

MENU

05/06/2107 – 09/06/2017

	LUNES/MONDAY	MARTES/TUESDAY	MIÉRCOLES /WEDNESDAY	JUEVES/THURSDAY	VIERNES/FRIDAY
PRIMER PLATO / STARTER	Crema de puerro y zanahoria /Leek & carrot soup	Ensaladilla Rusa / Russian salad	Sopa de pollo / chicken soup	Ensalada mixta / Mixed salad	Arroz a la Cubana / Cuban rice
SEGUNDO PLATO/ MAIN COURSE	Lomo adobado c/patatas fritas / marinated pork w/chips	San Jacobo c/ensalada / San Jacobo w/salad	Tortilla de patata c/ensalada / Spanish omelette w/salad	Salteado de pollo c/patata / Chicken sautéed w/potato	Escalope de pescado c/patatas/ Fish fillet w/potato
POSTRE /DESSERT	Yogurt o fruta / Yoghurt or fruit	Arroz c/leche o fruta / Rice pudding or fruit	Torrija o fruta / Torrija or fruit	Natillas o fruta / Custard or fruit	Helado o fruta / Ice cream or fruit
PRIMER VEGETARIANO VEGETARIAN STARTER	Crema de puerro y zanahoria /Leek & carrot soup	Ensaladilla Rusa / Russian salad	Sopa de fiedo / Noodles soup	Ensalada mixta / Mixed salad	Arroz a la Cubana / Cuban rice
SEGUNDO VEGETARIANO VEGETARIAN MAIN COURSE	Tortilla de queso / Cheese omelette Kcal.995 P32 Lip.28 HC.125	Champiñones al ajillo / Garlic mushroom Kcal. 1010 P.41 Lip.36 HC.135	Torilla de patata c/ensalada / Spanish omelette w/salad Kcal.950 P.42 Lip.30 HC.125	Menestra de verduras / Mixed fried vegetables Kcal. 850 P.39 Lip.35 HC.115	Pescado del día a la plancha c/ensalada / Grilled fish of the day w/salad Kcal.990 P.34 Lip.39 HC.120

MENU

12/06/2017 – 16/06/2017

	LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMER PLATO / STARTER	Sopa de minestrone / Minestrone soup	Menestra de verduras / Mixed fried vegetables	Alubias blancas c/vinagreta espanola / white beans w/spanish vinagrette	Ensalada de pasta / Pasta salad	Pizza / Pizza
SEGUNDO PLATO / MAIN COURSE	Pollo asado c/ensalada / Roast chicken w/salad	Carne asada c/patata cocida / Roast meat w/boiled potato	Salchichas c/huevo y pure de patata / Sausage w/egg & mashed potato	Pernil asado c/verduras /Roast pork loin w/vegetables	Calamares fritos c/ensalada / Fried squid w/salad
POSTRE / DESSERT	Gelatina o fruta / Jelly or fruit	Compota de fruta o fruta /	Tarta de fruta o fruta / Fruit cake or fruit	Flan o fruta / Flan or fruit	Macedonia de fruta o fruta/ Fruit salad or fruit
PRIMER VEGETARIANO VEGETARIAN STARTER	Sopa de minestrone / Minestrone soup	Menestra de verduras / Mixed fried vegetables	Alubias blancas c/vinagreta espanola / white beans w/spanish vinagrette	Ensalada de pasta / Pasta salad	Pizza vegetariana / Vegetarian pizza
SEGUNDO VEGETARIANO VEGETARIAN MAIN COURSE	Revuelto de calabacin / Scrambled eggs w/courgette	Berenjena a la cazadora / "Cazadora" aubergine	Guisantes a la casera / Homemade green peas	Calabacin salteado / Sautéed courgette	Calamares fritos c/ensalada / Fried squid w/salad
	Kcal.890 P.35 Lip.31 HC.120	Kcal.910 P.36 Lip.33 HC.118	Kcal.1015 P.37 Lip.32 HC.125	Kcal.1005 P.35 Lip.28 HC.115	Kcal.990 P.36 Lip.34 HC.120

MENU

19/06/2017– 23/06/2017

	LUNES / MONDAY	MARTES /TUESDAY	MIERCOLES WEDNESDAY	JUEVES/THURSDAY	VIERNES /FRIDAY
PRIMER PLATO / STARTER	Espaguetis al ajillo / Garlic spaghetti	Ensalada Campera / "Campera" salad	Sopa de pescado / Fish soup	Garbanzos vegetariano / Vegetarian chickpeas	Crema de verduras / Vegetable soup
SEGUNDO PLATO / MAIN COURSE	Pollo en pepitoria c/patata / Pepitoria chicken w/potatoes	Albondigas Jardinera c/arroz /Jardinera meatballs w/rice	Tortilla de patata c/ensalada	Escalope de cerdo c/patatas / Pork fillet w/potatoes	Deditos de pescado c/ensalada / Fish fingers w/salad
POSTRE / DESSERT	Helado o fruta / Ice cream or fruit	Profiteroles o fruta / Profiteroles or fruit	Yogurt or fruta / Yoghurt or fruit	Pudding de pan o fruta / Bread pudding or fruit	Arroz c/leche / Rice pudding or fruit
PRIMER VEGETARIANO / VEGETARIAN STARTER	Espaguetis al ajillo / Garlic spaghetti	Ensalada Campera / "Campera" salad	Sopa de pescado / Fish soup	Garbanzos vegetariano / Vegetarian chickpeas	Crema de verduras / Vegetable soup
SEGUNDO VEGETARIANO /VEGETARIAN MAIN COURSE	Revuelto de esparragos/ Scrambled egg w/asparagus	Verduras salteadas /Sautéed vegetables	Tortilla de patata c/ensalada	Berenjena a la cazadora / "Cazadora" aubergine	Pescado del dia a la plancha c/ensalada / Fish of the day w/salad
	Kcal.990 P.35 Lip.34 HC.138	Kcal.995 P.36 Lip.31 HC.125	Kcal.1000 P.33 Lip.36 HC.110	Kcal.1010 P.36 Lip.32 HC.128	Kcal.980 P.31 Lip.35 HC.110

MENU

26/06/2017 – 30/06/2017

	LUNES / MONDAY	MARTES/TUESDAY	MIERCOLES WEDNESDAY	JUEVES /THURSDAY	VIERNES / FRIDAY
PRIMER PLATO / STARTER	Patata c/costilla / Potatoes w/ribs	Ensaladilla rusa / Russian salad	Lentejas estofadas / Lentil stew	Arroz a la cubana / Cuban rice	
SEGUNDO PLATO / MAIN COURSE	Calamares fritos c/ensalada/ Fried squid w/salad	Lasagna/ Lasagna	Tortilla de patata c/ensalada / Spanish omelette w/salad	Pollo en salsa c/verduras / Chicken in sauce w/vegetables	
POSTRE / DESSERT	Arroz c/leche o fruta /Rice pudding or fruit	Helado o fruta / Ice cream or fruit	Pancake o fruit / Pancake or fruit	Quesada o fruta /Quesada or fruit	
PRIMER VEGETARIANO/ VEGETARIAN STARTER	Judias a la casera / "Casera" green beans	Ensaladilla rusa / Russian salad	Lentejas estofadas / Lentil stew	Arroz a la cubana / Cuban rice	
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Tortilla de queso c/ensalada / Cheese omelette w/salad Kcal.995 P.35 Lip.32 HC.120	Lasagna vegetariana/ Vegetarian lasagna Kcal.1005 P.30 Lip.29 HC.118	Tortilla de patata c/ensalada / Spanish omelette w/salad Kcal.1010 P.35 Lip.31 HC.123	Menestra de verduras / Mixed fried vegetables Kcal.890 P.36 Lip.35 HC.115	