

ARTESANIA GASTRONOMICA ALCARRENA



MAYO MENU SIN PESCADO

MAYO MENU WITHOUT FISH

| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES |
|--|---|--|--|---|
| 3 | 4 | 5 | 6 | 7 |
| | | Lentejas estofadas con verdura / Lentils stew Tortilla de calabacín y cebolla con rodaja de tomate Gelatina / Jelly | Espirales con J. york y tomate / Pasta with ham in tomato sauce Lomo plancha con ensalada / Baked loin with salad Fruta, leche, pan / fruit, milk, bread | Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, leche, pan / fruit, milk, bread |
| 10 | 11 | 12 | 13 | 14 |
| Judías verdes ecológicas con tomate / Bio Green beans in tomato sauce Lomo al horno con arroz salteado / Baked pork loin with sauted rice Helado / Ice Cream | Fideua de pollo / Chicken fideua Tortilla patata con lechuga, tomate y remolacha/ Potato omelette with salad Fruta, leche, pan / fruit, milk, bread | Patatas guisadas con costillas / Potato stew with cuttles Filete pollo con gigantes salteados / grilled chicken with sauted peas Fruta, leche, pan / fruit, milk, bread | Crema de calabacín / courgette cream Hamburguesa ternera planca con cous cous/ Grilled burger with cous cous Fruta, leche, pan / fruit, milk, bread | Alubias blancas estofadas / Beans stew with vegetables Lacon con pisto/ baked ham with pisto Fruta, leche, pan / fruit, milk, bread |
| 17 | 18 | 19 | 20 | 21 |
| Pure de verdura / Vegetables puree Jamoncitos de pollo asados con patatas panadera / roasted chicken thighs with potatoes Yogurt de fruta / Fruit yoghurt | Ensalada de pasta / Pasta salad Cinta lomo con lechuga y maíz / Baked pork loin with lettuce and corn Fruta, leche, pan / fruit, milk, bread | Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables Salchichas de Pavo al horno con tomate frito / Baked turkey sausajes with tomato Fruta, leche, pan / fruit, milk, bread | Paella carne / meat paella pollo con menestra de verdura / Battered chicken with vegetables Fruta, leche, pan / fruit, milk, bread | Judías blancas estofadas / Beans stew Tortilla de pavo con zanahoria rallada / Turkey omelette with carrot Fruta, leche, pan / fruit, milk, bread |
| 24 | 25 | 26 | 27 | 28 |
| Arroz con tomate / Rice with tomato sauce Salchichas horno con ensalada de lechuga y remolacha / Baked sausajes with salad Helado / Ice Cream | Brocoli salteado / Sauted brocoli Pavo estofado con cous cous / Turkey stew with cous cous Fruta, leche, pan / fruit, milk, bread | Macarrones con pavo / Macaroni in tomato sauce with turkey Lacon con zanahoria baby / Baked ham with carrot Fruta, leche, pan / fruit, milk, bread | Pure de puerro y zanahoria / Carrot and leek puree Lomo al ajillo horno con ensalada mixta / Baked pork loin with salad Fruta, leche, pan / fruit, milk, bread | Garbanzos guisados / Chickpeas stew Tortilla de patata con pisto / Potato omelette with pisto Fruta, leche, pan / fruit, milk, bread |
| 31 | | | | |
| Menestra de Verduras / Vegetables stew Albondigas con patata dado / Meatballs with potatoes Yogurt de fruta / Fruit yoghurt | | | | |

ARTESANIA GASTRONOMICA ALCARRENA



MAYO MENU SIN LEGUMBRE MAYO MENU WITHOUT LEGUME

| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES |
|---|---|---|--|--|
| 3 | 4 | 5 | 6 | 7 |
| | | Verduras estofadas / Vegetables stew Tortilla de calabacín y cebolla con rodaja de tomate Gelatina / Jelly | Espirales con J. york y tomate / Pasta with ham in tomato sauce Bacalao horno encebollado / Baked cod with onion Fruta, leche, pan / fruit, milk, bread | Sopa de Cocido / Stew Soup Cocido Completo sin garbanzo / Meat and Cabbage Stew Fruta, leche, pan / fruit, milk, bread |
| 10 | 11 | 12 | 13 | 14 |
| arroz con tomate / Rice in tomato sauce Lomo al horno con arroz salteado / Baked pork loin with sauted rice Helado / Ice Cream | Fideua de pollo / Chicken fideua Tortilla patata con lechuga, tomate y remolacha/ Potato omelette with salad Fruta, leche, pan / fruit, milk, bread | Patatas guisadas con costillas / Potato stew with cuttles Ventresca de meluza rebozada con ensalada / Battered hake with salad Fruta, leche, pan / fruit, milk, bread | Crema de calabacin / courgette cream Hamburguesa ternera planca con cous cous/ Grilled burger with cous cous Fruta, leche, pan / fruit, milk, bread | Verduras salteadas / Sauted vegetables Dados de rape con pisto/ baked monkfish with pisto Fruta, leche, pan / fruit, milk, bread |
| 17 | 18 | 19 | 20 | 21 |
| Pure de verdura / Vegetables puree Jamoncitos de pollo asados con patatas panadera / roasted chicken thighs with potatoes Yogurt de fruta / Fruit yoghurt | Ensalada de pasta / Pasta salad Bacalao asado con lechuga y maiz / Baked cod with lettuce and corn Fruta, leche, pan / fruit, milk, bread | Patatas guisados / Potato stew Salchichas de Pavo al horno con tomate frito / Baked turkey sausajes with tomato Fruta, leche, pan / fruit, milk, bread | Paella carne / meat paella Fte. De pescadilla romana con menestra de verdura / Battered hake with vegetables Fruta, leche, pan / fruit, milk, bread | verduras estofadas / vegetables stew Tortilla de pavo con zanahoria rallada / Turkey omelette with carrot Fruta, leche, pan / fruit, milk, bread |
| 24 | 25 | 26 | 27 | 28 |
| Arroz con tomate / Rice with tomato sauce Limanda horno con ensalada de lechuga y remolacha / Baked limanda with salad Helado / Ice Cream | Brocoli salteado / Sauted brocoli Pavo estofado con cous cous / Turkey stew with cous cous Fruta, leche, pan / fruit, milk, bread | Macarrones con pavo / Macaroni in tomato sauce with turkey Merluza horno con zanahoria baby / Baked hake with carrot Fruta, leche, pan / fruit, milk, bread | Pure de puerro y zanahoria / Carrot and leek puree Lomo al ajillo horno con ensalada mixta / Baked pork loin with salad Fruta, leche, pan / fruit, milk, bread | Verduras estofadas / Vegetables stew Tortilla de patata con pisto / Potato omelette with pisto Fruta, leche, pan / fruit, milk, bread |
| 31 | | | | |
| Menestra de Verduras / Vegetables stew Albondigas con patata dado / Meatballs with potatoes Yogurt de fruta / Fruit yoghurt | | | | |

ARTESANIA GASTRONOMICA ALCARRENA



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

| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES |
|--|---|---|---|--|
| 3 | 4 | 5 | 6 | 7 |
| | | Lentejas estofadas con verdura / Lentils stew rosti de calabacín y cebolla con rodaja de tomate Gelatina / Jelly | Pata sin huevo J. york y tomate / Pasta with ham in tomato sauce Lomo plancha con ensalada / Baked loin with salad Fruta, pan / fruit, bread | Sopa de Cocido sin huevo / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, pan / fruit, bread |
| 10 | 11 | 12 | 13 | 14 |
| Judías verdes ecologicas con tomate / Bio Green beans in tomato sauce Lomo al horno con arroz salteado / Baked pork loin with sauted rice Helado / Ice Cream | Arroz de pollo / Chicken rice rosti patata con lechuga, tomate y remolacha/ Potato rosti with salad Fruta, pan / fruit, bread | Patatas guisadas con costillas / Potato stew with cuttles Filete pollo con gigantes salteados / grilled chicken with sauted peas Fruta, pan / fruit, bread | Crema de calabacin / courgette cream Hamburguesa ternera planca con cous cous/ Grilled burger with cous cous Fruta, pan / fruit, bread | Alubias blancas estofadas / Beans stew with vegetables Lacon con pisto/ baked ham with pisto Fruta, pan / fruit, bread |
| 17 | 18 | 19 | 20 | 21 |
| Pure de verdura / Vegetables puree Jamoncitos de pollo asados con patatas panadera / roasted chicken thighs with potatoes Yogurt de fruta / Fruit yoghurt | Ensalada de pasta sin huevo / Pasta salad Cinta lomo con lechuga y maiz / Baked pork loin with lettuce and corn Fruta, pan / fruit, bread | Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables Salchichas de Pavo al horno con tomate frito / Baked turkey sausajes with tomato Fruta, pan / fruit, bread | Paella carne / meat paella pollo con menestra de verdura / Battered chicken with vegetables Fruta, pan / fruit, bread | Judias blancas estofadas / Beans stew rosti de pavo con zanahoria rallada / Turkey rosti with carrot Fruta, pan / fruit, bread |
| 24 | 25 | 26 | 27 | 28 |
| Arroz con tomate / Rice with tomato sauce Salchichas horno con ensalada de lechuga y remolacha / Baked sausajes with salad Helado / Ice Cream | Brocoli salteado / Sauted brocoli Pavo estofado con cous cous / Turkey stew with cous cous Fruta, pan / fruit, bread | Macarrones sin huevo con pavo / Macaroni in tomato sauce with turkey Lacon con zanahoria baby / Baked ham with carrot Fruta, pan / fruit, bread | Pure de puerro y zanahoria / Carrot and leek puree Lomo al ajillo horno con ensalada mixta / Baked pork loin with salad Fruta, pan / fruit, bread | Garbanzos guisados / Chickpeas stew rosti de patata con pisto / Potato rosti with pisto Fruta, pan / fruit, bread |
| 31 | | | | |
| Menestra de Verduras / Vegetables stew Albondigas con patata dado / Meatballs with potatoes Yogurt de fruta / Fruit yoghurt | | | | |

ARTESANIA GASTRONOMICA ALCARRENA



MAYO MENU SIN HUEVO MAYO MENU WITHOUT EGG

| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES |
|--|---|--|--|---|
| 3 | 4 | 5 | 6 | 7 |
| | | Lentejas estofadas con verdura / Lentils stew Rosti de calabacín y cebolla con rodaja de tomate / Cougette rosti with salad Gelatina / Jelly | Pasta sin huevo con J. york y tomate / Pasta with ham in tomato sauce Bacalao horno encebollado / Baked cod with onion 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 |
| 10 | 11 | 12 | 13 | 14 |
| Judías verdes ecologicas con tomate / Bio Green beans in tomato sauce Lomo al horno con arroz salteado / Baked pork loin with sauted rice Helado / Ice Cream | Arroz de pollo / Chicken rice Rosti patata con lechuga, tomate y remolacha / Potato rosti with salad Fruta, leche, pan / fruit, milk, bread | Patatas guisadas con costillas / Potato stew with cuttles Ventresca de meluza rebozada con gisantes salteados / Battered hake with sauted peas Fruta, leche, pan / fruit, milk, bread | Crema de calabacin / courgette cream Hamburguesa ternera planca con cous cous / Grilled burger with cous cous Fruta, leche, pan / fruit, milk, bread | Alubias blancas estofadas / Beans stew with vegetables Dados de rape con pisto / baked monkfish with pisto Fruta, leche, pan / fruit, milk, bread |
| 17 | 18 | 19 | 20 | 21 |
| Pure de verdura / Vegetables puree Jamoncitos de pollo asados con patatas panadera / roasted chicken thighs with potatoes Yogurt de fruta / Fruit yoghurt | Ensalada de pasta sin huevo / Pasta salad Bacalao asado con lechuga y maiz / Baked cod with lettuce and corn Fruta, leche, pan / fruit, milk, bread | Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables Salchichas de Pavo al horno con tomate frito / Baked turkey sausajes with tomato Fruta, leche, pan / fruit, milk, bread | Paella carne / meat paella Fte. De pescadilla con menestra de verdura / Battered hake with vegetables Fruta, leche, pan / fruit, milk, bread | Judias blancas estofadas / Beans stew rosti de pavo con zanahoria rallada / Turkey rosti with carrot Fruta, leche, pan / fruit, milk, bread |
| 24 | 25 | 26 | 27 | 28 |
| Arroz con tomate / Rice with tomato sauce Limanda horno con ensalada de lechuga y remolacha / Baked limanda with salad Helado / Ice Cream | Brocoli salteado / Sauted brocoli Pavo estofado con cous cous / Turkey stew with cous cous Fruta, leche, pan / fruit, milk, bread | Macarrones sin huevo con pavo / Macaroni in tomato sauce with turkey Merluza horno con zanahoria baby / Baked hake with carrot Fruta, leche, pan / fruit, milk, bread | Pure de puerro y zanahoria / Carrot and leek puree Lomo al ajillo horno con ensalada mixta / Baked pork loin with salad Fruta, leche, pan / fruit, milk, bread | Garbanzos guisados / Chikpeas stew rosti de patata con pisto / Potato rosti with pisto Fruta, leche, pan / fruit, milk, bread |
| 31 | | | | |
| Menestra de Verduras / Vegetables stew Albondigas con patata dado / Meatballs with potatoes Yogurt de fruta / Fruit yoghurt | | | | |

ARTESANIA GASTRONOMICA ALCARRENA



MAYO MENU SIN LECHE MAYO MENU WITHOUT MILK

| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES |
|---|---|--|--|---|
| 3 | 4 | 5 | 6 | 7 |
| | | Lentejas estofadas con verdura / Lentils stew Tortilla de calabacín y cebolla con rodaja de tomate Gelatina / Jelly | Espirales con J. york y tomate / Pasta with ham in tomato sauce Bacalao horno encebollado / Baked cod with onion Fruta, pan / fruit,bread | Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, pan / fruit,bread |
| 10 | 11 | 12 | 13 | 14 |
| Judias verdes ecologicas con tomate / Bio Green beans in tomato sauce Lomo al horno con arroz salteado / Baked pork loin with sauted rice Helado apto / Ice Cream | Fideua de pollo / Chicken fideua Tortilla patata con lechuga, tomate y remolacha/ Potato omelette with salad Fruta, pan / fruit,bread | Patatas guisadas con costillas / Potato stew with cuttles Ventresca de meluza rebozada con gisantes salteados / Battered hake with sauted peas Fruta, pan / fruit,bread | Crema de calabacin / courgette cream Hamburguesa ternera planca con cous cous/ Grilled burger with cous cous Fruta, pan / fruit,bread | Alubias blancas estofadas / Beans stew with vegetables Dados de rape con pisto/ baked monkfish with pisto Fruta, pan / fruit,bread |
| 17 | 18 | 19 | 20 | 21 |
| Pure de verdura / Vegetables puree Jamoncitos de pollo asados con patatas panadera / roasted chicken thighs with potatoes Postre apto / suitable dessert | Ensalada de pasta / Pasta salad Bacalao asado con lechuga y maiz / Baked cod with lettuce and corn Fruta, pan / fruit,bread | Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables Salchichas de Pavo al horno con tomate frito / Baked turkey sausajes with tomato Fruta, pan / fruit,bread | Paella carne / meat paella Fte. De pescadilla romana con menestra de verdura / Battered hake with vegetables Fruta, pan / fruit,bread | Judias blancas estofadas / Beans stew Tortilla de pavo con zanahoria rallada / Turkey omelette with carrot Fruta, pan / fruit,bread |
| 24 | 25 | 26 | 27 | 28 |
| Arroz con tomate / Rice with tomato sauce Limanda horno con ensalada de lechuga y remolacha / Baked limanda with salad Helado apto / Ice Cream | Brocoli salteado / Sauted brocoli Pavo estofado con cous cous / Turkey stew with cous cous Fruta, pan / fruit,bread | Macarrones con pavo / Macaroni in tomato sauce with turkey Merluza horno con zanahoria baby / Baked hake with carrot Fruta, pan / fruit,bread | Pure de puerro y zanahoria / Carrot and leek puree Lomo al ajillo horno con ensalada mixta / Baked pork loin with salad Fruta, pan / fruit,bread | Garbanzos guisados / Chikpeas stew Tortilla de patata con pisto / Potato omelette with pisto Fruta, pan / fruit,bread |
| 31 | | | | |
| Menestra de Verduras / Vegetables stew Albondigas con patata dado / Meatballs with potatoes Postre apto / suitable dessert | | | | |

ARTESANIA GASTRONOMICA ALCARRENA



MAYO MENU SIN LECHE, ANCHOA Y BOQUERON MAYO WITHOUT MILK AND ANCHOVY

| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES |
|---|---|--|--|---|
| 3 | 4 | 5 | 6 | 7 |
| | | Lentejas estofadas con verdura / Lentils stew Tortilla de calabacín y cebolla con rodaja de tomate Gelatina / Jelly | Espirales con J. york y tomate / Pasta with ham in tomato sauce Bacalao horno encebollado / Baked cod with onion Fruta, pan / fruit,bread | Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, pan / fruit,bread |
| 10 | 11 | 12 | 13 | 14 |
| Judias verdes ecologicas con tomate / Bio Green beans in tomato sauce Lomo al horno con arroz salteado / Baked pork loin with sauted rice Helado apto / Ice Cream | Fideua de pollo / Chicken fideua Tortilla patata con lechuga, tomate y remolacha/ Potato omelette with salad Fruta, pan / fruit,bread | Patatas guisadas con costillas / Potato stew with cuttles Ventresca de meluza rebozada con gisantes salteados / Battered hake with sauted peas Fruta, pan / fruit,bread | Crema de calabacin / courgette cream Hamburguesa ternera planca con cous cous/ Grilled burger with cous cous Fruta, pan / fruit,bread | Alubias blancas estofadas / Beans stew with vegetables Dados de rape con pisto/ baked monkfish with pisto Fruta, pan / fruit,bread |
| 17 | 18 | 19 | 20 | 21 |
| Pure de verdura / Vegetables puree Jamoncitos de pollo asados con patatas panadera / roasted chicken thighs with potatoes Postre apto / suitable dessert | Ensalada de pasta / Pasta salad Bacalao asado con lechuga y maiz / Baked cod with lettuce and corn Fruta, pan / fruit,bread | Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables Salchichas de Pavo al horno con tomate frito / Baked turkey sausajes with tomato Fruta, pan / fruit,bread | Paella carne / meat paella Fte. De pescadilla romana con menestra de verdura / Battered hake with vegetables Fruta, pan / fruit,bread | Judias blancas estofadas / Beans stew Tortilla de pavo con zanahoria rallada / Turkey omelette with carrot Fruta, pan / fruit,bread |
| 24 | 25 | 26 | 27 | 28 |
| Arroz con tomate / Rice with tomato sauce Limanda horno con ensalada de lechuga y remolacha / Baked limanda with salad Helado apto / Ice Cream | Brocoli salteado / Sauted brocoli Pavo estofado con cous cous / Turkey stew with cous cous Fruta, pan / fruit,bread | Macarrones con pavo / Macaroni in tomato sauce with turkey Merluza horno con zanahoria baby / Baked hake with carrot Fruta, pan / fruit,bread | Pure de puerro y zanahoria / Carrot and leek puree Lomo al ajillo horno con ensalada mixta / Baked pork loin with salad Fruta, pan / fruit,bread | Garbanzos guisados / Chikpeas stew Tortilla de patata con pisto / Potato omelette with pisto Fruta, pan / fruit,bread |
| 31 | | | | |
| Menestra de Verduras / Vegetables stew Albondigas con patata dado / Meatballs with potatoes Postre apto / suitable dessert | | | | |

ARTESANIA GASTRONOMICA ALCARRENA



MAYO MENU SIN FRUTO SECO MAYO MENU WITHOUT NUTS

| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES |
|--|---|--|--|---|
| 3 | 4 | 5 | 6 | 7 |
| | | Lentejas estofadas con verdura / Lentils stew Tortilla de calabacín y cebolla con rodaja de tomate Gelatina / Jelly | Espirales con J. york y tomate / Pasta with ham in tomato sauce Bacalao horno encebollado / Baked cod with onion Fruta, leche, pan / fruit, milk, bread | Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, leche, pan / fruit, milk, bread |
| 10 | 11 | 12 | 13 | 14 |
| Judías verdes ecologicas con tomate / Bio Green beans in tomato sauce Lomo al horno con arroz salteado / Baked pork loin with sauted rice Helado / Ice Cream | Fideua de pollo / Chicken fideua Tortilla patata con lechuga, tomate y remolacha/ Potato omelette with salad Fruta, leche, pan / fruit, milk, bread | Patatas guisadas con costillas / Potato stew with cuttles Ventresca de meluza rebozada con gisantes salteados / Battered hake with sauted peas Fruta, leche, pan / fruit, milk, bread | Crema de calabacin / courgette cream Hamburguesa ternera planca con cous cous/ Grilled burger with cous cous Fruta, leche, pan / fruit, milk, bread | Alubias blancas estofadas / Beans stew with vegetables Dados de rape con pisto/ baked monkfish with pisto Fruta, leche, pan / fruit, milk, bread |
| 17 | 18 | 19 | 20 | 21 |
| Pure de verdura / Vegetables puree Jamoncitos de pollo asados con patatas panadera / roasted chicken thighs with potatoes Yogurt de fruta / Fruit yoghurt | Ensalada de pasta / Pasta salad Bacalao asado con lechuga y maiz / Baked cod with lettuce and corn Fruta, leche, pan / fruit, milk, bread | Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables Salchichas de Pavo al horno con tomate frito / Baked turkey sausajes with tomato Fruta, leche, pan / fruit, milk, bread | Paella carne / meat paella Fte. De pescadilla romana con menestra de verdura / Battered hake with vegetables Fruta, leche, pan / fruit, milk, bread | Judias blancas estofadas / Beans stew Tortilla de pavo con zanahoria rallada / Turkey omelette with carrot Fruta, leche, pan / fruit, milk, bread |
| 24 | 25 | 26 | 27 | 28 |
| Arroz con tomate / Rice with tomato sauce Limanda horno con ensalada de lechuga y remolacha / Baked limanda with salad Helado / Ice Cream | Brocoli salteado / Sauted brocoli Pavo estofado con cous cous / Turkey stew with cous cous Fruta, leche, pan / fruit, milk, bread | Macarrones con pavo / Macaroni in tomato sauce with turkey Merluza horno con zanahoria baby / Baked hake with carrot Fruta, leche, pan / fruit, milk, bread | Pure de puerro y zanahoria / Carrot and leek puree Lomo al ajillo horno con ensalada mixta / Baked pork loin with salad Fruta, leche, pan / fruit, milk, bread | Garbanzos guisados / Chickpeas stew Tortilla de patata con pisto / Potato omelette with pisto Fruta, leche, pan / fruit, milk, bread |
| 31 | | | | |
| Menestra de Verduras / Vegetables stew Albondigas con patata dado / Meatballs with potatoes Yogurt de fruta / Fruit yoghurt | | | | |

ARTESANIA GASTRONOMICA ALCARRENA



MAYO MENU SIN LENTEJAS, GARBANZOS NI MANDARINA

MAYO WITHOUT LENTILS, CHICKPEAS AN MANDARIN MENU

| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES |
|--|---|---|--|---|
| 3 | 4 | 5 | 6 | 7 |
| | | Verduras estofadas / Vegetables stew Tortilla de calabacín y cebolla con rodaja de tomate Gelatina / Jelly | Espirales con J. york y tomate / Pasta with ham in tomato sauce Bacalao horno encebollado / Baked cod with onion Fruta, leche, pan / fruit, milk, bread | Sopa de Cocido / Stew Soup Cocido Completo sin garbanzo / Chickpeas, Meat and Cabbage Stew Fruta, leche, pan / fruit, milk, bread |
| 10 | 11 | 12 | 13 | 14 |
| Judías verdes ecologicas con tomate / Bio Green beans in tomato sauce Lomo al horno con arroz salteado / Baked pork loin with sauted rice Helado / Ice Cream | Fideua de pollo / Chicken fideua Tortilla patata con lechuga, tomate y remolacha/ Potato omelette with salad Fruta, leche, pan / fruit, milk, bread | Patatas guisadas con costillas / Potato stew with cuttles Ventresca de meluza rebozada con gisantes salteados / Battered hake with sauted peas Fruta, leche, pan / fruit, milk, bread | Crema de calabacin / courgette cream Hamburguesa ternera planca con cous cous/ Grilled burger with cous cous Fruta, leche, pan / fruit, milk, bread | Alubias blancas estofadas / Beans stew with vegetables Dados de rape con pisto/ baked monkfish with pisto Fruta, leche, pan / fruit, milk, bread |
| 17 | 18 | 19 | 20 | 21 |
| Pure de verdura / Vegetables puree Jamoncitos de pollo asados con patatas panadera / roasted chicken thighs with potatoes Yogurt de fruta / Fruit yoghurt | Ensalada de pasta / Pasta salad Bacalao asado con lechuga y maiz / Baked cod with lettuce and corn Fruta, leche, pan / fruit, milk, bread | Patatas guisados / Potato stew Salchichas de Pavo al horno con tomate frito / Baked turkey sausajes with tomato Fruta, leche, pan / fruit, milk, bread | Paella carne / meat paella Fte. De pescadilla romana con menestra de verdura / Battered hake with vegetables Fruta, leche, pan / fruit, milk, bread | Judias blancas estofadas / Beans stew Tortilla de pavo con zanahoria rallada / Turkey omelette with carrot Fruta, leche, pan / fruit, milk, bread |
| 24 | 25 | 26 | 27 | 28 |
| Arroz con tomate / Rice with tomato sauce Limanda horno con ensalada de lechuga y remolacha / Baked limanda with salad Helado / Ice Cream | Brocoli salteado / Sauted brocoli Pavo estofado con cous cous / Turkey stew with cous cous Fruta, leche, pan / fruit, milk, bread | Macarrones con pavo / Macaroni in tomato sauce with turkey Merluza horno con zanahoria baby / Baked hake with carrot Fruta, leche, pan / fruit, milk, bread | Pure de puerro y zanahoria / Carrot and leek puree Lomo al ajillo horno con ensalada mixta / Baked pork loin with salad Fruta, leche, pan / fruit, milk, bread | Verduras estofadas / Vegetables stew Tortilla de patata con pisto / Potato omelette with pisto Fruta, leche, pan / fruit, milk, bread |
| 31 | | | | |
| Menestra de Verduras / Vegetables stew Albondigas con patata dado / Meatballs with potatoes Yogurt de fruta / Fruit yoghurt | | | | |

ARTESANIA GASTRONOMICA ALCARRENA



MAYO MENU SIN HUEVO NI F. SECOS MAYO WITHOUT EGG AND NUTS MENU

| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES |
|--|---|--|--|---|
| 3 | 4 | 5 | 6 | 7 |
| | | Lentejas estofadas con verdura / Lentils stew Rosti de calabacín y cebolla con rodaja de tomate / Cougette rosti with salad Gelatina / Jelly | Pasta sin huevo con J. york y tomate / Pasta with ham in tomato sauce Bacalao horno encebollado / Baked cod with onion 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 |
| 10 | 11 | 12 | 13 | 14 |
| Judías verdes ecologicas con tomate / Bio Green beans in tomato sauce Lomo al horno con arroz salteado / Baked pork loin with sauted rice Helado / Ice Cream | Arroz de pollo / Chicken rice Rosti patata con lechuga, tomate y remolacha / Potato rosti with salad Fruta, leche, pan / fruit, milk, bread | Patatas guisadas con costillas / Potato stew with cuttles Ventresca de meluza rebozada con gisantes salteados / Battered hake with sauted peas Fruta, leche, pan / fruit, milk, bread | Crema de calabacin / courgette cream Hamburguesa ternera planca con cous cous / Grilled burger with cous cous Fruta, leche, pan / fruit, milk, bread | Alubias blancas estofadas / Beans stew with vegetables Dados de rape con pisto / baked monkfish with pisto Fruta, leche, pan / fruit, milk, bread |
| 17 | 18 | 19 | 20 | 21 |
| Pure de verdura / Vegetables puree Jamoncitos de pollo asados con patatas panadera / roasted chicken thighs with potatoes Yogurt de fruta / Fruit yoghurt | Ensalada de pasta sin huevo / Pasta salad Bacalao asado con lechuga y maiz / Baked cod with lettuce and corn Fruta, leche, pan / fruit, milk, bread | Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables Salchichas de Pavo al horno con tomate frito / Baked turkey sausajes with tomato Fruta, leche, pan / fruit, milk, bread | Paella carne / meat paella Fte. De pescadilla con menestra de verdura / Battered hake with vegetables Fruta, leche, pan / fruit, milk, bread | Judias blancas estofadas / Beans stew rosti de pavo con zanahoria rallada / Turkey rosti with carrot Fruta, leche, pan / fruit, milk, bread |
| 24 | 25 | 26 | 27 | 28 |
| Arroz con tomate / Rice with tomato sauce Limanda horno con ensalada de lechuga y remolacha / Baked limanda with salad Helado / Ice Cream | Brocoli salteado / Sauted brocoli Pavo estofado con cous cous / Turkey stew with cous cous Fruta, leche, pan / fruit, milk, bread | Macarrones sin huevo con pavo / Macaroni in tomato sauce with turkey Merluza horno con zanahoria baby / Baked hake with carrot Fruta, leche, pan / fruit, milk, bread | Pure de puerro y zanahoria / Carrot and leek puree Lomo al ajillo horno con ensalada mixta / Baked pork loin with salad Fruta, leche, pan / fruit, milk, bread | Garbanzos guisados / Chickpeas stew rosti de patata con pisto / Potato rosti with pisto Fruta, leche, pan / fruit, milk, bread |
| 31 | | | | |
| Menestra de Verduras / Vegetables stew Albondigas con patata dado / Meatballs with potatoes Yogurt de fruta / Fruit yoghurt | | | | |

ARTESANIA GASTRONOMICA ALCARRENA



MAYO MENU SIN GLUTEN MAYO MENU WITHOUT GLUTEN

| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES |
|--|--|--|--|---|
| 3 | 4 | 5 | 6 | 7 |
| | | Lentejas estofadas con verdura / Lentils stew Tortilla de calabacín y cebolla con rodaja de tomate Gelatina / Jelly | Espirales sin gluten con J. york y tomate / Pasta with ham in tomato sauce Bacalao horno encebollado / Baked cod with onion 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 |
| 10 | 11 | 12 | 13 | 14 |
| Judías verdes ecológicas con tomate / Bio Green beans in tomato sauce Lomo al horno con arroz salteado / Baked pork loin with sauted rice Helado / Ice Cream | Arroz de pollo / Chicken rice Tortilla patata con lechuga, tomate y remolacha/ Potato omelette with salad Fruta, leche, pan / fruit, milk, bread | Patatas guisadas con costillas / Potato stew with cuttles Ventresca de meluza rebozada con gisantes salteados / Battered hake with sauted peas Fruta, leche, pan / fruit, milk, bread | Crema de calabacín / courgette cream Hamburguesa ternera planca con arroz/ Grilled burger with rice Fruta, leche, pan / fruit, milk, bread | Alubias blancas estofadas / Beans stew with vegetables Dados de rape con pisto/ baked monkfish with pisto Fruta, leche, pan / fruit, milk, bread |
| 17 | 18 | 19 | 20 | 21 |
| Pure de verdura / Vegetables puree Jamoncitos de pollo asados con patatas panadera / roasted chicken thighs with potatoes Yogurt de fruta / Fruit yoghurt | Ensalada de pasta sin gluten / Pasta salad Bacalao asado con lechuga y maiz / Baked cod with lettuce and corn Fruta, leche, pan / fruit, milk, bread | Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables Salchichas de Pavo al horno con tomate frito / Baked turkey sausajes with tomato Fruta, leche, pan / fruit, milk, bread | Paella carne / meat paella Fte. De pescadilla romana con menestra de verdura / Battered hake with vegetables Fruta, leche, pan / fruit, milk, bread | Judías blancas estofadas / Beans stew Tortilla de pavo con zanahoria rallada / Turkey omelette with carrot Fruta, leche, pan / fruit, milk, bread |
| 24 | 25 | 26 | 27 | 28 |
| Arroz con tomate / Rice with tomato sauce Limanda horno con ensalada de lechuga y remolacha / Baked limanda with salad Helado / Ice Cream | Brocoli salteado / Sauted brocoli Pavo estofado con arroz / Turkey stew with rice Fruta, leche, pan / fruit, milk, bread | Macarrones sin gluten con pavo / Macaroni in tomato sauce with turkey Merluza horno con zanahoria baby / Baked hake with carrot Fruta, leche, pan / fruit, milk, bread | Pure de puerro y zanahoria / Carrot and leek puree Lomo al ajillo horno con ensalada mixta / Baked pork loin with salad Fruta, leche, pan / fruit, milk, bread | Garbanzos guisados / Chickpeas stew Tortilla de patata con pisto / Potato omelette with pisto Fruta, leche, pan / fruit, milk, bread |
| 31 | | | | |
| Menestra de Verduras / Vegetables stew Albondigas con patata dado / Meatballs with potatoes Yogurt de fruta / Fruit yoghurt | | | | |