

MENUS IN ENGLISH

- 9 **L** - Stew potatoes with tuna - Loin filet with peppers- Fresh fruit
- 10 **M** - Coditos with jam- Corvina filet on the oven in sauce with varied vegetables - Custard
- 11 **X** - Mash oh green beans with tomato-Chicken roast with mushroom-Fresh fruit
- 12 **J** - Cocido soup (noodles and broth)- Complete cocido (chickpeas, carrots,potato, leek, pork sausage fresh lard and veal)- Fresh fruit
- 13 **V** - Milanesa rice (rice, frankfurt, lean and vegetables)- Eggs with bechamel and color salad (lettuce, tomato, carrot and maize) - Yogurt
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- 16 **L** - Cream of courgette (courgette and leek)-Lacon to the galician (with cooked potato and paprika) - Fresh fruit
- 17 **M** - Homemade lentils (lentils, fresh vegetables, pork sausages and fresh lard) - Medallion of hake to the oven in sause of tomato and carrot- Fresh fruit
- 18 **X** - Mash of vegetables- Braised turkey in sauce with chips - Fresh fruit
- 19 **J** - Soup of giblets - Spanish omelette with salad (lettuce, tomato, carrots and maize) - Fresh fruit
- 20 **V** - Homemade beans (beans, fresh vegetables,sausage, and fresh lard) - Fish delights with baby carrots - Custard
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- 23 **L** - Rice of the garden(rice, fresh vegetables)-Ragout of veal cooked- Fresh fruit
- 24 **M** - Homemade pinto beans (beans, varied vegetables, sausage and fresh lard) -Tuna omelette with color salad (lettuce, tomato, carrot and maize) - Fresh fruit
- 25 **X** -Leek cream (leek and cream)- Chicken roast with mixed salad (lettuce, tomato, olive and tuna)- Fresh fruit
- 26 **J** - Spaguetti bolognese- Loins of whiting to the oven in green sauce (parsley and peas) - Fresh fruit
- 27 **V** - Cocido soup (noodles and broth)- Complete cocido (chickpeas, carrots,potato, leek, pork sausage fresh lard and veal)- Yogurt
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- 30 **L** - Mash of fresh vegetables- Meatballs of vealin in sauce of tomato- Fresh fruit
- 31 **M** - Homemade lentils (lentils, fresh vegetables, pork sausage and fresh lard) - Bread coldfish with green salad (lettuce, pepper and olive)- Fresh fruit

QUE DEBERÍA CENAR SU HIJO

- 9 **L** -SOPA DE VERDURAS -PESCADILLA AL HORNO - FRUTA
- 10 **M** - PANACHE DE VERDURAS - ROLLITO DE PAVO Y QUESO - FRUTA
- 11 **X** - SOPA DE ARROZ- LENGUADO A LA ROMANA - FRUTA
- 12 **J** -CREMA DE ZANAHORIA - CROQUETAS DE JAMÓN - FRUTA
- 13 **V** - ENSALADA MIXTA- ALITAS DE POLLO - FRUTA
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- 16 **L** - ACELGAS REHOGADAS - SALMÓN - FRUTA
- 17 **M** - SOPA DE ARROZ - SANDWICH DE QUESO - FRUTA
- 18 **X** - ESPÁRRAGOS- EMPANADA DE BONITO CON ENSALADA- FRUTA
- 19 **J** - ENSALADA MIXTA- GALLO - FRUTA
- 20 **V** - SOPA DE VERDURAS -TORTILLA FRANCESA CON ENSALADA- FRUTA
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- 23 **L** - PURÉ DE VERDURA - SARDINITAS- FRUTA
- 24 **M** - JUDÍAS VERDES - SAN JACOBOS - FRUTA
- 25 **X** - ESPINACAS A LA CREMA - VARITAS DE MERLUZA - FRUTA
- 26 **J** - ENSALADA MIXTA- SALCHICHAS DE PAVO - FRUTA
- 27 **V** - BROCOLI - BACALADITOS ANDALUZA - FRUTA
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- 30 **L** - SOPA DE ESTRELLAS - HUEVOS AL PLATO - FRUTA
- 31 **M** - ARROZ BLANCO - JAMONCITOS DE POLLO - FRUTA



Menú General



Enero 2012