



lunes

martes

miércoles

jueves

viernes

5

Menestra de verdura rehogada
Filete de ternera con lechuga y maíz
Yogur y pan (sin gluten)
Braised minestrone
Beef steak with lettuce & sweetcorn
Yoghurt and bread (gluten free)

6

Lentejas a la castellana
Lacón a la gallega con patatas asadas
Fruta y pan (sin gluten)
Castellana style lentils
Lacón pork shoulder with potatoes with
baked potatoes
Fruit and bread (gluten free)

7

Arroz milanese
Merluza a la plancha con ensalada
hortelana (lechuga, tomate y zanahoria)
Helado y pan (sin gluten)
Milanese rice
Grilled hake with garden salad (lettuce,
tomatoes & carrots)
Ice cream and bread (gluten free)

8

Lentejas a la jardinera
Abadejo a la plancha con ensalada
verde (lechuga, pimiento verde y
aceituna)
Fruta y pan (sin gluten)
Vegetables lentils
Grilled haddock with green salad
(lettuce, green peppers & olives)
Fruit and bread (gluten free)

Alubias blancas estofadas
Filete de pollo con ensalada tricolor
(lechuga, zanahoria y maíz)
Fruta y pan (sin gluten)
Stewed white beans
Chicken steak with tricolor salad (lettuce,
carrots & sweetcorn)
Fruit and bread (gluten free)

9

Arroz con tomate
Huevos revueltos con champiñones
Fruta y pan (sin gluten)
Rice with tomato sauce
Scrambled eggs with mushrooms
Fruit and bread (gluten free)

Pasta (sin gluten ni huevo) con tomate
Tortilla de calabacín con ensalada
hortelana (lechuga, tomate y zanahoria)
Fruta y pan (sin gluten)
Pasta (gluten & egg free) with tomato
sauce
Zucchini omelette with garden salad
(lettuce, tomatoes & carrots)
Fruit and bread (gluten free)

12

Patatas a la riojana
Palometa a la plancha con ensalada
primavera (lechuga, tomate y maíz)
Yogur y pan (sin gluten)
Riojana style potatoes
Pomfret with spring salad (lettuce,
tomatoes & sweetcorn)
Yoghurt and bread (gluten free)

13

Sopa de pasta (sin gluten)
Cocido completo
Fruta y pan (sin gluten)
Pasta soup (gluten free)
Full course "cocido" stew
Fruit and bread (gluten free)

14

Pasta (sin gluten ni huevo) con tomate
Tortilla de queso con lechuga y pepino
Fruta y pan (sin gluten)
Pasta (gluten & egg free) with tomato
sauce
Cheese omelette with lettuce &
cucumber
Fruit and bread (gluten free)

15

Judías verdes con tomate
Jamoncitos de pollo con lechuga y
tomate
Fruta y pan (sin gluten)
Green beans with tomatoes
Chicken drumsticks with lettuce &
tomatoes
Fruit and bread (gluten free)

16

Arroz con tomate
Merluza a la plancha con guisantes
Helado y pan (sin gluten)
Rice with tomato sauce
Grilled hake with peas
Ice cream and bread (gluten free)

19

Sopa de pasta (sin gluten)
Cinta de lomo con ensalada verde
(lechuga, pimiento verde y aceituna)
Fruta y pan (sin gluten)
Pasta soup (gluten free)
Pork loin with green salad (lettuce, green
peppers & olives)
Fruit and bread (gluten free)

20

Lentejas a la riojana
Pavo a la plancha con ensalada tricolor
(lechuga, zanahoria y maíz)
Yogur y pan (sin gluten)
Rioja style lentils
Grilled turkey with tricolor salad (lettuce,
carrots & sweetcorn)
Yoghurt and bread (gluten free)

21

Pasta (sin gluten ni huevo) con tomate
Tortilla de jamón york con ensalada
tricolor (lechuga, zanahoria y maíz)
Fruta y pan (sin gluten)
Pasta (gluten & egg free) with tomato
sauce
Cooked ham omelette with tricolor salad
(lettuce, carrots & sweetcorn)
Fruit and bread (gluten free)

22

COMIDA ESPECIAL FIN CURSO
Arroz con tomate
Salchichas Frankfurt con patatas fritas
Postre Especial y pan (sin gluten)
Rice with tomato sauce
Frankfurt hotdogs with french fries
Special desserts and bread (gluten free)

23

26

27

28

29

30