





LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES																																																		
<b>2</b> Crema de calabacín - Cream of zucchini Cinta de lomo a la plancha - Grilled pork steak con patatas Rostie - with potatoes Pan y leche (1, 7) - Bread & milk Mandarina - Mandarin 	<b>3</b> Sopa de cocido (1, 3) - Meat and pasta soup Cocido completo: garbanzos (eco), morcillo, chorizo, pollo y panceta (19) - Chickpea, meat and vegetables Pan (1) - Bread Yogur (7) - Yoghurt	<b>4</b> Arroz integral con tomate y orégano - Rice with tomato Calamares a la andaluza (1, 3, 14) - Breaded squid lechuga y zanahoria (12) - lettuce&carrot Pan y leche (1, 7) - Bread & milk Naranja - Orange	<b>5</b> Alubias blancas guisadas con verduras y calabaza (19) - White beans stew Tortilla de patata y calabacín (3) - Potato and zucchini omelette con lechuga y maíz - lettuce & corn Pan y leche (1, 7) - Bread & milk Pera - Pear 	<b>6</b> Macarrones gratinados (1, 3, 7) - Pasta with tomato sauce & cheese Merluza en salsa (4) - Hake fish in sauce lechuga y tomate (12) - Lettuce & tomato Pan integral y leche (1, 7) - Bread & milk Plátano - Banana																																																		
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<b>9</b> Lentejas guisadas con verduras (1, 19) - Lentil stew San Jacobo (1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 13, 14) - Breaded ham and cheese steak lechuga y zanahoria (12) - lettuce&carrot Pan y leche (1, 7) - Bread & milk Manzana - Apple	<b>10</b> Sopa de ave con estrellitas (1, 3) - Chicken and pasta soup Guiso de ternera con verduras y patatas (19) - Beef stew Pan y leche (1, 7) - Bread & milk Plátano - Banana	<b>11</b> Fideuá con verduras y magro (1, 3, 19) - Noodles with pork Abadejo en salsa (4) - Cod fish with sauce con arroz integral - with brown rice Pan y leche (1, 7) - Bread & milk Naranja - Orange 	<b>12</b> Crema de calabaza (eco) - Cream of pumpkin soup Contramuslo de pollo al horno - Grilled chicken fillet con lechuga y maíz - lettuce & corn Pan integral (1) - Wholemeal bread Yogur (7) - Yoghurt	<b>13</b> Garbanzos guisados con verduras (19) - Chickpeas stew Huevos fritos con patatas (3) - Fried eggs with potatoes Pan y leche (1, 7) - Bread & milk Pera - Pear																																																		
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<b>16</b> Paella con verduras y calamares (14, 19) - Rice with squid Tortilla de jamón (3, 6) - Ham omelette lechuga y tomate (12) - Lettuce & tomato Pan y leche (1, 7) - Bread & milk Manzana - Apple	<b>17</b> Judías verdes con jamón (6, 19) - Green beans with ham Albóndigas de ternera con verduras y patatas fritas (19) - Meatballs with vegetables & potatoes Pan y leche (1, 7) - Bread & milk Plátano - Banana	<b>18</b> Patatas guisadas con verduras - Potato casserole with vegetables Merluza rebozada (1, 4) - Breaded hake fish lechuga y zanahoria (12) - lettuce&carrot Pan integral y leche (1, 7) - Bread & milk Pera - Pear	<b>19</b> Sopa de cocido (1, 3) - Meat and pasta soup Cocido completo: garbanzos (eco), morcillo, chorizo, pollo y panceta (19) - Chickpea, meat and vegetables Pan integral (1) - Wholemeal bread Yogur (7) - Yoghurt 	<b>20</b> Coditos integrales a la carbonara (1, 3, 7) - Carbonara wholemeal pasta Palometa en salsa de tomate (4) - Fish in tomato sauce con lechuga y maíz - lettuce & corn Pan y leche (1, 7) - Bread & milk Naranja - Orange																																																		
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**ALÉRGICOS**

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