

MENU

01/02/2018 – 02/02/2018

	LUNES / MONDAY	MARTES/TUESDAY	MIERCOLES /WEDNESDAY	JUEVES/THURSDAY	VIERNES /FRIDAY
PRIMER PLATO / STARTER				Garbanzos vegetarianos / Vegetarian chickpeas	Patatas a la Riojana / Riojan style potatoes
SEGUNDO PLATO / MAIN COURSE				San Jacobo c/ patatas fritas / San Jacobo w/chips	Merluza rebozada c/pimientos y cebolla / Hake in batter w/peppers & onion
POSTRE / DESSERT				Flan o fruta / Flan or fruit	Gelatina o fruta / Jelly or fruit
PRIMER VEGETARIANO VEGETARIAN STARTER				Garbanzos vegetarianos / Vegetarian chickpeas	Arroz Tres Delicias / Fried rice
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE				Berenjena a la cazadora / Aubergine a la cazadora Kcal. 1010 P.41 Lip.35 HC.140	Merluza a la plancha c/guarnicion / Grilled hake w/garnish Kcal.990 P.40 Lip.33 HC.129

MENU

05/02/2018 – 09/02/2018

	LUNES / MONDAY	MARTES/TUESDAY	MIERCOLES WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMER PLATO / STARTER	Sopa de verduras / Vegetable soup	Macarrones c/tomate / Macaroni w/tomato	Menestra de verduras / Vegetable stew	Fabada Asturiana / Asturian stew	Sopa de puerro y zanahoria / Leek & carrot soup
SEGUNDO PLATO / MAIN COURSE	Pollo en salsa c/patata cocida/Chicken in sauce w/boiled potatoes	Tortilla de patata c/ensalada / Spanish omelette w/ salad	Pierna de cerdo asado en salsa c/patatas Roast pork in sauce w/ potatoes	Salchichas c/pure de patata / Sausages w/mashed potato	Pescado del dia c/ensalada / Fish of the day w/salad
POSTRE / DESSERT	Yogurt o fruta / Yoghurt or fruit	Arroz c/leche o fruta / Rice pudding or fruit	Tarta de fruta o fruta / Fruit cake or fruit	Pudding de pan o fruta / Bread pudding or fruit	Natillas o fruta / Custard or fruit
PRIMER VEGETARIANO VEGETARIAN STARTER	Sopa de verduras / Vegetable soup	Macarrones c/tomate / Macaroni w/tomato	Menestra de verduras / Vegetable stew	Alubias blancas vegetarianas / Vegetarian white beans	Sopa de puerro y zanahoria / Leek & carrot soup
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Tortilla de queso c/guarnicion / Cheese omelette w/garnish	Judias a la casera / "Homemade" green beans	Brocoli al ajo arriero / "Ajo arriero" broccoli	Salteado de verduras c/queso / Sauteed vegetable w/cheese	Pescado del dia plancha c/pimientos asados / Grilled fish of the day w/roast peppers
	Kcal.1010 P.40 Lip.32 HC.141	Kcal.995 P.40 Lip.34 HC.125	Kcal.990 P.31 Lip.30 HC.130	Kcal.1015 P.34 Lip.27 HC.130	Kcal.890 P.36 Lip.38 HC.110

MENU

19/02/2018 – 23/02/2018

	LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMER PLATO/ STARTER	Patatas c/ carne / Potatoes w/beef soup	Espaguetis al ajillo / Garlic spaghetti	Menestra de verduras c/jamon / Mixed fried vegetables w/ ham	Lentejas guisadas / Lentils w/beef	Sopa de minestrone / Minestrone soup
SEGUNDO PLATO / MAIN COURSE	Escalope de pollo c/ensalada / Chicken supreme w/salad	Raxo c/guarnicion / Marinated pork w/ garnish	San Jacobo c/guarnicion / San Jacobo w/garnish	Tortilla de patata c/ensalada / Spanish omelette w/salad	Pescado del dia Orly c/patatas fritas / Fish of the day w/ chips
POSTRE / DESSERT	Helado o fruta / Ice cream or fruit	Tarta de manzana o fruta / Apple cake or fruit	Natillas o fruta/ Custard or fruit	Arroz c/leche o fruta / Rice pudding or fruit	Torrijas o fruta / Torrijas or fruit
PRIMER VEGETARIANO VEGETARIAN STARTER	Menestra de verduras / Mixed fried vegetables	Espaguetis al ajillo / Garlic spaghetti	Judias salteadas / Sautéed green beans	Lentejas vegetarianas / Vegetarian lentils	Sopa de minestrone/ Minestrone soup
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Revuelto de champiñon / Scrambled eggs w/ mushroom	Guisantes salteados / Sautéed peas	Berenjena rellena / Stuffed aubergine	Verduras salteadas / Sautéed vegetables	Pescado del dia en pepirrada / Fish of the day w/fried peppers
	Kcal.990 P.42 Lip.27 HC.129	Kcal.1010 P.41 Lip.38 HC.130	Kcal.990 P.38 Lip.31 HC.133	Kcal. 1005 P.34 Lip.38 HC.138	Kcal.994 P.39 Lip.39 HC.121

MENU

26/02/2018 – 28/02/2018

	LUNES / MONDAY	MARTES/TUESDAY	MIERCOLES /WEDNESDAY	JUEVES/THURSDAY	VIERNES /FRIDAY
PRIMER PLATO / STARTER	Crema de legumbres / Vegetable soup	Arroz a la cubana / Cuban rice	Pizza / Pizza		
SEGUNDO PLATO / MAIN COURSE	Pechuga de pavo en salsa c/pure de patata/Turkey in sauce w/mashed potato	Albondigas jardinera c/ pasta / Jardinera meatballs w/pasta	Lomo a la plancha c/patatas fritas / Grilled pork loin w/chips		
POSTRE / DESSERT	Torrijas o fruta / Torrijas or fruit	Natiillas o fruta / Custard or fruit	Arroz c/leche o fruta / Rice pudding or fruit		
PRIMER VEGETARIANO VEGETARIAN STARTER	Crema de legumbres / Vegetable soup	Menestra de verduras / Mixed fried vegetables	Pizza vegetariana / Vegetarian pizza		
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Revuelto de calabacin / Scrambled eggs w/courgette Kcal.1008 P.39 Lip.28 HC.135	Champinones al ajillo / Garlic mushrooms Kcal. 1010 P.34 Lip.29 HC.130	Menestra de verduras / Vegetable stew Kcal.1015 P.40 Lip.32 H.C.132		