

MENU

02/10/2023 – 06/10/2023

	LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMER PLATO / STARTER	Lentejas vegetarianas – Vegetarian lentils	Crema de verduras – Vegetable soup	Macarrones c/tomate – Macaroni w/tomato sauce	Alubias blancas vegetarianas – Vegetarian white beans	Patatas a la Riojana – Riojan style potatoes
SEGUNDO PLATO / MAIN COURSE	Hamburguesa c/arroz – Hamburger w/rice	Tortilla de patata c/ensalada – Spanish omelette w/salad	Escalope de pollo c/ensalada – Chicken Supreme w/salad	Cerdo a la Extremena c/guarnicion – Pork in sauce w/garnish	Pescado del dia en salsa verde / Fish of the day in green sauce
POSTRE / DESSERT	Gelatina o fruta – Jelly or fruit	Flan o fruta – Flan or fruit	Arroz c/leche o fruta / Rice pudding or fruit	Churros o fruta – Churros or fruit	Natillas o fruta / Custard or fruit
PRIMER VEGETARIANO/ VEGETARIAN STARTER	Lentejas vegetarianas – Vegetarian lentils	Crema de verduras – Vegetable soup	Macarrones c/tomate – Macaroni w/tomato sauce	Alubias blancas vegetarianas – Vegetarian white beans	Guisantes salteados / Sautéed peas
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Judias a la casera - Green beans Kcal.1015 P.36 Lip.31 HC. 140	Tortilla de patata c/ensalada – Spanish omelette w/ salad Kcal.928 P.31 Lip.25 HC.136	Revuelto de calabacin - Scrambled eggs w/courgette Kcal.1015 P.45 Lip.23 HC.125	Menestra de verduras – Vegetable stew Kcal.1030 P.41 Lip.34 HC.140	Berenjena rellena / Stuffed aubergine Kcal.1039 P.45 Lip.26 HC.135

MENU

09/10/2023 – 13/10/2023

	LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMER PLATO / STARTER	Garbanzos vegetarianos / Vegetarian chickpeas	Sopa de pollo – Chicken soup	Pizza - Pizza	Crema de zanahoria – Carrot soup	Alubias blancas vegetarianas – Vegetarian white beans
SEGUNDO PLATO / MAIN COURSE	Pollo asado c/ensalada – Roast chicken w/salad	Lasagna - Lasagna	Lomo asado c/pure de patata – Roast pork w/mashed potato	Tortilla de patata c/ensalada – Spanish omelette w/salad	Pescado del dia c/ensalada – Fish of the day w/salad
POSTRE / DESSERT	Bizcocho o fruta – Cake or fruit	Leche frita o fruta – Custard fritters	Gelatina o fruta – Jelly or fruit	Pudding de pan o fruta – Bread pudding or fruit	Helado o fruta – Ice cream or fruit
PRIMER VEGETARIANO/ VEGETARIAN STARTER	Garbanzos vegetarianos – Vegetarian chickpea	Champinones al ajillo – Garlic mushroom	Pizza - Pizza	Crema de zanahoria – Carrot soup	Alubias blancas vegetarianas – Vegetarian white beans
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Espinacas a la crema – Spinach a la Crème	Lasagna vegetariana – Vegetarian lasagna	Menestra de verduras – Vegetable stew	Tortilla de patata c/ensalada – Spanish omelette w/salad	Pescado del dia c/ensalada – Fish of the day w/salad
	Kcal.1015 P.35 Lip.20 HC.125	Kcal. 1009 P.32 Lip.30 HC.120	Kcal.1020 Lip.35 Lip.43 HC.149	Kcal. 1010 P.35 Lip.32 HC.130	Kcal.1039 P.45 Lip.26 HC.135

MENU

16/10/2023 – 20/10/2023

	LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMER PLATO / STARTER	Lentejas vegetarianas – Vegetarian lentils	Macarrones c/tomate – Macaroni w/tomato sauce	Crema de verduras– Vegetable soup	Pizza – Pizza	Garbanzos vegetarianos – Vegetarian chickpeas
SEGUNDO PLATO / MAIN COURSE	Salchichas c/pure de patata – Sausage w/mash potato	Escalope de lomo c/ensalada – Pork loin w/salad	Croquetas variadas c/embutido y ensalada – Croquettes w/cured meat & salad	Pescado del dia c/ensalada – Fish of the day w/salad	Tortilla de patata c/ensalada – Spanish omelette w/salad
POSTRE / DESSERT	Natillas o fruta – Custard or fruit	Yogurt o fruta – Yoghurt or fruit	Bizcocho o fruta – Cake or fruit	Helado o fruta – Ice cream or fruit	Flan or fruit – Flan or fruit
PRIMER VEGETARIANO/ VEGETARIAN STARTER	Lentejas vegetarianas – Vegetarian lentils	Macarrones c/tomate – Macaroni w/tomato sauce	Crema de verduras– Vegetable soup	Pizza vegetariana – Vegetarian pizza	Garbanzos vegetarianos – Vegetarian chickpeas
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Revuelto de calabacín – Scrambled eggs w/courgette	Judías a la Casera – Casera style green beans	Menestra de verdura – Vegetable stew	Pescado del dia c/ensalada – Fish of the day w/salad	Guisantes salteados – Sauteed peas
	Kcal. 1015 P.33 Lip. 35 HC 138	Kcal.910 P.51 Lip.32 HC.115	Kcal. 1010 P.35 Lip. 32 HC. 130	Kcal.1009 P.32 Lip.30 HC.120	Kcal.1039 P.45 Lip.26 HC.135

MENU

30/10/2023 – 31/10/2023

	LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMER PLATO / STARTER	Crema de puerro – Leek soup	Alubias blancas vegetarianas – Vegetarian white beans			
SEGUNDO PLATO / MAIN COURSE	Escalope de pollo c/patatas fritas – Chicken Supreme w/chips	Cerdo a la Extremena c/guarnicionc- Pork in sauce w/garnish			
POSTRE / DESSERT	Gelatina o fruta – Jelly or fruit	Arroz c/leche o fruta – Rice pudding or fruit			
PRIMER VEGETARIANO/ VEGETARIAN STARTER	Crema de puerro – Leek Soup	Alubias blancas vegetarianas – Vegetarian white beans			
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Tortilla de queso – Cheese omelette	Beranjena rellena – Stuffed aubergine			
	Kcal. 1020 P.35 Lip.43 HC.149	Kcal.1005 P.42 Lip.28 HC.135			