

Lunes	Martes	Miércoles	Jueves	Viernes
SIN HUEVO NI FRUTOS SECOS		1 FESTIVO	2 FESTIVO	3 NO LECTIVO
6 Espaguetis (sin huevo) con tomate Lacón al horno con ensalada de lechuga, maíz y aceitunas negras Fruta y pan Spaghetti with tomatoes (without egg) Baked lacón pork with lettuce salad with sweetcorn & black olives Fruit and bread	7 Lentejas estofadas con verduras Pechuga de pollo a la plancha con ensalada hortelana (lechuga, tomate y zanahoria) Yogur y pan Stewed lentils Chicken breast with salad (lettuce, tomatoes & carrots) Yoghurt and bread	8 Crema de calabacín Ragout de pavo con patatas al vapor Fruta y pan Zucchini cream Turkey stew with steamed potatoes Fruit and bread	9 Sopa de cocido (sin huevo) Cocido completo Fruta y pan "Cocido" soup (without egg) Full course "cocido" stew Fruit and bread	10 Arroz con salsa de tomate Filete de perca al horno con ensalada de lechuga y aceitunas Fruta y pan Rice with tomato sauce Baked perch with green salad with olives Fruit and bread
13 Sopa de ave con arroz Albóndigas con tomate con patatas al vapor Fruta y pan Chicken soup with rice Meatballs with tomato sauce with steamed potatoes Fruit and bread	14 Pasta (sin huevo) con tomate Lomo de caella al horno con ensalada primavera (lechuga, tomate y maíz) Yogur y pan Pasta (without egg) with tomato sauce Baked smooth dogfish with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread	15 FESTIVO	16 Crema de verduras Estofado de cerdo con tomate con ensalada de lechuga y aceitunas Fruta y pan Vegetables cream Stewed pork in tomato sauce with green salad with olives Fruit and bread	17 Alubias estofadas con verduras Lacón a la gallega con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Beans with vegetables Lacón pork shoulder with potatoes with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread
20 Crema de zanahoria Pollo asado al ajillo con papas al vapor Fruta y pan Carrot cream Chicken with garlic with steamed potatoes Fruit and bread	21 Lentejas a la jardinera Pavo a la plancha con ensalada de lechuga, tomate y maíz Yogur y pan Vegetables lentils Grilled turkey with lettuce salad with tomato and sweetcorn Yoghurt and bread	22 Pasta (sin huevo) con tomate Filete de merluza al horno con ensalada de lechuga y aceitunas Fruta y pan Pasta (without egg) with tomato sauce Baked hake with green salad with olives Fruit and bread	23 Crema de alubias Salteado moruno con ensalada hortelana (lechuga, tomate y zanahoria) Fruta y pan Cream of beans Shish-kabab with salad (lettuce, tomatoes & carrots) Fruit and bread	24 Patatas estofadas con verduras Filete de lenguadina al horno con ensalada de lechuga y maíz Fruta y pan Stewed potatoes with vegetables Baked sole with lettuce & sweetcorn Fruit and bread
27 Crema de verduras Pechuga de pollo a la plancha con patatas al vapor Fruta y pan Vegetables cream Chicken breast with steamed potatoes Fruit and bread	28 Sopa de cocido (sin huevo) Cocido completo Yogur y pan "Cocido" soup (without egg) Full course "cocido" stew Yoghurt and bread	29 Macarrones (sin huevo) con salsa de tomate Palometa al horno con ensalada de lechuga y aceitunas Fruta y pan Macaroni (without egg) with tomato sauce Baked pomfret with green salad with olives Fruit and bread	30 Arroz con salsa de tomate Hamburguesa a la plancha con ensalada de lechuga y tomate Fruta y pan Rice with tomato sauce Grilled hamburger with lettuce & tomatoes Fruit and bread	31 Lentejas estofadas con verduras Salchichas frescas con ensalada de lechuga, tomate y zanahoria Fruta y pan Stewed lentils Sausages with lettuce, tomato and carrot salad Fruit and bread