



lunes

martes

miércoles

jueves

viernes

5

Menestra de verdura rehogada  
Albóndigas en salsa con lechuga y maíz  
Yogur y pan  
Braised minestrone  
Meatballs in gravy with lettuce & sweetcorn  
Yoghurt and bread

6

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

7

Arroz milanese  
Ventresca de merluza en salsa verde con ensalada hortelana (lechuga, tomate y zanahoria)  
Helado y pan  
Milanese rice  
Hake in green sauce with garden salad (lettuce, tomatoes & carrots)  
Ice cream and bread

8

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

9

Pasta (sin gluten ni huevo) con tomate  
Lomo a la plancha con ensalada hortelana (lechuga, tomate y zanahoria)  
Fruta y pan  
Pasta (gluten & egg free) with tomato sauce  
Grilled tenderloin with garden salad (lettuce, tomatoes & carrots)  
Fruit and bread

12

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

13

Sopa de pasta (sin huevo)  
Cocido completo  
Fruta y pan  
Pasta soup (without eggs)  
Full course "cocido" stew  
Fruit and bread

14

Pasta (sin gluten ni huevo) con tomate  
Pavo a la plancha con lechuga y pepino  
Fruta y pan  
Pasta (gluten & egg free) with tomato sauce  
Grilled turkey with lettuce & cucumber  
Fruit and bread

15

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

16

Arroz con tomate  
Merluza andaluza con guisantes  
Helado y pan  
Rice with tomato sauce  
Andalusian style hake with peas  
Ice cream and bread

19

Sopa de pasta (sin huevo)  
Cinta de lomo con ensalada verde (lechuga, pimiento verde y aceituna)  
Fruta y pan  
Pasta soup (without eggs)  
Pork loin with green salad (lettuce, green peppers & olives)  
Fruit and bread

20

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

21

Pasta (sin gluten ni huevo) con tomate  
Ternera a la plancha con ensalada tricolor (lechuga, zanahoria y maíz)  
Fruta y pan  
Pasta (gluten & egg free) with tomato sauce  
Grilled beef with tricolor salad (lettuce, carrots & sweetcorn)  
Fruit and bread

22

**COMIDA ESPECIAL FIN CURSO**  
Arroz con tomate  
Salchichas Frankfurt con patatas fritas  
Postre Especial y Pan y refrescos  
Rice with tomato sauce  
Frankfurt hotdogs with french fries  
Special desserts and bread & soft drink

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28

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