

# MENU

## 01/03/2024

	LUNES / MONDAY	MARTES/TUESDAY	MIERCOLES / WEDNESDAY	JUEVES /THURSDAY	VIERNES /FRIDAY
PRIMER PLATO / STARTER					Sopa de pescado – Fish soup
SEGUNDO PLATO / MAIN COURSE					Salchichas c/pure de patatas – Sausages w/mashed potatoes
POSTRE / DESSERT					Helado o fruta / Ice cream or fruit
PRIMER VEGETARIANO VEGETARIAN STARTER					Sopa de pescado – Fish soup
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE					Judias a la casera – “Homemade green beans”  Kcal.945 P.30 Lip.42 HC.110

# MENU

04/03/2024 – 08/03/2024

	LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMER PLATO / STARTER	Lentejas vegetarianas - Vegetarian lentils	Sopa de fideo - Noodle soup	Crema de zanahoria - Carrot soup	Garbanzos vegetarianos - Vegetarian chickpeas	Arroz c/pollo - Chicken rice
SEGUNDO PLATO / MAIN COURSE	Tortilla de patata c/ensalada – Spanish omelette w/salad	Lasagna - Lasagma	Escalope de pollo c/pat. fritas - Chicken Supreme w/chips	Croquetas c/ensalada - Croquettes w/salad	Pescado del día c/ensalada - Fish of the day w/salad
POSTRE DESSERT	Pancakes o fruta - Pancakes or fruit	Flan o fruta - Flan or fruit	Gelatina o fruta - Jelly or fruit	Natillas o fruta - Custard or fruit	Pancakes o fruta - Pancakes or fruit
PRIMER VEGETARIANO VEGETARIAN STARTER	Lentejas vegetarianas - Vegetarian lentils	Sopa de fideo - Noodle soup	Crema de zanahoria – Carrot soup	Garbanzos vegetarianos - Vegetarian chickpeas	Arroz vegetariano - Vegetarian rice
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Tortilla de patata c/ensalada – Spanish omelette w/salad  Kcal.945 P.41 Lip.28 HC.120	Lasagna - Lasagna  Kcal.985 P.41 Lip.27 HC.117	Judías salteadas - Green sautéed beans  Kcal.1005 P.41 Lip.32 HC.135	Croquetas c/ensalada - Croquettes w/salad  Kcal.910 P.40 Lip.26 HC.128	Pescado del día a la plancha c/ensalada- Fish of the day w/garnish  Kcal.940 P.35 Lip.25 HC.128

# MENU

## 11/03/2024 – 15/03/2024

	LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMER PLATO / STARTER	Alubias blancas vegetarianas – Vegetarian white beans	Arroz a la cubana- Cuban rice	Lentejas vegetarianas – Vegetarian lentils	Sopa de minestrone Minestrone soup	Pasta c/tomate - Pasta w/tomato sauce
SEGUNDO PLATO / MAIN COURSE	Lomo adobado en salsa c/ patata cocida- Marinated pork in sauce w/boiled potatoes	Salchichas c/huevo y puré de patata - Sausage w/ fried egg & mashed potato	Tortilla de patata c/ensalada – Spanish omelette w/salad	San Jacobo c/ patatas fritas - San Jacobo w/chips	Pescado del día c/ guarnición - Fish of the day w/garnish
POSTRE / DESSERT	Arroz c/leche o fruta Rice pudding or fruit	Tarta o fruta - Cake or fruit	Gelatina o fruta - Jelly or fruit	Helado o fruta - Ice cream or fruit	Pudding de pan o fruta - Bread pudding or fruit
PRIMER VEGETARIANO VEGETARIAN STARTER	Alubias blancas vegetarianas – Vegetarian white beans	Arroz a la cuabana - Cuban rice	Lentejas vegetarianas – Vegetarian lentils	Sopa de minestrone Minestrone soup	Pasta c/tomate- Pasta w/tomato sauce
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Revuelto de calabacín- Scrambled egg w/courgette	Revuelto de espárragos - Scrambled egg w/asparagus	Tortilla de patata c/ensalada – Spanish omelette w/salad	Calabacín salteado - Sautéed courgette	Pescado del día c/guarnición - Fish of the day w/garnish
	Kcal.950 P.35 Lip.24 HC.141	Kcal.990 P.32 Lip.27 HC.133	Kcal.995 P.39 Lip.27 HC.125	Kcal.1005 P.33 Lip.29 HC.128	Kcal.960 P.35 Lip.33 HC.138

# MENU

## 18/03/24 – 22/03/2024

	LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMER PLATO / STARTER	Alubias blancas vegetarianas – Vegetarian white beans	Patatas a la Riojana – Riojan style potatoes	Crema de zanahoria Carrot Soup	Garbanzos vegetarianos – Vegetarian chickpeas	Pasta c/ salsa de tomate - Pasta w/ tomato sauce
SEGUNDO PLATO / MAIN COURSE	Croquetas c/chorizo c/ensalada - Croquettes w/cured meat w/salad	Pescado del dia c/guarnicion – fish of the day w/garnish	Pollo en salsa c/verduras y patatas Chicken in sauce w/vegetable & potatoes	Albóndigas jardinera c/guarnición - Jardinera meatballs w/garnish	Perrito caliente c/ensalada - Hot dog w/salad
POSTRE / DESSERT	Yogurt o fruta - Yoghurt or fruit	Torrijas o fruta - Torrijas or fruit	Pancake o fruta - Pancake or fruit	Tarta de fruta o fruta - Fruit cake or fruit	Yogurt o fruta - Yoghurt or fruit
PRIMER VEGETARIANO VEGETARIAN STARTER	Alubias blancas vegetarianas – vegetarian white beans	Judias a la casera – Homemade green beans	Crema de zanahoria Carrot soup	Garbanzos vegetarianos - Vegetarian chickpeas	Guisantes salteados / Sautéed peas
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Croquetas c/ensalada - Croquettes w/salad  Kcal.990 P.30 Lip.34 HC.135	Berenjena rellena Stuffed aubergine  Kcal.1000 P.36 Lip.26 HC.132	Revuelto de verduritas frescas- Scrambled egg w/fresh vegetables  Kcal.960 P.35 Lip.28 HC.140	Menestra de verduras - Mixed fried vegetable  Kcal.1010 P.34 Lip.30 HC.134	Champiñones al ajillo - Garlic mushroom  Kcal.1010 P.42 Lip.32 HC.138

# MENU

## 25/03/2024 – 28/03/2024

	LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMER PLATO / STARTER	Crema de calabaza - Pumpkin soup	Lentejas vegetarianas - Vegetarian lentils	Sopa de minestrone – Minestrone soup	Garbanzos vegetarianos – Vegetarian chickpeas	
SEGUNDO PLATO / MAIN COURSE	San Jacobo c/ patatas fritas – San Jacobo w/chips	Escalope de pollo c/ensalada - Chicken Supreme w/salad	Tortilla de patata c/ensalada - Spanish omelette w/salad	Hamburguesas en salsa c/verduras - Hamburger w/ vegetable sauce	
POSTRE / DESSERT	Natillas o fruta - Custard or fruit	Arroz c/leche o fruta - Rice pudding or fruit	Gelatina o fruta - Jelly or fruit	Flan o fruta - Flan or fruit	
PRIMER VEGETARIANO VEGETARIAN STARTER	Crema de calabaza - Pumpkin soup	Lentejas vegetarianas - Vegetarian lentils	Sopa de minestrone – Minestrone soup	Garbanzos vegetarianos – Vegetarian chickpeas	
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Tortilla de queso - Cheese omelette	Menestra de verdura - Mixed diced vegetables	Tortilla de patata c/ensalada - Spanish omelette w/salad	Berenjena rellena - stuffed aubergine	
	Kcal.995 P.32 Lip.29 HC.25	Kcal.1005 P.33 Lip.30 HC.128	Kcal.1000 P.38 Lip.29 HC.125	Kcal.1010 P.38 Lip.29 HC.125	