

# MENU

15/04/2024 – 19/04/2024

	LUNES / MONDAY	MARTES/TUESDAY	MIERCOLES WEDNESDAY	JUEVES /THURSDAY	VIERNES / FRIDAY
PRIMER PLATO / STARTER	Lentejas guisadas - Lentils w/beef	Sopa de fideo - Noddle soup	Pizza - Pizza	Crema de verduras - Vegetable soup	Patatas a la Riojana - Riojan style potatoes
SEGUNDO PLATO / MAIN COURSE	Pechuga de pavo c/ salsa y arroz - Turkey Supreme w/sauce & salad	Salchichas c/pure de patata - Sausage w/mashed potato	Escalope de lomo de cerdo c/patata frita - Pork loin fillet w/chips	Tortilla de patata c/ensalada - Spanish omelette w/salad	Pescado del dia c/ensalada - Fish of the day w/salad
POSTRE / DESSERT	Arroz c/leche o fruta - Rice pudding or fruit	Gelatina o fruta - Jelly or fruit	Helado o fruta - Ice cream or fruit	Tarta de manzana o fruta - Apple cake or fruit	Natillas o fruta - Custard or fruit
PRIMER VEGETARIANO / VEGETARIAN STARTER	Lentejas vegetarianas - Vegetarian lentils	Sopa de fideo - Noddle soup	Pizza-Pizza	Crema de verduras - Vegetable soup	Menestra de verduras - Mixed fried vegetables
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Judias a la casera - Homemade green beans  Kcal. 990 P.37 Lip.26 HC.120	Revuelto de champinones - Scrambled eggs w/mushroom  Kcal.1005 P.41 Lip.29 HC.120	Calabacin salteado - Sauteed courgette  Kcal.960 P.36 Lip.27 HC.138	Tortilla de patata c/ensalada - Spanish omelette w/salad  Kcal.985 P.35 Lip.38 HC.125	Pescado del dia a la plancha c/ensalada - Fish of the day w/salad  Kcal.990 P.31 Lip.38 HC.135

# MENU

## 22/04/2024 – 26/04/2024

	LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMER PLATO / STARTER	Sopa de minestrone - Minestrone soup	Arroz a la cubana - Cuban rice	Garbanzos vegetarianos – Vegetarian chickpeas	Ensaladilla Rusa - Russian salad	Macarrones c/tomate - Macaroni w/tomato sauce
SEGUNDO PLATO / MAIN COURSE	Carne estofada c/verduras - Beef stew w/vegetable	San Jacobo c/ensalada - San Jacobo w/salad	Tortilla de patata c/ensalada – Spanish omelette w/salad	Cerdo a la extremena c/guarnicion – Extremena pork w/garnish	Pescado c/ensalada – Fish of the day w/salad
POSTRE / DESSERT	Yogurt o fruta - Yoghurt or fruit	Natillas o fruta - Custard or fruit	Pudding de pan o fruta - Bread pudding or fruit	Tarta de fruta o fruta - Fruit cake or fruit	Torrijas o fruta - Torrijas or fruit
PRIMER VEGETARIANO / VEGETARIAN STARTER	Sopa de minestrone - Minestrone soup	Arroz a la cubana - Cuban rice	Garbanzos vegetarianos - Vegetarian chickpeas	Ensaladilla Rusa - Russian salad	Macarrones al ajillo - Garlic macaroni
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Tortilla de queso c/guarnición - Cheese omelette w/garnish	Menestra de verduras - Mixed fried vegetables	Tortilla de patata c/ensalada – Spanish omelette w/salad	Guisantes salteados - Green sautéed peas	Pescado a la plancha c/ensalada - Grilled fish w/salad
	Kcal. 995 P.42 Lip.32 HC.128	Kcal.1020 P.41 Lip.25 HC.135	Kcal.990 P.41 Lip.27 HC.126	Kcal.790 P.34 Lip.28 HC.115	Kcal.970 P.34 Lip.28 HC.123

# MENU

## 29/04/2024 – 30/04/24

	LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMER PLATO / STARTER	Lentejas vegetarianas - Vegetarian lentils	Arroz c/pollo – Chicken rice			
SEGUNDO PLATO / MAIN COURSE	Escalope de pollo c/pat. fritas – Chicken Supreme w/chips	Perrito caliente c/ensalada – Hot dog w/salad			
POSTRE / DESSERT	Flan o fruta - Flan or fruit	Bizcocho o fruta – Cake or fruit			
PRIMER VEGETARIANO / VEGETARIAN STARTER	Lentejas vegetarianas - Vegetarian lentils	Arroz vegetarian – Vegetarian rice			
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Revuelto de champinon - Scrambled eggs w/mushroom  Kcal.1015 P.37 Lip.32 HC.125	Menestra de verduras – Mixed fried vegetables  Kcal.940 P.35 Lip.25 HC.128			