

MENU

01/10/2018 – 05/10/2018

	LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMER PLATO / STARTER	Sopa de pescado / Fish soup	Cocido de garbanzos / Chickpea casserole	Sopa de fideo c/pollo/ Chicken soup	Menestra de verdura / Mixed fried vegetables	Patatas c/carne / Beef stew
SEGUNDO PLATO / MAIN COURSE	Espaguetti Bolognesa / Spaghetti Bolognese	Tortilla espanola c/ensalada / Spanish omelette w/salad	Carne estofada c/patata cocida / Beef stew w/ boiled potatoes	Lasagna / Lasagna	Pescado del dia en salsa verde / Fish of the day in green sauce
POSTRE / DESSERT	Yogurt o fruta / yoghurt or fruit	Tarta de manzana o fruta/Apple cake or fruit	Helado o fruta / Ice-cream or fruit	Flan o fruta / Flan or fruit	Natillas o fruta / Custard or fruit
PRIMER VEGETARIANO/ VEGETARIAN STARTER	Sopa de pescado / Fish soup	Garbanzos fritos / Fried chickpeas	Sopa de fideo/ Noodle soup	Menestra de verduras / Mixed fried vegetables	Guisantes salteados / Sautéed peas
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Espinacas salteadas al ajillo / Spinach sautéed in garlic Kcal.1010 P.48 Lip.27 HC.138	Alcachofas salteadas / Sautéed artichoke Kcal.1015 P.35 Lip.20 HC.125	Champinones al ajillo / Garlic mushrooms Kcal.1009 P.32 Lip.30 HC.125	Revuelto mixto / Mixed scrambled eggs Kcal.1015 P.48 Lip.25 HC.108	Berenjena rellena / Stuffed aubergine Kcal.1039 P.45 Lip.26 HC.135

MENU

08/10/2018 – 12/10/2018

	LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMER PLATO / STARTER	Crema de puerro / Leek soup	Fabada Asturiana / Asturian stew	Sopa de verduras / Vegetable soup	Paella Valenciana / Paella Valencia style	Macarroni Bolognesa / Macaroni Bolognese
SEGUNDO PLATO / MAIN COURSE	San Jacobo c/pat. fritas y ensalada / San Jacobo w/chips & salad	Pollo salteado c/verduras & patata fritas / Chicken sautéed w/vegetables & chips	Albondigas jardinera c/guarnicion / "Jardinera" meatballs w/garnish	Lomo adobado c/patata cocida / Marinated pork loin w/boiled potatoes	Pescados frito c/ensalada / Fried fish w/ salad
POSTRE / DESSERT	Fruta / fruit	Yogurt o fruta / yoghurt or fruit	Piña en almibar o fruta / Pineapple in syrup or fruit	Helado o fruta / Ice-cream or fruit	Tarta o fruta / Cake or fruit
PRIMER VEGETARIANO / VEGETARIAN STARTER	Crema de verduras / Vegetable soup	Sopa de pescado / Fish soup	Sopa de verduras / Vegetable soup	Paella vegetariana / Vegetarian paella	Macarrones al ajillo / Garlic macarroni
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Revuelto de calabacín / Scrambled eggs w/courgette Kcal.1020 P.35 Lip.43 HC.149	Judias salteadas al ajillo / Green beans sautéed in garlic Kcal.980 P.46 Lip.30 HC.138	Champinones fritos c/ajo y cebolla / Fried mushroom w/garlic & onion Kcal.1020 P.35 Lip.43 HC.110	Zanahoria gratinada / Gratinated carrots Kcal.1035 P.40 Lip.32 HC.140	Tortilla Francesa c/ensalada / French omelette w/ salad Kcal.960 P.34 Lip.25 HC.115

MENU

15/10/2018 – 19/10/2018

	LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMER PLATO / STARTER	Lentejas guisadas / Lentil stew	Crema de zanahoria / Carrot soup	Macarrones al ajillo / Garlic macaroni	Sopa de pescado / Fish soup	Patatas a la Riojana / Rioja style potatoes
SEGUNDO PLATO / MAIN COURSE	Pechuga de pollo salteada c/verduras / Chicken Supreme w/sautéed vegetables	Tortilla de patata c/jamon, chorizo y ensalada / Spanish omelette with ham, chorizo and salad	Raxo c/patatas y ensalada / Marinated pork w/potatoes & salad	Croquetas c/Jamon York y chorizo y ensalada / Croquettes w/cured meats & salad	Merluza empanada c/ensalada / Hake in batter w/salad
POSTRE / DESSERT	Natillas o fruta / Custard or fruit	Arroz c/leche o fruta / rice pudding or fruit	Tarta de frutas o fruta / Fruit cake or fruit	Quesada o fruta / Spanish cheesecake or fruit	Tarta o fruta / cake or fruit
PRIMER VEGETARIANO / VEGETARIAN STARTER	Calabacin salteado al ajillo / Courgette sautéed in garlic	Crema de zanahoria / Carrot soup	Macarrones al ajillo / garlic macaroni	Ensalada de puerro / Leek salad	Patatas en salsa verde / Potatoes in green sauce
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Champinones al ajo arriero / Garlic mushrooms Kcal.1015 P.32 Lip.35 HC.140	Tortilla de patata c/ensalada / Spanish omelette w/salad Kcal.1020 P.46 Lip.26 HC.135	Beranjena a la casera / Aubergine "a la casera" Kcal.910 P.51 Lip.32 HC.115	Huevos escalfados c/arroz / Boiled eggs w/rice Kcal.1010 P.35 Lip.32 HC.130	Tortilla francesa / French omelette Kcal.905 P.45 Lip,20 HC.125

MENU

30/10/2018 – 31/10/2018

	LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMER PLATO / STARTER		Sopa de fideo/Noddles soup	Crema de zanahoria/ Carrot soup		
SEGUNDO PLATO / MAIN COURSE		Cerdo a la Extremena c/guarnicion/ Pork Extremena style w/garnish	Tortilla Paisana c/champinon y ensalada / Omelette w/ mushroom & salad		
POSTRE / DESSERT		Flan o fruta / Flan or fruit	Fruta o tarta / Fruit or cake		
PRIMER VEGETARIANO / VEGETARIAN STARTER		Sopa de fideo / Noddles soup	Crema de zanahoria / Carrot soup		
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE		Verduras salteadas /Sauteed vegetables Kcal.1009 P.32 Lip.30 HC. 120	Torilla Paisana c/champinon y ensalada/ Omelette w/mushroom & salad Kcal.995 P.35 Lip.29 HC.131		