

Lunes	Martes	Miércoles	Jueves	Viernes
SIN GLUTEN, HUEVO, LACTOSA, TERNERA NI LECHUGA		1 FESTIVO	2 FESTIVO	3 NO LECTIVO
6 Pasta (sin gluten ni huevo) con tomate Lacón al horno con ensalada de tomate Fruta y pan (sin gluten) Pasta (gluten & egg free) with tomato sauce Baked lacón pork with tomato salad Fruit and bread (gluten free)	7 Lentejas estofadas con verduras Pechuga de pollo a la plancha con ensalada de tomate y zanahoria Fruta y pan (sin gluten) Stewed lentils Chicken breast with tomato and carrot Fruit and bread (gluten free)	8 Crema de calabacín Ragout de pavo con patatas dado Fruta y pan (sin gluten) Zucchini cream Turkey stew with diced potatoes Fruit and bread (gluten free)	9 Sopa de cocido (sin gluten) Cocido completo (sin ternera) Fruta y pan (sin gluten) "Cocido" Soup (gluten free) Full course "cocido" stew (without beef) Fruit and bread (gluten free)	10 Arroz con verduras Filete de perca al horno con ensalada de tomate y maíz Fruta y pan (sin gluten) Rice with vegetables Baked perch with tomatoes & sweetcorn Fruit and bread (gluten free)
13 Sopa de ave con arroz Albóndigas con tomate con patatas dado Fruta y pan (sin gluten) Chicken soup with rice Meatballs with tomato sauce with diced potatoes Fruit and bread (gluten free)	14 Pasta (sin gluten ni huevo) con tomate Lomo de caella al horno con ensalada de tomate y zanahoria Fruta y pan (sin gluten) Pasta (gluten & egg free) with tomato sauce Baked smooth dogfish with tomato and carrot Fruit and bread (gluten free)	15 FESTIVO	16 Crema de verduras Estofado de cerdo con tomate con ensalada de tomate y maíz Fruta y pan (sin gluten) Vegetables cream Stewed pork in tomato sauce with tomatoes & sweetcorn Fruit and bread (gluten free)	17 Alubias estofadas con verduras Lacón a la gallega con ensalada de tomate y maíz Fruta y pan (sin gluten) Beans with vegetables Lacón pork shoulder with potatoes with tomatoes & sweetcorn Fruit and bread (gluten free)
20 Judías verdes con tomate Pollo asado al ajillo con patatas fritas Fruta y pan (sin gluten) Green beans with tomatoe Chicken with garlic with french fries Fruit and bread (gluten free)	21 Lentejas a la jardinera Pavo a la plancha con ensalada de tomate y maíz Fruta y pan (sin gluten) Vegetables lentils Grilled turkey with tomatoes & sweetcorn Fruit and bread (gluten free)	22 Pasta (sin gluten ni huevo) con tomate Filete de merluza al horno con guisantes salteados Fruta y pan (sin gluten) Pasta (gluten & egg free) with tomato sauce Baked hake with sautéed peas Fruit and bread (gluten free)	23 Crema de alubias Salteado moruno con ensalada de tomate y maíz Fruta y pan (sin gluten) Cream of beans Shish-kabab with tomatoes & sweetcorn Fruit and bread (gluten free)	24 Patatas estofadas con verduras Filete de lenguadina al horno con ensalada de tomate y zanahoria Fruta y pan (sin gluten) Stewed potatoes with vegetables Baked sole with tomato and carrot Fruit and bread (gluten free)
27 Crema de verduras Pechuga de pollo a la plancha con patatas fritas Fruta y pan (sin gluten) Vegetables cream Chicken breast with french fries Fruit and bread (gluten free)	28 Sopa de cocido (sin gluten) Cocido completo (sin ternera) Fruta y pan (sin gluten) "Cocido" Soup (gluten free) Full course "cocido" stew (without beef) Fruit and bread (gluten free)	29 Pasta (sin gluten ni huevo) con tomate Palometa al horno con pisto Fruta y pan (sin gluten) Pasta (gluten & egg free) with tomato sauce Baked pomfret with ratatouille Fruit and bread (gluten free)	30 Arroz con salsa de tomate Hamburguesa a la plancha con ensalada de tomate y maíz Fruta y pan (sin gluten) Rice with tomato sauce Grilled hamburger with tomatoes & sweetcorn Fruit and bread (gluten free)	31 Lentejas estofadas con verduras Pavo a la plancha con ensalada de tomate y zanahoria Fruta y pan (sin gluten) Stewed lentils Grilled turkey with tomato and carrot Fruit and bread (gluten free)