



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES																																																		
1 de Noviembre Día de Todos los Santos																																																						
4	5	6	7	8																																																		
Macarrones gratinados(1, 3, 7) - Pasta with tomato sauce & cheese San Jacobo(1, 10, 11, 13, 14, 2, 3, 4, 5, 6, 7, 8, 9) - Breaded ham and cheese steak Lechuga y tomate(12) - Lettuce & tomato Pan(1) - Bread Fruta de temporada y leche(7) - Fruit	Arroz tres delicias (jamón, huevo y guisantes)(19, 3, 6) - Fried rice Bacalao rebozado(1, 3, 4) - Breaded cod con lechuga y maíz - lettuce & corn Pan(1) - Bread Yogur(7) - Yoghurt	Sopa de cocido(1, 3) - Meat and pasta soup Cocido completo: garbanzos, morcillo, chorizo, pollo (19) - Chickpea, meat and vegetables Pan(1) - Bread Fruta de temporada y leche(7) - Fruit	Crema de espárragos y zanahorias con picatostes (1, 11, 6, 7, 8) - Cream of asparagus soup Salmón al horno(4) - Baked salmon con patatas rostie - with potatoes Pan(1) - Bread Natillas con galleta(1, 7) - Vanilla cream	Patatas guisadas con magro - Potato casserole with pork Wok de pollo con verduras y cuscús(1, 6) - Chicken & vegetables wok Pan(1) - Bread Fruta de temporada y leche(7) - Fruit																																																		
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Lentejas estofadas(1, 19) - Lentils stew Tortilla de jamón(3, 6) - Ham omelette con lechuga y maíz - lettuce & corn Pan(1) - Bread Fruta de temporada y leche(7) - Fruit	Sopa de picadillo (jamón y huevo cocido)(1, 3, 6) - Pasta soup with ham & egg Ragout de ternera con verduras y patatas (19) - Beef stew Pan(1) - Bread Yogur(7) - Yoghurt	Arroz con verduras - Rice with vegetables Filete de merluza rebozado(1, 3, 4) - Breaded hake fish lechuga y tomate(12) - Lettuce & tomato Pan(1) - Bread Fruta de temporada y leche(7) - Fruit	Verdura tricolor (j.verde, zanahoria, patata) con ajo y pavo(19, 6) - Vegetables turkey & garlic Cinta de lomo a la plancha - Grilled pork steak lechuga y zanahoria(12) - lettuce&carrot Pan(1) - Bread Petit Suisse(7) -	- JORNADA MEXICANA - - Nachos con salsa de queso y guacamole(7) - Mexican nachos Fajitas de pollo - Chicken fajitas Pan(1) - Bread Tarta tres chocolates(1, 10, 11, 3, 5, 6, 7, 8) - Chocolate cake																																																		
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Fideuá con verduras y pollo(1, 19, 3) - Noodles with chicken Abadejo rebozado(1, 3, 4) - Breaded fish lechuga y zanahoria(12) - lettuce&carrot Pan(1) - Bread Fruta de temporada y leche(7) - Fruit	Judías pintas con verduras(19) - Red bean stew with vegetables Tortilla de queso(3, 7) - Cheese omelette lechuga y tomate(12) - Lettuce & tomato Pan(1) - Bread Yogur(7) - Yoghurt	Crema de calabacín - Cream of zucchini Albóndigas mixtas con verduras y patatas (19) - Meatballs with vegetables and potatoes Pan(1) - Bread Fruta de temporada y leche(7) - Fruit	Sopa de cocido(1, 3) - Meat and pasta soup Cocido completo: garbanzos, morcillo, chorizo, pollo (19) -Chickpea, meat and vegetables Pan(1) - Bread Fruta de temporada y leche(7) - Fruit	Arroz con tomate - Rice with tomato Rabas de calamar(1, 12, 14, 2, 3, 4, 6, 7) - Breaded squid con lechuga y maíz - lettuce & corn Pan(1) - Bread Fruta de temporada y leche(7) - Fruit																																																		
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ALÉRGENOS

1. GLUTEN
2. CRUSTÁCEOS
3. HUEVOS
4. PESCADO
5. CACAHUETES
6. SOJA
7. LÁCTEOS
8. FRUTOS DE CÁSCARA
9. APIO
10. MOSTAZA
11. SÉSAMO
12. DIÓXIDO DE AZUFRE, SULFITOS
13. ALTRAMUCES
14. MOLUSCOS

En cumplimiento del Reglamento (UE) 1169/2011 la información de alérgenos está disponible en la cocina del centro