

lunes	martes	miércoles	jueves	viernes	info
				Patatas guisadas con carne 1 Bacalao a la Vizcaína y ensalada Pan, Fruta Stewed potatoes with meat Vizcaina's Cod and salad Bread, Fruit Prot. 23 Lip. 21 Hc. 98 Kcal. 710	
Paella Valenciana 4 Cinta de lomo plancha al ajillo con ensalada de lechuga y zanahoria Pan, fruta Valenciana Paella Tenderloin steak with salad Bread, fruit	Lentejas con chorizo 5 Tortilla de patata y ensalada Pan, fruta Lentils with chorizo Spanish Omelette and salad Bread, fruit	Sopa Maravilla de ave casera 6 Merluza al horno en salsa ligera de bechamell con verduritas Pan, fruta Wonder soup Baked hake with vegetables Bread, fruit	Garbanzos estofados con verduras 7 Salchichas frescas c/ensalada Pan, postre lácteo Cheakpeas with vegetables Sausages with salad Bread, milk dessert	Crema de calabaza 8 Filete de pollo plancha con patatas Pan, fruta Pumpkin cream Steak with potatoes Bread, fruit Prot. 25 Lip. 36 Hc. 95 Kcal. 698	
Judías verdes rehogadas con 11 tomate Filete de pollo c/ patatas Pan, fruta Green Beans with tomato Chicken filet w/ potatoes Pan, fruit	Tallarines a la carbonara 12 Merluza en salsa verde al horno con guisantes Pan, fruta Carbonara pasta Hake baked with green peas Bread, fruit	Puré de verduras de temporada 13 Ragout de Ternera con patatas Pan, fruta Vegetables puree Veal Ragout with potatoes Bread, fruit	Alubias pintas con arroz 14 Pollo asado al limón c/ensalada Pan, postre lácteo Black beans stewed Roasted Chicken with salad Bread, milk dessert	Sopa de Estrellas 15 Limanda a la Romana con ensalada con maíz y zanahoria Pan, fruta Start Soup Fillet fish with salad Bread, fruit Prot. 22 Lip. 27 Hc. 89 Kcal. 701	
Crema Hortelana 18 Albóndigas jardinera c/patatas Pan, fruta Vegetables cream Meatballs with potatoes Bread, fruit	Sopa de Cocido 19 Cocido Completo Pan, fruta Cocido soup Madrid-style stew Bread, fruit	Arroz tres delicias 20 Bacalao al horno con pisto de verduras y salsa de tomate Pan, fruta Rice with vegetables Cod with tomato and vegetables Bread, fruit	Lentejas con verduras 21 Tortilla de atún con ensalada Pan, postre lácteo Lentils with vegetables Tuna Omelette with vegetables Bread, milk dessert	Macarrones Napolitana 22 Merluza enmaizena y ensalada Pan, fruta Macaroni Napolitana Hake floured with salad Bread, fruit Prot. 23 Lip. 25 Hc. 95 Kcal. 682	
Arroz con tomate 25 Huevos fritos con patatas Pan, fruta Rice with tomato Eggs fried with potatoes Bread, fruit	Patatas a la Riojana 26 Merluza al horno con tomate y ensalada Pan, fruta Riojana potatoes Hake baked and salad Bread, fruit	Crema Hortelana 27 Lomo con nata y champiñones Pan, fruta Vegetables cream Tenderloin cream & mushroom Bread, fruit	Alubias estofadas 28 Pollo asado con patatas Pan, postre lácteo Stewed beans Roasted Chicken with potatoes Bread, milk dessert	Prot. 25 Lip. 17 Hc. 99 Kcal. 675 	

