

MENU

17/04/2017 – 21/04/2017

	LUNES / MONDAY	MARTES/TUESDAY	MIERCOLES WEDNESDAY	JUEVES /THURSDAY	VIERNES / FRIDAY
PRIMER PLATO / STARTER	Lentejas guisadas / Lentils w/beef	Sopa de pescado / Fish soup	Pizza / Pizza	Crema de verduras / Vegetable soup	Patatas a la Riojana / Riojan style potatoes
SEGUNDO PLATO / MAIN COURSE	Pechuga de pavo c/ salsa y ensalada / Turkey Supreme w/sauce & salad	Salchichas c/pure de patata / Sausage w/mashed potato	Escalope de lomo de cerdo c/patata frita / Pork loin fillet w/chips	Tortilla de patata c/ensalada / Spanish omelette w/salad	Pescado del dia c/ensalada / Fish of the day w/salad
POSTRE / DESSERT	Arroz c/leche o fruta / Rice pudding or fruit	Gelatina o fruta / Jelly or fruit	Helado o fruta / Ice cream or fruit	Tarta de manzana o fruta / Apple cake or fruit	Natillas o fruta / Custard or fruit
PRIMER VEGETARIANO / VEGETARIAN STARTER	Lentejas vegetarianas / Vegetarian lentils	Sopa de pescado / Fish soup	Pizza/Pizza	Crema de verduras / Vegetable soup	Menestra de verduras/ Mixed fried vegetables
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Judias a la casera / Homemade green beans Kcal. 990 P.37 Lip.26 HC.120	Revuelto de champinones / Scrambled eggs w/mushroom Kcal.1005 P.41 Lip.29 HC.120	Calabacin salteado / Sauteed courgette Kcal.960 P.36 Lip.27 HC.138	Tortilla de patata c/ensalada / Spanish omelette w/salad Kcal.985 P.35 Lip.38 HC.125	Pescado del dia a la plancha c/ensalada / Fish of the day w/salad Kcal.990 P.31 Lip.38 HC.135

MENU

24/04/2017 – 28/04/2017

	LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMER PLATO / STARTER	Sopa de fideos / Noodle soup	Arroz a la cubana / Cuban rice	Fabada Asturiana / Asturian stew	Ensaladilla Rusa / Russian salad	Macarrones c/tomate / Macaroni w/tomato sauce
SEGUNDO PLATO / MAIN COURSE	Carne estofada c/verduras / Beef stew w/vegetable	San Jacobo de pavo c/ensalada / Turkey San Jacobo w/salad	Pechuga de pollo salteada c/verduras y patata / Chicken supreme sautéed w/ vegetables & potato	Pernil de cerdo asado c/ensalada / Roast pork loin w/salad	Escalope de pescado c/ensalada / Hake fillet w/salad
POSTRE / DESSERT	Yogurt o fruta / Yoghurt or fruit	Natillas o fruta / Custard or fruit	Pudding de pan o fruta / Bread pudding or fruit	Tarta de fruta o fruta / Fruit cake or fruit	Torrijas o fruta / Torrijas or fruit
PRIMER VEGETARIANO / VEGETARIAN STARTER	Sopa de fideos / Noodle soup	Arroz a la cubana / Cuban rice	Alubias vegetarianas / Vegetarian beans	Ensaladilla Rusa / Russian salad	Macarrones al ajillo / Garlic macaroni
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Tortilla de queso c/guarnición / Cheese omelette w/garnish	Menestra de verduras / Mixed fried vegetables	Revuelto de verduras fritas / Scrambled eggs w/fried vegetables	Guisantes salteados / Green sautéed peas	Pescado a la plancha c/ensalada / Grilled fish w/salad
	Kcal. 995 P.42 Lip.32 HC.128	Kcal.1020 P.41 Lip.25 HC.135	Kcal.990 P.41 Lip.27 HC.126	Kcal.790 P.34 Lip.28 HC.115	Kcal.970 P.34 Lip.28 HC.123