

MENU

01/03/2018 – 02/03/2018

	LUNES / MONDAY	MARTES/TUESDAY	MIERCOLES / WEDNESDAY	JUEVES /THURSDAY	VIERNES /FRIDAY
PRIMER PLATO / STARTER				Sopa de pescado / Fish soup	Judias salteadas c/jamon / Sautéed green beans w/ ham
SEGUNDO PLATO / MAIN COURSE				Tortilla de patata c/ensalada/ Spanish omelette w/salad	Pescado del dia c/ensalada / Fish of the day w/salad
POSTRE / DESSERT				Pancakes o fruta / Pancakes or fruit	Helado o fruta / Ice cream or fruit
PRIMER VEGETARIANO VEGETARIAN STARTER				Sopa de pescado / Fish soup	Judias a la casera / Homemade chickpeas
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE				Tortilla de patata c/ensalada / Spanish omelette w/ salad Kcal.945 P.41 Lip.28 HC.120	Berenjena rellena / Stuffed aubergine Kcal.945 P.30 Lip.42 HC.110

MENU

05/03/2018 – 09/03/2018

	LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMER PLATO / STARTER	Arroz a la Cubana / Cuban rice	Sopa de pollo / Chicken soup	Pizza / Pizza	Garbanzos vegetarianos / Vegetarian chickpeas	Crema de puerro / Leek soup
SEGUNDO PLATO / MAIN COURSE	Pollo al ajillo c/patatas fritas / Garlic chicken w/ chips	Lasagna vegetariana / Vegetarian Lasagna	Escalope de cerdo c/ensalada / Pork escalope w/salad	Tortilla de patata c/ensalada / Spanish omelette w/salad	Croquetas de pescado c/ensalada / Fish croquettes w/salad
POSTRE DESSERT	Yogurt o fruta / Yoghurt or fruit	Flan o fruta / Flan or fruit	Gelatina o fruta / Jelly or fruit	Natillas o fruta / Custard or fruit	Pancakes o fruta / Pancakes or fruit
PRIMER VEGETARIANO VEGETARIAN STARTER	Arroz a la cubana / Cuban rice	Sopa de fideo / Noodle soup	Pizza vegetariana / Vegetarian pizza	Garbanzos vegetarianos / Vegetarian chickpeas	Crema de puerro / Leek soup
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Revuelto de calabacin / Scrambled eggs w/courgette	Menestra de verduras / Mixed fried vegetables	Judias salteadas / Green sauteed beans	Tortilla de patata c/ensalada / Spanish omelette w/salad	Pescado del dia a la plancha c/guarnicion / Fish of the day w/garnish
	Kcal.1000 P.36 Lip.30 HC.136	Kcal.985 P.41 Lip.27 HC.117	Kcal.1005 P.41 Lip.32 HC.135	Kcal.910 P.40 Lip.26 HC.128	Kcal.940 P.35 Lip.25 HC.128

MENU

12/03/2018 – 16/03/2018

	LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMER PLATO / STARTER	Crema de verduras / Vegetable soup	Arroz c/pollo / Chicken rice	Lentejas guisadas / Lentil stew	Sopa de minestrone / Minestrone soup	Pasta c/carne / Pasta w/beef
SEGUNDO PLATO / MAIN COURSE	Lomo adobado en salsa c/ patata cocida/ Marinated pork in sauce w/boiled potatoes	Salchichas c/huevo y pure de patata / Sausage w/ fried egg & mashed potato	Carne estofada c/ verduras/ Beef stew w/vegetables	San Jacobo c/ patatas fritas / San Jacobo w/chips	Merluza rebozada c/pimientos / Hake in batter w/peppers
POSTRE / DESSERT	Arroz c/leche o fruta / Rice pudding or fruit	Tarta o fruta / Cake or fruit	Gelatina o fruta / Jelly or fruit	Helado o fruta / Ice cream or fruit	Pudding de pan o fruta / Bread pudding or fruit
PRIMER VEGETARIANO / VEGETARIAN STARTER	Crema de verduras / Vegetable soup	Arroz c/verduras / Rice w/ vegetables	Lentejas vegetarianas / Vegetarian lentils	Sopa de minestrone / Minestrone soup	Pasta al ajillo/ Garlic pasta
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Revuelto de calabacín/ Scrambled egg w/courgette	Revuelto de espárragos / Scrambled egg w/asparagus	Verduras salteadas / Sautéed vegetables	Calabacín salteado / Sautéed courgette	Merluza plancha c/pimientos / Grilled hake w/peppers
	Kcal.950 P.35 Lip.24 HC.141	Kcal.990 P.32 Lip.27 HC.133	Kcal.995 P.39 Lip.27 HC.125	Kcal.1005 P.33 Lip.29 HC.128	Kcal.960 P.35 Lip.33 HC.138

MENU

19/03/2018 – 23/03/2018

	LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMER PLATO / STARTER	Patatas a la Riojana / Riojan style potatoes	Paella Valenciana / Paella	Crema de zanahoria Carrot Soup	Fabada Asturiana / Asturian stew	Guisantes salteados / Sautéed peas
SEGUNDO PLATO / MAIN COURSE	Pernil de cerdo asado c/pure de patata / Roast pork loin w/mashed potato	Croquetas c/chorizo c/ensalada / Croquettes w/cured meat w/salad	Pollo en salsa c/verduras y patatas Chicken in sauce w/vegetable & potatoes	Albondigas jardinera c/guarnicion / Jardinera meatballs w/garnish	Perrito caliente c/ensalada / Hot dog w/salad
POSTRE / DESSERT	Yogurt o fruta / Yoghurt or fruit	Torrijas o fruta / Torrijas or fruit	Pancake o fruta / Pancake or fruit	Tarta de fruta o fruta / Fruit cake or fruit	Yogurt o fruta / Yoghurt or fruit
PRIMER VEGETARIANO VEGETARIAN STARTER	Judias a la casera / Homemade chickpeas	Paella vegetariana / Vegetarian paella	Crema de zanahoria Carrot soup	Alubias vegetarianas Vegetarian beans	Guisantes salteados / Sautéed peas
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Revuelto de champiñon / Scrambled egg w/mushroom	Berenjena rellena Stuffed aubergine	Revuelto de verduritas frescas/ Scrambled egg w/fresh vegetables	Menestra de verduras / Mixed fried vegetable	Champiñones al ajillo / Garlic mushroom
	Kcal.990 P.30 Lip.34 HC.135	Kcal.1000 P.36 Lip.26 HC.132	Kcal.960 P.35 Lip.28 HC.140	Kcal.1010 P.34 Lip.30 HC.134	Kcal.1010 P.42 Lip.32 HC.138

MENU

26/03/2018 – 29/03/2018

	LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
PRIMER PLATO / STARTER	Crema de calabaza / Pumpkin soup	Espaguetis al ajillo / Garlic spaghetti	Guisantes salteados / Sautéed peas	Garbanzos vegetarianos / Vegetarian chickpeas	
SEGUNDO PLATO / MAIN COURSE	Raxo c/guarnicion / Marinated pork w/garnish	Carne guisada c/guarnicion / Beef stew w/garnish	Huevos fritos c/patatas a lo pobre / Fried eggs w/ "poor" potatoes	Pollo en Pepitoria c/guarnicion / "Pepitoria" chicken w/garnish	
POSTRE / DESSERT	Natillas o fruta / Custard or fruit	Arroz c/leche o fruta / Rice pudding or fruit	Gelatina o fruta / Jelly or fruit	Flan o fruta / Flan or fruit	
PRIMER VEGETARIANO VEGETARIAN STARTER	Crema de calabaza / Pumpkin soup	Espaguetis al ajillo / Garlic spaghetti	Guisantes salteados / Sautéed peas	Garbanzos vegetarianos/ Vegetarian chickpeas	
SEGUNDO VEGETARIANO / VEGETARIAN MAIN COURSE	Tortilla de queso / Cheese omelette	Menestra de verdura / Mixed diced vegetables	Champiñones al ajillo / Garlic mushroom	Berenjena rellena / stuffed aubergine	
	Kcal.995 P.32 Lip.29 HC.25	Kcal.1005 P.33 Lip.30 HC.128	Kcal.1000 P.34 Lip.35 HC.130	Kcal.1010 P.38 Lip.29 HC.125	