

MENÚ

07/09/2023- 08/09/2023

	LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMER PLATO / STARTER				Macarrones c/tomate - Pasta w/tomato sauce	Crema de verduras - Vegetable soup
SEGUNDO PLATO / MAIN COURSE				Escalope de pollo c/ ensalada - Chicken Supreme w/salad	Tortilla de patata c/ensalada - Spanish omelette w/salad
POSTRE / DESSERT				Fruta o gelatina - Fruit or jelly	Fruta o churros - Fruit or churros
PRIMER VEGETARIANO / VEGETARIAN STARTER				Macarrones c/tomate - Pasta w/tomato sauce	Crema de verduras - Vegetable soup
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE				Judias a la casera - Green beans Kcal.1015 P.45 Lip.23 HC.125	Tortilla de patata c/ensalada - Spanish omelette w/salad Kcal.928 P.31 Lip.25 HC.136

MENÚ

11/09/2023 - 15/09/2023

	LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMER PLATO / STARTER	Lentejas vegetarianas - Vegetarian lentils	Arroz c/tomate - Rice w/tomato	Sopa de fideo - Noodle soup	Macarrones c/salsa de tomate - Macaroni w/tomato sauce	Crema de puerro - Leek soup
SEGUNDO PLATO / MAIN COURSE	Salchichas c/pure de patata - Sausages w/mashed potato	San Jacobo c/ensalada - San Jacobo w/salad	Pescado del dia c/ensalada - Fish of the day w/ salad	Pollo asado c/ensalada - Roast chicken w/salad	Tortilla de patata c/ensalada - Spanish omelette c/salad
POSTRE / DESSERT	Fruta o leche frita - Fruit or Fried milk	Fruta o helado - Fruit or ice cream	Fruta o yogurt/ Fruit or yoghurt	Fruta o bizcocho - Fruit or homemade cake	Fruta o churros - Fruit or churros
PRIMER VEGETARIANO / VEGETARIAN STARTER	Lentejas vegetarianas - Vegetarian lentils	Arroz a la cubana - Cuban rice	Sopa de fideo - Noodle soup	Macarrones c/salsa de tomate - Macaroni w/tomato sauce	Crema de puerro - Leek soup
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Guisantes salteados - Sautéed peas	Menestra de verduras - Vegetable stew	Pescado del dia c/ensalada - Fish of the day w/salad	Calabacin salteado - Sautéed courgette	Tortilla de patata c/ensalada - Spanish omelette w/salad
	Kcal.1015 P.36 Lip.31 HC.140	Kcal.1030 P.41 Lip.34 HC.140	Kcal. 1020 P.25 Lip.42 HC.139	Kcal.1015 P.45 Lip.23 HC.125	Kcal.928 P.31 Lip.25 HC.136

MENÚ

18/09/2023 - 22/09/2023

	LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMER PLATO / STARTER	Garbanzos vegetarianos - Vegetarian chickpeas	Crema de zanahoria / Carrot soup	Alubias blancas vegetarianas / Vegetarian white beans	Sopa de verduras - Vegetable soup	Pizza - Pizza
SEGUNDO PLATO / MAIN COURSE	Hamburguesas en salsa c/pat. fritas - Hamburger in sauce w/chips	Escalope de cerdo c/ensalada - Pork escalope w/chips	Lasagna - Lasagna	Tortilla de patata c/ensalada - Spanish omelette w/salad	Pescado del día w/ensalada - Fish of the day w/salad
POSTRE / DESSERT	Fruta o flan - Fruit or flan	Fruta o profiteroles Fruit or profiteroles	Fruta o gelatina - Fruit or jelly	Fruta o bizcocho - Fruit or cake	Fruta o helado / Fruit or ice cream
PRIMER VEGETARIANO / VEGETARIAN STARTER	Garbanzos vegetarianos - Vegetarian chickpeas	Crema de zanahoria - Carrot soup	Alubias blancas vegetarianas - Vegetarian white beans	Sopa de verduras - Vegetable soup	Pizza - pizza
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Huevos c/salsa de tomate y guisantes o verduras - Egg w/tomato sauce & green peas or vegetables	Menestra de verduras - Vegetable stew	Lasagna vegetariana - Vegetarian lasagna	Tortilla de patata c/ensalada o verduras - Spanish omelette or vegetables	Berenjena rellena - Stuffed aubergine
	Kcal.970 P.43 Lip.30 HC.138	Kcal.990 P.41 Lip.27 HC.135	Kcal.1005 P.42 Lip.25 HC.125	Kcal.990 P.28 Lip.31 HC.135	Kcal.910 P.42 Lip.27 HC.125

MENÚ

25/09/2023 - 29/09/2023

	LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMER PLATO / STARTER	Macarrones c/tomate - Macaroni w/tomato sauce	Paella - Paella	Lentejas vegetarianas - Vegetarian lentils	Crema Promotiere - Promotiere soup	Garbanzos vegetarianos - Vegetarian chickpea
SEGUNDO PLATO / MAIN COURSE	Salchichas c/pure de patata - Sausages w/mashed potato	Pescado del dia c/ ensalada - fish of the day w/salad	Croquetas variadas c/ensalada - Croquettes w/salad	Lomo de cerdo al ajo arriero c/arroz - Pork loin in garlic sauce w/rice	Huevos fritos c/patatas a lo pobre - Fried egg w/poor potatoes
POSTRE / DESSERT	Fruta o natillas - Fruit or custard	Fruta o yogurt - Fruit or yoghurt	Fruta o arroz c/leche - Fruit or rice pudding	Fruta o bizcocho - fruit or cake	Fruta o flan - fruit or flan
PRIMER VEGETARIANO / VEGETARIAN STARTER	Macarrones c/tomate - Macaroni w/tomato sauce	Paella vegetariana - Vegetarian paella	Lentejas vegetarianas - Vegetarian lentils	Crema Promotiere - Promotiere soup	Garbanzos vegetarianos - Vegetarian chickpea
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Calabacín salteado - Sauteed courgette	Berenjena rellena - Stuffed aubergine	Croquetas c/ensalada - Croquettes w/salad	Tortilla francesa c/arroz - French omelette w/rice	Huevos fritos c/patatas a lo pobre - Fried egg w/poor potatoes
	Kcal.1005 P.34 Lip.39 HC.145	Kcal.1020 P.42 Lip.28 HC.135	Kcal.1005 P.45 Lip.25 HC.130	Kcal.1005 P.45 Lip.25 HC.130	Kcal.970 P.42 Lip.25 HC.138