

MENU

09/01/2023 – 13/01/2023

	LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMER PLATO / STARTER	Lentejas vegetarianas - Vegetarian lentils	Sopa de minestrone - Minestrone soup	Cocido de garbanzos - Chickpea casserole	Crema de puerro y zanahoria - Leek & carrot soup	Crema Promotier - Promotier soup
SEGUNDO PLATO / MAIN COURSE	Escalope de lomo c/ patatas fritas - Pork fillet w/ chips	Hamburguesa c/ salsa de tomate y arroz - Hamburger w/ tomato sauce & rice	Huevos c/bacon y patatas fritas - Egg w/ bacon and chips	Pollo guisado c/guarnicion – Stewed chicken w/garnish	Lasagna - Lasagna
POSTRE / DESSERT	Fruta o bizcocho o gelatina - Fruit, cake or jelly	Fruta o leche frita - Fruit or homemade dessert	Pudding de pan o fruta - Bread pudding or fruit	Helado o fruta - Ice cream or fruit	Tarta o fruta - Cake or fruit
PRIMER VEGETARIANO / VEGETARIAN STARTER	Lentejas vegetarianas - Vegetarian lentils	Sopa de minestrone - Minestrone soup	Garbanzos vegetarianos - Vegetarian chickpeas	Crema de puerro y zanahoria - Leek & carrot soup	Fideos guisados c/verduras - Noodles w/vegetable stew
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Revuelto de calabacin - Scrambled eggs w/ courgette	Menestra de verduras - Vegetable stew	Berenjena rellena - Stuffed aubergine	Champiñón al ajillo - Garlic mushroom	Merluza en salsa marinera - Hake in seafood sauce
	Kcal. 1010 P.40 Lip.35 HC.126	Kcal.1005 P.43 Lip.35 HC.125	Kcal.990 P.25 Lip.25 HC.138	Kcal.905 P.40 Lip.27 HC.120	Kcal.980 P.32 Lip.39 HC.128

MENU

16/01/2023 – 20/01/2023

	LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMAR PLATO / STARTER	Sopa de fideos- Noodle soup	Cocido de alubias blancas vegetarianas -Vegetarian white beans	Crema de verduras – Vegetable soup	Espagueti Bolognesa - Spaghetti Bolognese	Paella Valenciana - Paella
SEGUNDO PLATO / MAIN COURSE	Pollo al ajillo c/guarnición - Garlic chicken w/garnish	Lomo adobado c/patatas fritas - Marinated pork w/chips	Croquetas c/chorizo, jamón, tomate y pepino - Croquettes w/ham, chorizo,tomato & cucumber	Tortilla de patata c/ ensalada - Spanish omelette w/ salad	Pescado del dia c/ensalada - Fish of the day w/salad
POSTRE / DESSERT	Helado o fruta - Ice cream or fruit	Arroz c/leche o fruta - Rice pudding or fruit	Gelatina o fruta - Jelly or fruit	Yogurt o fruta - yoghurt or fruit	Tarta de manzana o fruta - Apple cake or fruit
PRIMER VEGETARIANO VEGETARIAN STARTER	Sopa de fideos - Noodle soup	Cocido de alubias blancas vegetarianas - Vegetarian white beans	Crema de verduras – Vegetable soup	Espaguetis al ajillo - Garlic spaghetti	Paella vegetariana - Vegetarian paella
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Menestra de verduras - Vegetable stew	Revuelto de champiñón - Scrambled eggs w/mushrooms	Verduras a la plancha - Grilled vegetables	Calabacín salteado - Sautéed courgette	Pescado del dia c/ensalada - Fish of the day w/salad
	Kcal.1005 P.43 Lip.35 HC.125	Kcal.1010 P.41 Lip.35 HC.128	Kcal.960 P.39 Lip.25 HC.125	Kcal. 1010 P.39 Lip.28 HC.139	Kcal.1005 P.45 Lip.35 HC.135

MENU

23/01/2023 – 27/01/2023

	LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMAR PLATO / STARTER	Lentejas guisadas - Lentils w/beef	Patatas a la Riojana - Riojan style potatoes	Crema de verduras - Vegetable soup	Sopa de fideo - Noodle soup	Arroz a la Cubana - Cuban rice
SEGUNDO PLATO / MAIN COURSE	Escalope de pollo c/ patatas fritas – Chicken Supreme w/chips	Albóndigas jardinera c/ pasta - Jardinera meatballs w/pasta	Huevos fritos c/patatas a lo pobre - Fried eggsx/poor potaoes	Cerdo a la Extremena c/guarnición - Pork Extremena style w/garnish	San Jacobo c/ patatas fritas - San Jacobo w/ chips
POSTRE / DESSERT	Torrijas o fruta - Torrijas or fruit	Natiillas o fruta - Custard or fruit	Helado o fruta - ice cream or fruit	Helado o fruta - Ice cream or fruit	Yogurt o fruta - Yoghurt or fruit
PRIMER VEGETARIANO VEGETARIAN STARTER	Lentejas vegetarinas - Vegetarian lentils	Menestra de verduras - Mixed fried vegetables	Crema de verduras - Vegetables soup	Sopa de fideo - Noodle soup	Arroz a la Cubana - Cuban rice
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Revuelto de calabacín - Scrambled eggs w/courgette	Champiñones al ajillo - Garlic mushrooms	Huevos fritos c/patatas a lo pobre - Fried eggs w/poor potaoes	Revuelto de champiñon - Scrambled egg w/mushroom	Verduras salteadas - Sauteed vegetables
	Kcal.1008 P.39 Lip.28 HC.135	Kcal. 1010 P.34 Lip.29 HC.130	Kcal.1005 P.34 Lip.29 HC.129	Kcal.1015 P.34 Lip.29 HC.135	Kcal.980 P.32 Lip.31 HC. 132

MENU

30/01/2023 – 31/01/23

	LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMER PLATO / STARTER	Pasta c/ salsa de tomate - Pasta w/tomato sauce	Garbanzos vegetarianos – Vegetarian chickpea			
SEGUNDO PLATO / MAIN COURSE	Pollo guisado c/guarnicion - Stewed chicken w/garnish	Lasagna - Lasagna			
POSTRE / DESSERT	Fruta o gelatina - Fruit or jelly	Fruta o churros – Fruit or churros			
PRIMER VEGETARIANO / VEGETARIAN STARTER	Pasta c/salsa de tomate - Pasta w/tomato sauce	Garbanzos vegetarianos – Vegetarian chickpea			
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Calabacín salteado - Courgette sautéed Kcal.1010 P.36 Lip.31 HC.140	Lasagna vegetariana – Vegetarian lasagna Kcal. 990 P.32 Lip.29 HC. 128			