

Lunes / Monday	Martes / Tuesday	Miércoles / Wednesday	Jueves / Thursday	Viernes / Friday
Macarrones con tomate / Pasta with tomato Dados de bacalao / Cod Zanahoria baby / Carrot Fruta / Fruit Pan / Bread	Guisantes rehogados con jamón / Peas with ham Tortilla de patatas / Potatoes omelette Ensalada con maíz / Salad with corn Fruta / Fruit Pan / Bread	Lentejas ecológicas a la jardinera / Organics lentils with vegetables Merluza en salsa / Hake in sauce Verduras / Vegetables Fruta / Fruit Pan / Bread	DÍA DE EUROPA / EUROPEAN DAY Ensalada Biof / Potatoes salad with chicken Goulash de ternera / Veal in sauce with peppers Macedonia de fruta / Fruit salad Pan / Bread	Sopa de cocido / Noodle soup Garbanzos ecológicos, carne, chorizo, morcilla, tocino y verdura / Organic chickpeas, meat, chorizo, black pudding, pork fat and vegetables Yogur / Yoghurt Pan integral / Wholemeal bread
6	7	8	9	10
Crema de puerros / Leeks cream Lenguado enharinado con salsa de cebolla / Floured sole with onions sauce Ensalada con tomate / Salad with tomato Fruta / Fruit Pan / Bread	Judías verdes con zanahoria / Green beans with carrots Pollo al horno / Roast chicken Quinoa / Quinoa Fruta / Fruit Pan / Bread	Arroz con brocoli / Rice with broccoli Hamburguesa de atún / Tuna burger Ensalada hortelana / Salad with tomato and carrot Melocotón en almibar / Peaches in syrup Pan / Bread	Judías blancas guisadas / White beans Revuelto de patata y pimientos / Scrambled wit potatoes and peppers Ensalada con zanahoria / Salad with carrot Fruta / Fruit Pan / Bread	Macarrones a la carbonara / Past with bacon and cream Salchichas en salsa con champiñones / Sausage in sauce with mushrooms Yogur ecológico asturiano / Asturian ecological yoghurt Pan / Bread
13	14	15	16	17
Sopa de menudillos / Soup with egg and chicken Tacos de atún en salsa / Tuna in sauce Pimientos asados / Roast pepper Fruta / Fruit Pan / Bread	Coliflor con bechamel / Couiflower with bechamel sauce Filete de Sajaion / Pork fillet Patatas fritas / Chips Helado / Ice cream Pan / Bread	Lentejas guisadas / Lentils Tortilla francesa / French omelette Ensalada con zanahoria / Salad with carrot Fruta / Fruit Pan / Bread	Espirales con verduras / Pasta with vegetables Merluza en salsa / Hake in sauce Ensalada con tomate / Salad with tomato Fruta / Fruit Pan / Bread	DÍA SIN GLUTEN / GLUTEN FREE DAY Arroz con tomate / Rice with tomato Hamburguesa / Burger Ensalada con maíz / Salad with corn Yogur / Yoghurt
20	21	22	23	24
Marrinaco / Potatoes with fish Magro de cerdo en salsa con guisantes / Pork in sauce with peas Fruta / Fruit Pan / Bread	Empedrado de judías / Pinto beans Tortilla de calabacin / Zucchini omelette Ensalada con zanahoria / Salad with carrot Fruta / Fruit Pan / Bread	Ensalada de pasta / Pasta salad Pollo al ajillo / Garlic chicken Champiñones / Mushrooms Fruta / Fruit Pan / Bread	Paella mixta / Paella Lenguado a la romana / Romaine sole Ensalada con tomate / Salad with tomato Fruta / Fruit Pan / Bread	Sopa de cocido / Noodle soup Gambones ecológicos, carne, chorizo, morcilla, tocino y verduras / Organic prawns, meat, chorizo, black pudding, pork fat and vegetables Natillas / Custards Pan / Bread
27	28	29	30	31

Las legumbres son muy saludables y nos aportan muchos nutrientes como las proteínas vegetales. The vegetables are very healthy and they provide us with many nutrients such as vegetable protein.

