

Lunes	Martes	Miércoles	Jueves	Viernes
SIN GLUTEN		1 FESTIVO	2 FESTIVO	3 NO LECTIVO
6 Pasta (sin gluten) con tomate Lacón al horno con ensalada de lechuga, maíz y aceitunas negras Fruta y pan (sin gluten) Pasta (gluten free) with tomato sauce Baked lacón pork with lettuce salad with sweetcorn & black olives Fruit and bread (gluten free)	7 Lentejas estofadas con verduras Tortilla francesa con ensalada hortelana (lechuga, tomate y zanahoria) Yogur y pan (sin gluten) Stewed lentils Omelette with salad (lettuce, tomatoes & carrots) Yoghurt and bread (gluten free)	8 Crema de calabacín Ragout de pavo con patatas al vapor Fruta y pan (sin gluten) Zucchini cream Turkey stew with steamed potatoes Fruit and bread (gluten free)	9 Sopa de cocido (sin gluten) Cocido completo Fruta y pan (sin gluten) "Cocido" Soup (gluten free) Full course "cocido" stew Fruit and bread (gluten free)	10 Arroz con salsa de tomate Filete de perca al horno con ensalada de lechuga y aceitunas Fruta y pan (sin gluten) Rice with tomato sauce Baked perch with green salad with olives Fruit and bread (gluten free)
13 Sopa de ave con arroz Albóndigas con tomate con patatas al vapor Fruta y pan (sin gluten) Chicken soup with rice Meatballs with tomato sauce with steamed potatoes Fruit and bread (gluten free)	14 Pasta (sin gluten) con tomate Lomo de caella al horno con ensalada primavera (lechuga, tomate y maíz) Yogur y pan (sin gluten) Pasta (gluten free) with tomato sauce Baked smooth dogfish with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread (gluten free)	15 FESTIVO	16 Crema de verduras Estofado de cerdo con tomate con ensalada de lechuga y aceitunas Fruta y pan (sin gluten) Vegetables cream Stewed pork in tomato sauce with green salad with olives Fruit and bread (gluten free)	17 Alubias estofadas con verduras Tortilla de patatas con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan (sin gluten) Beans with vegetables Spanish potato omelette with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread (gluten free)
20 Crema de zanahoria Pollo asado al ajillo con papas al vapor Fruta y pan (sin gluten) Carrot cream Chicken with garlic with steamed potatoes Fruit and bread (gluten free)	21 Lentejas a la jardinera Tortilla de calabacín con ensalada de lechuga, tomate y maíz Yogur y pan (sin gluten) Vegetables lentils Zucchini omelette with lettuce salad with tomato and sweetcorn Yoghurt and bread (gluten free)	22 Pasta (sin gluten) con tomate Filete de merluza al horno con ensalada de lechuga y aceitunas Fruta y pan (sin gluten) Pasta (gluten free) with tomato sauce Baked hake with green salad with olives Fruit and bread (gluten free)	23 Crema de alubias Salteado moruno con ensalada hortelana (lechuga, tomate y zanahoria) Fruta y pan (sin gluten) Cream of beans Shish-kabab with salad (lettuce, tomatoes & carrots) Fruit and bread (gluten free)	24 Patatas estofadas con verduras Filete de lenguadina al horno con ensalada de lechuga y maíz Fruta y pan (sin gluten) Stewed potatoes with vegetables Baked sole with lettuce & sweetcorn Fruit and bread (gluten free)
27 Crema de verduras Pechuga de pollo a la plancha con patatas al vapor Fruta y pan (sin gluten) Vegetables cream Chicken breast with steamed potatoes Fruit and bread (gluten free)	28 Sopa de cocido (sin gluten) Cocido completo Yogur y pan (sin gluten) "Cocido" Soup (gluten free) Full course "cocido" stew Yoghurt and bread (gluten free)	29 Macarrones (sin gluten) con salsa de tomate Palometa al horno con ensalada de lechuga y aceitunas Fruta y pan (sin gluten) Macaroni (gluten free) with tomato sauce Baked pomfret with green salad with olives Fruit and bread (gluten free)	30 Arroz con salsa de tomate Hamburguesa a la plancha con ensalada de lechuga y tomate Fruta y pan (sin gluten) Rice with tomato sauce Grilled hamburger with lettuce & tomatoes Fruit and bread (gluten free)	31 Lentejas estofadas con verduras Huevos revueltos con ensalada de lechuga, tomate y zanahoria Fruta y pan (sin gluten) Stewed lentils Scrambled eggs with lettuce, tomato and carrot salad Fruit and bread (gluten free)