



lunes

martes

miércoles

jueves

viernes

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Arroz milanese o Garbanzos con espinacas  
Huevos revueltos con judías verdes salteadas o Nuggets de pollo  
Fruta y pan  
Milanese rice or Stew with spinach  
Scrambled eggs with Sautéed green beans or Chicken nuggets  
Fruit and bread

Crema de verduras con picatostes o Fideuà de pescado  
Contramuslo de pollo asado con panaché de verduras o Lasaña vegetal  
Fruta y pan  
Vegetable cream with croutons or Fish fideua (noodle paella)  
Baked chicken thigh with boiled vegetables or Vegetable lasagna  
Fruit and bread

Espaguetis boloñesa o Crema de tomate con queso  
Rape a la romana con verduras salteadas o Lomo asado  
Fruta o lácteo y pan  
Bolognese spaghetti or Cream of tomato with cheese  
Battered & fried monkfish with sautéed vegetables or Grilled tenderloin  
Fruit or dairy desserts and bread

Alubias a la jardinera o Arroz tres delicias  
Merluza con jamón y queso con brócoli salteado o Pavo a la plancha  
Fruta y pan  
White beans with vegetables or Chinese fried rice  
Hake with ham & cheese with sautéed broccoli or Grilled turkey  
Fruit and bread

Sopa de verduras o Ensaladilla rusa  
Pavo en salsa con patatas fritas o Bacalao con pisto  
Fruta o lácteo y pan  
Vegetable soup or Russian potato salad  
Turkey with gravy with french fries or Cod with ratatouille  
Fruit or dairy desserts and bread

Lentejas a la jardinera o Sopa minestrone  
Tortilla de patatas con guisantes salteados o Butifarra al horno  
Fruta y pan  
Vegetables lentils or Minestrone soup  
Spanish potato omelette with sautéed peas or Baked butifarra sausage  
Fruit and bread

Crema de calabacín con picatostes o Ensalada de pasta  
Filete de lomo en salsa con arroz salteado o Bacalao encebollado  
Fruta y pan  
Cream of zucchini with croutons or Pasta salad  
Loin steak in gravy with sautéed rice or Cod with onion sauce  
Fruit and bread

Arroz con magro y verduras o Empedrado de legumbres  
Croquetas de pollo con brócoli salteado o Pizza de jamón y queso  
Fruta o lácteo y pan  
Pork & vegetable rice or Bean salad  
Chicken croquettes with sautéed broccoli or Ham & cheese pizza  
Fruit or dairy desserts and bread

Garbanzos estofados o Vichyssoise  
Hamburguesa a la plancha con patatas dado o Merluza en salsa  
Fruta y pan  
Stewed chickpeas or Vichyssoise  
Grilled hamburger with diced potatoes or Hake in sauce  
Fruit and bread

Espirales con verduras con tomate o Ensalada campera  
Abadejo a la donostiarra con patatas al horno o Pollo a la plancha  
Flan de vainilla y pan  
Spirals with vegetables with tomato or Rural Salad  
Basque style haddock with baked potatoes or Grilled chicken  
Vanilla crème caramel and bread

Judías verdes con tomate y bacon o Ensalada de arroz  
Albóndigas a la jardinera con cous cous o Buñuelos de bacalao  
Fruta y pan  
Green beans with tomatoes & bacon or Rice salad  
Meatballs with vegetables with cous cous or Cod fritters  
Fruit and bread

Alubias pintas a la riojana o Ensaladilla rusa  
Delicias de merluza con tomate al horno o Hamburguesa  
Fruta y pan  
Rioja style cooked beans or Russian potato salad  
Hake delights with baked tomato or Hamburger  
Fruit and bread

Pasta con atún o Ensalada campera  
Huevos revueltos con queso con patatas campesinas o Pinchos morunos  
Fruta o lácteo y pan  
Pasta with tuna or Rural salad  
Scrambled eggs with cheese with peasant potatoes or Shish-kabab  
Fruit or dairy desserts and bread

Sopa de pescado o Crema de calabaza  
Jamoncitos de pollo al horno con patatas asadas o Salmón en salsa  
Fruta y pan  
Fish soup or Cream of butternut squash  
Baked chicken drumsticks with baked potatoes or Salmon in Sauce  
Fruit and bread

Arroz con verduras o Hummus  
Bacalao a la andaluza con guisantes salteados o Huevos gratinados con tomate y bechamel  
Profiteroles y pan  
Rice with vegetable or Humus  
Andalusian style codfish with sautéed peas or Eggs au gatin with tomato & white sauce  
Cream puffs and bread

Judías verdes, zanahorias, guisantes y patatas rehogadas o Canelones de carne  
Butifarra al horno con patatas fritas o Salmón a la plancha  
Fruta y pan  
Sautéed green beans, carrots, peas & potatoes or Meat cannelloni  
Baked butifarra sausage with french fries or Grilled salmon  
Fruit and bread

Lentejas con arroz o Códigos gratinados  
Tortilla campesina con menestra o Lomo adobado  
Fruta y pan  
Lentils with rice or Grilled pasta  
Country omelette with menestra or Marinated tenderloin  
Fruit and bread

Arroz napolitana o Guisantes salteados con bacon  
Ventresca de merluza al horno con brócoli salteado o Pavo en salsa  
Fruta o lácteo y pan  
Neapolitan rice or Sautéed peas with bacon  
Baked hake with sautéed broccoli or Turkey with gravy  
Fruit or dairy desserts and bread