

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

**6** Arroz Campero  
Rice with Vegetables  
Huevos en Salsa de Tomate  
Eggs in Sauce  
Patata Cocida  
Boiled Potatoes  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

**13** Crema de Guisantes  
Green Peas Cream  
Tortilla de Patata  
Potato Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

**20** Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Escalope de Cerdo S/Gluten  
Gluten-Free Breaded Chicken  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

**27** Ensalada de Arroz  
Rice Salad  
Tortilla de Patata con Espinacas  
Potato and Spinach Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

**7** Alubias Blancas con Verduras  
Stewed White Beans with Vegetables  
Atún a la Andaluza  
Floured Tuna  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

**14** Ensalada Campera  
Potato Salad  
Gallo a la Andaluza  
Floured Fish  
Ensalada de brotes  
Green Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

**21** Arroz Tres Delicias  
Three Delights Rice  
Atún con Tomate  
Tuna with Tomato Sauce  
Zanahoria Baby  
Baby Carrots  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

**28** Garbanzos a la Jardinera  
Stewed Chickpeas  
Fogonero en Salsa Verde  
Fish with Green Sauce  
Calabacín Rebozado Casero  
Homemade Fried Zucchini  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

**1**



**Festivo  
Festive**

**8** Pasta S/Gluten S/Huevo con Verduras  
Gluten/Egg-Free Pasta with Vegetables  
Pollo al Limón  
Chicken in Lemon Sauce  
Ensalada Variada  
Mixed Salad  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread

**15** Sopa de Cocido (Fideos S/Gluten S/Huevo)  
Meat Soup with Gluten Free Noodles  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread

**22** Coliflor con Patatas  
Sautéed Cauliflower with Potatoes  
Pollo Asado  
Roasted Chicken  
Arroz Pilaf  
Rice  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread

**29** Crema de Calabaza con Parmesano  
Pumpkin Cream with Parmesan Cheese  
Ragout de Pavo Estofado  
Stewed Turkey  
Patata Dado  
Diced Potatoes  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread

**2**



**Festivo  
Festive**

**9** Judías Verdes con Tomate  
Green Beans with Tomato Sauce  
Magro de Cerdo en Salsa  
Stewed Lean Pork  
Patata Dado  
Diced Potatoes  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

**16** Arroz con Pisto Casero  
Rice with Ratatouille  
Bacalao a la Bilbaina  
Cod in Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

**23** Ensalada de Pasta S/ Gluten S/Huevo  
Gluten-Egg Free Pasta Salad  
Merluza a la Gallega  
Hake with Paprika  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

**30** Pasta S/Gluten S/Huevo con Verduras  
Gluten/Egg-Free Pasta with Vegetables  
Cinta de Lomo a la Plancha  
Loin  
Ensalada Variada  
Mixed Salad  
Yogur y Pan S/Gluten  
Fruit and Gluten-Free Bread

**3**



**Festivo  
Festive**

**10** Crema de Calabacín  
Zucchini Cream  
Merluza a la Andaluza  
Floured Hake  
Tomate Aliñado  
Seasoned Tomato  
Helado de Nata-Fresa y Pan S/Gluten  
Strawberry Cream Ice-Cream and Gluten Free Bread

**17** Pasta S/Gluten S/Huevo con Verduras  
Gluten/Egg-Free Pasta with Vegetables  
Escalope de Pollo S/Gluten  
Gluten Free Breaded Chicken  
Ensalada Variada  
Mixed Salad  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread

**24** Alubias a la Vinagreta  
Beans in Vinaigrette Sauce  
Tortilla Francesa de Calabacín  
Zucchini Omelette  
Quinoa con Albahaca  
Quinoa with Basil  
Flan y Pan S/Gluten  
Flan and Gluten-Free Bread

**31** Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Salmón al Horno  
Baked Salmon  
Ensalada Variada  
Mixed Salad  
Yogur y Pan S/Gluten  
Yogurt and Gluten-Free Bread

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

**6** Arroz Campero  
Rice with Vegetables  
Salchichas de Pavo al Horno  
Turkey Sausages  
Cous Cous  
Cous Cous  
Fruta y Pan  
Fruit and Bread

**13** Crema de Guisantes  
Green Peas Cream  
Pollo al Horno  
Baked Chicken  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

**20** Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
  
Cinta de Lomo al Horno  
Baked Loin  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

**27** Ensalada de Arroz  
Rice Salad  
Cinta de Lomo al Horno  
Baked Loin  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

**7** Alubias Blancas con Verduras  
Stewed White Beans with Vegetables  
Atún a la Andaluza  
Floured Tuna  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

**14** Ensalada Campera (Sin Huevo)  
Potato Salad Without Egg  
Gallo a la Andaluza  
Floured Fish  
Ensalada de brotes  
Green Salad  
Fruta y Pan  
Fruit and Bread

**21** Arroz Campero  
Rice with Vegetables  
  
Atún con Tomate  
Tuna with Tomato Sauce  
Zanahoria Baby  
Baby Carrots  
Fruta y Pan  
Fruit and Bread

**28** Garbanzos a la Jardinera  
Stewed Chickpeas  
Fogonero en Salsa Verde  
Fish with Green Sauce  
Calabacín Rebozado  
Fried Zucchini  
Fruta y Pan  
Fruit and Bread

**1**



**Festivo  
Festive**

**8** Pasta S/Gluten S/Huevo con Verduras  
Gluten/Egg-Free Pasta with Vegetables  
Pollo al Limón  
Chicken in Lemon Sauce  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

**15** Sopa de Cocido (Fideos S/Gluten S/Huevo)  
Meat Soup with Gluten Free Noodles  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Rpollo  
Cabagge  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

**22** Coliflor a la Italiana  
Floured Cauliflower with Tomato Sauce

Pollo al Curry  
Curry Chicken  
Arroz Pilaf  
Rice  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

**29** Crema de Calabaza  
Pumpkin Cream  
Ragout de Pavo Estofado  
Stewed Turkey  
Patata Dado  
Diced Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

**2**



**Festivo  
Festive**

**9** Judías Verdes con Tomate  
Green Beans with Tomato Sauce  
Albóndigas de Ternera en Salsa  
Veal Meatballs in Sauce  
Patata Dado  
Diced Potatoes  
Fruta y Pan  
Fruit and Bread

**16** Arroz con Pisto Casero  
Rice with Ratatouille  
Bacalao a la Bilbaina  
Cod in Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

**23** Ensalada de Pasta S/Gluten S/Huevo (Sin Huevo)  
Gluten-Egg Free Pasta Salad Without Egg  
Merluza a la Gallega  
Hake with Paprika  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread

**30** Pasta S/Gluten S/Huevo con Verduras  
Gluten/Egg-Free Pasta with Vegetables  
Hamburguesa de Ternera a la plancha  
Veal Burger  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

**3**



**Festivo  
Festive**

**10** Lentejas ECOLÓGICAS con Arroz  
Organic Stewed Lentils with Rice  
Merluza a la Andaluza  
Floured Hake  
Tomate Aliñado  
Seasoned Tomato  
Helado de Nata-Fresa y Pan  
Strawberry Cream Ice-Cream and Bread

**17** Pasta S/Gluten S/Huevo con Verduras  
Gluten/Egg-Free Pasta with Vegetables  
Filete de Pollo Enharinado  
Floured Chicken  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

**24** Alubias a la Vinagreta  
Beans in Vinaigrette Sauce  
  
Filete de Pollo  
Chicken Breast  
Quinoa con Albahaca  
Quinoa with Basil  
Flan y Pan  
Flan and Bread

**31** Lentejas con Verduras y Chorizo  
Stewed Lentils with Chorizo  
Salmón al Horno  
Baked Salmon  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

1



Festivo  
Festive

2



Festivo  
Festive

3



Festivo  
Festive

6 Arroz Campero  
Rice with Vegetables  
Huevos en Salsa de Tomate  
Eggs in Sauce  
Cous Cous  
Cous Cous  
Fruta y Pan  
Fruit and Bread

7 Alubias Blancas con Verduras  
Stewed White Beans with Vegetables  
Atún a la Andaluza  
Floured Tuna  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

8 Macarrones con Verduras  
Pasta with Vegetables  
Pollo al Limón  
Chicken in Lemon Sauce  
Ensalada Variada  
Mixed Salad  
Yogur de Soja y Pan Integral  
Soy Yogurt and Whole Wheat Bread

9 Judías Verdes con Tomate  
Green Beans with Tomato Sauce  
Albóndigas de Ternera en Salsa  
Veal Meatballs in Sauce  
Patata Dado  
Diced Potatoes  
Fruta y Pan  
Fruit and Bread

10 Lentejas ECOLÓGICAS con Arroz  
Organic Stewed Lentils with Rice  
Merluza a la Andaluza  
Floured Hake  
Tomate Aliñado  
Seasoned Tomato  
Yogur de Soja y Pan  
Soy Yogurt and Bread

13 Crema de Guisantes  
Green Peas Cream  
Tortilla de Patata  
Potato Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

14 Ensalada Campera  
Potato Salad  
Gallo a la Andaluza  
Floured Fish  
Ensalada de brotes  
Green Salad  
Fruta y Pan  
Fruit and Bread

15 Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chicken with Meat and Vegetables  
Rollo  
Cabbage  
Yogur de Soja y Pan Integral  
Soy Yogurt and Whole Wheat Bread

16 Arroz con Pisto Casero  
Rice with Ratatouille  
Bacalao a la Bilbaína  
Cod in Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

17 Fideua de Verduras  
Pasta with Vegetables  
Escalope de Pollo  
Breaded Chicken  
Ensalada Variada  
Mixed Salad  
Yogur de Soja y Pan  
Soy Yogurt and Bread

20 Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Escalope de Cerdo S/Gluten  
Gluten-Free Breaded Chicken  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

21 Arroz Tres Delicias  
Three Delights Rice  
Atún con Tomate  
Tuna with Tomato Sauce  
Zanahoria Baby  
Baby Carrots  
Fruta y Pan  
Fruit and Bread

22 Coliflor con Patatas  
Sautéed Cauliflower with Potatoes  
Pollo al Curry  
Curry Chicken  
Arroz Pilaf  
Rice  
Yogur de Soja y Pan Integral  
Soy Yogurt and Whole Wheat Bread

23 Ensalada de Pasta  
Pasta Salad  
Merluza a la Gallega  
Hake with Paprika  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread

24 Alubias a la Vinagreta  
Beans in Vinaigrette Sauce  
Tortilla Francesa de Calabacín  
Zucchini Omelette  
Quinoa con Albahaca  
Quinoa with Basil  
Yogur de Soja y Pan  
Soy Yogurt and Bread

27 Ensalada de Arroz  
Rice Salad

Tortilla de Patata con Espinacas  
Potato and Spinach Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

28 Garbanzos a la Jardinera  
Stewed Chickpeas

Fogonero en Salsa Verde  
Fish with Green Sauce  
Calabacín Rebozado Casero  
Homemade Fried Zucchini  
Fruta y Pan  
Fruit and Bread

29 Crema de Calabaza  
Pumpkin Cream

Ragout de Pavo Estofado  
Stewed Turkey  
Patata Dado  
Diced Potatoes  
Yogur de Soja y Pan Integral  
Soy Yogurt and Whole Wheat Bread

30 Tallarines INTEGRALES al Wok  
Sautéed Whole Wheat Pasta with Soy Sauce

Hamburguesa de Ternera a la plancha  
Veal Burger  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

31 Lentejas con Verduras y Chorizo  
Stewed Lentils with Chorizo

Salmón al Horno  
Baked Salmon  
Ensalada Variada  
Mixed Salad  
Yogur de Soja y Pan  
Soy Yogurt and Bread

mediterránea

FRUTA VARIADA y de TEMPORADA

ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maíz, Pepino, Cebolla, Zanahoria)

REGLAMENTO 1169/2011. TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGICOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA EN EL CENTRO. PARA CUALQUIER CONSULTA AL RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

Lunes - Monday

Martes - Tuesday

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Viernes - Friday

**6** Arroz Campero  
Rice with Vegetables  
Huevos Villarroy  
Villarroy Eggs  
Cous Cous  
Cous Cous  
Fruta y Pan  
Fruit and Bread

**13** Crema de Guisantes  
Green Peas Cream  
Tortilla de Patata  
Potato Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

**20** Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Croquetas de Jamón  
Ham Croquettes  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

**27** Ensalada de Arroz  
Rice Salad

Tortilla de Patata con Espinacas  
Potato and Spinach Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

**7** Alubias Blancas con Verduras  
Stewed White Beans with Vegetables  
Atún a la Andaluza  
Floured Tuna  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

**14** Ensalada Campera  
Potato Salad  
Gallo a la Andaluza  
Floured Fish  
Ensalada de brotes  
Green Salad  
Fruta y Pan  
Fruit and Bread

**21** Arroz Tres Delicias  
Three Delights Rice  
Atún con Tomate  
Tuna with Tomato Sauce  
Zanahoria Baby  
Baby Carrots  
Fruta y Pan  
Fruit and Bread

**28** Garbanzos a la Jardinera  
Stewed Chickpeas

Fogonero en Salsa Verde  
Fish with Green Sauce  
Calabacín Rebozado  
Fried Zucchini  
Fruta y Pan  
Fruit and Bread

**1**



**Festivo  
Festive**

**8**

Macarrones con Verduras  
Pasta with Vegetables  
Pollo al Limón  
Chicken in Lemon Sauce  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

**15**

Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

**22**

Coliflor a la Italiana  
Floured Cauliflower with Tomato Sauce  
Pollo Asado  
Roasted Chicken  
Arroz Pilaf  
Rice  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

**29**

Crema de Calabaza con Parmesano  
Pumpkin Cream with Parmesan Cheese  
Ragout de Pavo Estofado  
Stewed Turkey  
Patata Dado  
Diced Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

**2**



**Festivo  
Festive**

**9**

Judías Verdes con Tomate  
Green Beans with Tomato Sauce  
Albóndigas de Ternera en Salsa  
Veal Meatballs in Sauce  
Patata Dado  
Diced Potatoes  
Fruta y Pan  
Fruit and Bread

**16**

Arroz con Pisto Casero  
Rice with Ratatouille  
Bacalao a la Bilbaina  
Cod in Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

**23**

Ensalada de Pasta  
Pasta Salad  
Merluza a la Gallega  
Hake with Paprika  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread

**30**

Tallarines INTEGRALES al Wok  
Sautéed Whole Wheat Pasta with Soy Sauce  
Hamburguesa de Ternera a la plancha  
Veal Burger  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

**3**



**Festivo  
Festive**

**10**

Lentejas ECOLÓGICAS con Arroz  
Organic Stewed Lentils with Rice  
Merluza a la Andaluza  
Floured Hake  
Tomate Aliñado  
Seasoned Tomato  
Helado de Nata-Fresa y Pan  
Strawberry Cream Ice-Cream and Bread

**17**

Fideua de Verduras  
Pasta with Vegetables  
Filete de Pollo Enharinado  
Floured Chicken  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

**24**

Alubias a la Vinagreta  
Beans in Vinaigrette Sauce  
Tortilla Francesa de Calabacín  
Zucchini Omelette  
Quinoa con Albahaca  
Quinoa with Basil  
Flan y Pan  
Flan and Bread

**31**

Lentejas con Verduras y Chorizo  
Stewed Lentils with Chorizo  
Buñuelos de Salmón y Calabaza  
Salmon and Pumpkin Fritters  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

Lunes - Monday

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Viernes - Friday

6 Arroz Campero  
Rice with Vegetables  
Huevos Villarroy  
Villarroy Eggs  
Cous Cous  
Cous Cous  
Fruta y Pan  
Fruit and Bread

13 Crema de Guisantes  
Green Peas Cream  
Tortilla de Patata  
Potato Omelette  
  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

20 Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Croquetas de Bacalao  
Cod Croquettes  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

27 Ensalada de Arroz  
Rice Salad  
Tortilla de Patata con Espinacas  
Potato and Spinach Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

7 Alubias Blancas con Verduras  
Stewed White Beans with Vegetables  
Empanada de Atún Casera  
Homemade Tuna Pastry  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

14 Ensalada Campera  
Potato Salad  
Gallo a la Andaluza  
Floured Fish  
  
Ensalada de brotes  
Green Salad  
Fruta y Pan  
Fruit and Bread

21 Arroz Campero  
Rice with Vegetables  
Atún con Tomate  
Tuna with Tomato Sauce  
Zanahoria Baby  
Baby Carrots  
Fruta y Pan  
Fruit and Bread

28 Garbanzos a la Jardinera  
Stewed Chickpeas  
Fogonero en Salsa Verde  
Fish with Green Sauce  
Calabacín Rebozado  
Fried Zucchini  
Fruta y Pan  
Fruit and Bread

1



Festivo  
Festive

8 Macarrones con Verduras  
Pasta with Vegetables  
Pollo al Limón  
Chicken in Lemon Sauce  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

15 Sopa de Fideos  
Noodle Soup  
Cocido (Sin Cerdo)  
Chickpeas with Meat and Vegetables  
Without Pork  
Repollo  
Cabagge  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

22 Coliflor a la Italiana  
Floured Cauliflower with Tomato Sauce  
Pollo al Curry  
Curry Chicken  
Arroz Pilaf  
Rice  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

29 Crema de Calabaza con Parmesano  
Pumpkin Cream with Parmesan Cheese  
Ragout de Pavo Estofado  
Stewed Turkey  
Patata Dado  
Diced Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

2



Festivo  
Festive

9 Judías Verdes con Tomate  
Green Beans with Tomato Sauce  
Albóndigas de Ternera en Salsa  
Veal Meatballs in Sauce  
Patata Dado  
Diced Potatoes  
Fruta y Pan  
Fruit and Bread

16 Arroz con Pisto Casero  
Rice with Ratatouille  
Bacalao a la Bilbaína  
Cod in Sauce  
  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

23 Ensalada de Pasta  
Pasta Salad  
Merluza a la Gallega  
Hake with Paprika  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread

30 Tallarines INTEGRALES con Verduras  
Whole Wheat Pasta with Vegetables  
Hamburguesa de Ternera a la plancha  
Veal Burger  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Fruit and Bread

3



Festivo  
Festive

10 Lentejas ECOLÓGICAS con Arroz  
Organic Stewed Lentils with Rice  
Merluza a la Andaluza  
Floured Hake  
Tomate Aliñado  
Seasoned Tomato  
Helado de Vainilla-Chocolate y Pan  
Vanilla and Chocolate Ice-Cream and Bread

17 Fideua de Verduras  
Pasta with Vegetables  
Escalope de Pollo  
Breaded Chicken  
  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

24 Alubias a la Vinagreta  
Beans in Vinaigrette Sauce  
Tortilla Francesa de Calabacín  
Zucchini Omelette  
Quinoa con Albahaca  
Quinoa with Basil  
Flan y Pan  
Flan and Bread

31 Lentejas con Verduras  
Stewed Lentils with Vegetables  
Buñuelos de Salmón y Calabaza  
Salmon and Pumpkin Fritters  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

mediterranea

FRUTA VARIADA y de TEMPORADA

ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maíz, Pepino, Cebolla, Zanahoria)

REGLAMENTO 1169/2011. TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGICOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA EN EL CENTRO. PARA CUALQUIER CONSULTA AL RESPECTO, NUESTRO PERSONAL LE ATENDERÁ

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

**6** Arroz Campero  
Rice with Vegetables  
Huevos en Salsa de Tomate  
Eggs in Sauce  
Patata Cocida  
Boiled Potatoes  
Fruta  
Fruit

**13** Crema de Guisantes  
Green Peas Cream  
Tortilla de Patata  
Potato Omelette  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

**20** Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Cinta de Lomo al Horno  
Baked Loin  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

**27** Ensalada de Arroz  
Rice Salad  
Tortilla de Patata con Espinacas  
Potato and Spinach Omelette  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

**7** Alubias Blancas con Verduras  
Stewed White Beans with Vegetables  
Salmón al Horno  
Baked Salmon  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

**14** Ensalada Campera  
Potato Salad  
Gallo a la Andaluza  
Floured Fish  
Ensalada de brotes  
Green Salad  
Fruta  
Fruit

**21** Arroz Campero  
Rice with Vegetables  
Merluza con Tomate  
Hake with Tomato Sauce  
Zanahoria Baby  
Baby Carrots  
Fruta  
Fruit

**28** Garbanzos a la Jardinera  
Stewed Chickpeas  
Fogonero en Salsa Verde  
Fish with Green Sauce  
Calabacín Rebozado  
Fried Zucchini  
Fruta  
Fruit

**1**



**Festivo  
Festive**

**8** Arroz con Verduras  
Rice with Vegetables  
Pollo al Limón  
Chicken in Lemon Sauce  
Ensalada Variada  
Mixed Salad  
Yogur  
Yogurt

**15** Sopa Juliana de Verduras  
Vegetables Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Yogur  
Yogurt

**22** Coliflor con Patatas  
Sautéed Cauliflower with Potatoes  
Pollo Asado  
Roasted Chicken  
Arroz Pilaf  
Rice  
Yogur  
Yogurt

**29** Crema de Calabaza con Parmesano  
Pumpkin Cream with Parmesan Cheese  
Ragout de Pavo Estofado  
Stewed Turkey  
Patata Dado  
Diced Potatoes  
Fruta  
Fruit  
Yogurt

**2**



**Festivo  
Festive**

**9** Judías Verdes con Tomate  
Green Beans with Tomato Sauce  
Magro de Cerdo en Salsa  
Stewed Lean Pork  
Patata Dado  
Diced Potatoes  
Fruta  
Fruit

**16** Arroz con Pisto Casero  
Rice with Ratatouille  
Bacalao a la Bilbaina  
Cod in Sauce  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

**23** Ensalada de Arroz  
Rice Salad  
Merluza a la Gallega  
Hake with Paprika  
Tomate Aliñado  
Seasoned Tomato  
Fruta  
Fruit

**30** Arroz con Verduras  
Rice with Vegetables  
Cinta de Lomo a la Plancha  
Loin  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

**3**



**Festivo  
Festive**

**10** Lentejas ECOLÓGICAS con Arroz  
Organic Stewed Lentils with Rice  
Merluza a la Andaluza  
Floured Hake  
Tomate Aliñado  
Seasoned Tomato  
Helado de Nata-Fresa  
Strawberry Cream Ice-Cream

**17** Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Filete de Pollo Enharinado  
Floured Chicken  
Ensalada Variada  
Mixed Salad  
Yogur  
Yogurt

**24** Alubias a la Vinagreta  
Beans in Vinaigrette Sauce  
Tortilla Francesa de Calabacín  
Zucchini Omelette  
Quinoa con Albahaca  
Quinoa with Basil  
Flan  
Flan

**31** Lentejas con Verduras y Chorizo  
Stewed Lentils with Chorizo  
Buñuelos de Salmón y Calabaza  
Salmon and Pumpkin Fritters  
Ensalada Variada  
Mixed Salad  
Yogur  
Yogurt

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

6 Arroz Campero  
Rice with Vegetables  
Huevos en Salsa de Tomate  
Eggs in Sauce  
Patata Cocida  
Boiled Potatoes  
Fruta  
Fruit

13 Crema de Puerros  
Leek Cream  
Tortilla de Patata  
Potato Omelette  
  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

20 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
  
Cinta de Lomo al Horno  
Baked Loin  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

27 Ensalada de Arroz  
Rice Salad  
Tortilla de Patata con Espinacas  
Potato and Spinach Omelette  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

7 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Salmón al Horno  
Baked Salmon  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

14 Ensalada Campera  
Potato Salad  
Gallo a la Andaluza  
Floured Fish  
  
Ensalada de brotes  
Green Salad  
Fruta  
Fruit

21 Arroz Campero  
Rice with Vegetables  
  
Merluza con Tomate  
Hake with Tomato Sauce  
Zanahoria Baby  
Baby Carrots  
Fruta  
Fruit

28 Sopa Juliana de Verduras  
Vegetables Soup  
Fogonero en Salsa Verde  
Fish with Green Sauce  
Calabacín Rebozado  
Fried Zucchini  
Fruta  
Fruit

1



Festivo  
Festive

8 Arroz con Verduras  
Rice with Vegetables  
Pollo al Limón  
Chicken in Lemon Sauce  
Ensalada Variada  
Mixed Salad  
Yogur  
Yogurt

15 Sopa Juliana de Verduras  
Vegetables Soup  
Pollo y Ternera con Patata y Zanahoria  
Cocidos  
Meat with Boiled Carrot and Potatoes  
Repollo  
Cabagge  
Yogur  
Yogurt

22 Coliflor con Patatas  
Sautéed Cauliflower with Potatoes

Pollo Asado  
Roasted Chicken  
Arroz Pilaf  
Rice  
Yogur  
Yogurt

29 Crema de Calabaza con Parmesano  
Pumpkin Cream with Parmesan Cheese  
Ragout de Pavo Estofado  
Stewed Turkey  
Patata Dado  
Diced Potatoes  
Yogur  
Yogurt

2



Festivo  
Festive

9 Brócoli Salteado con Zanahoria  
Sautéed Broccoli  
Magro de Cerdo en Salsa  
Stewed Lean Pork  
Patata Dado  
Diced Potatoes  
Fruta  
Fruit

16 Arroz con Pisto Casero  
Rice with Ratatouille  
Bacalao a la Bilbaina  
Cod in Sauce  
  
Ensalada Variada  
Mixed Salad  
Fruta  
Fruit

23 Ensalada de Arroz  
Rice Salad

Merluza a la Gallega  
Hake with Paprika  
Tomate Aliñado  
Seasoned Tomato  
Fruta  
Fruit

30 Arroz con Verduras  
Rice with Vegetables  
Cinta de Lomo a la Plancha  
Loin  
Ensalada Variada  
Mixed Salad  
Yogur  
Yogurt

3



Festivo  
Festive

10 Crema de Calabacín  
Zucchini Cream  
Merluza a la Andaluza  
Floured Hake  
Tomate Aliñado  
Seasoned Tomato  
Helado de Nata-Fresa  
Strawberry Cream Ice-Cream

17 Patatas Estofadas con Verduras  
Stewed Potatoes with Vegetables  
Filete de Pollo Enharinado  
Floured Chicken  
  
Ensalada Variada  
Mixed Salad  
Yogur  
Yogurt

24 Verdura Tricolor (Brócoli, Coliflor y Zanahoria)  
Mixed Vegetables  
Tortilla Francesa de Calabacín  
Zucchini Omelette  
Quinoa con Albahaca  
Quinoa with Basil  
Flan  
Flan

31 Patatas Estofadas con Chorizo  
Stewed Potatoes with Chorizo  
Salmón al Horno  
Baked Salmon  
Ensalada Variada  
Mixed Salad  
Yogur  
Yogurt

Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

**6** Arroz Campero  
Rice with Vegetables  
Huevos en Salsa de Tomate  
Eggs in Sauce  
Cous Cous  
Cous Cous  
Fruta y Pan  
Fruit and Bread

**13** Crema de Guisantes  
Green Peas Cream  
Tortilla de Patata  
Potato Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

**20** Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Escalope de Cerdo S/Gluten  
Gluten-Free Breaded Chicken  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

**27** Ensalada de Arroz  
Rice Salad

Tortilla de Patata con Espinacas  
Potato and Spinach Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

**7** Alubias Blancas con Verduras  
Stewed White Beans with Vegetables  
Nuggets de Pavo  
Turkey Nuggets  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

**14** Ensalada Campera  
Potato Salad  
Filete de Pollo Enharinado  
Floured Chicken  
Ensalada de brotes  
Green Salad  
Fruta y Pan  
Fruit and Bread

**21** Arroz Tres Delicias  
Three Delights Rice  
Caballa con Tomate  
Mackerel with Tomato Sauce  
Zanahoria Baby  
Baby Carrots  
Fruta y Pan  
Fruit and Bread

**28** Garbanzos a la Jardinera  
Stewed Chickpeas

Pollo en Salsa  
Chicken in Sauce  
Calabacín Rebozado Casero  
Homemade Fried Zucchini  
Fruta y Pan  
Fruit and Bread

**1**



**Festivo  
Festive**

**8** Macarrones con Verduras  
Pasta with Vegetables  
Pollo al Limón  
Chicken in Lemon Sauce  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

**15** Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chicken with Meat and Vegetables  
Repollo  
Cabbage  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

**22** Coliflor con Patatas  
Sautéed Cauliflower with Potatoes  
Pollo al Curry  
Curry Chicken  
Arroz Pilaf  
Rice  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

**29** Crema de Calabaza con Parmesano  
Pumpkin Cream with Parmesan Cheese

Ragout de Pavo Estofado  
Stewed Turkey  
Patata Dado  
Diced Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

**2**



**Festivo  
Festive**

**9** Judías Verdes con Tomate  
Green Beans with Tomato Sauce  
Albóndigas de Ternera en Salsa  
Veal Meatballs in Sauce  
Patata Dado  
Diced Potatoes  
Fruta y Pan  
Fruit and Bread

**16** Arroz con Pisto Casero  
Rice with Ratatouille  
Tortilla Francesa  
Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

**23** Ensalada de Pasta  
Pasta Salad  
Cinta de Lomo al Horno  
Baked Loin  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread

**30** Tallarines INTEGRALES al Wok  
Sautéed Whole Wheat Pasta with Soy Sauce  
Hamburguesa de Ternera a la plancha  
Veal Burger  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

**3**



**Festivo  
Festive**

**10** Lentejas ECOLÓGICAS con Arroz  
Organic Stewed Lentils with Rice  
Escalope de Cerdo  
Breaded Chicken  
Tomate Aliñado  
Seasoned Tomato  
Helado de Vainilla-Chocolate y Pan  
Vanilla and Chocolate Ice-Cream and Bread

**17** Fideua de Verduras  
Pasta with Vegetables  
Escalope de Pollo  
Breaded Chicken  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

**24** Alubias a la Vinagreta  
Beans in Vinaigrette Sauce  
Tortilla Francesa de Calabacín  
Zucchini Omelette  
Quinoa con Albahaca  
Quinoa with Basil  
Flan y Pan  
Flan and Bread

**31** Lentejas con Verduras y Chorizo  
Stewed Lentils with Chorizo

Caballa en Aceite  
Mackerel in Oil  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

mediterránea

FRUTA VARIADA y de TEMPORADA

ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maíz, Pepino, Cebolla, Zanahoria)

REGLAMENTO 1169/2011. TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGICOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA EN EL CENTRO. PARA CUALQUIER CONSULTA AL RESPECTO, NUESTRO PERSONAL LE ATENDERÁ



Lunes - Monday

Martes - Tuesday

Miercoles - Wednesday

Jueves - Thursday

Viernes - Friday

**6** Arroz Campero  
Rice with Vegetables  
Huevos en Salsa de Tomate  
Eggs in Sauce  
Cous Cous  
Cous Cous  
Fruta y Pan  
Fruit and Bread

**13** Crema de Guisantes  
Green Peas Cream  
Tortilla de Patata  
Potato Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

**20** Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Escalope de Cerdo S/Gluten  
Gluten-Free Breaded Chicken  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

**27** Ensalada de Arroz (Sin Atún)  
Rice Salad Without Tuna

Tortilla de Patata con Espinacas  
Potato and Spinach Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

**7** Alubias Blancas con Verduras  
Stewed White Beans with Vegetables  
Salchichas de Pavo al Horno  
Turkey Sausages  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

**14** Ensalada Campera (Sin Atún)  
Potato Salad Without Tuna  
Filete de Pollo Enharinado  
Floured Chicken  
Ensalada de brotes  
Green Salad  
Fruta y Pan  
Fruit and Bread

**21** Arroz Tres Delicias  
Three Delights Rice  
Tortilla Francesa de Queso  
Cheese French Omelette  
Zanahoria Baby  
Baby Carrots  
Fruta y Pan  
Fruit and Bread

**28** Garbanzos a la Jardinera  
Stewed Chickpeas

Pollo en Salsa  
Chicken in Sauce  
Calabacín Rebozado Casero  
Homemade Fried Zucchini  
Fruta y Pan  
Fruit and Bread

**1**



**Festivo  
Festive**

**8** Macarrones con Verduras  
Pasta with Vegetables  
Pollo al Limón  
Chicken in Lemon Sauce  
Ensalada Variada  
Mixed Salad  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

**15** Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables  
Repollo  
Cabagge  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

**22** Coliflor con Patatas  
Sautéed Cauliflower with Potatoes  
Pollo al Curry  
Curry Chicken  
Arroz Pilaf  
Rice  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

**29** Crema de Calabaza con Parmesano  
Pumpkin Cream with Parmesan Cheese

Ragout de Pavo Estofado  
Stewed Turkey  
Patata Dado  
Diced Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

**2**



**Festivo  
Festive**

**9** Judías Verdes con Tomate  
Green Beans with Tomato Sauce  
Albóndigas de Ternera en Salsa  
Veal Meatballs in Sauce  
Patata Dado  
Diced Potatoes  
Fruta y Pan  
Fruit and Bread

**16** Arroz con Pisto Casero  
Rice with Ratatouille  
Tortilla Francesa  
Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan S/Gluten  
Fruit and Gluten-Free Bread

**23** Ensalada de Pasta (Sin Atún)  
Pasta Salad  
Cinta de Lomo al Horno  
Baked Loin  
Tomate Aliñado  
Seasoned Tomato  
Fruta y Pan  
Fruit and Bread

**30** Tallarines INTEGRALES al Wok  
Sautéed Whole Wheat Pasta with Soy Sauce

Hamburguesa de Ternera a la plancha  
Veal Burger  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

**3**



**Festivo  
Festive**

**10** Lentejas ECOLÓGICAS con Arroz  
Organic Stewed Lentils with Rice  
Escalope de Cerdo  
Breaded Chicken  
Tomate Aliñado  
Seasoned Tomato  
Helado de Vainilla-Chocolate y Pan  
Vanilla and Chocolate Ice-Cream and Bread

**17** Fideua de Verduras  
Pasta with Vegetables  
Escalope de Pollo  
Breaded Chicken  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

**24** Alubias a la Vinaigreta  
Beans in Vinaigrette Sauce  
Tortilla Francesa de Calabacín  
Zucchini Omelette  
Quinoa con Albahaca  
Quinoa with Basil  
Flan y Pan  
Flan and Bread

**31** Lentejas con Verduras y Chorizo  
Stewed Lentils with Chorizo

Nuggets de Pavo  
Turkey Nuggets  
Ensalada Variada  
Mixed Salad  
Yogur y Pan  
Yogurt and Bread

mediterránea

FRUTA VARIADA y de TEMPORADA

ENSALADAS: Lechuga y 1 o 2 ingredientes (Tomate, Maíz, Pepino, Cebolla, Zanahoria)

REGLAMENTO 1169/2011. TODA LA INFORMACIÓN RELATIVA A LOS ALÉRGICOS QUE COMPONEN NUESTROS PLATOS SE ENCUENTRA EN EL CENTRO. PARA CUALQUIER CONSULTA AL RESPECTO, NUESTRO PERSONAL LE ATENDERÁ