bread	Brocoli Salteado con jamon / Sauted brocoli with ham Rosti con ensalada / rosti with salad Fruta, leche, pan / fruit, milk, bread	Arroz con salsa de tomate / Rice with tomato sauce Bacalao al horno con ensalada / Baked cod with salad Fruta, leche, pan / fruit, milk, bread	Sopa De Fideos sin huevo / nodlles soup Escalope de pollo con ensalada / Grilled chicken with salad Fruta, Leche , Pan / Fruit, milk, bread
8	9	10	11	12
Macarrones sin huevo carbonara / Macaroni carbonara Ventresca de merluza con ensalada / Baked belly hake with salad yogur fruta / Fruit yogurt	Patatas guisadas con calamares / Squid potato stew Rosti york y ensalada / Ham rosti with salad Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Fte de pollo con patata / Grilled chicken breast with potato Fruta, leche, pan / fruit, milk, bread	Paella mixta / Fish and meat paella Limanda horno con ensalada / Baked limanda with salad Fruta, leche, pan / fruit, milk, bread	Lentejas Guisadas con chorizo / Lentils Stew with "chorizo" hamburguesa de ternera con ensalada / Veal burger with salad Fruta, leche, pan / fruit, milk, bread
15	16	17	18	19
Sopa de picadillo sin huevo / ham soup Rosti con ensalada mixta / Rosti with salad yogur fruta / Fruit yogurt	Judías pintas / Pinto beans stew Fte. de pescadilla con ensalada / Baked hake with salad Fruta, leche, pan / fruit, milk, bread	Crema de espinacas / Spinach cream albondigas en salsa con cous cous / Meatballs in sauce with cous cous Fruta , leche, pan / fruit , milk, bread	Arroz con tomate / Rice in tomato sauce Bacalao horno con ensalada / Baked cod with salad Fruta, leche, pan / fruit, milk, bread	
22	23	24	25	26
Lentejas estofadas / Lentils stew with vegetables Rosti de patata con ensalada / Potato rosti with salad yogur fruta / Fruit yogurt	Pasta sin huevo con tomate / Pasta in tomato sauce ventresca de merluza madrileña con ensalada / Breaded hake with salad Fruta, leche, pan / fruit, milk, bread	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, bread	pure de verduras / Vegetables stew pollo asado con patatas / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	



ARTESANIA GASTRONOMICA ALCARREÑA



MARZO MENU SIN HUEVO MARCH WITHOUT EGG MENU

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
1	2	3	4	5
Judías blancas estofadas / Stewed Beans Merluza al limon con ensalada / Baked hake in lemon sauce yogur fruta / Fruit yogurt	Coliflor rehogada o pure / Sauted cauliflower or pure Lomo al ajillo c/ patatas / Grilled pork garlic loin with potatoes Fruta, leche, pan / fruit, milk, bread	Arroz con salsa de tomate / Rice with tomato sauce Bacalao al horno con ensalada / Baked cod with salad Fruta, leche, pan / fruit, milk, bread	Brocoli Salteado con jamon / Sauted brocoli with ham Rosti calabacín con ensalada / Courgette rosti with salad Fruta, leche, pan / fruit, milk, bread	Sopa De Fideos sin huevo / nodlles soup Escalope de pollo con ensalada / Grilled chicken with salad Fruta, Leche, Pan / Fruit, milk, bread
8	9	10	11	12
Macarrones sin huevo carbonara / Macaroni carbonara Ventresca de merluza con ensalada / Baked belly hake with salad yogur fruta / Fruit yogurt	Patatas guisadas con calamares / Squid potato stew Rosti york y ensalada / Ham rosti with salad Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Fte de pollo con patata / Grilled chicken breast with potato Fruta, leche, pan / fruit, milk, bread	Paella mixta / Fish and meat paella Limanda horno con ensalada / Baked limanda with salad Fruta, leche, pan / fruit, milk, bread	Lentejas Guisadas con chorizo / Lentils Stew with "chorizo" hamburguesa de ternera con ensalada / Veal burger with salad Fruta, leche, pan / fruit, milk, bread
15	16	17	18	19
Sopa de picadillo sin huevo / ham soup Rosti con ensalada mixta / Rosti with salad yogur fruta / Fruit yogurt	Judías pintas / Pinto beans stew Fte. de pescadilla con ensalada / Baked hake with salad Fruta, leche, pan / fruit, milk, bread	Crema de espinacas / Spinach cream albondigas en salsa con cous cous / Meatballs in sauce with cous cous Fruta, leche, pan / fruit, milk, bread	Arroz con tomate / Rice in tomato sauce Bacalao horno con ensalada / Baked cod with salad Fruta, leche, pan / fruit, milk, bread	
22	23	24	25	26
Lentejas estofadas / Lentils stew with vegetables Rosti de patata con ensalada / Potato rosti with salad yogur fruta / Fruit yogurt	Pasta sin huevo con tomate / Pasta in tomato sauce ventresca de merluza madrileña con ensalada / Breaded hake with salad Fruta, leche, pan / fruit, milk, bread	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, bread	pure de verduras / Vegetables stew pollo asado con patatas / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	



ARTESANIA GASTRONOMICA ALCARREÑA



MARZO MENU SIN LECHE MARCH WITHOUT MILK MENU

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
1	2	3	4	5
Judías blancas estofadas / Stewed Beans Merluza al limon con ensalada / Baked hake in lemon sauce Postre apto / Suitable dessert	Coliflor rehogada o pure / Sauted cauliflower or pure Lomo al ajillo c/ patatas / Grilled pork garlic loin with potatoes Fruta, pan / fruit, bread	Brocoli Salteado con jamon / Sauted brocoli with ham Tortilla patata con ensalada / Potato Omelette with salad Fruta, pan / fruit, bread	Arroz con salsa de tomate / Rice with tomato sauce Bacalao al horno con ensalada / Baked cod with salad Fruta, pan / fruit, bread	Sopa De estrellas / Stars soup Cocido Con Garbanzos, Escalope de pollo con ensalada / Grilled chicken with salad Fruta, pan / fruit, bread
8	9	10	11	12
Macarrones con tomate / Macaroni in tomato sauce merluza y ensalada / Baked belly hake with salad Postre apto / Suitable dessert	Patatas guisadas con calamares / Squid potato stew Huevos cocidos y ensalada / Boiled eggs with salad Fruta, pan / fruit, bread	Menestra de verdura / Vegetables stew Fte de pollo con patata / Grilled chicken breast with potato Fruta, pan / fruit, bread	Paella mixta / Fish and meat paella Limanda horno con ensalada / Baked limanda with salad Fruta, pan / fruit, bread	Lentejas Guisadas con chorizo / Lentils Stew with "chorizo" hamburguesa de ternera con ensalada / Veal burger with salad Fruta, pan / fruit, bread
15	16	17	18	19
Sopa de picadillo / Egg and ham soup Tortilla de pavo con ensalada mixta / Turkey omelette with salad Postre apto / Suitable dessert	Judías pintas / Pinto beans stew Fte. de pescadilla con ensalada / Baked hake with salad Fruta, pan / fruit, bread	Crema de espinacas / Spinach cream albondigas en salsa con cous cous / Meatballs in sauce with cous cous Fruta, pan / fruit, bread	Arroz con tomate / Rice in tomato sauce Bacalao horno con ensalada / Baked cod with salad Fruta, pan / fruit, bread	
22	23	24	25	26
Lentejas estofadas / Lentils stew with vegetables tortilla de patata con ensalada / Potato omelette with salad Postre apto / Suitable dessert	Pasta con tomate / Pasta in tomato sauce ventresca de merluza madrileña con ensalada / Breaded hake 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	pure de verduras / Vegetables stew pollo asado con patatas / Roast chicken with potatoes Fruta, pan / fruit, bread	



ARTESANIA GASTRONOMICA ALCARREÑA



MARZO MENU SIN LECHE, NI ANCHOA NI BOQUERON MARCH WITHOUT MILK MENU AND ANCHOVY MENU

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
1	2	3	4	5
Judías blancas estofadas / Stewed Beans Merluza al limon con ensalada / Baked hake in lemon sauce Postre apto / Suitable dessert	Coliflor rehogada o pure / Sauted cauliflower or pure Lomo al ajillo c/ patatas / Grilled pork garlic loin with potatoes Fruta, pan / fruit, bread	Brocoli Salteado con jamon / Sauted brocoli with ham Tortilla patata con ensalada / Potato Omelette with salad Fruta, pan / fruit, bread	Arroz con salsa de tomate / Rice with tomato sauce Bacalao al horno con ensalada / Baked cod with salad Fruta, pan / fruit, bread	Sopa De estrellas / Stars soup Cocido Con Garbanzos, Escalope de pollo con ensalada / Grilled chicken with salad Fruta, pan / fruit, bread
8	9	10	11	12
Macarrones con tomate / Macaroni in tomato sauce merluza y ensalada / Baked belly hake with salad Postre apto / Suitable dessert	Patatas guisadas con calamares / Squid potato stew Huevos cocidos y ensalada / Boiled eggs with salad Fruta, pan / fruit, bread	Menestra de verdura / Vegetables stew Fte de pollo con patata / Grilled chicken breast with potato Fruta, pan / fruit, bread	Paella mixta / Fish and meat paella Limanda horno con ensalada / Baked limanda with salad Fruta, pan / fruit, bread	Lentejas Guisadas con chorizo / Lentils Stew with "chorizo" hamburguesa de ternera con ensalada / Veal burger with salad Fruta, pan / fruit, bread
15	16	17	18	19
Sopa de picadillo / Egg and ham soup Tortilla de pavo con ensalada mixta / Turkey omelette with salad Postre apto / Suitable dessert	Judías pintas / Pinto beans stew Fte. de pescadilla con ensalada / Baked hake with salad Fruta, pan / fruit, bread	Crema de espinacas / Spinach cream albondigas en salsa con cous cous / Meatballs in sauce with cous cous Fruta, pan / fruit, bread	Arroz con tomate / Rice in tomato sauce Bacalao horno con ensalada / Baked cod with salad Fruta, pan / fruit, bread	
22	23	24	25	26
Lentejas estofadas / Lentils stew with vegetables tortilla de patata con ensalada / Potato omelette with salad Postre apto / Suitable dessert	Pasta con tomate / Pasta in tomato sauce ventresca de merluza madrileña con ensalada / Breaded hake 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	pure de verduras / Vegetables stew pollo asado con patatas / Roast chicken with potatoes Fruta, pan / fruit, bread	



ARTESANIA GASTRONOMICA ALCARREÑA



MARZO MENU SIN F. SECO MARCH WITHOUT NUTS MENU

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
1	2	3	4	5
Judías blancas estofadas / Stewed Beans Merluza al limon con ensalada / Baked hake in lemon sauce yogur fruta / Fruit yogurt	Buñuelos de coliflor / Battered cauliflower Lomo al ajillo c/ patatas / Grilled pork garlic loin with potatoes Fruta, leche, pan / fruit, milk, bread	Brocoli Salteado con jamon / Sauted brocoli with ham Tortilla patata con ensalada / Potato Omelette with salad Fruta, leche, pan / fruit, milk, bread	Arroz con salsa de tomate / Rice with tomato sauce Bacalao al horno con ensalada / Baked cod with salad Fruta, leche, pan / fruit, milk, bread	Sopa De estrellas / Stars soup Cocido Con Garbanzos, Escalope de pollo con ensalada / Grilled chicken with salad Fruta, Leche, Pan / Fruit, milk, bread
8	9	10	11	12
Macarrones ecologicos carbonara / Bio Macaroni carbonara Ventresca de merluza con ensalada / Baked belly hake with salad yogur fruta / Fruit yogurt	Patatas guisadas con calamares / Squid potato stew Huevos con bechamel y ensalada / Boiled eggs with salad Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Fte de pollo con patata / Grilled chicken breast with potato Fruta, leche, pan / fruit, milk, bread	Paella mixta / Fish and meat paella Limanda horno con ensalada / Baked limanda with salad Fruta, leche, pan / fruit, milk, bread	Lentejas Guisadas con chorizo / Lentils Stew with "chorizo" hamburguesa de ternera con ensalada / Veal burger with salad Fruta, leche, pan / fruit, milk, bread
15	16	17	18	19
Sopa de picadillo / Egg and ham soup Tortilla de pavo con ensalada mixta / Turkey omelette with salad yogur fruta / Fruit yogurt	Judías pintas / Pinto beans stew Fte. de pescadilla con ensalada / Baked hake with salad Fruta, leche, pan / fruit, milk, bread	Crema de espinacas / Spinach cream albondigas en salsa con cous cous / Meatballs in sauce with cous cous Fruta, leche, pan / fruit, milk, bread	Arroz con tomate / Rice in tomato sauce Bacalao horno con ensalada / Baked cod with salad Fruta, leche, pan / fruit, milk, bread	
22	23	24	25	26
Lentejas estofadas / Lentils stew with vegetables tortilla de patata con ensalada / Potato omelette with salad yogur fruta / Fruit yogurt	Pasta con tomate / Pasta in tomato sauce ventresca de merluza madrileña con ensalada / Breaded hake with salad Fruta, leche, pan / fruit, milk, bread	Sopa De Cocido Con Fideos / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas and vegetables stew Fruta, Leche, Pan / Fruit, milk, bread	pure de verduras / Vegetables stew pollo asado con patatas / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	



ARTESANIA GASTRONOMICA ALCARREÑA



MARZO MENU SIN LENTEJAS, GARBANZOS NI MANDARINA MARCH WITHOUT LENTILS, CHICKPEAS AN MANDARIN MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
1	2	3	4	5
Judías blancas estofadas / Stewed Beans Merluza al limon con ensalada / Baked hake in lemon sauce yogur fruta / Fruit yogurt	Buñuelos de coliflor / Battered cauliflower Lomo al ajillo c/ patatas / Grilled pork garlic loin with potatoes Fruta, leche, pan / fruit, milk, bread	Brocoli Salteado con jamon / Sauted brocoli with ham Tortilla patata con ensalada / Potato Omelette with salad Fruta, leche, pan / fruit, milk, bread	Arroz con salsa de tomate / Rice with tomato sauce Bacalao al horno con ensalada / Baked cod with salad Fruta, leche, pan / fruit, milk, bread	Sopa De estrellas / Stars soup Escalope de pollo con ensalada / Grilled chicken with salad Fruta, Leche, Pan / Fruit, milk, bread
8	9	10	11	12
Macarrones ecologicos carbonara / Bio Macaroni carbonara Ventresca de merluza con ensalada / Baked belly hake with salad yogur fruta / Fruit yogurt	Patatas guisadas con calamares / Squid potato stew Huevos con bechamel y ensalada / Boiled eggs with salad Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Fte de pollo con patata / Grilled chicken breast with potato Fruta, leche, pan / fruit, milk, bread	Paella mixta / Fish and meat paella Limanda horno con ensalada / Baked limanda with salad Fruta, leche, pan / fruit, milk, bread	Verdura salteada / sauted vegetable hamburguesa de ternera con ensalada / Veal burger with salad Fruta, leche, pan / fruit, milk, bread
15	16	17	18	19
Sopa de picadillo / Egg and ham soup Tortilla de pavo con ensalada mixta / Turkey omelette with salad yogur fruta / Fruit yogurt	Judías pintas / Pinto beans stew Fte. de pescadilla con ensalada / Baked hake with salad Fruta, leche, pan / fruit, milk, bread	Crema de espinacas / Spinach cream albondigas en salsa con cous cous / Meatballs in sauce with cous cous Fruta, leche, pan / fruit, milk, bread	Arroz con tomate / Rice in tomato sauce Bacalao horno con ensalada / Baked cod with salad Fruta, leche, pan / fruit, milk, bread	
22	23	24	25	26
Verdura rehogada / Sauted vegetables tortilla de patata con ensalada / Potato omelette with salad yogur fruta / Fruit yogurt	lasaña de carne / Meat lasagna ventresca de merluza madrileña con ensalada / Breaded hake with salad Fruta, leche, pan / fruit, milk, bread	Sopa De Cocido Con Fideos / cocido soup Cocido Ternera, Chorizo, pollo / meat, and vegetables stew Fruta, Leche, Pan / Fruit, milk, bread	pure de verduras / Vegetables stew pollo asado con patatas / Roast chicken with potatoes 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



MARZO MENU SIN HUEVO NI F. SECOS MARCH WITHOUT EGG AND NUTS MENU

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
1	2	3	4	5
Judías blancas estofadas / Stewed Beans Merluza al limon con ensalada / Baked hake in lemon sauce yogur fruta / Fruit yogurt	Coliflor rehogada o pure / Sauted cauliflower or pure Lomo al ajillo c/ patatas / Grilled pork garlic loin with potatoes Fruta, leche, pan / fruit, milk, bread	Arroz con salsa de tomate / Rice with tomato sauce Bacalao al horno con ensalada / Baked cod with salad Fruta, leche, pan / fruit, milk, bread	Brocoli Salteado con jamon / Sauted brocoli with ham Rosti calabacín con ensalada / Courgette rosti with salad Fruta, leche, pan / fruit, milk, bread	Sopa De Fideos sin huevo / nodlles soup Escalope de pollo con ensalada / Grilled chicken with salad Fruta, Leche, Pan / Fruit, milk, bread
8	9	10	11	12
Macarrones sin huevo carbonara / Macaroni carbonara Ventresca de merluza con ensalada / Baked belly hake with salad yogur fruta / Fruit yogurt	Patatas guisadas con calamares / Squid potato stew Rosti york y ensalada / Ham rosti with salad Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Fte de pollo con patata / Grilled chicken breast with potato Fruta, leche, pan / fruit, milk, bread	Paella mixta / Fish and meat paella Limanda horno con ensalada / Baked limanda with salad Fruta, leche, pan / fruit, milk, bread	Lentejas Guisadas con chorizo / Lentils Stew with "chorizo" hamburguesa de ternera con ensalada / Veal burger with salad Fruta, leche, pan / fruit, milk, bread
15	16	17	18	19
Sopa de picadillo sin huevo / ham soup Rosti con ensalada mixta / Rosti with salad yogur fruta / Fruit yogurt	Judías pintas / Pinto beans stew Fte. de pescadilla con ensalada / Baked hake with salad Fruta, leche, pan / fruit, milk, bread	Crema de espinacas / Spinach cream albondigas en salsa con cous cous / Meatballs in sauce with cous cous Fruta, leche, pan / fruit, milk, bread	Arroz con tomate / Rice in tomato sauce Bacalao horno con ensalada / Baked cod with salad Fruta, leche, pan / fruit, milk, bread	
22	23	24	25	26
Lentejas estofadas / Lentils stew with vegetables Rosti de patata con ensalada / Potato rosti with salad yogur fruta / Fruit yogurt	Pasta sin huevo con tomate / Pasta in tomato sauce ventresca de merluza madrileña con ensalada / Breaded hake with salad Fruta, leche, pan / fruit, milk, bread	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, bread	pure de verduras / Vegetables stew pollo asado con patatas / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	



ARTESANIA GASTRONOMICA ALCARREÑA



MARZO MENU SIN GLUTEN MARCH WITHOUT GLUTEN MENU

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
1	2	3	4	5
Judías blancas estofadas / Stewed Beans Merluza al limon con ensalada / Baked hake in lemon sauce yogur fruta / Fruit yogurt	Coliflor rehogada o pure / Sauted cauliflower or pure Lomo al ajillo c/ patatas / Grilled pork garlic loin with potatoes Fruta, leche, pan / fruit, milk, bread	Brocoli Salteado con jamon / Sauted brocoli with ham Tortilla patata con ensalada / Potato Omelette with salad Fruta, leche, pan / fruit, milk, bread	Arroz con salsa de tomate / Rice with tomato sauce Bacalao al horno con ensalada / Baked cod with salad Fruta, leche, pan / fruit, milk, bread	Sopa De Fideos sin gluten/ Noodles soup Escalope de pollo con ensalada / Grilled chicken with salad Fruta, Leche, Pan / Fruit, milk, bread
8	9	10	11	12
Macarrones sin gluten carbonara / Bio Macaroni carbonara Ventresca de merluza con ensalada / Baked belly hake with salad yogur fruta / Fruit yogurt	Patatas guisadas con calamares / Squid potato stew Huevos con bechamel y ensalada / Boiled eggs with salad Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Fte de pollo con patata / Grilled chicken breast with potato Fruta, leche, pan / fruit, milk, bread	Paella mixta / Fish and meat paella Limanda horno con ensalada / Baked limanda with salad Fruta, leche, pan / fruit, milk, bread	Lentejas Guisadas con chorizo / Lentils Stew with "chorizo" hamburguesa de ternera con ensalada / Veal burger with salad Fruta, leche, pan / fruit, milk, bread
15	16	17	18	19
Sopa de picadillo sin gluten / Egg and ham soup Rosti de pavo con ensalada mixta / Turkey rosti with salad yogur fruta / Fruit yogurt	Judías pintas / Pinto beans stew Fte. de pescadilla con ensalada / Baked hake with salad Fruta, leche, pan / fruit, milk, bread	Crema de espinacas / Spinach cream albondigas en salsa con arroz / Meatballs in sauce with rice Fruta, leche, pan / fruit, milk, bread	Arroz con tomate / Rice in tomato sauce Bacalao horno con ensalada / Baked cod with salad Fruta, leche, pan / fruit, milk, bread	
22	23	24	25	26
Lentejas estofadas / Lentils stew with vegetables tortilla de patata con ensalada / Potato omelette with salad yogur fruta / Fruit yogurt	Pasta sin gluten con tomate / Pasta in tomato sauce ventresca de merluza madrileña con ensalada / Breaded hake with salad Fruta, leche, pan / fruit, milk, bread	Sopa De Cocido Con Fideos sin gluten/ cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas and vegetables stew Fruta, Leche, Pan / Fruit, milk, bread	pure de verduras / Vegetables stew pollo asado con patatas / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	