



# ARTESANIA GASTRONOMICA ALCARREÑA



## MAYO MENU SIN HUEVO MAY WITHOUT EGG MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	Lentejas estofadas con verdura / Lentils stew	Pasta sin huevo con tomate gratinadas / Gratin pasta shells in tomato sauce	coliflor salteada / Sauted cauliflower	Sopa de Cocido sin huevo / Stew Soup
	Rosti de calabacín y cebolla con rodaja de tomate / Cougette rosti with salad	Pescadilla plancha con lechuga y remolacha/ Bettered hake with salad	Escalope de pollo con cous cous / Breaded chicken with cous cous	Cocido Completo / Chickpeas, Meat and Cabbage Stew
	Yogurt de fruta / Fruit yoghurt	Fruta, leche, pan / fruit, milk, bread	Fruta, leche, pan / fruit, milk, bread	Fruta, leche, pan / fruit, milk, bread
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Arroz de pollo / Chicken rice	Judías verdes ecologicas con tomate / Bio Green beans in tomato sauce	Pasta sin huevo con pavo / spaghetti in tomato suce with turkey	Crema de calabacin / courgette cream	Alubias blancas estofadas / Beans stew with vegetables
Rosti patata con lechuga, tomate y remolacha/ Potato rosti with salad	Lomo al horno con patata / Baked pork loin with potato	Ventresca de merluza al horno y ensalada / Baked hake belly with salad	Hamburguesa ternera planca con patatas/ Grilled burger with potato	Salmón al horno con salsa de naranja / Baked salmon with orange sauce
Yogurt de fruta / Fruit yoghurt	Fruta, leche, pan / fruit, milk, bread	Fruta, leche, pan / fruit, milk, bread	Fruta, leche, pan / fruit, milk, bread	Fruta, leche, pan / fruit, milk, bread
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Ensalada de pasta sin huevo / Pasta salad	Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables	pure de verduras / Vegetables cream	Brocoli salteado con jamon / Sauted brocoli with ham	Judias blancas estofadas / Beans stew
Bacalao asado con champiñon / Baked cod with mushrooms	Salchichas de Pavo al horno con tomate frito / Baked turkey sausages with tomato	rosti de pavo con zanahoria rallada / Turkey rosti with carrot	Jamonicitos de pollo asados con patatas panadera / roasted chicken thighs with potatoes	Fte. De pescadilla con menestra de verdura / Battered hake with vegetables
Gelatina / Jelly	Fruta, leche, pan / fruit, milk, bread	Fruta, leche, pan / fruit, milk, bread	Fruta, leche, pan / fruit, milk, bread	Fruta, leche, pan / fruit, milk, bread
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Arroz caldoso con pollo y gambas / Stewed rice with chicken	Judias verdes salteadas pimenton / Sauted Green beans	Garbanzos guisados con verduras / Chickpeas stew	Macarrones sin huevo con pavo / Macaroni in tomato sauce with turkey	crema de verdura Vegetables cream
Limanda horno con con lechuga y zanahoria / Baked limanda with salad	Pavo estofado con cous cous / Turkey stew with cous cous	Rosti patata con pisto/ Potato rosti with pisto	Merluza horno con zanahoria baby / Baked hake with carrot	Lomo al ajillo horno con arroz salteado / Baked pork loin with rice
Yogurt de fruta / Fruit yoghurt	Fruta, leche, pan / fruit, milk, bread	Fruta, leche, pan / fruit, milk, bread	Fruta, leche, pan / fruit, milk, bread	Fruta, leche, pan / fruit, milk, bread
<b>30</b>	<b>31</b>			
Menestra de Verduras / Vegetables stew	paella mixta / Fish and meat paella			
Albondigas con patata dado / Meatballs with potatoes	Bacalao al horno con pisto / Baked cod with pisto			
Yogurt de fruta / Fruit yoghurt	Fruta, leche, pan / fruit, milk, bread			



# ARTESANIA GASTRONOMICA ALCARREÑA



## MAYO MENU SIN LECHE MAY WITHOUT MILK MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	Lentejas estofadas con verdura / Lentils stew  Tortilla de calabacín y cebolla con ensalada de tomate  Postre apto / suitable dessert	Caracolas con tomate gratinadas / Gratines pasta shells in tomato sauce  Pescadilla rebozada con lechuga y remolacha/ Bettered hake with salad  Fruta, pan / fruit,bread	coliflor salteada / Sauted cauliflower  Escalope de pollo con cous cous / Breaded chicken with cous cous  Fruta, pan / fruit,bread	Sopa de Cocido / Stew Soup  Cocido Completo / Chickpeas, Meat and Cabbage Stew  Fruta, pan / fruit,bread
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Fideua de pollo / Chicken fideua  Huevos cocidos con lechuga y maiz / Boiled eggs with salad  Postre apto / suitable dessert	Judías verdes ecologicas con tomate / Bio Green beans in tomato sauce  Lomo al horno con patata / Baked pork loin with potato  Fruta, pan / fruit,bread	Tallarines integrales con pavo / spaghetti in tomato suce with turkey  Ventresca de merluza al horno y ensalada / Baked hake belly with salad  Fruta, pan / fruit,bread	Crema de calabacin / courgette cream  Hamburguesa ternera planca con patatas/ Grilled burger with potato  Fruta, pan / fruit,bread	Alubias blancas estofadas / Beans stew with vegetables  Salmón al horno con salsa de naranja / Baked salmon with orange sauce  Fruta, pan / fruit,bread
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Ensalada de pasta / Pasta salad  Bacalao asado con champiñon / Baked cod with mushrooms  Gelatina / Jelly	Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables  Salchichas de Pavo al horno con tomate frito / Baked turkey sausages with tomato  Fruta, pan / fruit,bread	pure de verduras / Vegetables cream  Tortilla de patata y pavo con tomate natural / Turkey omelette with tomato  Fruta, pan / fruit,bread	Brocoli salteado con jamon / Sauted brocoli with ham  Jamoncitos de pollo asados con patatas panadera / roasted chicken thighs with potatoes  Fruta, pan / fruit,bread	Judias blancas estofadas / Beans stew  Fte. De pescadilla romana con menestra de verdura / Battered hake with vegetables  Fruta, pan / fruit,bread
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Arroz caldoso con pollo y gambas / Stewed rice with chicken  Limanda horno con con lechuga y zanahoria / Baked limanda with salad  Postre apto / suitable dessert	Judias verdes salteadas pimenton / Sauted Green beans  Pavo estofado con cous cous / Turkey stew with cous cous  Fruta, pan / fruit,bread	Garbanzos guisados con verduras / Chickpeas stew  Huevos cocidos con pisto / Boiled eggs with pisto  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	crema de verdura Vegetables cream  Lomo al ajillo horno con arroz salteado / Baked pork loin with rice  Fruta, pan / fruit,bread
<b>30</b>	<b>31</b>			
Menestra de Verduras / Vegetables stew  Albondigas con patata dado / Meatballs with potatoes  Postre apto / suitable dessert	paella mixta / Fish and meat paella  Bacalao al horno con pisto / Baked cod with pisto  Fruta, pan / fruit,bread			



# ARTESANIA GASTRONOMICA ALCARREÑA

MAYO MENU SIN LECHE, FRUTO SECO, ANCHOA NI BOQUERON (arroz y pasta integral)

MAY WITHOUT MILK MENU AND ANCHOVY MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
2	3	4	5	6
	Lentejas estofadas con verdura / Lentils stew  Tortilla de calabacín y cebolla con ensalada de tomate  Postre apto / suitable dessert	Pasta integral con tomate gratinadas / Gratinés pasta shells in tomato sauce  Pescadilla rebozada con lechuga y remolacha/ Bettered hake with salad  Fruta, pan / fruit,bread	coliflor salteada / Sauted cauliflower  Escalope de pollo con cous cous / Breaded chicken with cous cous  Fruta, pan / fruit,bread	Sopa Pasta integral de Cocido / Stew Soup  Cocido Completo / Chickpeas, Meat and Cabbage Stew  Fruta, pan / fruit,bread
9	10	11	12	13
arroz integral de pollo / Chicken fideua  Huevos cocidos con lechuga y maiz / Boiled eggs with salad  Postre apto / suitable dessert	Judías verdes ecologicas con tomate / Bio Green beans in tomato sauce  Lomo al horno con patata / Baked pork loin with potato  Fruta, pan / fruit,bread	Tallarines integrales con pavo / spaghetti in tomato suce with turkey  Ventresca de merluza al horno y ensalada / Baked hake belly with salad  Fruta, pan / fruit,bread	Crema de calabacin / courgette cream  Hamburguesa ternera planca con patatas/ Grilled burger with potato  Fruta, pan / fruit,bread	Alubias blancas estofadas / Beans stew with vegetables  Salmón al horno con salsa de naranja / Baked salmon with orange sauce  Fruta, pan / fruit,bread
16	17	18	19	20
Ensalada de Pasta integral / Pasta salad  Bacalao asado con champiñon / Baked cod with mushrooms  Gelatina / Jelly	Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables  Salchichas de Pavo al horno con tomate frito / Baked turkey sausages with tomato  Fruta, pan / fruit,bread	pure de verduras / Vegetables cream  Tortilla de patata y pavo con tomate natural / Turkey omelette with tomato  Fruta, pan / fruit,bread	Brocoli salteado con jamon / Sauted brocoli with ham  Jamoncitos de pollo asados con patatas panadera / roasted chicken thighs with potatoes  Fruta, pan / fruit,bread	Judias blancas estofadas / Beans stew  Fte. De pescadilla romana con menestra de verdura / Battered hake with vegetables  Fruta, pan / fruit,bread
23	24	25	26	27
arroz integral caldoso con pollo y gambas / Stewed rice with chicken  Limanda horno con con lechuga y zanahoria / Baked limanda with salad  Postre apto / suitable dessert	Judias verdes salteadas pimenton / Sauted Green beans  Pavo estofado con cous cous / Turkey stew with cous cous  Fruta, pan / fruit,bread	Garbanzos guisados con verduras / Chickpeas stew  Huevos cocidos con pisto / Boiled eggs with pisto  Fruta, pan / fruit,bread	Macarrones integral con pavo / Macaroni in tomato sauce with turkey  Merluza horno con zanahoria baby / Baked hake with carrot  Fruta, pan / fruit,bread	crema de verdura Vegetables cream  Lomo al ajillo horno con arroz salteado / Baked pork loin with rice  Fruta, pan / fruit,bread
30	31			
Menestra de Verduras / Vegetables stew  Albondigas con patata dado / Meatballs with potatoes  Postre apto / suitable dessert	paella arroz integral mixta / Fish and meat paella  Bacalao al horno con pisto / Baked cod with pisto  Fruta, pan / fruit,bread			



# ARTESANIA GASTRONOMICA ALCARREÑA



## MAYO MENU SIN F. SECO MAY WITHOUT NUTS MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	Lentejas estofadas con verdura / Lentils stew  Tortilla de calabacín y cebolla con ensalada de tomate  Yogurt de fruta / Fruit yoghurt	Caracolas con tomate gratinadas / Gratines pasta shells in tomato sauce  Pescadilla rebozada con lechuga y remolacha/ Bettered hake with salad  Fruta, leche, pan / fruit, milk, bread	coliflor salteada / Sauted cauliflower  Escalope de pollo con cous cous / Breaded chicken with cous cous  Fruta, leche, pan / fruit, milk, bread	Sopa de Cocido / Stew Soup  Cocido Completo / Chickpeas, Meat and Cabbage Stew  Fruta, leche, pan / fruit, milk, bread
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Fideua de pollo / Chicken fideua  Huevos villaroy con lechuga y maiz / Villaroy eggs with salad  Yogurt de fruta / Fruit yoghurt	Judías verdes ecologicas con tomate / Bio Green beans in tomato sauce  Lomo al horno con patata / Baked pork loin with potato  Fruta, leche, pan / fruit, milk, bread	Tallarines integrales con pavo / spaghetti in tomato suce with turkey  Ventresca de merluza al horno y ensalada / Baked hake belly with salad  Fruta, leche, pan / fruit, milk, bread	Crema de calabacin / courgette cream  Hamburguesa ternera planca con patatas/ Grilled burger with potato  Fruta, leche, pan / fruit, milk, bread	Alubias blancas estofadas / Beans stew with vegetables  Salmón al horno con salsa de naranja / Baked salmon with orange sauce  Fruta, leche, pan / fruit, milk, bread
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Ensalada de pasta / Pasta salad  Bacalao asado con champiñon / Baked cod with mushrooms  Gelatina / Jelly	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	pure de verduras / Vegetables cream  Tortilla de patata y pavo con tomate natural / Turkey omelette with tomato  Fruta, leche, pan / fruit, milk, bread	Brocoli salteado con jamon / Sauted brocoli with ham  Jamoncitos de pollo asados con patatas panadera / roasted chicken thighs with potatoes  Fruta, leche, pan / fruit, milk, bread	Judias blancas estofadas / Beans stew  Fte. De pescadilla romana con menestra de verdura / Battered hake with vegetables  Fruta, leche, pan / fruit, milk, bread
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Arroz caldoso con pollo y gambas / Stewed rice with chicken  Limanda horno con con lechuga y zanahoria / Baked limanda with salad  Yogurt de fruta / Fruit yoghurt	Judias verdes salteadas pimenton / Sauted Green beans  Pavo estofado con cous cous / Turkey stew with cous cous  Fruta, leche, pan / fruit, milk, bread	Garbanzos guisados con verduras / Chickpeas stew  Huevos villaroy con pisto / Villaroy eggs with pisto  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	crema de verdura Vegetables cream  Lomo al ajillo horno con arroz salteado / Baked pork loin with rice  Fruta, leche, pan / fruit, milk, bread
<b>30</b>	<b>31</b>			
Menestra de Verduras / Vegetables stew  Albondigas con patata dado / Meatballs with potatoes  Yogurt de fruta / Fruit yoghurt	paella mixta / Fish and meat paella  Bacalao al horno con pisto / Baked cod with pisto  Fruta, leche, pan / fruit, milk, bread			



# ARTESANIA GASTRONOMICA ALCARREÑA



## MAYO MENU SIN LENTEJAS MAY WITHOUT LENTILS

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	Verduras estofadas / Vegetables stew  Tortilla de calabacín y ensalada con tomate / Zucchini omelette and salad with tomato  Yogurt, pan integral / yoghurt and whole bread	Caracolas con tomate gratinadas / Gratines pasta shells in tomato sauce  Pescadilla rebozada con lechuga y remolacha/ Bettered hake with salad  Fruta, leche, pan integral / fruit, milk, Wholemed bread	coliflor salteada / Sauted cauliflower  Escalope de pollo con cous cous / Breaded chicken with cous cous  Fruta, leche, pan / fruit, milk, bread	Sopa de Cocido / Stew Soup  Cocido Completo / Chickpeas, Meat and Cabbage Stew  Fruta, leche, pan / fruit, milk, bread
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Fideua de pollo / Chicken fideua  Huevos villaroy con lechuga y maiz / Villaroy eggs with salad  Yogurt, pan integral / yoghurt and whole bread	Judías verdes ecologicas con tomate / Bio Green beans in tomato sauce  Lomo al horno con patata / Baked pork loin with potato  Fruta, leche, pan / fruit, milk, bread	Tallarines integrales con pavo / spagetti in tomato suce with turkey  Ventresca de merluza al horno y ensalada / Baked hake belly with salad  Fruta, leche, pan integral / fruit, milk, Wholemed bread	Crema de calabacin / courgette cream  Hamburguesa ternera planca con patatas/ Grilled burger with potato  Fruta, leche, pan / fruit, milk, bread	Alubias blancas estofadas con zanahoria y puerro / Beans stew with vegetables  Salmón al horno con salsa de naranja / Baked salmon with orange sauce  Fruta, leche, pan / fruit, milk, bread
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Ensalada de pasta / Pasta salad  Bacalao asado con champiñones / Roasted cod with mushrooms  Gelatina / Jelly	Arroz Salteado / Sauted rice  Salchichas de Pavo al horno con tomate frito / Baked turkey sausajes with tomato  Yogurt, pan integral / yoghurt and whole bread	Puré de verduras (zanahoria, espinaca, puerro) / Vegetables puree  Tortilla de patata y pavo con tomate natural / Turkey omelette with tomato  Fruta, leche, pan integral / fruit, milk, Wholemed bread	Brocoli salteado con jamon / Sauted brocoli with ham  Jamonicos de pollo asados con patatas panadera / roasted chicken thighs with potatoes  Fruta, leche, pan / fruit, milk, bread	Judias blancas ecologicas estofadas / Beans stew  Fte. De pescadilla romana con salteado de verdura / Battered hake with vegetables  Fruta, leche, pan / fruit, milk, bread
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Arroz caldoso con pollo y gambas / Stewed rice with chicken  Limanda horno con con lechuga y zanahoria / Baked limanda with salad  Yogurt, pan integral / yoghurt and whole bread	Judias verdes saltadas con pimenton / Green beans sauted with paprika  Pavo guisado con cous cous / Turkey stew with cous cous  Fruta, leche, pan / fruit, milk, bread	Garbanzos guisados con verduras / Chickpeas stew  Huevos villaroy con pisto / Villaroy eggs with pisto  Fruta, leche, pan integral / fruit, milk, Wholemed 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	Crema de verduras / Vegetable cream  Lomo al ajillo horno con arroz salteado / Baked pork loin with rice  Fruta, leche / fruit, milk
<b>30</b>	<b>31</b>			
Menestra de Verduras / Vegetables stew  Albondigas con patata dado / Meatballs with potatoes  Yogurt, pan integral / yoghurt and whole bread	Paella mixta (calamar, pollo,mejillon,pescado) / fish and meat paella  Bacalao horno con pisto / Baked cod with pisto  Manzana ecologica, leche, pan / fruit, milk, bread			



# ARTESANIA GASTRONOMICA ALCARREÑA



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

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	Lentejas estofadas con verdura / Lentils stew	Pasta sin huevo con tomate gratinadas / Gratin pasta shells in tomato sauce	coliflor salteada / Sauted cauliflower	Sopa de Cocido sin huevo / Stew Soup
	Rosti de calabacín y cebolla con rodaja de tomate / Cougette rosti with salad	Pescadilla plancha con lechuga y remolacha/ Bettered hake with salad	Escalope de pollo con cous cous / Breaded chicken with cous cous	Cocido Completo / Chickpeas, Meat and Cabbage Stew
	Yogurt de fruta / Fruit yoghurt	Fruta, leche, pan / fruit, milk, bread	Fruta, leche, pan / fruit, milk, bread	Fruta, leche, pan / fruit, milk, bread
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Arroz de pollo / Chicken rice	Judías verdes ecologicas con tomate / Bio Green beans in tomato sauce	Pasta sin huevo con pavo / spaghetti in tomato suce with turkey	Crema de calabacin / courgette cream	Alubias blancas estofadas / Beans stew with vegetables
Rosti patata con lechuga, tomate y remolacha/ Potato rosti with salad	Lomo al horno con patata / Baked pork loin with potato	Ventresca de merluza al horno y ensalada / Baked hake belly with salad	Hamburguesa ternera planca con patatas/ Grilled burger with potato	Salmón al horno con salsa de naranja / Baked salmon with orange sauce
Yogurt de fruta / Fruit yoghurt	Fruta, leche, pan / fruit, milk, bread	Fruta, leche, pan / fruit, milk, bread	Fruta, leche, pan / fruit, milk, bread	Fruta, leche, pan / fruit, milk, bread
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Ensalada de pasta sin huevo / Pasta salad	Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables	pure de verduras / Vegetables cream	Brocoli salteado con jamon / Sauted brocoli with ham	Judias blancas estofadas / Beans stew
Bacalao asado con champiñon / Baked cod with mushrooms	Salchichas de Pavo al horno con tomate frito / Baked turkey sausajes with tomato	rosti de pavo con zanahoria rallada / Turkey rosti with carrot	Jamonicitos de pollo asados con patatas panadera / roasted chicken thighs with potatoes	Fte. De pescadilla con menestra de verdura / Battered hake with vegetables
Gelatina / Jelly	Fruta, leche, pan / fruit, milk, bread	Fruta, leche, pan / fruit, milk, bread	Fruta, leche, pan / fruit, milk, bread	Fruta, leche, pan / fruit, milk, bread
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Arroz caldoso con pollo y gambas / Stewed rice with chicken	Judias verdes salteadas pimenton / Sauted Green beans	Garbanzos guisados con verduras / Chickpeas stew	Macarrones sin huevo con pavo / Macaroni in tomato sauce with turkey	crema de verdura Vegetables cream
Limanda horno con con lechuga y zanahoria / Baked limanda with salad	Pavo estofado con cous cous / Turkey stew with cous cous	Rosti patata con pisto/ Potato rosti with pisto	Merluza horno con zanahoria baby / Baked hake with carrot	Lomo al ajillo horno con arroz salteado / Baked pork loin with rice
Yogurt de fruta / Fruit yoghurt	Fruta, leche, pan / fruit, milk, bread	Fruta, leche, pan / fruit, milk, bread	Fruta, leche, pan / fruit, milk, bread	Fruta, leche, pan / fruit, milk, bread
<b>30</b>	<b>31</b>			
Menestra de Verduras / Vegetables stew	paella mixta / Fish and meat paella			
Albondigas con patata dado / Meatballs with potatoes	Bacalao al horno con pisto / Baked cod with pisto			
Yogurt de fruta / Fruit yoghurt	Fruta, leche, pan / fruit, milk, bread			



# ARTESANIA GASTRONOMICA ALCARREÑA



## MAYO MENU SIN GLUTEN MAY WITHOUT GLUTEN MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	Lentejas estofadas con verdura / Lentils stew  Tortilla de calabacín y cebolla con ensalada de tomate  Yogurt de fruta / Fruit yoghurt	Pasta sin gluten con tomate gratinadas / Gratinés pasta shells in tomato sauce  Pescadilla rebozada con lechuga y remolacha/ Bettered hake with salad  Fruta, leche, pan / fruit, milk, bread	coliflor salteada / Sauted cauliflower  Escalope de pollo con arroz / Breaded chicken with rice  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
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Arroz de pollo / Chicken rice  Huevos cocidos con lechuga y maiz / Boiled eggs with salad  Yogurt de fruta / Fruit yoghurt	Judías verdes ecologicas con tomate / Bio Green beans in tomato sauce  Lomo al horno con patata / Baked pork loin with potato  Fruta, leche, pan / fruit, milk, bread	Pasta sin gluten con pavo / spaghetti in tomato suce with turkey  Ventresca de merluza al horno y ensalada / Baked hake belly with salad  Fruta, leche, pan / fruit, milk, bread	Crema de calabacin / courgette cream  Hamburguesa ternera planca con patatas/ Grilled burger with potato  Fruta, leche, pan / fruit, milk, bread	Alubias blancas estofadas / Beans stew with vegetables  Salmón al horno con salsa de naranja / Baked salmon with orange sauce  Fruta, leche, pan / fruit, milk, bread
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Ensalada de pasta sin gluten / Pasta salad  Bacalao asado con champiñon / Baked cod with mushrooms  Gelatina / Jelly	Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables  Salchichas de Pavo al horno con tomate frito / Baked turkey sausages with tomato  Fruta, leche, pan / fruit, milk, bread	pure de verduras / Vegetables cream  Tortilla de patata y pavo con tomate natural / Turkey omelette with tomato  Fruta, leche, pan / fruit, milk, bread	Brocoli salteado con jamon / Sauted brocoli with ham  Jamoncitos de pollo asados con patatas panadera / roasted chicken thighs with potatoes  Fruta, leche, pan / fruit, milk, bread	Judias blancas estofadas / Beans stew  Fte. De pescadilla romana con menestra de verdura / Battered hake with vegetables  Fruta, leche, pan / fruit, milk, bread
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Arroz caldoso con pollo y gambas / Stewed rice with chicken  Limanda horno con con lechuga y zanahoria / Baked limanda with salad  Yogurt de fruta / Fruit yoghurt	Judias verdes salteadas pimenton / Sauted Green beans  Pavo estofado con arroz / Turkey stew with rice  Fruta, leche, pan / fruit, milk, bread	Garbanzos guisados con verduras / Chickpeas stew  Huevos cocidos con pisto / Boiled eggs with pisto  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	crema de verdura Vegetables cream  Lomo al ajillo horno con arroz salteado / Baked pork loin with rice  Fruta, leche, pan / fruit, milk, bread
<b>30</b>	<b>31</b>			
Menestra de Verduras / Vegetables stew  Albondigas con patata dado / Meatballs with potatoes  Yogurt de fruta / Fruit yoghurt	paella mixta / Fish and meat paella  Bacalao al horno con pisto / Baked cod with pisto  Fruta, leche, pan / fruit, milk, bread			



# ARTESANIA GASTRONOMICA ALCARREÑA



## MAYO MENU SIN LECHE, BERNJENA Y TOMATE NATURAL MAY WITHOUT MILK, EGGPLANT AND TOMATO

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	Lentejas estofadas con verdura / Lentils stew  Tortilla de calabacín y cebolla con ensalada de tomate  Postre apto / suitable dessert	Caracolas con tomate gratinadas / Gratines pasta shells in tomato sauce  Pescadilla rebozada con lechuga y remolacha/ Bettered hake with salad  Fruta, pan / fruit,bread	coliflor salteada / Sauted cauliflower  Escalope de pollo con cous cous / Breaded chicken with cous cous  Fruta, pan / fruit,bread	Sopa de Cocido / Stew Soup  Cocido Completo / Chickpeas, Meat and Cabbage Stew  Fruta, pan / fruit,bread
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Fideua de pollo / Chicken fideua  Huevos cocidos con lechuga y maiz / Boiled eggs with salad  Postre apto / suitable dessert	Judías verdes ecologicas con tomate / Bio Green beans in tomato sauce  Lomo al horno con patata / Baked pork loin with potato  Fruta, pan / fruit,bread	Tallarines integrales con pavo / spaghetti in tomato suce with turkey  Ventresca de merluza al horno y ensalada / Baked hake belly with salad  Fruta, pan / fruit,bread	Crema de calabacin / courgette cream  Hamburguesa ternera planca con patatas/ Grilled burger with potato  Fruta, pan / fruit,bread	Alubias blancas estofadas / Beans stew with vegetables  Salmón al horno con salsa de naranja / Baked salmon with orange sauce  Fruta, pan / fruit,bread
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Ensalada de pasta / Pasta salad  Bacalao asado con champiñon / Baked cod with mushrooms  Gelatina / Jelly	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	pure de verduras / Vegetables cream  Tortilla de patata y pavo con tomate natural / Turkey omelette with tomato  Fruta, pan / fruit,bread	Brocoli salteado con jamon / Sauted brocoli with ham  Jamoncitos de pollo asados con patatas panadera / roasted chicken thighs with potatoes  Fruta, pan / fruit,bread	Judias blancas estofadas / Beans stew  Fte. De pescadilla romana con menestra de verdura / Battered hake with vegetables  Fruta, pan / fruit,bread
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Arroz caldoso con pollo y gambas / Stewed rice with chicken  Limanda horno con con lechuga y zanahoria / Baked limanda with salad  Postre apto / suitable dessert	Judias verdes salteadas pimenton / Sauted Green beans  Pavo estofado con cous cous / Turkey stew with cous cous  Fruta, pan / fruit,bread	Garbanzos guisados con verduras / Chickpeas stew  Huevos cocidos con pisto / Boiled eggs with pisto  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	crema de verdura Vegetables cream  Lomo al ajillo horno con arroz salteado / Baked pork loin with rice  Fruta, pan / fruit,bread
<b>30</b>	<b>31</b>			
Menestra de Verduras / Vegetables stew  Albondigas con patata dado / Meatballs with potatoes  Postre apto / suitable dessert	paella mixta / Fish and meat paella  Bacalao al horno con pisto / Baked cod with pisto  Fruta, pan / fruit,bread			





# ARTESANIA GASTRONOMICA ALCARREÑA

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

MAY WITHOUT LEGUMES

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
2	3	4	5	6
	Verduras estofadas / Vegetables stew  Tortilla de calabacín y cebolla con ensalada de tomate  Yogurt de fruta / Fruit yoghurt	Caracolas con tomate gratinadas / Gratinés pasta shells in tomato sauce  Pescadilla rebozada con lechuga y remolacha/ Bettered hake with salad  Fruta, leche, pan / fruit, milk, bread	coliflor salteada / Sauted cauliflower  Escalope de pollo con cous cous / Breaded chicken with cous cous  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
9	10	11	12	13
Fideua de pollo / Chicken fideua  Huevos villaroy con lechuga y maiz / Villaroy eggs with salad  Yogurt de fruta / Fruit yoghurt	Judías verdes ecologicas con tomate / Bio Green beans in tomato sauce  Lomo al horno con patata / Baked pork loin with potato  Fruta, leche, pan / fruit, milk, bread	Tallarines integrales con pavo / spaghetti in tomato suce with turkey  Ventresca de merluza al horno y ensalada / Baked hake belly with salad  Fruta, leche, pan / fruit, milk, bread	Crema de calabacin / courgette cream  Hamburguesa ternera planca con patatas/ Grilled burger with potato  Fruta, leche, pan / fruit, milk, bread	Alubias blancas estofadas con zanahoria y puerro / Beans stew with vegetables  Salmón al horno con salsa de naranja / Baked salmon with orange sauce  Fruta, leche, pan / fruit, milk, bread
16	17	18	19	20
Ensalada de pasta / Pasta salad  Bacalao asado con champiñon / Baked cod with mushrooms  Gelatina / Jelly	Arroz Salteado / Sauted rice  Salchichas de Pavo al horno con tomate frito / Baked turkey sausajes with tomato  Fruta, leche, pan / fruit, milk, bread	pure de verduras / Vegetables cream  Tortilla de patata y pavo con tomate natural / Turkey omelette with tomato  Fruta, leche, pan / fruit, milk, bread	Brocoli salteado con jamon / Sauted brocoli with ham  Jamonicos de pollo asados con patatas panadera / roasted chicken thighs with potatoes  Fruta, leche, pan / fruit, milk, bread	Judias blancas ecologicas estofadas / Beans stew  Fte. De pescadilla romana con menestra de verdura / Battered hake with vegetables  Fruta, leche, pan / fruit, milk, bread
23	24	25	26	27
Arroz caldoso con pollo y gambas / Stewed rice with chicken  Limanda horno con con lechuga y zanahoria / Baked limanda with salad  Yogurt de fruta / Fruit yoghurt	Judias verdes saltadas con pimenton / Green beans sauted with paprika  Pavo estofado con cous cous / Turkey stew with cous cous  Fruta, leche, pan / fruit, milk, bread	Patatas guisados / Potato stew  Huevos villaroy con pisto / Villaroy eggs with pisto  Fruta, leche, pan / fruit, milk, bread	Sopa de verduras / Vegetable soup  Lomo al ajillo horno con ensalada mixta / Baked pork loin with salad  Fruta, leche, pan / fruit, milk, bread	crema de verdura Vegetables cream  Lomo al ajillo horno con arroz salteado / Baked pork loin with rice  Fruta, leche, pan / fruit, milk, bread
30	31			
Menestra de Verduras / Vegetables stew  Albondigas con patata dado / Meatballs with potatoes  Yogurt de fruta / Fruit yoghurt	paella mixta / Fish and meat paella  Bacalao al horno con pisto / Baked cod with pisto  Fruta, leche, pan / fruit, milk, bread			



# ARTESANIA GASTRONOMICA ALCARREÑA



## MAYO MENU SIN HUEVO CRUDO NI F. SECO MAY WITHOUT EGG AND NUTS

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	Lentejas estofadas con verdura / Lentils stew  Tortilla de calabacín y ensalada con tomate / Zucchini omelette and salad with tomato  Yogurt, pan integral / yoghurt and whole bread	Caracolas con tomate gratinadas / Gratines pasta shells in tomato sauce  Pescadilla rebozada con lechuga y remolacha/ Bettered hake with salad  Fruta, leche, pan integral / fruit, milk, Wholemed bread	coliflor salteada / Sauted cauliflower  Escalope de pollo con cous cous / Breaded chicken with cous cous  Fruta, leche, pan / fruit, milk, bread	Sopa de Cocido / Stew Soup  Cocido Completo / Chickpeas, Meat and Cabbage Stew  Fruta, leche, pan / fruit, milk, bread
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Fideua de pollo / Chicken fideua  Huevos villaroy con lechuga y maiz / Villaroy eggs with salad  Yogurt, pan integral / yoghurt and whole bread	Judías verdes ecologicas con tomate / Bio Green beans in tomato sauce  Lomo al horno con patata / Baked pork loin with potato  Fruta, leche, pan / fruit, milk, bread	Tallarines integrales con pavo / spagetti in tomato suce with turkey  Ventresca de merluza al horno y ensalada / Baked hake belly with salad  Fruta, leche, pan integral / fruit, milk, Wholemed bread	Crema de calabacin / courgette cream  Hamburguesa ternera planca con patatas/ Grilled burger with potato  Fruta, leche, pan / fruit, milk, bread	Alubias blancas estofadas con zanahoria y puerro / Beans stew with vegetables  Salmón al horno con salsa de naranja / Baked salmon with orange sauce  Fruta, leche, pan / fruit, milk, bread
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Ensalada de pasta / Pasta salad  Bacalao asado con champiñones / Roasted cod with mushrooms  Gelatina / Jelly	Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables  Salchichas de Pavo al horno con tomate frito / Baked turkey sausajes with tomato  Yogurt, pan integral / yoghurt and whole bread	Puré de verduras (zanahoria, espinaca, puerro) / Vegetables puree  Tortilla de patata y pavo con tomate natural / Turkey omelette with tomato  Fruta, leche, pan integral / fruit, milk, Wholemed bread	Brocoli salteado con jamon / Sauted brocoli with ham  Jamonicos de pollo asados con patatas panadera / roasted chicken thighs with potatoes  Fruta, leche, pan / fruit, milk, bread	Judias blancas ecologicas estofadas / Beans stew  Fte. De pescadilla romana con salteado de verdura / Battered hake with vegetables  Fruta, leche, pan / fruit, milk, bread
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Arroz caldoso con pollo y gambas / Stewed rice with chicken  Limanda horno con con lechuga y zanahoria / Baked limanda with salad  Yogurt, pan integral / yoghurt and whole bread	Judias verdes saltadas con pimenton / Green beans sauted with paprika  Pavo guisado con cous cous / Turkey stew with cous cous  Fruta, leche, pan / fruit, milk, bread	Garbanzos guisados con verduras / Chickpeas stew  Huevos villaroy con pisto / Villaroy eggs with pisto  Fruta, leche, pan integral / fruit, milk, Wholemed 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	Crema de verduras / Vegetable cream  Lomo al ajillo horno con arroz salteado / Baked pork loin with rice  Fruta, leche / fruit, milk
<b>30</b>	<b>31</b>			
Menestra de Verduras / Vegetables stew  Albondigas con patata dado / Meatballs with potatoes  Yogurt, pan integral / yoghurt and whole bread	Paella mixta (calamar, pollo,mejillon,pescado) / fish and meat paella  Bacalao horno con pisto / Baked cod with pisto  Manzana ecologica, leche, pan / fruit, milk, bread			



# ARTESANIA GASTRONOMICA ALCARREÑA



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

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
2	3	4	5	6
	Verduras estofadas / Vegetables stew  Rosti de calabacín y cebolla con rodaja de tomate / Cougette rosti with salad  Yogurt de fruta / Fruit yoghurt	Caracolas con tomate gratinadas / Gratines pasta shells in tomato sauce  Pescadilla con lechuga y remolacha/ Bettered hake with salad  Fruta, leche, pan / fruit, milk, bread	coliflor salteada / Sauted cauliflower  Escalope de pollo con cous cous / Breaded chicken with cous cous  Fruta, leche, pan / fruit, milk, bread	Sopa de Cocido sin huevo / Stew Soup  Cocido Completo sin garbanzo / Meat and Cabbage Stew  Fruta, leche, pan / fruit, milk, bread
9	10	11	12	13
Arroz de pollo / Chicken rice  Rosti patata con lechuga, tomate y remolacha/ Potato rosti with salad  Yogurt de fruta / Fruit yoghurt	Judías verdes ecologicas con tomate / Bio Green beans in tomato sauce  Lomo al horno con patata / Baked pork loin with potato  Fruta, leche, pan / fruit, milk, bread	Tallarines sin huevo integrales con pavo / spaghetti in tomato suce with turkey  Ventresca de merluza al horno y ensalada / Baked hake belly with salad  Fruta, leche, pan / fruit, milk, bread	Crema de calabacin / courgette cream  Hamburguesa ternera planca con patatas/ Grilled burger with potato  Fruta, leche, pan / fruit, milk, bread	Alubias blancas estofadas con zanahoria y puerro / Beans stew with vegetables  Salmón al horno con salsa de naranja / Baked salmon with orange sauce  Fruta, leche, pan / fruit, milk, bread
16	17	18	19	20
Ensalada de pasta sin huevo / Pasta salad  Bacalao asado con champiñon / Baked cod with mushrooms  Gelatina / Jelly	Arroz Salteado / Sauted rice  Salchichas de Pavo al horno con tomate frito / Baked turkey sausajes with tomato  Fruta, leche, pan / fruit, milk, bread	pure de verduras / Vegetables cream  rosti de pavo con zanahoria rallada / Turkey rosti with carrot  Fruta, leche, pan / fruit, milk, bread	Brocoli salteado con jamon / Sauted brocoli with ham  Jamonicos de pollo asados con patatas panadera / roasted chicken thighs with potatoes  Fruta, leche, pan / fruit, milk, bread	Judias blancas ecologicas estofadas / Beans stew  Fte. De pescadilla con menestra de verdura / Battered hake with vegetables  Fruta, leche, pan / fruit, milk, bread
23	24	25	26	27
Arroz caldoso con pollo / Stewed rice with chicken  Limanda horno con con lechuga y zanahoria / Baked limanda with salad  Yogurt de fruta / Fruit yoghurt	Judias verdes saltadas con pimenton / Green beans sauted with paprika  Pavo estofado con cous cous / Turkey stew with cous cous  Fruta, leche, pan / fruit, milk, bread	Patatas guisados / Potato stew  Rosti patata con pisto/ Potato rosti with pisto  Fruta, leche, pan / fruit, milk, bread	Sopa de verduras / Vegetable soup  Lomo al ajillo horno con ensalada mixta / Baked pork loin with salad  Fruta, leche, pan / fruit, milk, bread	crema de verdura Vegetables cream  Lomo al ajillo horno con arroz salteado / Baked pork loin with rice  Fruta, leche, pan / fruit, milk, bread
30	31			
Menestra de Verduras / Vegetables stew  Albondigas con patata dado / Meatballs with potatoes  Yogurt de fruta / Fruit yoghurt	paella carne /meat paella  Bacalao al horno con pisto / Baked cod with pisto  Fruta, leche, pan / fruit, milk, bread			



# ARTESANIA GASTRONOMICA ALCARREÑA



## MAYO MENU SIN PESCADO MAY WITHOUT FISH MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
2	3	4	5	6
	Lentejas estofadas con verdura / Lentils stew  Tortilla de calabacín y cebolla con ensalada de tomate  Yogurt de fruta / Fruit yoghurt	Caracolas con tomate gratinadas / Gratinated pasta shells in tomato sauce  Lomo plancha con ensalada / Baked loin with salad  Fruta, leche, pan / fruit, milk, bread	coliflor salteada / Sauted cauliflower  Escalope de pollo con cous cous / Breaded chicken with cous cous  Fruta, leche, pan / fruit, milk, bread	Sopa de Cocido / Stew Soup  Cocido Completo / Chickpeas, Meat and Cabbage Stew  Fruta, leche, pan / fruit, milk, bread
9	10	11	12	13
Fideua de pollo / Chicken fideua  Huevos cocidos con lechuga y maiz / Boiled eggs with salad  Yogurt de fruta / Fruit yoghurt	Judías verdes ecologicas con tomate / Bio Green beans in tomato sauce  Lomo al horno con patata / Baked pork loin with potato  Fruta, leche, pan / fruit, milk, bread	Tallarines integrales con pavo / spaghetti in tomato suce with turkey  Filete pollo con ensalada / grilled chicken with salad  Fruta, leche, pan / fruit, milk, bread	Crema de calabacin / courgette cream  Hamburguesa ternera planca con patatas/ Grilled burger with potato  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
16	17	18	19	20
Ensalada de pasta / Pasta salad  Cinta lomo con lechuga y maiz / Baked pork loin with lettuce and corn  Gelatina / Jelly	Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables  Salchichas de Pavo al horno con tomate frito / Baked turkey sausages with tomato  Fruta, leche, pan / fruit, milk, bread	pure de verduras / Vegetables cream  Tortilla de patata y pavo con tomate natural / Turkey omelette with tomato  Fruta, leche, pan / fruit, milk, bread	Brocoli salteado con jamon / Sauted brocoli with ham  Jamoncitos de pollo asados con patatas panadera / roasted chicken thighs with potatoes  Fruta, leche, pan / fruit, milk, bread	Judias blancas estofadas / Beans stew  pollo con menestra de verdura / Battered chicken with vegetables  Fruta, leche, pan / fruit, milk, bread
23	24	25	26	27
Arroz caldoso con pollo / Stewed rice with chicken  Limanda horno con con lechuga y zanahoria / Baked limanda with salad  Yogurt de fruta / Fruit yoghurt	Judías verdes salteadas pimenton / Sauted Green beans  Pavo estofado con cous cous / Turkey stew with cous cous  Fruta, leche, pan / fruit, milk, bread	Garbanzos guisados con verduras / Chickpeas stew  Huevos cocidos con pisto / Boiled eggs with pisto  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	crema de verdura Vegetables cream  Lomo al ajillo horno con arroz salteado / Baked pork loin with rice  Fruta, leche, pan / fruit, milk, bread
30	31			
Menestra de Verduras / Vegetables stew  Albondigas con patata dado / Meatballs with potatoes  Yogurt de fruta / Fruit yoghurt	paella carne / meat paella  Pollo con pisto / Baked chicken with pisto  Fruta, leche, pan / fruit, milk, bread			



# ARTESANIA GASTRONOMICA ALCARREÑA

MAYO MENU SIN LEGUMBRE (si j. verde y blanca, garbanzo,y guisante) NI F. SECO

MAY WITHOUT LEGUMES

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
2	3	4	5	6
	Verduras estofadas / Vegetables stew  Tortilla de calabacín y cebolla con ensalada de tomate  Yogurt de fruta / Fruit yoghurt	Caracolas con tomate gratinadas / Gratinés pasta shells in tomato sauce  Pescadilla rebozada con lechuga y remolacha/ Bettered hake with salad  Fruta, leche, pan / fruit, milk, bread	coliflor salteada / Sauted cauliflower  Escalope de pollo con cous cous / Breaded chicken with cous cous  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
9	10	11	12	13
Fideua de pollo / Chicken fideua  Huevos villaroy con lechuga y maiz / Villaroy eggs with salad  Yogurt de fruta / Fruit yoghurt	arroz con tomate / Rice in tomato sauce  Lomo al horno con patata / Baked pork loin with potato  Fruta, leche, pan / fruit, milk, bread	Tallarines integrales con pavo / spagetti in tomato suce with turkey  Ventresca de merluza al horno y ensalada / Baked hake belly with salad  Fruta, leche, pan / fruit, milk, bread	Crema de calabacin / courgette cream  Hamburguesa ternera planca con patatas/ Grilled burger with potato  Fruta, leche, pan / fruit, milk, bread	Verduras salteadas / Sauted vegetables  Salmón al horno con salsa de naranja / Baked salmon with orange sauce  Fruta, leche, pan / fruit, milk, bread
16	17	18	19	20
Ensalada de pasta / Pasta salad  Bacalao asado con champiñon / Baked cod with mushrooms  Gelatina / Jelly	Arroz Salteado / Sauted rice  Salchichas de Pavo al horno con tomate frito / Baked turkey sausajes with tomato  Fruta, leche, pan / fruit, milk, bread	pure de verduras / Vegetables cream  Tortilla de patata y pavo con tomate natural / Turkey omelette with tomato  Fruta, leche, pan / fruit, milk, bread	Brocoli salteado con jamon / Sauted brocoli with ham  Jamonicitos de pollo asados con patatas panadera / roasted chicken thighs with potatoes  Fruta, leche, pan / fruit, milk, bread	verduras estofadas / vegetables stew  Fte. De pescadilla romana con menestra de verdura / Battered hake with vegetables  Fruta, leche, pan / fruit, milk, bread
23	24	25	26	27
Arroz caldoso con pollo y gambas / Stewed rice with chicken  Limanda horno con con lechuga y zanahoria / Baked limanda with salad  Yogurt de fruta / Fruit yoghurt	Brocoli salteado/ sauted brocoly  Pavo estofado con cous cous / Turkey stew with cous cous  Fruta, leche, pan / fruit, milk, bread	Patatas guisados / Potato stew  Huevos villaroy con pisto / Villaroy eggs with pisto  Fruta, leche, pan / fruit, milk, bread	Sopa de verduras / Vegetable soup  Lomo al ajillo horno con ensalada mixta / Baked pork loin with salad  Fruta, leche, pan / fruit, milk, bread	crema de verdura Vegetables cream  Lomo al ajillo horno con arroz salteado / Baked pork loin with rice  Fruta, leche, pan / fruit, milk, bread
30	31			
Menestra de Verduras / Vegetables stew  Albondigas con patata dado / Meatballs with potatoes  Yogurt de fruta / Fruit yoghurt	paella mixta / Fish and meat paella  Bacalao al horno con pisto / Baked cod with pisto  Fruta, leche, pan / fruit, milk, bread			



# ARTESANIA GASTRONOMICA ALCARREÑA



## MAYO MENU SIN PESCADO NI MARISCO MAY WITHOUT FISH AND SELLFISH MENU

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	Lentejas estofadas con verdura / Lentils stew  Tortilla de calabacín y cebolla con ensalada de tomate  Yogurt de fruta / Fruit yoghurt	Caracolas con tomate gratinadas / Gratines pasta shells in tomato sauce  Lomo plancha con ensalada / Baked loin with salad  Fruta, leche, pan / fruit, milk, bread	coliflor salteada / Sauted cauliflower  Escalope de pollo con cous cous / Breaded chicken with cous cous  Fruta, leche, pan / fruit, milk, bread	Sopa de Cocido / Stew Soup  Cocido Completo / Chickpeas, Meat and Cabbage Stew  Fruta, leche, pan / fruit, milk, bread
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Fideua de pollo / Chicken fideua  Huevos cocidos con lechuga y maiz / Boiled eggs with salad  Yogurt de fruta / Fruit yoghurt	Judías verdes ecologicas con tomate / Bio Green beans in tomato sauce  Lomo al horno con patata / Baked pork loin with potato  Fruta, leche, pan / fruit, milk, bread	Tallarines integrales con pavo / spagetti in tomato suce with turkey  Filete pollo con ensalada / grilled chicken with salad  Fruta, leche, pan / fruit, milk, bread	Crema de calabacin / courgette cream  Hamburguesa ternera planca con patatas/ Grilled burger with potato  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
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Ensalada de pasta / Pasta salad  Cinta lomo con lechuga y maiz / Baked pork loin with lettuce and corn  Gelatina / Jelly	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	pure de verduras / Vegetables cream  Tortilla de patata y pavo con tomate natural / Turkey omelette with tomato  Fruta, leche, pan / fruit, milk, bread	Brocoli salteado con jamon / Sauted brocoli with ham  Jamonicitos de pollo asados con patatas panadera / roasted chicken thighs with potatoes  Fruta, leche, pan / fruit, milk, bread	Judias blancas estofadas / Beans stew  pollo con menestra de verdura / Battered chicken with vegetables  Fruta, leche, pan / fruit, milk, bread
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Arroz caldoso con pollo / Stewed rice with chicken  Limanda horno con con lechuga y zanahoria / Baked limanda with salad  Yogurt de fruta / Fruit yoghurt	Judias verdes salteadas pimenton / Sauted Green beans  Pavo estofado con cous cous / Turkey stew with cous cous  Fruta, leche, pan / fruit, milk, bread	Garbanzos guisados con verduras / Chickpeas stew  Huevos cocidos con pisto / Boiled eggs with pisto  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	crema de verdura Vegetables cream  Lomo al ajillo horno con arroz salteado / Baked pork loin with rice  Fruta, leche, pan / fruit, milk, bread
<b>30</b>	<b>31</b>			
Menestra de Verduras / Vegetables stew  Albondigas con patata dado / Meatballs with potatoes  Yogurt de fruta / Fruit yoghurt	paella carne / meat paella  Pollo con pisto / Baked chicken with pisto  Fruta, leche, pan / fruit, milk, bread			



# ARTESANIA GASTRONOMICA ALCARREÑA



## MAYO MENU SIN CARNE ROJA MAY WITHOUT RED MEAT

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	Lentejas estofadas con verdura / Lentils stew  Tortilla de calabacín y ensalada con tomate / Zucchini omelette and salad with tomato  Yogurt, pan integral / yoghurt and whole bread	Caracolas con tomate gratinadas / Gratines pasta shells in tomato sauce  Pescadilla rebozada con lechuga y remolacha/ Bettered hake with salad  Fruta, leche, pan integral / fruit, milk, Wholemed bread	coliflor salteada / Sauted cauliflower  Escalope de pollo con cous cous / Breaded chicken with cous cous  Fruta, leche, pan / fruit, milk, bread	Sopa de fideos / Stew Soup  Cocido Con Garbanzos,y pollo / meat, chickpeas and vegetables stew  Fruta, leche, pan / fruit, milk, bread
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Fideua de pollo / Chicken fideua  Huevos villaroy con lechuga y maiz / Villaroy eggs with salad  Yogurt, pan integral / yoghurt and whole bread	Judías verdes ecologicas con tomate / Bio Green beans in tomato sauce  Lomo al horno con patata / Baked pork loin with potato  Fruta, leche, pan / fruit, milk, bread	Tallarines integrales con pavo / spagetti in tomato suce with turkey  Ventresca de merluza al horno y ensalada / Baked hake belly with salad  Fruta, leche, pan integral / fruit, milk, Wholemed bread	Crema de calabacin / courgette cream  Hamburguesa ternera planca con patatas/ Grilled burger with potato  Fruta, leche, pan / fruit, milk, bread	Alubias blancas estofadas con zanahoria y puerro / Beans stew with vegetables  Salmón al horno con salsa de naranja / Baked salmon with orange sauce  Fruta, leche, pan / fruit, milk, bread
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Ensalada de pasta / Pasta salad  Bacalao asado con champiñones / Roasted cod with mushrooms  Gelatina / Jelly	Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables  Salchichas de Pavo al horno con tomate frito / Baked turkey sausajes with tomato  Yogurt, pan integral / yoghurt and whole bread	Puré de verduras (zanahoria, espinaca, puerro) / Vegetables puree  Tortilla de patata y pavo con tomate natural / Turkey omelette with tomato  Fruta, leche, pan integral / fruit, milk, Wholemed bread	Brocoli salteado / Sauted brocoli  Jamoncitos de pollo asados con patatas panadera / roasted chicken thighs with potatoes  Fruta, leche, pan / fruit, milk, bread	Judias blancas ecologicas estofadas / Beans stew  Fte. De pescadilla romana con salteado de verdura / Battered hake with vegetables  Fruta, leche, pan / fruit, milk, bread
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Arroz caldoso con pollo y gambas / Stewed rice with chicken  Limanda horno con con lechuga y zanahoria / Baked limanda with salad  Yogurt, pan integral / yoghurt and whole bread	Judias verdes saltadas con pimenton / Green beans sauted with paprika  Pavo guisado con cous cous / Turkey stew with cous cous  Fruta, leche, pan / fruit, milk, bread	Garbanzos guisados con verduras / Chickpeas stew  Huevos villaroy con pisto / Villaroy eggs with pisto  Fruta, leche, pan integral / fruit, milk, Wholemed 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	Crema de verduras / Vegetable cream  Lomo al ajillo horno con arroz salteado / Baked pork loin with rice  Fruta, leche / fruit, milk
<b>30</b>	<b>31</b>			
Menestra de Verduras / Vegetables stew  Albondigas pollo con patata dado / Meatballs with potatoes  Yogurt, pan integral / yoghurt and whole bread	Paella mixta (calamar, pollo,mejillon,pescado) / fish and meat paella  Bacalao horno con pisto / Baked cod with pisto  Manzana ecologica, leche, pan / fruit, milk, bread			