



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES																																																		
1 NO LECTIVO	2 Arroz con salsa de tomate y orégano - Rice with tomato Rabas de calamar(1, 12, 14, 2, 3, 4, 6, 7) - Breaded squid con lechuga y maíz - lettuce & corn Pan(1) - Bread Yogur de sabores(7) - Yoghurt	3 Crema de puerros y zanahorias - Cream of leek and carrot soup Jamonicos de pollo asados - Grilled chicken fillet con patatas fritas - with potatoes Pan(1) - Bread Fruta de temporada - Fruit	4 Sopa de cocido(1, 3) - Meat and pasta soup Cocido completo: garbanzos, morcillo, chorizo, pollo y panceta(19) - Chickpea, meat and vegetables Pan(1) - Bread Petit Suisse(7) -	5 Macarrones gratinados(1, 3, 7) - Pasta with tomato sauce & cheese Merluza en salsa marinera con patatas cocidas(1, 14, 2, 4) - Hake fish with seafood Pan(1) - Bread Fruta de temporada - Fruit																																																		
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8 Paella mixta (pollo, calamar)(14) - Rice with chicken and seafood Croquetas de jamón(1, 7) - Ham croquettes con lechuga y maíz - lettuce & corn Pan(1) - Bread Fruta de temporada - Fruit	9 Judías verdes con jamón(19, 6) - Green beans with ham Filete de Sajonia a la plancha - Grilled pork steak con patatas Rostie - with potatoes Pan(1) - Bread Yogur de sabores(7) - Yoghurt	10 Alubias rojas con calabaza y arroz(19) - Red beans & rice stew Tortilla francesa(3) - Omelette con lechuga y tomate(12) - Lettuce & tomato Pan(1) - Bread Fruta de temporada - Fruit	11 Sopa de ave con estrellitas(1, 3) - Chicken and pasta soup Albóndigas mixtas con verduras y patatas(1, 12, 19) - Meatballs with vegetables Pan(1) - Bread Natillas con galleta(1, 7) - Vanila cream	12 Lentejas guisadas con verduras y setas(1, 19) - Lentil stew with vegetables Filete de abadejo en salsa verde con huevo cocido y espárragos(3, 4) - Hake fish in parsley sauce Pan(1) - Bread Fruta de temporada - Fruit																																																		
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15 Arroz caldoso con pollo y gambas(2) - Rice with chicken & prawns Empanadillas de atún(1, 14, 2, 3, 4, 6, 7, 9) - Tuna dumplings con lechuga y maíz - lettuce & corn Pan(1) - Bread Fruta de temporada - Fruit	16 Sopa de cocido(1, 3) - Meat and pasta soup Cocido completo: garbanzos, morcillo, chorizo, pollo y panceta(19) - Chickpea, meat and vegetables Pan(1) - Bread Yogur de sabores(7) - Yoghurt	17 Crema de calabacín y manzana - Cream of zucchini & apple soup Escalope de pollo(1, 3) - Breaded chicken fillet con patatas fritas - with potatoes Pan(1) - Bread Fruta de temporada - Fruit	18 Judías blancas estofadas con verduras y calabaza(19) - White bean stew with vegetables Tortilla de pavo(3, 6) - Turkey omelette lechuga y zanahoria(12) - lettuce&carrot Pan(1) - Bread Yogur de sabores(7) - Yoghurt	19 Espirales con bechamel y bacon(1, 3, 6, 7) - Pasta with white sauce & bacon Palometa en salsa de tomate y verduritas (4) - Fish in tomato sauce Pan(1) - Bread Fruta de temporada - Fruit																																																		
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22 Sopa de ave con picadillo (jamón y huevo) (1, 3, 6) - Chicken and pasta soup Guiso de ternera con verduras y patatas(19) - Beef stew Pan(1) - Bread Fruta de temporada - Fruit	23 Lentejas guisadas con verduras y chorizo(1, 19) - Lentils with vegetables & sausage San Jacobo(1, 14, 2, 3, 4, 6, 7, 9) - Breaded ham and cheese steak lechuga y zanahoria(12) - lettuce & carrot Pan(1) - Bread Yogur de sabores(7) - Yoghurt	24 Fideuá con verduras y magro(1, 3) - Noodles with pork Tortilla de patata y calabacín(3) - Potato and zucchini omelette con lechuga y maíz - lettuce & corn Pan(1) - Bread Fruta de temporada - Fruit	25 Crema de espárragos y zanahoria - Cream of asparagus & carrot soup Cinta de lomo a la plancha - Grilled pork steak con patatas Rostie - with potatoes Pan(1) - Bread Petit Suisse(7) -	26 Patatas guisadas con verduras - Potato casserole with vegetables Merluza en salsa de soja suave y arroz(1, 4, 6) - Hake fish with soya sauce Pan(1) - Bread Fruta de temporada - Fruit																																																		
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29 Arroz con verduras y magro - Rice with pork Huevos Villaroy(1, 10, 14, 2, 3, 4, 6, 7) - Stuffed eggs con lechuga y maíz - lettuce & corn Pan(1) - Bread Fruta de temporada - Fruit	30 Sopa de cocido(1, 3) - Meat and pasta soup Cocido completo: garbanzos, morcillo, chorizo, pollo y panceta(19) - Chickpea, meat and vegetables Pan(1) - Bread Helado(7) - Ice cream																																																					
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ALÉRGENOS

1. GLUTEN
2. CRUSTÁCEOS
3. HUEVOS
4. PESCADO
5. CACAHUETES
6. SOJA
7. LÁCTEOS
8. FRUTOS DE CÁSCARA
9. APIO
10. MOSTAZA
11. SÉSAMO
12. DIÓXIDO DE AZUFRE, SULFITOS
13. ALTRAMUCES
14. MOLUSCOS