

MENU

01/05/2024 – 03/05/2024

	LUNES/MONDAY	MARTES / TUESDAY	MIERCOLES/ WEDNESDAY	JUEVES/THURSDAY	VIERNES/FRIDAY
PRIMER PLATO / STARTER			Crema de verduras – Vegetable soup	Ensalada Primavera- Spring salad	Alubias blancas vegetarianas – Vegetarian white beans
SEGUNDO PLATO / MAIN COURSE			Huevos fritos c/patatas a lo pobre - Fried eggs w/poor potatoes	Lasagna - Lasagna	Pescado del dia – Fish of the day
POSTRE / DESSERT			Fruta - Fruit	Bizcocho o fruta - Cake or fruit	Fruta - Fruit
PRIMER VEGETARIANO / VEGETARIAN STARTER			Crema de verduras – Vegetable soup	Ensalada Primavera- - Spring salad	Alubias blancas vegetarianas – Vegetarian white beans
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE			Huevos fritos c/patatas a lo pobre - Fried eggs w/poor potatoes Kcal.1000 P.44 Lip.32 HC.131	Lasagna vegetariana – Vegetarian lasagna Kcal.1010 P.32 Lip.34 HC.131	Menestra de verduras – Mixed fried vegetables Kcal.970 P.25 Lip.27 HC.132

MENU

07/05/2024 – 10/05/2024

	LUNES / MONDAY	MARTES/TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMER PLATO / STARTER		Pasta c/tomate – Pasta w/tomato sauce	Sopa de fideo – Noodle soup	Garbanzos vegetarianos – Vegetarian chickpeas	Arroz c/pollo - Chicken rice
SEGUNDO PLATO / MAIN COURSE		Escalope de pollo c/ensalada - Chicken supreme w/salad	Salchicha c/pure de patata – Sausage w/mashed potato	Tortilla de patata c/ensalada - Spanish omelette w/salad	Canelones de pescado - Fish cannelloni
POSTRE / DESSERT		Profiteroles o fruta - Profiteroles or fruit	Fruta - Fruit	Yogurt o fruta - Yoghurt or fruit	Fruta - Fruit
PRIMER VEGETARIANO / VEGETARIAN STARTER		Pasta c/tomate – Pasta w-tomato sauce	Sopa de fideo – Noodle soup	Garbanzos vegetarianos- Vegetarian chickpeas	Arroz c/verduras - Vegetarian rice
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE		Judias a la casera - Casera green beans Kcal.1010 P.44 Lip.31 HC.128	Berenjena a la cazadora - Cazadora aubergine Kcal.995 P.30 Lip.34 HC.129	Guisantes salteados - Sauteed peas Kcal.980 P.25 Lip.25 HC.138	Canelones vegetarianos - Vegetarian cannelloni Kcal.990 P.32 Lip.35 HC.129

MENU

13/05/2024 – 17/05/2024

	LUNES/MONDAY	MARTES/TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMER PLATO / STARTER	Sopa de arroz - Rice soup	Lentejas vegetarianas – Vegetarian lentils	Ensalada de garbanzos - Chickpeas salad	Alubias blancas vegetarianas – Vegetarian white beans	Pasta al ajillo c/tomate – Garlic pasta w/tomato sauce
SEGUNDO PLATO / MAIN COURSE	Lasagna - Lasagna	Pollo asado c/ ensalada - Roast chicken w/salad	Croquetas, empanada, tomate y pepino - Croquettes, pie, tomato & cucumber	Hamburguesa c/guarnicion – Hamburger w/garnish	Pescado del dia c/guarnicion - Fish of the day w/garnish
POSTRE / DESSERT	Fruta - Fruit	Arroz c/leche o fruta -Rice pudding or fruit	Fruta - Fruit	Yogurt o fruta – Yoghurt or fruit	Fruta - Fruit
PRIMER VEGETARIANO/ VEGETARIAN STARTER	Sopa de arroz - Rice soup	Lentejas vegetarianas – Vegetarian lentils	Ensalada de garbanzos - Chickpeas salad	Alubias blancas vegetarianas – Vegetarian white beans	Pasta al ajillo c/tomate – Garlic pasta w/tomato sauce
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Lasagna vegetariana -Vegetarian lasagna	Tortilla de queso c/ensalada - Cheese omelette w/salad	Calabacin salteado - Sautéed courgette	Revuelto de champinones - Scrambled eggs w/mushroom	Judias a la casera - Casera green beans
	Kcal.990 P.35 L.39 HC.120	Kcal.995 P.32 Lip.35 HC.124	Kcal.980 P.33 Lip.27 HC.128	Kcal.1005 P.38 Lip.29 HC.125	Kcal.1000 P.34 Lip.24 HC.123

MENU

20/05/2024 – 24/05/2024

	LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMER PLATO / STARTER	Crema de verduras - Vegetable soup	Ensalada Campera - Campera salad	Pizza - Pizza	Paella Valenciana - Paella	Garbanzos vegetarianos – Vegetarian chickpeas
SEGUNDO PLATO / MAIN COURSE	Tortilla de patata c/ensalada – Spanish omelette w/salad	Salchicha c/pure de patatas – Sausage w/mashed potato	Escalope de cerdo c/ensalada- Pork fillet w/salad	Albondigas jardinera c/guarnicion – Jardinera meatballs w/garnish	Pescado del dia c/ensalada – Fish of the day w/salad
POSTRE / DESSERT	Fruta - Fruit	Bizcocho o fruta - Cake or fruit	Fruta - Fruit	Helado o fruta - Ice cream or fruit	Fruta - Fruit
PRIMER VEGETARIANO / VEGETARIAN STARTER	Crema de verduras - Vegetable soup	Ensalada Campera - Campera salad	Pizza vegetariana - Vegetarian pizza	Paella vegetariana - Vegetarian paella	Garbanzos vegetarianos – Vegetarian chickpeas
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Tortilla de patata c/ensalada – Spanish omelette w/salad	Alcachofas salteadas Sauteed artichokes	Champinon al ajillo - Garlic mushroom	Berenjena rellena - Stuffed aubergine	Menestra de verduras – Mixed fried vegetables
	Kcal.980 P.41 Lip.27 HC.115	Kcal.1005 P.42 Lip.35 HC.121	Kcal.990 P.33 Lip.39 HC.127	Kcal.1010 P.39 Lip.34 HC.136	Kcal.970 P.25 Lip.28 HC.136