

MENU

08/03/2021 – 12/03/2021

	LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMER PLATO / STARTER	Sopa de minestrone / Minestrone soup	Pizza / Pizza	Cocido de garbanzos / Chickpea casserole	Crema de puerro y zanahoria / Leek & carrot soup	Macarrones c/ tomate y carene / Macaroni w/ tomato & meat
SEGUNDO PLATO / MAIN COURSE	Lasagna de carne / Meat lasagna	Guisado de ternera c/guarnición / Beef stew w/garnish	Tortilla de patata c/ensalada / Spanish omelette w/salad	Escalope de pollo c/ pat fritas / Chicken supreme w/chips	Filete de merluza Orly c/ensalada / Orly hake fillet w/salad
POSTRE / DESSERT	Postre de leche o fruta /Milk dessert or fruit	Bizcocho o fruta / Home made cake or fruit	Pudding de pan o fruta / Bread pudding or fruit	Helado o fruta / Ice cream or fruit	Tarta o fruta / Cake or fruit
PRIMER VEGETARIANO / VEGETARIAN STARTER	Sopa de minestrone / Minestrone soup	Pizza vegetariana / Vegetarian pizza	Garbanzos vegetarianos / Vegetarian chickpeas	Crema de puerro y zanahoria / Leek & carrot soup	Fideos guisados c/verduras / Noodles w/vegetable stew
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Lasagna vegetariana / Vegetarian Lasagna Kcal.890 P.35 Lip.38 HC.130	Alcachofas guisadas / Steamed artichokes Kcal.1015 P.40 Lip.32 Hc.135	Berenjena rellena / Stuffed aubergine Kcal.990 P.25 Lip.25 HC.138	Champiñon al ajillo / Garlic mushroom Kcal.905 P.40 Lip.27 HC.120	Merluza en salsa marinera / Hake in seafood sauce Kcal.980 P.32 Lip.39 HC.128

MENU

15/03/2021 – 19/03/2021

	LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMAR PLATO / STARTER	Sopa de pescado / Fish soup	Cocido de alubias blancas vegetarianas / Vegetarian white beans	Judías salteadas c/jamón / Green sautéed beans w/ham	Espaguetti Bolognesa / Spaghetti Bolognese	Paella Valenciana / Paella
SEGUNDO PLATO / MAIN COURSE	Pollo guisado c/guarnición / Chicken stew w/garnish	Tortilla de patata c/ensalada / Spanish omelette w/salad	Croquetas c/chorizo, jamón, tomate y pepino/ Croquettes w/ham, chorizo, tomato & cucumber	Lomo adobado c/pat. fritas / Marinated pork w/chips	Escalope de merluza c/ensalada / Hake fillet w/salad
POSTRE / DESSERT	Helado o fruta / Ice cream or fruit	Arroz c/leche o fruta / Rice pudding or fruit	Gelatina o fruta / Jelly or fruit	Yogurt o fruta / yoghurt or fruit	Tarta de manzana o fruta / Apple cake or fruit
PRIMER VEGETARIANO VEGETARIAN STARTER	Sopa de pescado / Fish soup	Cocido de alubias blancas vegetarianas / Vegetarian white beans	Judías salteadas / Green sautéed beans	Espaguetis al ajillo / Garlic spaghetti	Paella vegetariana / Vegetarian paella
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Menestra de verduras / Vegetable stew	Revuelto de champiñon/ Scrambled eggs w/mushrooms	Verduras a la plancha / Grilled vegetables	Calabacín salteado / Sautéed courgette	Merluza plancha c/pimientos / Grilled hake w/peppers
	Kcal.1005 P.43 Lip.35 HC.125	Kcal.1010 P.41 Lip.35 HC.128	Kcal.960 P.39 Lip.25 HC.125	Kcal. 1010 P.39 Lip.28 HC.139	Kcal.1005 P.45 Lip.35 HC.135

MENU

22/03/2021 – 26/03/2021

	LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMAR PLATO / STARTER	Lentejas guisadas / Lentils w/beef	Patatas a la Riojana / Riojan style potatoes	Crema de verduras / Vegetable soup	Sopa de fideo / Noodle soup	Arroz a la Cubana / Cuban rice
SEGUNDO PLATO / MAIN COURSE	Pechuga de pavo en salsa c/puré de patata/Turkey in sauce w/mashed potato	Albondigas jardinera c/ pasta / Jardinera meatballs w/pasta	Huevos fritos c/patatas a lo pobre / Fried eggs with poor potatoes	Cerdo a la Extremeña c/guarnición/ Pork Extremeña style w/garnish	San Jacobo c/ patatas fritas / San Jacobo w/ chips
POSTRE / DESSERT	Torrijas o fruta / Torrijas or fruit	Natillas o fruta / Custard or fruit	Helado o fruta / ice cream or fruit	Postre de leche o fruta / Milk dessert or fruit	Yogurt o fruta / Yoghurt or fruit
PRIMER VEGETARIANO / VEGETARIAN STARTER	Lentejas vegetarianas / Vegetarian lentils	Menestra de verduras / Mixed fried vegetables	Crema de verduras / Vegetables soup	Sopa de fideo / Noodle soup	Arroz a la Cubana / Cuban rice
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Revuelto de calabacín / Scrambled eggs w/courgette	Champiñones al ajillo / Garlic mushrooms	Huevos fritos c/patatas a lo pobre / Fried eggs with poor potatoes	Revuelto de champiñon / Scrambled egg w/mushroom	Verduras salteadas / Sautéed vegetables
	Kcal.1008 P.39 Lip.28 HC.135	Kcal. 1010 P.34 Lip.29 HC.130	Kcal.1005 P.34 Lip.29 HC.129	Kcal.1015 P.34 Lip.29 HC.135	Kcal.980 P.32 Lip.31 HC. 132