

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 de queso con ensalada hortelana (lechuga, tomate y zanahoria) Yogur y pan (sin gluten) Stewed lentils Cheese omelette with salad (lettuce, tomatoes & carrots) Yoghurt 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 Fruta y pan (sin gluten) "Cocido" Soup (gluten free) Full course "cocido" stew Fruit and bread (gluten free)	10 Arroz con verduras Filete de perca al horno con ensalada de lechuga y aceitunas Fruta y pan (sin gluten) Rice with vegetables Baked perch with green salad with olives 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 ) 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 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 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 guisantes salteados Fruta y pan (sin gluten) Pasta (gluten free) with tomato sauce Baked hake with sautéed peas 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 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 Yogur y pan (sin gluten) "Cocido" Soup (gluten free) Full course "cocido" stew Yoghurt and bread (gluten free)	29 Pasta carbonara (sin gluten) Palometa al horno con pisto Fruta y pan (sin gluten) Pasta in carbonara sauce (gluten free) Baked pomfret with ratatouille Fruit and bread (gluten free)	30 Arroz a la milanese Hamburguesa a la plancha con ensalada de lechuga y tomate Fruta y pan (sin gluten) Milanese rice Grilled hamburger with lettuce & tomatoes Fruit and bread (gluten free)	31 Lentejas estofadas con verduras Revuelto de champiñones con ensalada de lechuga, tomate y zanahoria Fruta y pan (sin gluten) Stewed lentils Scrambled eggs with mushrooms with lettuce, tomato and carrot salad Fruit and bread (gluten free)