

MENU

02/03/2020 – 06/03/2020

	LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMER PLATO / STARTER	Garbanzos vegetarianos / Vegetarian chickpeas	Sopa de pollo / Chicken soup	Crema de puerro / Leek soup	Macarrones c/carne/ Macaroni w/beef	Pizza / Pizza
SEGUNDO PLATO / MAIN COURSE	Lasagna / Lasagna	Tortilla de champiñon c/ensalada/ Mushroom omelette w/salad	Escalope de cerdo c/ensalada / Pork escalope w/salad	Croquetas c/ensalada / Croquettes w/salad	Pescado del día c/ensalada / Fish of the day w/salad
POSTRE DESSERT	Arroz c/leche o fruta / Rice pudding or fruit	Flan o fruta / Flan or fruit	Gelatina o fruta / Jelly or fruit	Natillas o fruta / Custard or fruit	Pancakes o fruta / Pancakes or fruit
PRIMER VEGETARIANO VEGETARIAN STARTER	Garbanzos vegetarianos / Vegetarian chickpeas	Sopa de fideo / Noodle soup	Crema de puerro / Leek soup	Macarrones vegetarianos / Vegetarian macaroni	Pizza vegetariana / Vegetarian Pizza
aSEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Lasagna vegetariana/ Vegetarian lasagna Kcal.945 P.41 Lip.28 HC.120	Menestra de verduras / Mixed fried vegetables Kcal.985 P.41 Lip.27 HC.117	Judías salteadas / Green sautéed beans Kcal.1005 P.41 Lip.32 HC.135	Berenjena rellena / Stuffed aubergine Kcal.910 P.40 Lip.26 HC.128	Pescado del día a la plancha c/guarnición / Fish of the day w/garnish Kcal.940 P.35 Lip.25 HC.128

MENU

09/03/2020 – 13/03/2020

	LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMER PLATO / STARTER	Crema de verduras / Vegetable soup	Arroz c/pollo / Chicken rice	Lentejas guisadas / Lentil stew	Sopa de minestrone / Minestrone soup	Pasta c/carne / Pasta w/beef
SEGUNDO PLATO / MAIN COURSE	Lomo adobado en salsa c/ patata cocida/ Marinated pork in sauce w/boiled potatoes	Salchichas c/huevo y puré de patata / Sausage w/ fried egg & mashed potato	Carne estofada c/ verduras/ Beef stew w/vegetables	Tortilla de patata c/ensalada / Spanish omelette w/salad	Merluza rebozada c/pimientos / Hake in batter w/peppers
POSTRE / DESSERT	Arroz c/leche o fruta / Rice pudding or fruit	Tarta o fruta / Cake or fruit	Gelatina o fruta / Jelly or fruit	Helado o fruta / Ice cream or fruit	Pudding de pan o fruta / Bread pudding or fruit
PRIMER VEGETARIANO / VEGETARIAN STARTER	Crema de verduras / Vegetable soup	Arroz c/verduras / Rice w/ vegetables	Lentejas vegetarianas / Vegetarian lentils	Sopa de minestrone / Minestrone soup	Pasta al ajillo/ Garlic pasta
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Revuelto de calabacín/ Scrambled egg w/courgette	Revuelto de espárragos / Scrambled egg w/asparagus	Verduras salteadas / Sautéed vegetables	Tortilla de patata c/ensalada / Spanish omelette w/salad	Merluza plancha c/pimientos / Grilled hake w/peppers
	Kcal.950 P.35 Lip.24 HC.141	Kcal.990 P.32 Lip.27 HC.133	Kcal.995 P.39 Lip.27 HC.125	Kcal.1005 P.33 Lip.29 HC.128	Kcal.960 P.35 Lip.33 HC.138

MENU

16/03/2020 – 20/03/2020

	LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMER PLATO / STARTER	Patatas a la Riojana / Riojan style potatoes	Paella Valenciana / Paella	Crema de zanahoria / Carrot Soup	Fabada Asturiana / Asturian stew	Guisantes salteados / Sautéed peas
SEGUNDO PLATO / MAIN COURSE	Pernil de cerdo asado c/pure de patata / Roast pork loin w/mashed potato	Croquetas c/chorizo c/ensalada / Croquettes w/cured meat w/salad	Pollo en salsa c/verduras y patatas / Chicken in sauce w/vegetable & potatoes	Tortilla de patata c/ensalada / Spanish omelette w/salad	Perrito caliente c/ensalada / Hot dog w/salad
POSTRE / DESSERT	Yogurt o fruta / Yoghurt or fruit	Torrijas o fruta / Torrijas or fruit	Pancake o fruta / Pancake or fruit	Tarta de fruta o fruta / Fruit cake or fruit	Yogurt o fruta / Yoghurt or fruit
PRIMER VEGETARIANO VEGETARIAN STARTER	Judias a la casera / Homemade chickpeas	Paella vegetariana / Vegetarian paella	Crema de zanahoria / Carrot soup	Alubias vegetarianas / Vegetarian beans	Guisantes salteados / Sautéed peas
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Revuelto de champiñon / Scrambled egg w/mushroom Kcal.990 P.30 Lip.34 HC.135	Berenjena rellena / Stuffed aubergine Kcal.1000 P.36 Lip.26 HC.132	Revuelto de verduritas frescas / Scrambled egg w/fresh vegetables Kcal.960 P.35 Lip.28 HC.140	Tortilla de patata c/ensalada / Spanish omelette w/salad Kcal.1010 P.34 Lip.30 HC.134	Champiñones al ajillo / Garlic mushroom Kcal.1010 P.42 Lip.32 HC.138

MENU

23/03/2020 – 27/03/2020

	LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMER PLATO / STARTER	Crema de calabaza / Pumpkin soup	Espaguetis al ajillo / Garlic spaghetti	Guisantes salteados / Sautéed peas	Garbanzos vegetarianos / Vegetarian chickpeas	Pizza / Pizza
SEGUNDO PLATO / MAIN COURSE	Raxo c/guarnicion / Marinated pork w/garnish	Carne guisada c/guarnicion / Beef stew w/garnish	Huevos fritos c/patatas a lo pobre / Fried eggs w/ "poor" potatoes	Pollo en Pepitoria c/guarnición / "Pepitoria" chicken w/garnish	Pescado del dia c/ensalada/ Fish of the day w/salad
POSTRE / DESSERT	Natillas o fruta / Custard or fruit	Arroz c/leche o fruta / Rice pudding or fruit	Gelatina o fruta / Jelly or fruit	Flan o fruta / Flan or fruit	Fruta / Fruit
PRIMER VEGETARIANO VEGETARIAN STARTER	Crema de calabaza / Pumpkin soup	Espaguetis al ajillo / Garlic spaghetti	Guisantes salteados / Sautéed peas	Garbanzos vegetarianos/ Vegetarian chickpeas	Pizza vegetariana / Vegetarian pizza
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Tortilla de queso / Cheese omelette	Menestra de verdura / Mixed diced vegetables	Champiñones al ajillo / Garlic mushroom	Berenjena rellena / stuffed aubergine	Pescado del dia c/ensalada/ Fish of the day w/salad
	Kcal.995 P.32 Lip.29 HC.25	Kcal.1005 P.33 Lip.30 HC.128	Kcal.1000 P.34 Lip.35 HC.130	Kcal.1010 P.38 Lip.29 HC.125	Kcal. 940 P. 35 Lip.29 HC138

MENU

30/03/2020 – 31/03/2020

	LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMER PLATO / STARTER					
SEGUNDO PLATO / MAIN COURSE					
POSTRE / DESSERT					
PRIMER VEGETARIANO VEGETARIAN STARTER					
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE					