



ARTESANIA GASTRONOMICA ALCARREÑA



MAYO MENU SIN CARNE ROJA MAY WITHOUT RED MEAT

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
6	7	8	9	10
Crema de calabacin / Courgette crema Tortilla de patata con ensalada / Potato omelette with salad Yogurt, pan integral / yoghurt and whole bread	Arroz con tomate / Rice in tomato sauce Ventresca de merluza al horno / Baked hake belly Fruta, leche, pan / fruit, milk, bread	Lentejas guisadas / Lentils stew Salchichas de ave con lechuga maiz y aceitunas / Turkey sausajes with salad Fruta, leche, pan integral / fruit, milk, Wholemed bread	Macarrones integrales con tomate y pavo / spagetti in tomato suce with turkey Boqueron en tempura con ensalada / Breaded Anchovies with salad Fruta, leche, pan / fruit, milk, bread	coliflor rehogada al ajillo / Sauted cauliflower Albondigas en salsa con cous cous / Meatballs in sauce with cous cous Fruta, leche, pan / fruit, milk, bread
13	14	15	16	17
Ensalada de pasta tricolor / Pasta salad Bacalao asado con tomate / Roasted cod with tomato Gelatina, pan integral / Jelly and whole bread	Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables escalope de pollo con patatas/ Breaded chchicken with potatoes Fruta, leche, pan / fruit, milk, bread	Puré de verduras (zanahoria, espinaca, puerro) / Vegetables puree Huevos villaroy con lechuga y maiz / Villaroy eggs with salad Fruta, leche, pan integral / fruit, milk, Wholemed bread	Judias blancas ecologicas estofadas / Beans stew Sajonia a la plancha con maiz y remolacha/ Grilled sajonia with salad Fruta, leche, pan / fruit, milk, bread	Judias verdes saltadas con pimenton / Green beans sauted with paprika lasaña boloñesa / Bolognese lasagna Fruta, leche, pan / fruit, milk, bread
20	21	22	23	24
Espaguetis con pollo / Noddles with chicken Pollo con ensalada / Spring rolls with salad Helado apto, pan integral / Ice cream, bread	Brocoli salteado con ajo y pimenton / Sauted brocoli with paprika Pollo estofado con arroz pilaf / Chicken stew with rice Fruta, leche, pan / fruit, milk, bread	Macarrones con pavo / Macaroni in tomato sauce with turkey Merluza horno con zanahoria baby / Baked hake with carrot Fruta, leche, pan integral / fruit, milk, Wholemed bread	Garbanzos guisados con verduras / Chickpeas stew Tortilla de patata con ensalada / Potato omelette with salad Fruta, leche, pan / fruit, milk, bread	Pure de puerro y zanahoria / Leek and carrot puree Lomo al ajillo horno con patatas / Baked pork loin with chips Fruta, leche / fruit, milk
27	28	29	30	31
Menestra de Verduras / Vegetables stew hamburguesas plancha con patata dado / Grilled burger with potatoes Helado apto, pan integral / Ice cream, bread	Caracolas con tomate gratinadas / Gratinés pasta shells in tomato sauce Salmon horno con pisto / Baked salmon with pisto Manzana ecologica, leche, pan / fruit, milk, bread	Paella mixta (calamar, pollo,mejillon,pescado) / fish and meat paella tortilla de calabacin con lechuga y maiz / Courgette omelette with salad Fruta, leche, pan integral / fruit, milk, Wholemed bread	Judias verdes ecologicas con tomate / BioGreen beans in tomato sauce jamoncitos de pollo asado c/ patatas / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Judias blancas ecologicas estofadas / Beans stew Lacon al pimenton con ensalada / Baked ha with paprica and salad Fruta, leche, pan / fruit, milk, bread



ARTESANIA GASTRONOMICA ALCARREÑA



MAYO MENU SIN F. SECO MAY WITHOUT NUTS MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
6	7	8	9	10
Crema de calabacín / Courgette crema Tortilla de patata con ensalada / Potato omelette with salad Yogurt, pan integral / yoghurt and whole bread	Arroz con tomate / Rice in tomato sauce Ventresca de merluza al horno / Baked hake belly Fruta, leche, pan / fruit, milk, bread	Lentejas guisadas / Lentils stew Salchichas de ave con lechuga maíz y aceitunas / Turkey sausages with salad Fruta, leche, pan integral / fruit, milk, Wholemed bread	Macarrones integrales con tomate y pavo / spaghetti in tomato sauce with turkey Boqueron en tempura con ensalada / Breaded Anchovies with salad Fruta, leche, pan / fruit, milk, bread	coliflor rehogada al ajillo / Sauted cauliflower Albondigas en salsa con cous cous / Meatballs in sauce with cous cous Fruta, leche, pan / fruit, milk, bread
13	14	15	16	17
Ensalada de pasta tricolor / Pasta salad Bacalao asado con tomate / Roasted cod with tomato Gelatina, pan integral / Jelly and whole bread	Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables escalope de pollo con patatas/ Breaded chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Puré de verduras (zanahoria, espinaca, puerro) / Vegetables puree Huevos villaroy con lechuga y maíz / Villaroy eggs with salad Fruta, leche, pan integral / fruit, milk, Wholemed bread	Judías blancas ecológicas estofadas / Beans stew Sajonia a la plancha con maíz y remolacha/ Grilled sajonia with salad Fruta, leche, pan / fruit, milk, bread	Judías verdes saltadas con pimentón / Green beans sauted with paprika lasaña boloñesa / Bolognese lasagna Fruta, leche, pan / fruit, milk, bread
20	21	22	23	24
Espaguetis con pollo / Noodles with chicken Rollitos de primavera con ensalada / Spring rolls with salad Helado apto, pan integral / Ice cream, bread	Brocoli salteado con ajo y pimentón / Sauted brocoli with paprika Pollo estofado con arroz pilaf / Chicken stew with rice Fruta, leche, pan / fruit, milk, bread	Macarrones con pavo / Macaroni in tomato sauce with turkey Merluza horno con zanahoria baby / Baked hake with carrot Fruta, leche, pan integral / fruit, milk, Wholemed bread	Garbanzos guisados con verduras / Chickpeas stew Tortilla de patata con ensalada / Potato omelette with salad Fruta, leche, pan / fruit, milk, bread	Pure de puerro y zanahoria / Leek and carrot puree Lomo al ajillo horno con patatas / Baked pork loin with chips Fruta, leche / fruit, milk
27	28	29	30	31
Menestra de Verduras / Vegetables stew hamburguesas plancha con patata dado / Grilled burger with potatoes Helado apto, pan integral / Ice cream, bread	Caracolas con tomate gratinadas / Gratinated pasta shells in tomato sauce Salmon horno con pisto / Baked salmon with pisto Manzana ecológica, leche, pan / fruit, milk, bread	Paella mixta (calamar, pollo, mejillón, pescado) / fish and meat paella tortilla de calabacín con lechuga y maíz / Courgette omelette with salad Fruta, leche, pan integral / fruit, milk, Wholemed bread	Judías verdes ecológicas con tomate / BioGreen beans in tomato sauce jamoncitos de pollo asado c/ patatas / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Judías blancas ecológicas estofadas / Beans stew Lacon al pimentón con ensalada / Baked ham with paprika and salad Fruta, leche, pan / fruit, milk, bread



ARTESANIA GASTRONOMICA ALCARREÑA

MAYO MENU SIN FRUTO SECO(arroz y pasta integral) MAY WITHOUT MILK MENU AND ANCHOVY MENU

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
6	7	8	9	10
Crema de calabacin / Courgette crema Tortilla de patata con ensalada / Potato omelette with salad Yogurt, pan integral / yoghurt and whole bread	Arroz con tomate / Rice in tomato sauce Ventresca de merluza al horno / Baked hake belly Fruta, leche, pan / fruit, milk, bread	Lentejas guisadas / Lentils stew Salchichas de ave con lechuga maiz y aceitunas / Turkey sausajes with salad Fruta, leche, pan integral / fruit, milk, Wholemed bread	Macarrones integrales con tomate y pavo / spaghetti in tomato suce with turkey Boqueron en tempura con ensalada / Breaded Anchovies with salad Fruta, leche, pan / fruit, milk, bread	coliflor rehogada al ajillo / Sauted cauliflower Albondigas en salsa con cous cous / Meatballs in sauce with cous cous Fruta, leche, pan / fruit, milk, bread
13	14	15	16	17
Ensalada de pasta tricolor / Pasta salad Bacalao asado con tomate / Roasted cod with tomato Gelatina, pan integral / Jelly and whole bread	Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables escalope de pollo con patatas/ Breaded chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Puré de verduras (zanahoria, espinaca, puerro) / Vegetables puree Huevos villaroy con lechuga y maiz / Villaroy eggs with salad Fruta, leche, pan integral / fruit, milk, Wholemed bread	Judias blancas ecologicas estofadas / Beans stew Sajonia a la plancha con maiz y remolacha/ Grilled sajonia with salad Fruta, leche, pan / fruit, milk, bread	Judias verdes saltadas con pimenton / Green beans sauted with paprika lasaña boloñesa / Bolognese lasagna Fruta, leche, pan / fruit, milk, bread
20	21	22	23	24
Espaguetis con pollo / Noddles with chicken Rollitos de primavera con ensalada / Spring rolls with salad Helado apto, pan integral / Ice cream, bread	Brocoli salteado con ajo y pimenton / Sauted brocoli with paprika Pollo estofado con arroz pilaf / Chicken stew with rice Fruta, leche, pan / fruit, milk, bread	Macarrones con pavo / Macaroni in tomato sauce with turkey Merluza horno con zanahoria baby / Baked hake with carrot Fruta, leche, pan integral / fruit, milk, Wholemed bread	Garbanzos guisados con verduras / Chickpeas stew Tortilla de patata con ensalada / Potato omelette with salad Fruta, leche, pan / fruit, milk, bread	Pure de puerro y zanahoria / Leek and carrot puree Lomo al ajillo horno con patatas / Baked pork loin with chips Fruta, leche / fruit, milk
27	28	29	30	31
Menestra de Verduras / Vegetables stew hamburguesas plancha con patata dado / Grilled burger with potatoes Helado apto, pan integral / Ice cream, bread	Caracolas con tomate gratinadas / Gratinas pasta shells in tomato sauce Salmon horno con pisto / Baked salmon with pisto Manzana ecologica, leche, pan / fruit, milk, bread	Paella mixta (calamar, pollo,mejillon,pescado) / fish and meat paella tortilla de calabacin con lechuga y maiz / Courgette omelette with salad Fruta, leche, pan integral / fruit, milk, Wholemed bread	Judias verdes ecologicas con tomate / BioGreen beans in tomato sauce jamoncitos de pollo asado c/ patatas / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Judias blancas ecologicas estofadas / Beans stew Lacon al pimenton con ensalada / Baked ha with paprica and salad Fruta, leche, pan / fruit, milk, bread



ARTESANIA GASTRONOMICA ALCARREÑA



MAYO MENU SIN GLUTEN MAY WITHOUT GLUTEN MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
6	7	8	9	10
Crema de calabacín / Courgette crema Tortilla de patata con ensalada / Potato omelette with salad Yogurt, pan integral / yoghurt and whole bread	Arroz con tomate / Rice in tomato sauce Ventresca de merluza al horno / Baked hake belly Fruta, leche, pan / fruit, milk, bread	Lentejas guisadas / Lentils stew Salchichas de ave con lechuga maiz y aceitunas / Turkey sausages with salad Fruta, leche, pan integral / fruit, milk, Wholemed bread	Macarrones integrales con tomate y pavo / spaghetti in tomato sauce with turkey Boqueron en tempura con ensalada / Breaded Anchovies with salad Fruta, leche, pan / fruit, milk, bread	coliflor rehogada al ajillo / Sauted cauliflower Albondigas en salsa con cous cous / Meatballs in sauce with cous cous Fruta, leche, pan / fruit, milk, bread
13	14	15	16	17
Ensalada de pasta tricolor / Pasta salad Bacalao asado con tomate / Roasted cod with tomato Gelatina, pan integral / Jelly and whole bread	Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables escalope de pollo con patatas/ Breaded chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Puré de verduras (zanahoria, espinaca, puerro) / Vegetables puree Huevos villaroy con lechuga y maiz / Villaroy eggs with salad Fruta, leche, pan integral / fruit, milk, Wholemed bread	Judías blancas ecológicas estofadas / Beans stew Sajonia a la plancha con maiz y remolacha/ Grilled sajonia with salad Fruta, leche, pan / fruit, milk, bread	Judías verdes saltadas con pimentón / Green beans sauted with paprika lasaña boloñesa / Bolognese lasagna Fruta, leche, pan / fruit, milk, bread
20	21	22	23	24
Espaguetis con pollo / Noddles with chicken Rollitos de primavera con ensalada / Spring rolls with salad Helado apto, pan integral / Ice cream, bread	Brocoli salteado con ajo y pimentón / Sauted brocoli with paprika Pollo estofado con arroz pilaf / Chicken stew with rice Fruta, leche, pan / fruit, milk, bread	Macarrones con pavo / Macaroni in tomato sauce with turkey Merluza horno con zanahoria baby / Baked hake with carrot Fruta, leche, pan integral / fruit, milk, Wholemed bread	Garbanzos guisados con verduras / Chickpeas stew Tortilla de patata con ensalada / Potato omelette with salad Fruta, leche, pan / fruit, milk, bread	Pure de puerro y zanahoria / Leek and carrot puree Lomo al ajillo horno con patatas / Baked pork loin with chips Fruta, leche / fruit, milk
27	28	29	30	31
Menestra de Verduras / Vegetables stew hamburguesas plancha con patata dado / Grilled burger with potatoes Helado apto, pan integral / Ice cream, bread	Caracolas con tomate gratinadas / Gratinated pasta shells in tomato sauce Salmon horno con pisto / Baked salmon with pisto Manzana ecológica, leche, pan / fruit, milk, bread	Paella mixta (calamar, pollo, mejillón, pescado) / fish and meat paella tortilla de calabacín con lechuga y maiz / Courgette omelette with salad Fruta, leche, pan integral / fruit, milk, Wholemed bread	Judías verdes ecológicas con tomate / BioGreen beans in tomato sauce jamoncitos de pollo asado c/ patatas / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Judías blancas ecológicas estofadas / Beans stew Lacon al pimentón con ensalada / Baked ham with paprika and salad Fruta, leche, pan / fruit, milk, bread



ARTESANIA GASTRONOMICA ALCARREÑA



MAYO MENU SIN HUEVO CRUDO NI F. SECO MAY WITHOUT EGG AND NUTS

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
6	7	8	9	10
Crema de calabacín / Courgette crema Tortilla de patata con ensalada / Potato omelette with salad Yogurt, pan integral / yoghurt and whole bread	Arroz con tomate / Rice in tomato sauce Ventresca de merluza al horno / Baked hake belly Fruta, leche, pan / fruit, milk, bread	Lentejas guisadas / Lentils stew Salchichas de ave con lechuga maiz y aceitunas / Turkey sausages with salad Fruta, leche, pan integral / fruit, milk, Wholemed bread	Macarrones integrales con tomate y pavo / spaghetti in tomato sauce with turkey Boqueron en tempura con ensalada / Breaded Anchovies with salad Fruta, leche, pan / fruit, milk, bread	coliflor rehogada al ajillo / Sauted cauliflower Albondigas en salsa con cous cous / Meatballs in sauce with cous cous Fruta, leche, pan / fruit, milk, bread
13	14	15	16	17
Ensalada de pasta tricolor / Pasta salad Bacalao asado con tomate / Roasted cod with tomato Gelatina, pan integral / Jelly and whole bread	Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables escalope de pollo con patatas/ Breaded chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Puré de verduras (zanahoria, espinaca, puerro) / Vegetables puree Huevos villaroy con lechuga y maiz / Villaroy eggs with salad Fruta, leche, pan integral / fruit, milk, Wholemed bread	Judías blancas ecológicas estofadas / Beans stew Sajonia a la plancha con maiz y remolacha/ Grilled sajonia with salad Fruta, leche, pan / fruit, milk, bread	Judías verdes saltadas con pimentón / Green beans sauted with paprika lasaña boloñesa / Bolognese lasagna Fruta, leche, pan / fruit, milk, bread
20	21	22	23	24
Espaguetis con pollo / Noodles with chicken Rollitos de primavera con ensalada / Spring rolls with salad Helado apto, pan integral / Ice cream, bread	Brocoli salteado con ajo y pimentón / Sauted brocoli with paprika Pollo estofado con arroz pilaf / Chicken stew with rice Fruta, leche, pan / fruit, milk, bread	Macarrones con pavo / Macaroni in tomato sauce with turkey Merluza horno con zanahoria baby / Baked hake with carrot Fruta, leche, pan integral / fruit, milk, Wholemed bread	Garbanzos guisados con verduras / Chickpeas stew Tortilla de patata con ensalada / Potato omelette with salad Fruta, leche, pan / fruit, milk, bread	Pure de puerro y zanahoria / Leek and carrot puree Lomo al ajillo horno con patatas / Baked pork loin with chips Fruta, leche / fruit, milk
27	28	29	30	31
Menestra de Verduras / Vegetables stew hamburguesas plancha con patata dado / Grilled burger with potatoes Helado apto, pan integral / Ice cream, bread	Caracolas con tomate gratinadas / Gratinated pasta shells in tomato sauce Salmon horno con pisto / Baked salmon with pisto Manzana ecológica, leche, pan / fruit, milk, bread	Paella mixta (calamar, pollo, mejillón, pescado) / fish and meat paella tortilla de calabacín con lechuga y maiz / Courgette omelette with salad Fruta, leche, pan integral / fruit, milk, Wholemed bread	Judías verdes ecológicas con tomate / BioGreen beans in tomato sauce jamoncitos de pollo asado c/ patatas / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Judías blancas ecológicas estofadas / Beans stew Lacon al pimentón con ensalada / Baked ham with paprika and salad Fruta, leche, pan / fruit, milk, bread



ARTESANIA GASTRONOMICA ALCARREÑA



MAYO MENU SIN HUEVO NI F. SECOS MAY WITHOUT EGG AND NUTS MENU

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
6	7	8	9	10
Crema de calabacin / Courgette crema Rosti de patata con ensalada / Potato rosti with salad Yogurt, pan integral / yoghurt and whole bread	Arroz con tomate / Rice in tomato sauce Ventresca de merluza al horno / Baked hake belly Fruta, leche, pan / fruit, milk, bread	Lentejas guisadas / Lentils stew Salchichas de ave con lechuga maiz y aceitunas / Turkey sausajes with salad Fruta, leche, pan integral / fruit, milk, Wholemed bread	Macarrones sin huevo con tomate y pavo / spagetti in tomato suce with turkey Pescado horno con ensalada / Baked fish with salad Fruta, leche, pan / fruit, milk, bread	coliflor rehogada al ajillo / Sauted cauliflower Albondigas en salsa con cous cous / Meatballs in sauce with cous cous Fruta, leche, pan / fruit, milk, bread
13	14	15	16	17
Ensalada de pasta sin huevo / Pasta salad Bacalao asado con tomate / Roasted cod with tomato Gelatina, pan integral / Jelly and whole bread	Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables Filete de pollo con patatas/ Breaded chchicken with potatoes Fruta, leche, pan / fruit, milk, bread	Puré de verduras (zanahoria, espinaca, puerro) / Vegetables puree Rosti con lechuga y maiz / Rosti with salad Fruta, leche, pan integral / fruit, milk, Wholemed bread	Judias blancas ecologicas estofadas / Beans stew Sajonia a la plancha con maiz y remolacha/ Grilled sajonia with salad Fruta, leche, pan / fruit, milk, bread	Judias verdes saltadas con pimenton / Green beans sauted with paprika Lomo con salteado de verdura / Grilled pork loin with vegetables Fruta, leche, pan / fruit, milk, bread
20	21	22	23	24
Espaguetis sin huevo con pollo / Noddles with chicken Carne picada con verduras / Meat and vegetables Helado apto, pan integral / Ice cream, bread	Brocoli salteado con ajo y pimenton / Sauted brocoli with paprika Pollo estofado con arroz pilaf / Chicken stew with rice Fruta, leche, pan / fruit, milk, bread	Macarrones sin huevo con pavo / Macaroni in tomato sauce with turkey Merluza horno con zanahoria baby / Baked hake with carrot Fruta, leche, pan integral / fruit, milk, Wholemed bread	Garbanzos guisados con verduras / Chickpeas stew Rosti de patata con ensalada / Potato rosti with salad Fruta, leche, pan / fruit, milk, bread	Pure de puerro y zanahoria / Leek and carrot puree Lomo al ajillo horno con patatas / Baked pork loin with chips Fruta, leche / fruit, milk
27	28	29	30	31
Menestra de Verduras / Vegetables stew hamburguesas plancha con patata dado / Grilled burger with potatoes Helado apto, pan integral / Ice cream, bread	Pasta sin huevo con tomate gratinadas / Gratines pasta shells in tomato sauce Salmon horno con pisto / Baked salmon with pisto Manzana ecologica, leche, pan / fruit, milk, bread	Paella mixta (calamar, pollo,mejillon,pescado) / fish and meat paella Rosti de calabacin con lechuga y maiz / Courgette rosti with salad Fruta, leche, pan integral / fruit, milk, Wholemed bread	Judias verdes ecologicas con tomate / BioGreen beans in tomato sauce jamoncitos de pollo asado c/ patatas / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Judias blancas ecologicas estofadas / Beans stew Lacon al pimenton con ensalada / Baked ha with paprica and salad Fruta, leche, pan / fruit, milk, bread



ARTESANIA GASTRONOMICA ALCARREÑA



MAYO MENU SIN HUEVO, LECHE , PESCADO , APIO NI F. SECOS MAY WITHOUT MILK, EGG, FISH AND NUTS MENU

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
6	7	8	9	10
Crema de calabacin / Courgette crema rosti de patata con ensalada / Potato rosti with salad Postre apto / suitable dessert	Arroz con tomate / Rice in tomato sauce Sajonia al horno con patatas panaderas / Baked sajonia with bakery potatoes Fruta, , pan / fruit, , bread	Lentejas guisadas / Lentils stew Salchichas de ave con lechuga maiz y aceitunas / Turkey sausajes with salad Fruta, , pan integral / fruit, , Wholemed bread	Macarrones sin huevo con tomate y pavo / spaghetti in tomato suce with turkey Lacon horno con lechuga mezclum y zanahoria / Baked ham with salad Fruta, , pan / fruit, , bread	coliflor rehogada al ajillo / Sauted cauliflower Albondigas en salsa con cous cous / Meatballs in sauce with cous cous Fruta, , pan / fruit, , bread
13	14	15	16	17
Ensalada de pasta sin huevo / Pasta salad Cinta lomo con lechuga y maiz / Baked pork loin with lettuce and corn Gelatina, pan integral / Jelly and whole bread	Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables escalope de pollo con patatas/ Breaded chchicken with potatoes Fruta, , pan / fruit, , bread	Puré de verduras (zanahoria, espinaca, puerro) / Vegetables puree Rosti con lechuga y maiz /Rosti with salad Fruta, , pan integral / fruit, , Wholemed bread	Judias blancas ecologicas estofadas / Beans stew Sajonia a la plancha con maiz y remolacha/ Grilled sajonia with salad Fruta, , pan / fruit, , bread	Judias verdes saltadas con pimenton / Green beans sauted with paprika Lomo con salteado de verdura / Grilled pork loin with vegetables Fruta, , pan / fruit, , bread
20	21	22	23	24
Espaguetis sin huevo con pollo / Noddles with chicken Carne picada con verduras / Meat and vegetables Helado apto, pan integral / Ice cream, bread	Brocoli salteado con ajo y pimenton / Sauted brocoli with paprika Pollo estofado con arroz pilaf / Chicken stew with rice Fruta, , pan / fruit, , bread	Macarrones sin huevo con pavo / Macaroni in tomato sauce with turkey Salchichas horno con lechuga mezclum y zanahoria / Baked sausajes with salad Fruta, , pan integral / fruit, , Wholemed bread	Garbanzos guisados con verduras / Chickpeas stew rosti de patata con ensalada / Potato rosti with salad Fruta, , pan / fruit, , bread	Pure de puerro y zanahoria / Leek and carrot puree Lomo al ajillo horno con patatas / Baked pork loin with chips Fruta, / fruit,
27	28	29	30	31
Menestra de Verduras / Vegetables stew hamburguesas plancha con patata dado / Grilled burger with potatoes Helado apto, pan integral / Ice cream, bread	Caracolas sin huevo con tomate gratinadas / Gratinas pasta shells in tomato sauce Pollo con pisto / Baked chicken with pisto Manzana ecologica, , pan / fruit, , bread	Paella pollo /chicken paella rosti de calabacin con lechuga y maiz / Courgette rosti with salad Fruta, , pan integral / fruit, , Wholemed bread	Judias verdes ecologicas con tomate / BioGreen beans in tomato sauce jamoncitos de pollo asado c/ patatas / Roast chicken with potatoes Fruta, , pan / fruit, , bread	Judias blancas ecologicas estofadas / Beans stew Lacon al pimenton con ensalada / Baked ha with paprica and salad Fruta, , pan / fruit, , bread



ARTESANIA GASTRONOMICA ALCARREÑA



MAYO MENU SIN HUEVO MAY WITHOUT EGG MENU

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
6	7	8	9	10
Crema de calabacin / Courgette crema Rosti de patata con ensalada / Potato rosti with salad Yogurt, pan integral / yoghurt and whole bread	Arroz con tomate / Rice in tomato sauce Ventresca de merluza al horno / Baked hake belly Fruta, leche, pan / fruit, milk, bread	Lentejas guisadas / Lentils stew Salchichas de ave con lechuga maiz y aceitunas / Turkey sausajes with salad Fruta, leche, pan integral / fruit, milk, Wholemed bread	Macarrones sin huevo con tomate y pavo / spagetti in tomato suce with turkey Pescado horno con ensalada / Baked fish with salad Fruta, leche, pan / fruit, milk, bread	coliflor rehogada al ajillo / Sauted cauliflower Albondigas en salsa con cous cous / Meatballs in sauce with cous cous Fruta, leche, pan / fruit, milk, bread
13	14	15	16	17
Ensalada de pasta sin huevo / Pasta salad Bacalao asado con tomate / Roasted cod with tomato Gelatina, pan integral / Jelly and whole bread	Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables Filete de pollo con patatas/ Breaded chchicken with potatoes Fruta, leche, pan / fruit, milk, bread	Puré de verduras (zanahoria, espinaca, puerro) / Vegetables puree Rosti con lechuga y maiz / Rosti with salad Fruta, leche, pan integral / fruit, milk, Wholemed bread	Judias blancas ecologicas estofadas / Beans stew Sajonia a la plancha con maiz y remolacha/ Grilled sajonia with salad Fruta, leche, pan / fruit, milk, bread	Judias verdes saltadas con pimenton / Green beans sauted with paprika Lomo con salteado de verdura / Grilled pork loin with vegetables Fruta, leche, pan / fruit, milk, bread
20	21	22	23	24
Espaguetis sin huevo con pollo / Noddles with chicken Carne picada con verduras / Meat and vegetables Helado apto, pan integral / Ice cream, bread	Brocoli salteado con ajo y pimenton / Sauted brocoli with paprika Pollo estofado con arroz pilaf / Chicken stew with rice Fruta, leche, pan / fruit, milk, bread	Macarrones sin huevo con pavo / Macaroni in tomato sauce with turkey Merluza horno con zanahoria baby / Baked hake with carrot Fruta, leche, pan integral / fruit, milk, Wholemed bread	Garbanzos guisados con verduras / Chickpeas stew Rosti de patata con ensalada / Potato rosti with salad Fruta, leche, pan / fruit, milk, bread	Pure de puerro y zanahoria / Leek and carrot puree Lomo al ajillo horno con patatas / Baked pork loin with chips Fruta, leche / fruit, milk
27	28	29	30	31
Menestra de Verduras / Vegetables stew hamburguesas plancha con patata dado / Grilled burger with potatoes Helado apto, pan integral / Ice cream, bread	Pasta sin huevo con tomate gratinadas / Gratines pasta shells in tomato sauce Salmon horno con pisto / Baked salmon with pisto Manzana ecologica, leche, pan / fruit, milk, bread	Paella mixta (calamar, pollo,mejillon,pescado) / fish and meat paella Rosti de calabacin con lechuga y maiz / Courgette rosti with salad Fruta, leche, pan integral / fruit, milk, Wholemed bread	Judias verdes ecologicas con tomate / BioGreen beans in tomato sauce jamoncitos de pollo asado c/ patatas / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Judias blancas ecologicas estofadas / Beans stew Lacon al pimenton con ensalada / Baked ha with paprica and salad Fruta, leche, pan / fruit, milk, bread



ARTESANIA GASTRONOMICA ALCARREÑA



MAYO MENU SIN LECHE MAY WITHOUT MILK MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
6	7	8	9	10
Crema de calabacín / Courgette crema Tortilla de patata con ensalada / Potato omelette with salad Postre apto / suitable dessert	Arroz con tomate / Rice in tomato sauce Ventresca de merluza al horno / Baked hake belly Fruta, pan / fruit, bread	Lentejas guisadas / Lentils stew Salchichas de ave con lechuga maíz y aceitunas / Turkey sausages with salad Fruta, pan integral / fruit, Wholemed bread	Macarrones integrales con tomate y pavo / spaghetti in tomato sauce with turkey Pescado horno con ensalada / Baked fish with salad Fruta, pan / fruit, bread	coliflor rehogada al ajillo / Sauted cauliflower Albondigas en salsa con cous cous / Meatballs in sauce with cous cous Fruta, pan / fruit, bread
13	14	15	16	17
Ensalada de pasta tricolor / Pasta salad Bacalao asado con tomate / Roasted cod with tomato Gelatina, pan integral / Jelly and whole bread	Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables Escalope de pollo con patatas/ Breaded chicken with potatoes Fruta, pan / fruit, bread	Puré de verduras (zanahoria, espinaca, puerro) / Vegetables puree Huevos cocidos con lechuga y maíz / Boiled eggs with salad Fruta, pan integral / fruit, Wholemed bread	Judías blancas ecológicas estofadas / Beans stew Sajonia a la plancha con maíz y remolacha/ Grilled sajonia with salad Fruta, pan / fruit, bread	Judías verdes saltadas con pimentón / Green beans sautéed with paprika Lomo con salteado de verdura / Grilled pork loin with vegetables Fruta, pan / fruit, bread
20	21	22	23	24
Espaguetis con pollo / Noodles with chicken Carne picada con verduras / Meat and vegetables Helado apto, pan integral / Ice cream, bread	Brocoli salteado con ajo y pimentón / Sautéed broccoli with paprika Pollo estofado con arroz pilaf / Chicken stew with rice Fruta, pan / fruit, bread	Macarrones con pavo / Macaroni in tomato sauce with turkey Merluza horno con zanahoria baby / Baked hake with carrot Fruta, pan integral / fruit, Wholemed bread	Garbanzos guisados con verduras / Chickpeas stew Tortilla de patata con ensalada / Potato omelette with salad Fruta, pan / fruit, bread	Pure de puerro y zanahoria / Leek and carrot puree Lomo al ajillo horno con patatas / Baked pork loin with chips Fruta, leche / fruit, milk
27	28	29	30	31
Menestra de Verduras / Vegetables stew hamburguesas plancha con patata dado / Grilled burger with potatoes Helado apto, pan integral / Ice cream, bread	Caracolas con tomate gratinadas / Gratinated pasta shells in tomato sauce Salmon horno con pisto / Baked salmon with pisto Manzana ecológica, pan / fruit, bread	Paella mixta (calamar, pollo, mejillón, pescado) / fish and meat paella tortilla de calabacín con lechuga y maíz / Courgette omelette with salad Fruta, pan integral / fruit, Wholemed bread	Judías verdes ecológicas con tomate / BioGreen beans in tomato sauce jamoncitos de pollo asado c/ patatas / Roast chicken with potatoes Fruta, pan / fruit, bread	Judías blancas ecológicas estofadas / Beans stew Lacon al pimentón con ensalada / Baked ham with paprika and salad Fruta, pan / fruit, bread



ARTESANIA GASTRONOMICA ALCARREÑA



MAYO MENU SIN LECHE NI HUEVO MAY WITHOUT MILK AND EGG MENU

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
6	7	8	9	10
Crema de calabacin / Courgette crema Rosti de patata con ensalada / Potato rosti with salad Yogurt, pan integral / yoghurt and whole bread	Arroz con tomate / Rice in tomato sauce Ventresca de merluza al horno / Baked hake belly Fruta, , pan / fruit, , bread	Lentejas guisadas / Lentils stew Salchichas de ave con lechuga maiz y aceitunas / Turkey sausajes with salad Fruta, , pan integral / fruit, , Wholemed bread	Macarrones sin huevo con tomate y pavo / spagetti in tomato suce with turkey Pescado horno con ensalada / Baked fish with salad Fruta, , pan / fruit, , bread	coliflor rehogada al ajillo / Sauted cauliflower Albondigas en salsa con cous cous / Meatballs in sauce with cous cous Fruta, , pan / fruit, , bread
13	14	15	16	17
Ensalada de pasta sin huevo / Pasta salad Bacalao asado con tomate / Roasted cod with tomato Gelatina, pan integral / Jelly and whole bread	Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables Filete de pollo con patatas/ Breaded chchicken with potatoes Fruta, , pan / fruit, , bread	Puré de verduras (zanahoria, espinaca, puerro) / Vegetables puree Rosti con lechuga y maiz / Rosti with salad Fruta, , pan integral / fruit, , Wholemed bread	Judias blancas ecologicas estofadas / Beans stew Sajonia a la plancha con maiz y remolacha/ Grilled sajonia with salad Fruta, , pan / fruit, , bread	Judias verdes saltadas con pimenton / Green beans sauted with paprika Lomo con salteado de verdura / Grilled pork loin with vegetables Fruta, , pan / fruit, , bread
20	21	22	23	24
Espaguetis sin huevo con pollo / Noddles with chicken Carne picada con verduras / Meat and vegetables Helado apto, pan integral / Ice cream, bread	Brocoli salteado con ajo y pimenton / Sauted brocoli with paprika Pollo estofado con arroz pilaf / Chicken stew with rice Fruta, , pan / fruit, , bread	Macarrones sin huevo con pavo / Macaroni in tomato sauce with turkey Merluza horno con zanahoria baby / Baked hake with carrot Fruta, , pan integral / fruit, , Wholemed bread	Garbanzos guisados con verduras / Chickpeas stew Rosti de patata con ensalada / Potato rosti with salad Fruta, , pan / fruit, , bread	Pure de puerro y zanahoria / Leek and carrot puree Lomo al ajillo horno con patatas / Baked pork loin with chips Fruta, / fruit,
27	28	29	30	31
Menestra de Verduras / Vegetables stew hamburguesas plancha con patata dado / Grilled burger with potatoes Helado apto, pan integral / Ice cream, bread	Pasta sin huevo con tomate gratinadas / Gratines pasta shells in tomato sauce Salmon horno con pisto / Baked salmon with pisto Manzana ecologica, , pan / fruit, , bread	Paella mixta (calamar, pollo,mejillon,pescado) / fish and meat paella Rosti de calabacin con lechuga y maiz / Courgette rosti with salad Fruta, , pan integral / fruit, , Wholemed bread	Judias verdes ecologicas con tomate / BioGreen beans in tomato sauce jamoncitos de pollo asado c/ patatas / Roast chicken with potatoes Fruta, , pan / fruit, , bread	Judias blancas ecologicas estofadas / Beans stew Lacon al pimenton con ensalada / Baked ha with paprica and salad Fruta, , pan / fruit, , bread



ARTESANIA GASTRONOMICA ALCARREÑA



MAYO MENU SIN LECHE, BERENJENA Y TOMATE NATURAL MAY WITHOUT MILK, EGGPLANT AND TOMATO

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
6	7	8	9	10
Crema de calabacin / Courgette crema Tortilla de patata con ensalada / Potato omelette with salad Postre apto / suitable dessert	Arroz con tomate / Rice in tomato sauce Ventresca de merluza al horno / Baked hake belly Fruta, pan / fruit, bread	Lentejas guisadas / Lentils stew Salchichas de ave con lechuga maiz y aceitunas / Turkey sausajes with salad Fruta, pan integral / fruit, Wholemed bread	Macarrones integrales con tomate y pavo / spaghetti in tomato suce with turkey Pescado horno con ensalada / Baked fish with salad Fruta, pan / fruit, bread	coliflor rehogada al ajillo / Sauted cauliflower Albondigas en salsa con cous cous / Meatballs in sauce with cous cous Fruta, pan / fruit, bread
13	14	15	16	17
Ensalada de pasta tricolor / Pasta salad Bacalao asado con tomate / Roasted cod with tomato Gelatina, pan integral / Jelly and whole bread	Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables Escalope de pollo con patatas/ Breaded chchicken with potatoes Fruta, pan / fruit, bread	Puré de verduras (zanahoria, espinaca, puerro) / Vegetables puree Huevos cocidos con lechuga y maiz / Boiled eggs with salad Fruta, pan integral / fruit, Wholemed bread	Judias blancas ecologicas estofadas / Beans stew Sajonia a la plancha con maiz y remolacha/ Grilled sajonia with salad Fruta, pan / fruit, bread	Judias verdes saltadas con pimenton / Green beans sauted with paprika Lomo con salteado de verdura / Grilled pork loin with vegetables Fruta, pan / fruit, bread
20	21	22	23	24
Espaguetis con pollo / Noddles with chicken Carne picada con verduras / Meat and vegetables Helado apto, pan integral / Ice cream, bread	Brocoli salteado con ajo y pimenton / Sauted brocoli with paprika Pollo estofado con arroz pilaf / Chicken stew with rice Fruta, pan / fruit, bread	Macarrones con pavo / Macaroni in tomato sauce with turkey Merluza horno con zanahoria baby / Baked hake with carrot Fruta, pan integral / fruit, Wholemed bread	Garbanzos guisados con verduras / Chickpeas stew Tortilla de patata con ensalada / Potato omelette with salad Fruta, pan / fruit, bread	Pure de puerro y zanahoria / Leek and carrot puree Lomo al ajillo horno con patatas / Baked pork loin with chips Fruta, leche / fruit, milk
27	28	29	30	31
Menestra de Verduras / Vegetables stew hamburguesas plancha con patata dado / Grilled burger with potatoes Helado apto, pan integral / Ice cream, bread	Caracolas con tomate gratinadas / Gratinés pasta shells in tomato sauce Salmon horno con pisto / Baked salmon with pisto Manzana ecologica, pan / fruit, bread	Paella mixta (calamar, pollo,mejillon,pescado) / fish and meat paella tortilla de calabacin con lechuga y maiz / Courgette omelette with salad Fruta, pan integral / fruit, Wholemed bread	Judias verdes ecologicas con tomate / BioGreen beans in tomato sauce jamoncitos de pollo asado c/ patatas / Roast chicken with potatoes Fruta, pan / fruit, bread	Judias blancas ecologicas estofadas / Beans stew Lacon al pimenton con ensalada / Baked ha with paprica and salad Fruta, pan / fruit, bread



ARTESANIA GASTRONOMICA ALCARREÑA

MAYO MENU SIN LEGUMBRE (si j. verde y blanca)

MAY WITHOUT LEGUMES

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
6	7	8	9	10
Crema de calabacin / Courgette crema Tortilla de patata con ensalada / Potato omelette with salad Yogurt, pan integral / yoghurt and whole bread	Arroz con tomate / Rice in tomato sauce Ventresca de merluza al horno / Baked hake belly Fruta, leche, pan / fruit, milk, bread	coliflor salteada / sauted cauliflower Salchichas de ave con lechuga maiz y aceitunas / Turkey sausajes with salad Fruta, leche, pan integral / fruit, milk, Wholemed bread	Macarrones integrales con tomate y pavo / spaghetti in tomato suce with turkey Boqeron en tempura con ensalada / Breaded Anchovies with salad Fruta, leche, pan / fruit, milk, bread	coliflor rehogada al ajillo / Sauted cauliflower Albondigas en salsa con cous cous / Meatballs in sauce with cous cous Fruta, leche, pan / fruit, milk, bread
13	14	15	16	17
Ensalada de pasta tricolor / Pasta salad Bacalao asado con tomate / Roasted cod with tomato Gelatina, pan integral / Jelly and whole bread	Arroz Salteado / Sauted rice escalope de pollo con patatas/ Breaded chchicken with potatoes Fruta, leche, pan / fruit, milk, bread	Puré de verduras (zanahoria, espinaca, puerro) / Vegetables puree Huevos villaroy con lechuga y maiz / Villaroy eggs with salad Fruta, leche, pan integral / fruit, milk, Wholemed bread	verduras estofadas / vegetables stew Sajonia a la plancha con maiz y remolacha/ Grilled sajonia with salad Fruta, leche, pan / fruit, milk, bread	Ensalada completa /Mixed salad lasaña boloñesa / Bolognese lasagna Fruta, leche, pan / fruit, milk, bread
20	21	22	23	24
Espaguetis con pollo / Noddles with chicken Rollitos de primavera con ensalada / Spring rolls with salad Helado apto, pan integral / Ice cream, bread	Brocoli salteado con ajo y pimenton / Sauted brocoli with paprika Pollo estofado con arroz pilaf / Chicken stew with rice Fruta, leche, pan / fruit, milk, bread	Macarrones con pavo / Macaroni in tomato sauce with turkey Merluza horno con zanahoria baby / Baked hake with carrot Fruta, leche, pan integral / fruit, milk, Wholemed bread	Patatas guisados / Potato stew Tortilla de patata con ensalada / Potato omelette with salad Fruta, leche, pan / fruit, milk, bread	Pure de puerro y zanahoria / Leek and carrot puree Lomo al ajillo horno con patatas / Baked pork loin with chips Fruta, leche / fruit, milk
27	28	29	30	31
Menestra de Verduras / Vegetables stew hamburguesas plancha con patata dado / Grilled burger with potatoes Helado apto, pan integral / Ice cream, bread	Caracolas con tomate gratinadas / Gratines pasta shells in tomato sauce Salmon horno con pisto / Baked salmon with pisto Manzana ecologica, leche, pan / fruit, milk, bread	Paella mixta (calamar, pollo,mejillon,pescado) / fish and meat paella tortilla de calabacin con lechuga y maiz / Courgette omelette with salad Fruta, leche, pan integral / fruit, milk, Wholemed bread	Brocoli salteado / Sauted broccoli jamoncitos de pollo asado c/ patatas / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	verduras estofadas / vegetables stew Lacon al pimenton con ensalada / Baked ha with paprica and salad Fruta, leche, pan / fruit, milk, bread



ARTESANIA GASTRONOMICA ALCARREÑA



MAYO MENU SIN LECHE,SOJA,HUEVO,F. SECO, CRUSTACEOS Y MOLUSCOS, LEGUMBRE(si j. blanca y verde), APIO NI MOSTAZA

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
6	7	8	9	10
Crema de calabacin / Courgette crema rosti de patata con ensalada / Potato rosti with salad Postre apto / suitable dessert	Arroz con tomate / Rice in tomato sauce Ventresca de merluza al horno / Baked hake belly Fruta, , pan / fruit, , bread	coliflor salteada / sauted cauliflower Lacon con lechuga maiz y aceitunas / Baked ham with salad Fruta, , pan integral / fruit, , Wholemed bread	Macarrones integrales con tomate y pavo / spaghetti in tomato suce with turkey Pecado horno con ensalada / baked fish with salad Fruta, , pan / fruit, , bread	coliflor rehogada al ajillo / Sauted cauliflower Albondigas en salsa con cous cous / Meatballs in sauce with cous cous Fruta, , pan / fruit, , bread
13	14	15	16	17
Ensalada de pasta tricolor / Pasta salad Bacalao asado con tomate / Roasted cod with tomato Gelatina, pan integral / Jelly and whole bread	Arroz Salteado / Sauted rice escalope de pollo con patatas/ Breaded chicken with potatoes Fruta, , pan / fruit, , bread	Puré de verduras (zanahoria, espinaca, puerro) / Vegetables puree Rosti con lechuga y maiz / Rosti with salad Fruta, , pan integral / fruit, , Wholemed bread	Judias blancas ecologicas estofadas / Beans stew Sajonia a la plancha con maiz y remolacha/ Grilled sajonia with salad Fruta, , pan / fruit, , bread	Judias verdes saltadas con pimenton / Green beans sauted with paprika lasaña boloñesa / Bolognese lasagna Fruta, , pan / fruit, , bread
20	21	22	23	24
Espaguetis con pollo / Noddles with chicken Carne picada con verduras / Meat and vegetables Helado apto, pan integral / Ice cream, bread	Brocoli salteado con ajo y pimenton / Sauted brocoli with paprika Pollo estofado con arroz pilaf / Chicken stew with rice Fruta, , pan / fruit, , bread	Macarrones con pavo / Macaroni in tomato sauce with turkey Merluza horno con zanahoria baby / Baked hake with carrot Fruta, , pan integral / fruit, , Wholemed bread	Patatas guisados / Potato stew rosti de patata con ensalada / Potato rosti with salad Fruta, , pan / fruit, , bread	Pure de puerro y zanahoria / Leek and carrot puree Lomo al ajillo horno con patatas / Baked pork loin with chips Fruta, / fruit,
27	28	29	30	31
Menestra de Verduras / Vegetables stew hamburguesas plancha con patata dado / Grilled burger with potatoes Helado apto, pan integral / Ice cream, bread	Caracolas con tomate gratinadas / Gratinés pasta shells in tomato sauce Salmon horno con pisto / Baked salmon with pisto Manzana ecologica, , pan / fruit, , bread	Paella pollo / Chicken paella rosti de calabacin con lechuga y maiz / Courgette rosti with salad Fruta, , pan integral / fruit, , Wholemed bread	Judias verdes ecologicas con tomate / BioGreen beans in tomato sauce jamoncitos de pollo asado c/ patatas / Roast chicken with potatoes Fruta, , pan / fruit, , bread	Judias blancas ecologicas estofadas / Beans stew Lacon al pimenton con ensalada / Baked ha with paprica and salad Fruta, , pan / fruit, , bread



ARTESANIA GASTRONOMICA ALCARREÑA



MAYO MENU SIN PESCADO NI MARISCO MAY WITHOUT FISH AND SELLFISH MENU

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
6	7	8	9	10
Crema de calabacin / Courgette crema Tortilla de patata con ensalada / Potato omelette with salad Yogurt, pan integral / yoghurt and whole bread	Arroz con tomate / Rice in tomato sauce Sajonia al horno con patatas panaderas / Baked sajonia with bakery potatoes Fruta, leche, pan / fruit, milk, bread	Lentejas guisadas / Lentils stew Salchichas de ave con lechuga maiz y aceitunas / Turkey sausajes with salad Fruta, leche, pan integral / fruit, milk, Wholemed bread	Macarrones integrales con tomate y pavo / spagetti in tomato suce with turkey Lacon horno con lechuga mezclum y zanahoria / Baked ham with salad Fruta, leche, pan / fruit, milk, bread	coliflor rehogada al ajillo / Sauted cauliflower Albondigas en salsa con cous cous / Meatballs in sauce with cous cous Fruta, leche, pan / fruit, milk, bread
13	14	15	16	17
Ensalada de pasta tricolor / Pasta salad Cinta lomo con lechuga y maiz / Baked pork loin with lettuce and corn Gelatina, pan integral / Jelly and whole bread	Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables escalope de pollo con patatas/ Breaded chchicken with potatoes Fruta, leche, pan / fruit, milk, bread	Puré de verduras (zanahoria, espinaca, puerro) / Vegetables puree Huevos cocidos con lechuga y maiz / Boilled eggs with salad Fruta, leche, pan integral / fruit, milk, Wholemed bread	Judias blancas ecologicas estofadas / Beans stew Sajonia a la plancha con maiz y remolacha/ Grilled sajonia with salad Fruta, leche, pan / fruit, milk, bread	Judias verdes saltadas con pimenton / Green beans sauted with paprika Lomo con salteado de verdura / Grilled pork loin with vegetables Fruta, leche, pan / fruit, milk, bread
20	21	22	23	24
Espaguetis con pollo / Noddles with chicken Carne picada con verduras / Meat and vegetables Helado apto, pan integral / Ice cream, bread	Brocoli salteado con ajo y pimenton / Sauted brocoli with paprika Pollo estofado con arroz pilaf / Chicken stew with rice Fruta, leche, pan / fruit, milk, bread	Macarrones con pavo / Macaroni in tomato sauce with turkey Salchichas horno con lechuga mezclum y zanahoria / Baked sausajes with salad Fruta, leche, pan integral / fruit, milk, Wholemed bread	Garbanzos guisados con verduras / Chickpeas stew Tortilla de patata con ensalada / Potato omelette with salad Fruta, leche, pan / fruit, milk, bread	Pure de puerro y zanahoria / Leek and carrot puree Lomo al ajillo horno con patatas / Baked pork loin with chips Fruta, leche / fruit, milk
27	28	29	30	31
Menestra de Verduras / Vegetables stew hamburguesas plancha con patata dado / Grilled burger with potatoes Helado apto, pan integral / Ice cream, bread	Caracolas con tomate gratinadas / Gratines pasta shells in tomato sauce Pollo con pisto / Baked chicken with pisto Manzana ecologica, leche, pan / fruit, milk, bread	Paella pollo /chicken paella tortilla de calabacin con lechuga y maiz / Courgette omelette with salad Fruta, leche, pan integral / fruit, milk, Wholemed bread	Judias verdes ecologicas con tomate / BioGreen beans in tomato sauce jamoncitos de pollo asado c/ patatas / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Judias blancas ecologicas estofadas / Beans stew Lacon al pimenton con ensalada / Baked ha with paprica and salad Fruta, leche, pan / fruit, milk, bread



ARTESANIA GASTRONOMICA ALCARREÑA



MAYO MENU SIN SAL NI PROCESADOS MAY WITHOUT SALT MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
6	7	8	9	10
Crema de calabacín / Courgette crema Tortilla de patata con ensalada / Potato omelette with salad Yogurt, pan integral / yoghurt and whole bread	Arroz con tomate / Rice in tomato sauce Ventresca de merluza al horno / Baked hake belly Fruta, leche, pan / fruit, milk, bread	Lentejas guisadas / Lentils stew Salchichas de ave con lechuga maíz y aceitunas / Turkey sausages with salad Fruta, leche, pan integral / fruit, milk, Wholemed bread	Macarrones integrales con tomate y pavo / spaghetti in tomato sauce with turkey Boqueron en tempura con ensalada / Breaded Anchovies with salad Fruta, leche, pan / fruit, milk, bread	coliflor rehogada al ajillo / Sauted cauliflower Albondigas caseras en salsa con cous cous / Meatballs in sauce with cous cous Fruta, leche, pan / fruit, milk, bread
13	14	15	16	17
Ensalada de pasta tricolor / Pasta salad Bacalao asado con tomate / Roasted cod with tomato Gelatina, pan integral / Jelly and whole bread	Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables escalope de pollo con patatas/ Breaded chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Puré de verduras (zanahoria, espinaca, puerro) / Vegetables puree Huevos cocidos con lechuga y maíz / Boiled eggs with salad Fruta, leche, pan integral / fruit, milk, Wholemed bread	Judías blancas ecológicas estofadas / Beans stew Sajonia a la plancha con maíz y remolacha/ Grilled sajonia with salad Fruta, leche, pan / fruit, milk, bread	Judías verdes saltadas con pimentón / Green beans sauted with paprika lasaña boloñesa / Bolognese lasagna Fruta, leche, pan / fruit, milk, bread
20	21	22	23	24
Espaguetis con pollo / Noodles with chicken Carne picada con verduras / Meat and vegetables Helado apto, pan integral / Ice cream, bread	Brocoli salteado con ajo y pimentón / Sauted brocoli with paprika Pollo estofado con arroz pilaf / Chicken stew with rice Fruta, leche, pan / fruit, milk, bread	Macarrones con pavo / Macaroni in tomato sauce with turkey Merluza horno con zanahoria baby / Baked hake with carrot Fruta, leche, pan integral / fruit, milk, Wholemed bread	Garbanzos guisados con verduras / Chickpeas stew Tortilla de patata con ensalada / Potato omelette with salad Fruta, leche, pan / fruit, milk, bread	Pure de puerro y zanahoria / Leek and carrot puree Lomo al ajillo horno con patatas / Baked pork loin with chips Fruta, leche / fruit, milk
27	28	29	30	31
Menestra de Verduras / Vegetables stew hamburguesas caseras plancha con patata dado / Grilled burger with potatoes Helado apto, pan integral / Ice cream, bread	Caracolas con tomate gratinadas / Gratinated pasta shells in tomato sauce Salmon horno con pisto / Baked salmon with pisto Manzana ecológica, leche, pan / fruit, milk, bread	Paella mixta (calamar, pollo, mejillón, pescado) / fish and meat paella tortilla de calabacín con lechuga y maíz / Courgette omelette with salad Fruta, leche, pan integral / fruit, milk, Wholemed bread	Judías verdes ecológicas con tomate / BioGreen beans in tomato sauce jamoncitos de pollo asado c/ patatas / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Judías blancas ecológicas estofadas / Beans stew Lacon al pimentón con ensalada / Baked ham with paprika and salad Fruta, leche, pan / fruit, milk, bread



ARTESANIA GASTRONOMICA ALCARREÑA



MAYO MENU SIN SALMON MAY WITHOUT SALMON

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
6	7	8	9	10
Crema de calabacin / Courgette crema Tortilla de patata con ensalada / Potato omelette with salad Yogurt, pan integral / yoghurt and whole bread	Arroz con tomate / Rice in tomato sauce Ventresca de merluza al horno / Baked hake belly Fruta, leche, pan / fruit, milk, bread	Lentejas guisadas / Lentils stew Salchichas de ave con lechuga maiz y aceitunas / Turkey sausajes with salad Fruta, leche, pan integral / fruit, milk, Wholemed bread	Macarrones integrales con tomate y pavo / spagetti in tomato suce with turkey Boqueron en tempura con ensalada / Breaded Anchovies with salad Fruta, leche, pan / fruit, milk, bread	coliflor rehogada al ajillo / Sauted cauliflower Albondigas en salsa con cous cous / Meatballs in sauce with cous cous Fruta, leche, pan / fruit, milk, bread
13	14	15	16	17
Ensalada de pasta tricolor / Pasta salad Bacalao asado con tomate / Roasted cod with tomato Gelatina, pan integral / Jelly and whole bread	Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables escalope de pollo con patatas/ Breaded chchicken with potatoes Fruta, leche, pan / fruit, milk, bread	Puré de verduras (zanahoria, espinaca, puerro) / Vegetables puree Huevos villaroy con lechuga y maiz / Villaroy eggs with salad Fruta, leche, pan integral / fruit, milk, Wholemed bread	Judias blancas ecologicas estofadas / Beans stew Sajonia a la plancha con maiz y remolacha/ Grilled sajonia with salad Fruta, leche, pan / fruit, milk, bread	Judias verdes saltadas con pimenton / Green beans sauted with paprika lasaña boloñesa / Bolognese lasagna Fruta, leche, pan / fruit, milk, bread
20	21	22	23	24
Espaguetis con pollo / Noddles with chicken Rollitos de primavera con ensalada / Spring rolls with salad Helado apto, pan integral / Ice cream, bread	Brocoli salteado con ajo y pimenton / Sauted brocoli with paprika Pollo estofado con arroz pilaf / Chicken stew with rice Fruta, leche, pan / fruit, milk, bread	Macarrones con pavo / Macaroni in tomato sauce with turkey Merluza horno con zanahoria baby / Baked hake with carrot Fruta, leche, pan integral / fruit, milk, Wholemed bread	Garbanzos guisados con verduras / Chickpeas stew Tortilla de patata con ensalada / Potato omelette with salad Fruta, leche, pan / fruit, milk, bread	Pure de puerro y zanahoria / Leek and carrot puree Lomo al ajillo horno con patatas / Baked pork loin with chips Fruta, leche / fruit, milk
27	28	29	30	31
Menestra de Verduras / Vegetables stew hamburguesas plancha con patata dado / Grilled burger with potatoes Helado apto, pan integral / Ice cream, bread	Caracolas con tomate gratinadas / Gratinas pasta shells in tomato sauce Pollo con pisto / Baked chicken with pisto Manzana ecologica, leche, pan / fruit, milk, bread	Paella mixta (calamar, pollo,mejillon,pescado) / fish and meat paella tortilla de calabacin con lechuga y maiz / Courgette omelette with salad Fruta, leche, pan integral / fruit, milk, Wholemed bread	Judias verdes ecologicas con tomate / BioGreen beans in tomato sauce jamoncitos de pollo asado c/ patatas / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Judias blancas ecologicas estofadas / Beans stew Lacon al pimenton con ensalada / Baked ha with paprica and salad Fruta, leche, pan / fruit, milk, bread



ARTESANIA GASTRONOMICA ALCARREÑA

MAYO MENU SIN CARNE, LACTEOS, NO FRITOS, AZUCARES NI SALSAS INDUSTRIALES
MAY

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
6	7	8	9	10
Crema de calabacin / Courgette crema Tortilla de patata con ensalada / Potato omelette with salad Yogurt, pan integral / yoghurt and whole bread	Arroz con tomate / Rice in tomato sauce Ventresca de merluza al horno / Baked hake belly Fruta, leche, pan / fruit, milk, bread	Lentejas guisadas / Lentils stew Tofu plancha con lechuga maiz y aceitunas / Grilled tofu with salad Fruta, leche, pan integral / fruit, milk, Wholemed bread	Macarrones integrales con tomate / spagetti in tomato suce Pescado horno con ensalada / Baked fish with salad Fruta, leche, pan / fruit, milk, bread	coliflor rehogada al ajillo / Sauted cauliflower Hamburguesa vegana con cous cous / Vegan burger with cous cous Fruta, leche, pan / fruit, milk, bread
13	14	15	16	17
Ensalada de pasta tricolor / Pasta salad Bacalao asado con tomate / Roasted cod with tomato Gelatina, pan integral / Jelly and whole bread	Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables atun encebollado /baked tuna with onion Fruta, leche, pan / fruit, milk, bread	Puré de verduras (zanahoria, espinaca, puerro) / Vegetables puree Huevos cocidos con lechuga y maiz / Boliled eggs with salad Fruta, leche, pan integral / fruit, milk, Wholemed bread	Judias blancas ecologicas estofadas / Beans stew Hamburguesa vegana con ensalada / Vegan burger with salad Fruta, leche, pan / fruit, milk, bread	Judias verdes saltadas con pimenton / Green beans sauted with paprika Tortilla de patata con ensalada / Potato omelette with salad Fruta, leche, pan / fruit, milk, bread
20	21	22	23	24
Espaguetis con tomate / Noddles with tomato Hamburguesa vegana con ensalada / Vegan burger with salad Helado apto, pan integral / Ice cream, bread	Brocoli salteado con ajo y pimenton / Sauted brocoli with paprika emperador plancha y ensalada / Grilled tuna with salad Fruta, leche, pan / fruit, milk, bread	Macarrones con tomate / Macaroni in tomato sauce Merluza horno con zanahoria baby / Baked hake with carrot Fruta, leche, pan integral / fruit, milk, Wholemed bread	Garbanzos guisados con verduras / Chickpeas stew Tortilla de patata con ensalada / Potato omelette with salad Fruta, leche, pan / fruit, milk, bread	Pure de puerro y zanahoria / Leek and carrot puree Tofu plancha con lechuga maiz y aceitunas / Grilled tofu with salad Fruta, leche / fruit, milk
27	28	29	30	31
Menestra de Verduras / Vegetables stew Hamburguesa vegana con patatas / Vegan burger with potatoes Helado apto, pan integral / Ice cream, bread	Caracolas con tomate gratinadas / Gratines pasta shells in tomato sauce Salmon horno con pisto / Baked salmon with pisto Manzana ecologica, leche, pan / fruit, milk, bread	arroz con tomate / Ricein tomatro sauce tortilla de calabacin con lechuga y maiz / Courgette omelette with salad Fruta, leche, pan integral / fruit, milk, Wholemed bread	Judias verdes ecologicas con tomate / BioGreen beans in tomato sauce Tofu plancha con lechuga maiz y aceitunas / Grilled tofu with salad Fruta, leche, pan / fruit, milk, bread	Judias blancas ecologicas estofadas / Beans stew Pescado con ensalada / Grilled fish with salad Fruta, leche, pan / fruit, milk, bread



ARTESANIA GASTRONOMICA ALCARREÑA

MAYO MENU VEGANO MAY

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
6	7	8	9	10
<p>Crema de calabacin / Courgette crema</p> <p>Rosti de patata con ensalada / Potato rosti with salad</p> <p>Yogurt, pan integral / yoghurt and whole bread</p>	<p>Arroz con tomate / Rice in tomato sauce</p> <p>Ensalada completa / mixed salad</p> <p>Fruta, leche, pan / fruit, milk, bread</p>	<p>Lentejas guisadas / Lentils stew</p> <p>Tofu plancha con lechuga maiz y aceitunas / Grilled tofu with salad</p> <p>Fruta, leche, pan integral / fruit, milk, Wholemed bread</p>	<p>Macarrones integrales con tomate / spagetti in tomato suce</p> <p>Guisantes salteados</p> <p>Fruta, leche, pan / fruit, milk, bread</p>	<p>coliflor rehogada al ajillo / Sauted cauliflower</p> <p>Hamburguesa vegana con cous cous / Vegan burger with cous cous</p> <p>Fruta, leche, pan / fruit, milk, bread</p>
13	14	15	16	17
<p>Ensalada de pasta tricolor / Pasta salad</p> <p>Berenjenas parmesana</p> <p>Gelatina, pan integral / Jelly and whole bread</p>	<p>Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables</p> <p>parrillada de verduras</p> <p>Fruta, leche, pan / fruit, milk, bread</p>	<p>Puré de verduras (zanahoria, espinaca, puerro) / Vegetables puree</p> <p>Rosti con lechuga y maiz / Rosti with salad</p> <p>Fruta, leche, pan integral / fruit, milk, Wholemed bread</p>	<p>Judias blancas ecologicas estofadas / Beans stew</p> <p>Hamburguesa vegana con ensalada / Vegan burger with salad</p> <p>Fruta, leche, pan / fruit, milk, bread</p>	<p>Judias verdes saltadas con pimenton / Green beans sauted with paprika</p> <p>Rosti de patata con ensalada / Potato rosti with salad</p> <p>Fruta, leche, pan / fruit, milk, bread</p>
20	21	22	23	24
<p>Espaguetis con tomate / Noddles with tomato</p> <p>Hamburguesa vegana con ensalada / Vegan burger with salad</p> <p>Helado apto, pan integral / Ice cream, bread</p>	<p>Brocoli salteado con ajo y pimenton / Sauted brocoli with paprika</p> <p>sopa fria de melon</p> <p>Fruta, leche, pan / fruit, milk, bread</p>	<p>Macarrones con tomate / Macaroni in tomato sauce</p> <p>Ensalada completa / mixed salad</p> <p>Fruta, leche, pan integral / fruit, milk, Wholemed bread</p>	<p>Garbanzos guisados con verduras / Chickpeas stew</p> <p>Rosti de patata con ensalada / Potato rosti with salad</p> <p>Fruta, leche, pan / fruit, milk, bread</p>	<p>Pure de puerro y zanahoria / Leek and carrot puree</p> <p>Tofu plancha con lechuga maiz y aceitunas / Grilled tofu with salad</p> <p>Fruta, leche / fruit, milk</p>
27	28	29	30	31
<p>Menestra de Verduras / Vegetables stew</p> <p>ensalada campera</p> <p>Helado apto, pan integral / Ice cream, bread</p>	<p>Caracolas con tomate gratinadas / Gratines pasta shells in tomato sauce</p> <p>Ensalada completa / mixed salad</p> <p>Manzana ecologica, leche, pan / fruit, milk, bread</p>	<p>arroz con tomate / Ricein tomatro sauce</p> <p>Rosti de calabacin con lechuga y maiz / Courgette rosti with salad</p> <p>Fruta, leche, pan integral / fruit, milk, Wholemed bread</p>	<p>Judias verdes ecologicas con tomate / BioGreen beans in tomato sauce</p> <p>Tofu plancha con lechuga maiz y aceitunas / Grilled tofu with salad</p> <p>Fruta, leche, pan / fruit, milk, bread</p>	<p>Judias blancas ecologicas estofadas / Beans stew</p> <p>crema de puerro</p> <p>Fruta, leche, pan / fruit, milk, bread</p>