

# MENU

## 01/11/2019

|  | LUNES/MONDAY | MARTES/TUESDAY | MIERCOLES / WEDNESDAY | JUEVES / THURSDAY | VIERNES / FRIDAY   |
|--|--------------|----------------|-----------------------|-------------------|--|
| PRIMER PLATO / STARTER                       |              |                |                       |                   | Paella Valenciana / Paella Valenciana style  |
| SEGUNDO PLATO / MAIN COURSE                  |              |                |                       |                   | Escalope de pescado c/ensalada / Fish escalope w/salad   |
| POSTRE/ DESSERT                              |              |                |                       |                   | Fruta o pudding de pan/ Fruit or bread pudding   |
| PRIMER VEGETARIANO / VEGETARIAN STARTER      |              |                |                       |                   | Paella vegetariana/ Vegetarian paella  |
| SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE |              |                |                       |                   | Pescado del dia a la plancha c/ensalada / Fish of the day w/salad<br><br>Kcal.1005 P.45<br>Lip.35 HC.135 |

# MENU

04/11/2019 – 08/11/2019

|  | LUNES / MONDAY  | MARTES / TUESDAY   | MIERCOLES / WEDNESDAY   | JUEVES / THURSDAY  | VIERNES / FRIDAY   |
|--|---|--|---|--|--|
| PRIMER PLATO / STARTER                       | Sopa de minestrone/<br>Minestrone soup  | Pizza / pizza  | Cocido de garbanzos /<br>Chickpea casserole                                   | Crema de verduras /<br>Vegetable soup  | Espagueti Bolognesa/<br>Spaghetti Bolognes   |
| SEGUNDO PLATO / MAIN COURSE                  | Lomo plancha c/pimientos y patatas fritas/<br>Grilled pork loin w/peppers & chips | Guisado de ternera c/guarnicion /<br>Beef stew w/garnish                   | Tortilla de patata c/ensalada /<br>Spanish omelette w/salad                   | Escalope de pollo c/patatas fritas /<br>Chicken escalope w/chips                 | Merluza Orly c/ensalada /<br>" Orly" hake w/salad  |
| POSTRE / DESSERT                             | Fruta / Fruit   | Fruta o arroz c/leche /<br>Fruit or rice pudding                           | Fruta o profiteroles /<br>Fruit or profiteroles                               | Fruta o helado /<br>Fruit or Ice cream   | Fruta o tarta /<br>Fruit or cake   |
| PRIMER VEGETARIANO / VEGETARIAN STARTER      | Sopa de minestrone /<br>Minestrone soup   | Pizza vegetariana /<br>Vegetarian pizza                                    | Garbanzos vegetarianos /<br>Vegetarian chickpeas                              | Crema de verduras /<br>Vegetable soup  | Menestra de verduras /<br>Vegetable stew   |
| SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE | Arroz tres delicias /<br>Fried rice<br><br>Kcal.1010 P.37<br>Lip.38 HC.130        | Alcachofas guisadas /<br>Artichokes<br><br>Kcal.990 P.26 Lip.27<br>HC. 138 | Berenjena rellena/<br>Stuffed aubergine<br><br>Kcal.990 P.26 Lip.27<br>HC.138 | Champiñones al ajillo /<br>Garlic mushroom<br><br>Kcal.905 P.40 Lip.27<br>HC.120 | Merluza en salsa marinera /<br>Hake in seafood sauce<br><br>Kcal.980 P.32 Lip.39<br>HC.128 |

# MENU

## 11/11/2019 – 15/11/2019

|  | LUNES / MONDAY                                | MARTES / TUESDAY  | MIERCOLES / WEDNESDAY   | JUEVES / THURSDAY   | VIERNES / FRIDAY  |
|--|---|---|---|---|---|
| PRIMER PLATO / STARTER                       | Crema de verduras / Vegetable soup            | Fabada Asturiana / Asturian stew                            | Judias salteadas c/jamon /Sautéed green beans w/ham             | Sopa de pescado / Fish soup   | Macarrones c/ carne y tomate / Macaroni w/beef & tomato sauce                                     |
| SEGUNDO PLATO / MAIN COURSE                  | Pastel de carne/ Beef cake                    | Salchichas c/huevo y patatas fitas / Sausages w/egg & chips | Pollo guisado c/verduras / chicken stew w/ vegetables           | Albondigas a la Jardinera c/guarnición / Meatballs w/garnish          | Escalope de pescado c/ensalada / Fish escalope w/salad  |
| POSTRE / DESSERT                             | Fruta o arroz c/leche / Fruit or rice pudding | Fruta o pudding de pan / Fruit or bread pudding             | Fruta o pancakes / Fruit or pancakes                            | Fruta o helado / Fruit or ice cream                                   | Fruta o flan / Fruit or flan  |
| PRIMER VEGETARIANO / VEGETARIAN STARTER      | Crema de verduras / Vegetable soup            | Alubias blancas vegetarianas / Vegetarian white beans       | Judias salteadas / Sautéed green beans                          | Sopa de pescado / Fish soup   | Macarrores c/tomate / Macaroni w/tomato sauce   |
| SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE | Arroz c/verduras / Rice w/vegetables          | Champiñones al ajillo / Garlic mushroom                     | Tortilla de espárragos c/ ensalada / Asparagus omelette w/salad | Broccoli salteado c/patata cocida / Broccoli sauteed w/ boiled potato | Pescado del dia a la plancha c/verduras salteadas / Grilled fish of the day w/ sauteed vegetables |
|  | Kcal. 1010 P.42 Lip.26 HC.130                 | Kcal.1005 P.35 Lip.30 HC.125                                | Kcal.990 P.42 Lip.31 HC.115                                     | Kcal.990 P.42 Lip.35 HC.125   | Kcal.930 P.32 Lip.33 HC.115   |

# MENU

## 18/11/2019 – 22/11/2019

|  | LUNES / MONDAY   | MARTES / TUESDAY   | MIERCOLES / WEDNESDAY   | JUEVES / THURSDAY   | VIERNES / FRIDAY  |
|--|--|--|---|---|---|
| PRIMER PLATO / STARTER                       | Lentejas guisadas / Lentils w/beef   | Sopa de fideo / Noodle soup  | Arroz a la cubana / Cuban rice  | Crema de puerro y zanahoria / Leek & carrot soup  | Espaguetis al ajillo / Garlic spaghetti   |
| SEGUNDO PLATO / MAIN COURSE                  | Pollo asado c/patatas y ensalada/ Roast chicken w/chips & salad                        | San Jacobo c/patatas fritas / San Jacobo w/chips   | Lomo de cerdo asado c/pure de espinaca y patata / Roast pork loin w/spinach & mashed potato | Croquetas de pollo c/ embutido , pepino y tomate / Chicken croquettes w/cured meat, cucumber & tomato | Merluza a la Riojana / Riojan style hake  |
| POSTRE / DESSERT                             | Fruta / Fruit  | Fruta o galatina / Fruit or jelly  | Fruta o natillas / Fruit or custard   | Fruta o tarta de chocolate / Fruit or chocolate cake  | Fruta o yogurt / Fruit or yoghurt   |
| PRIMER VEGETARIANO / VEGETARIAN STARTER      | Lentejas vegetarianas / Vegetarian lentils   | Sopa de fideo / Noodle soup  | Arroz a la cubana / Cuban rice  | Crema de puerro y zanahoria / Leek & carrot soup  | Espaguetis al ajillo / Garlic spaghetti   |
| SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE | Revuelto de calabacin / Scrambled eggs w/ courgette<br><br>Kcal.910 P.44 Lip.23 HC.127 | Tortilla de queso y champinon / Cheese & mushroom omelette<br><br>Kcal.1015 P.34 Lip.29 HC.135 | Judias verdes a la Casera / Green beans<br><br>Kcal. 1036 P.33 Lip.35 HC.120                | Berejena a la Cazadora / Aubergine "a la cazadora"<br><br>Kcal.960 P.39 Lip.25 HC.125                 | Merluza a la plancha c/ensalada / Grilled hake w/salad<br><br>Kcal.990 P.33 Lip.27 HC.135 |

# MENU

## 25/11/2019 – 29/11/2019

|  | LUNES / MONDAY  | MARTES / TUESDAY                                      | MIERCOLES / WEDNESDAY                                    | JUEVES/THURSDAY   | VIERNES/FRIDAY  |
|--|---|---|--|---|---|
| PRIMER PLATO / STARTER                       | Patatas a la Riojana / Riojan style potatoes                  | Arroz a la cubana / Cuban rice                        | Sopa de pollo / Chicken soup                             | Fabada Asturiana / Asturian stew                                | Macarrones c/ chorizo y tomate / Macaroni w/cured meat & tomato sauce |
| SEGUNDO PLATO / MAIN COURSE                  | Pernil de cerdo asado c/broccoli / Roast pork w/broccoli      | Palitos de pollo c/ ensalada/ Chicken nuggets w/salad | Salchichas con puré de patata / Sausages w/mashed potato | Huevo frito c/patatas a lo pobre / Fried egg w/ "poor" potatoes | Escalope de pescado c/ensalada / Fish escalope w/salad                |
| POSTRE / DESSERT                             | Fruta o torrijas / Fruit or Spanish style French toast        | Fruta o natillas / Fruit or custard                   | Fruta o melocoton en almibar / Fruit or peach in syrup   | Fruta o helado / Fruit or ice cream                             | Fruta o torrija / Fruit or torrija                                    |
| PRIMER VEGETARIANO / VEGETARIAN STARTER      | Menestra de verduras / Vegetable stew                         | Arroz a la cubana / Cuban rice                        | Sopa de fideo / Noodle soup                              | Alubias blancas vegetarianas/ Vegetarian white beans            | Macarrones c/tomate / Macaroni w/tomato sauce                         |
| SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE | Revuelto de champinon c/ensalada / Scrambled eggs w/ mushroom | Calabacin frito c/miel / Fried courgette w/honey      | Guisantes salteados / Sautéed green peas                 | Berenjena a la cazadora/Aubergine a la cazadora                 | Menestra de verduras / Mixed fried vegetables                         |
|  | Kcal.1005 P.35<br>Lip.29 HC.129                               | Kcal.1000 P.31<br>Lip.35 HC.125                       | Kcal. 1010 P.36<br>Lip.31 HC.140                         | Kcla.1010 P.42<br>Lip.30 HC.140                                 | Kcal.990 P.35 Lip.32<br>HC.135  |