

MENU

11/09/2018 – 14/09/2018

| | LUNES / MONDAY | MARTES / TUESDAY | MIERCOLES / WEDNESDAY | JUEVES / THURSDAY | VIERNES / FRIDAY |
|--|----------------|--|--|--|--|
| PRIMER PLATO / STARTER | | Pizza / Pizza | Ensaladilla Rusa / Russian salad | Cocido de garbanzos c/espínacas / Chickpea casserole w/spinach | Sopa de verduras / Vegetable soup |
| SEGUNDO PLATO / MAIN COURSE | | Carne a la Extremena c/guarnición / Beef Extremena style w/garnish | Escalope de pollo c/ensalada / Chicken Supreme w/salad | Huevos fritos c/patatas a lo pobre/ Fried eggs w/ "patatas a lo pobre" | Pescado del día rebozado c/ensalada/ Fish of the day in batter w/salad |
| POSTRE / DESSERT | | Fruta o yogurt / Fruit or yoghurt | Fruta o tarta de manzana / Fruit or apple cake | Fruta o pancakes / Pancakes or fruit | Fruta o bizcocho / Fruit or cake |
| PRIMER VEGETARIANO / VEGETARIAN STARTER | | Pizza vegetariana / Vegetarian pizza | Ensaladilla Rusa / Russian salad | Garbanzos c/espínacas / Chickpea casserole w/spinach | Salteado de verduras / Sautéed vegetables |
| SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE | | Berenjena rellena / Stuffed aubergine | Judías salteadas Sautéed green beans | Tortilla de champiñón / Mushroom omelette | Pescado del día c/ensalada/ Fish of the day w/salad |
| | | 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 |

MENU

17/09/2018 – 21/09/2018

| | LUNES / MONDAY | MARTES / TUESDAY | MIÉRCOLES / WEDNESDAY | JUEVES / THURSDAY | VIERNES / FRIDAY |
|--|---|--|--|---|---|
| PRIMER PLATO / STARTER | Alubias vegetarianas/ Vegetarian white beans | Crema de puerro / Leek soup | Espaguetis al ajillo / Garlic spaghetti | Ensalada de lombarda / Red cabbage salad | Lentejas guisadas / Lentils w/beef |
| SEGUNDO PLATO / MAIN COURSE | Carne asada c/ ensalada / Roast beef w/ salad | Tortilla de patata c/ensalada / Spanish omelette w/salad | Lomo de cerdo asado c/patata cocida /Roast pork loin w/boiled potatoes | Pechuga de pollo salteado c/verduras y patatas / Sautéed chicken supreme w/vegetables & potatoes | Bacalao rebozado c/ensalada / Cod in batter w/salad |
| POSTRE / DESSERT | Fruta /Fruit | Fruta o arroz c/leche / Fruit or rice pudding | Fruta o helado / Fruit or Ice cream | Fruta o profiteroles / Fruit or profiteroles | Fruta o Gelatina / Fruit or Jelly |
| PRIMER VEGETARIANO / VEGETARIAN STARTER | Alubias vegetarianas / Vegetarian white beans | Crema de puerro / Leek soup | Espaguetis al ajillo / Garlic spaghetti | Ensalada de lombarda / Red cabbage salad | Lentejas vegetarianas/ Vegetarian lentils |
| SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE | Revuelto de calabacín / Scrambled eggs w/ courgette | Tortilla de patata c/ensalada / Spanish omelette w/salad | Setas al ajillo / Garlic mushroom | Brocoli al ajillo / Garlic broccoli | Bacalao en salsa verde / Cod in green sauce |
| | 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 |

MENU

24/09/2018 – 28/09/2018

| | LUNES / MONDAY | MARTES / TUESDAY | MIERCOLES / WEDNESDAY | JUEVES / THURSDAY | VIERNES / FRIDAY |
|--|--|--|---|---|---|
| PRIMER PLATO / STARTER | Sopa de minestrone / Minestrone soup | Fabada Asturiana / Asturian stew | Judias verdes salteadas c/jamon / Green sautéed beans w/ham | Arroz a la cubana /Cuban rice | Crema de verduras / Vegetable soup |
| SEGUNDO PLATO / MAIN COURSE | Pollo estofado c/guarnición/ Chicken stew w/garnish | San Jacobo c/patatas y ensalada / San Jacobo w/chips & salad | Croquetas c/embutido, tomate y pepino/ Croquettes w/cured meat, tomato & cucumber | Escalope de lomo c/ensalada / Pork loin escalope w/salad | Filete de merluza a la Riojana c/ patata cocida/ Riojan style hake fillet w/boiled potato |
| POSTRE / DESSERT | Fruta o flan / Fruit or flan | Fruta o helado | Pancake o fruta / Pancake or fruit | Torrijas o fruta / Torrijas or fruit | Yogurt o fruta / Yoghurt or fruit |
| PRIMER VEGETARIANO / VEGETARIAN STARTER | Sopa de minestrone / Minestrone soup | Alubias vegetarianas / Vegetarian white beans | Judias salteadas / Green sautéed beans | Arroz a la cubana / Cuban rice | Crema de verduras / Vegetable soup |
| SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE | Tortilla de queso c/ensalada/ Cheese omelette w/salad Kcal.1005 P.34 Lip.39 HC.145 | Verduras salteadas / Sautéed vegetables Kcal.1020 P.42 Lip.28 HC.135 | Calabacin frito c/ miel/ Fried courgette w/honey Kcal.1050 P.27 Lip.41 HC.142 | Revuelto de espárragos/ Scrambled eggs w/asparagus Kcal.1005 P.31 Lip.35 HC.135 | Merluza a la plancha c/ ensalada / Grilled hake w/ salad Kcal.990 P.33 Lip.38 HHC.110 |