



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBRE MENU SIN LEGUMBRE OCTOBER WITHOUT LEGUME MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
1	2	3	4	5
Paella / Meat and fish Paella Bacalao romana con ensalada / Battered cod with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Crema calabacín / Courgette Puree Hamburguesa casera con patata / Grilled burger with baked potatoes Fruta y leche, pan / Fruit milk	Verdura estofada / Vegetables stew Tortilla de patata con pisto/ Potato omelette with pisto Fruta y leche, pan / Fruit and milk, bread	Sopa de picadillo / Egg and ham Stew Soup Lomo con lechuga,maiz y aceituna / Baked loin with salad Fruta y leche, pan / Fruit milk,	Pasta con tomate / Pasta in tomato sauce Fte de merluza en salsa verde / Hake in Green Sauce Fruta y leche, pan / Fruit milk
8	9	10	11	12
Espaguetis con salsa de tomate / Spagetti in Tomato Sauce Tortilla con lechuga y zanahoria / Omelette with Salad Gelatina de frutas /Fruit jelly	Arroz con tomate / Rice in tomato sauce Escalope pollo con Patata frita / Battered chicken with chips Fruta y leche, pan / Fruit and milk, bread	Verdura salteada / Sauted vegetables Ventresca Merluza horno lechuga / Baked Hake belly with salad Fruta y leche, pan / Fruit milk,	Crema de verdura / Vegetables puree Magro de cerdo guisado/ Stewed pork with potatoes Fruta pan / Fruit bread	FIESTA
15	16	17	18	19
Macarrones con chorizo / Macaroni in tomato sauce with chorizo Lomo asado con puré de manzana / Pork loin fried with apple puree Yogur de fruta./ Fruit Yoghurt, bread	Sopa de Cocido / Stew Soup Cocido Completo sin legumbre/ Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread	Arroz con verduras y magro / Rice with vegetables and pork meat Fte. Hallibut con lechuga y maiz / Baked Hallibut with salad Fruta y leche, pan / Fruit milk, bread	Crema de zanahorias / Carrot cream Estofado de pavo con cous cous / Turkey stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Verduras estofadas / Vegetables stew Pescadilla romana con lechuga y apio / Battered hake with salad Fruta y leche, pan / Fruit and milk, bread
22	23	24	25	26
Arroz con verduras / Rice with vegetables Filete con ensalada / Grilled fillet with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Verdura estofadas/ Stew vegetables Limanda romana con Ensalada Mixta / Battered limanda and Salad Fruta y leche, pan / Fruit and milk, bread	Coliflor Rebozada / Battered Cauliflower Tortilla de patata con york / Potato omelette with ham Fruta y leche, pan / Fruit and milk, bread	Patatas guisadas con chorizo / Stewed potatoes with chorizo Tronquito merluza horno con lechuga y maiz / Baked Hake with salad Fruta y leche, pan / Fruit and milk, bread	verdura al ajillo / Garlic vegetables Lomo horno con ensalada mixta / Baked loin with mixed salad Fruta, leche pan / fruit, milk, bread
29	30	31		
Arroz rehogado / Sauted rice Huevos cocidos con lechuga y maiz / Boiled eggs with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Crema de puerro / Leak puree Salmón al horno con patata / Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Sopa de pescado/ Fish soup Pollo guisado con verdura al horno / StewChicken with baked vegetables Fruta pan / Fruit bread		



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBRE MENU SIN PESCADO OCTOBER WITHOUT FISH

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
1	2	3	4	5
Paella verdura / vegetable Paella Lomo con ensalada / Battered cod with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Crema calabacín / Courgette Puree Hamburguesa ternera con patata / Grilled veal burger with baked potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas guisadas / Stew pinto beans with vegetables Tortilla de patata con pisto/ Potato omelette with pisto Fruta y leche, pan / Fruit and milk, bread	Sopa de picadillo / Egg and ham Stew Soup Lacón conlechuga,maiz y aceituna / Baked smoked ham with salad Fruta y leche, pan / Fruit and milk, bread	Pasta con tomate / Pasta in tomato sauce Fte de pollo ensaladas / grilled chicken with salad Fruta y leche, pan / Fruit and milk, bread
8	9	10	11	12
Espaguetis con salsa de tomate / Spagetti in Tomato Sauce Tortilla De pavo con lechuga y zanahoria / Turkey Omelette with Salad Gelatina de frutas /Fruit jelly	Crema de zanahorias / Carrot cream Escalope pollo con Patata frita / Battered chicken with chips Fruta y leche, pan / Fruit and milk, bread	Lentejas con patata y zanahoria / Stew lentils with vegetables Salchichas ave con ensalada / chicken sausajes with salad Fruta y leche, pan / Fruit milk,	Crema de verdura / Vegetables puree Magro de cerdo guisado/ Stewed pork with potatoes Fruta pan / Fruit bread	FIESTA
15	16	17	18	19
Macarrones con chorizo / Macaroni in tomato sauce with chorizo Lomo asado con puré de manzana / Pork loin fried with apple puree Yogur de fruta./ Fruit Yoghurt, bread	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread	Arroz con verduras y magro / Rice with vegetables and pork meat Filete con ensalada / Grilled fillet with salad Fruta y leche, pan / Fruit milk, bread	Judía verde salteada con jamón / Sauted Green Beans with ham Estofado de pavo con cous cous / Turkey stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Lentejas estofadas con verdura / Stewed lentils Pollo con lechuga y apio / Baked chicken with salad Fruta y leche, pan / Fruit and milk, bread
22	23	24	25	26
Arroz con verduras / Rice with vegetables Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Yogur de fruta, pan / Fruit Yoghurt, bread	Judías blancas estofadas/ Stew pinto beans with vegetables Filete con Ensalada Mixta / Grilled fillet and Salad Fruta y leche, pan / Fruit and milk, bread	Coliflor Rebozada / Battered Cauliflower Tortilla de patata con york / Potato omelette with ham Fruta y leche, pan / Fruit and milk, bread	Patatas guisadas con chorizo / Stewed potatoes with chorizo Pollo con lechuga y maiz / Baked chicken with salad Fruta y leche, pan / Fruit and milk, bread	Garbanzos estofados / Chickpeas stew Lomo sajonia horno con ensalada mixta / Baked sajonia loin with mixed salad Fruta, leche pan / fruit, milk, bread
29	30	31		
Lentejas con chorizo / Lentils stew with chorizo Huevos villaroy con lechuga y maiz / Villaroy eggs with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Crema de puerro / Leek puree Lomo con patatas / Grilled pork loin with potatoes Fruta y leche, pan / Fruit and milk, bread	Sopa de fideos/ Noodels oup Pollo guisado con verdura al horno / StewChicken with baked vegetables Fruta pan / Fruit bread		



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBRE MENU SIN GLUTEN OCTOBER WITHOUT GLUTEN MENU

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
1	2	3	4	5
Paella / Meat and fish Paella Bacalao romana con ensalada / Battered cod with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Crema calabacín / Courgette Puree Hamburguesa sin gluten con patata / Grilled veal burger with baked potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas guisadas / Stew pinto beans with vegetables Tortilla de patata con pisto/ Potato omelette with pisto Fruta y leche, pan / Fruit and milk, bread	Sopa de picadillo sin gluten / Egg and ham Stew Soup Lacón conlechuga,maiz y aceituna / Baked smoked ham with salad Fruta y leche, pan / Fruit and milk, bread	Pasta sin gluten con tomate / Pasta in tomato sauce Fte de merluza en salsa verde con guisantes / Hake in Green Sauce with peas Fruta y leche, pan / Fruit and milk, bread
8	9	10	11	12
Espaguetis sin gluten con salsa de tomate / Spagetti in Tomato Sauce Tortilla De pavo con lechuga y zanahoria / Turkey Omelette with Salad Gelatina de frutas /Fruit jelly	Judías verdes salteadas con jamón / Sauted Green Beans with ham Escalope pollo con Patata frita / Battered chicken with chips Fruta y leche, pan / Fruit and milk, bread	Lentejas con patata y zanahoria / Stew lentils with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with salad Fruta y leche, pan / Fruit milk,	Crema de verdura / Vegetables puree Magro de cerdo guisado/ Stewed pork with potatoes Fruta pan / Fruit bread	FIESTA
15	16	17	18	19
Macarrones sin gluten con chorizo / Macaroni in tomato sauce with chorizo Lomo asado con puré de manzana / Pork loin fried with apple puree Yogur de fruta./ Fruit Yoghurt, bread	Sopa de Cocido sin gluten / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread	Arroz con verduras y magro / Rice with vegetables and pork meat Fte. Hallibut con lechuga y maiz / Baked Hallibut with salad Fruta y leche, pan / Fruit milk, bread	Crema de zanahorias / Carrot cream Estofado de pavo arroz / Turkey stew with rice Fruta y leche, pan / Fruit and milk, bread	Lentejas estofadas con verdura / Stewed lentils Pescadilla romana con lechuga y apio / Battered hake with salad Fruta y leche, pan / Fruit and milk, bread
22	23	24	25	26
Arroz con verduras / Rice with vegetables Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Yogur de fruta, pan / Fruit Yoghurt, bread	Judías blancas estofadas/ Stew pinto beans with vegetables Limanda romana con Ensalada Mixta / Battered limanda and Salad Fruta y leche, pan / Fruit and milk, bread	Pure de verdura / Vegetables puree Tortilla de patata con york / Potato omelette with ham Fruta y leche, pan / Fruit and milk, bread	Patatas guisadas con chorizo / Stewed potatoes with chorizo Tronquito merluza horno con lechuga y maiz / Baked Hake with salad Fruta y leche, pan / Fruit and milk, bread	Garbanzos estofados / Chickpeas stew Lomo sajonia horno con ensalada mixta / Baked sajonia loin with mixed salad Fruta, leche pan / fruit, milk, bread
29	30	31		
Lentejas con chorizo / Lentils stew with chorizo Huevos cocidos con lechuga y maiz / Boiled eggs with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Crema de puerro / Leak puree Salmón al horno con patata / Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Sopa de pescado sin gluten/ Fish soup Pollo guisado con verdura al horno / StewChicken with baked vegetables Fruta pan / Fruit bread		



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBRE MENU SIN HUEVO OCTOBER WITHOUT EGG MENU

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
1	2	3	4	5
Paella / Meat and fish Paella Bacalao con ensalada / Baked cod with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Crema calabacín / Courgette Puree Hamburguesa con patata / Grilled veal burger with baked potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas guisadas / Stew pinto beans with vegetables Rosti de patata con pisto/ Potato rosti with pisto Fruta y leche, pan / Fruit and milk, bread	Sopa de picadillo sin huevo / ham Stew Soup Lacón con lechuga,maiz y aceituna / Baked smoked ham with salad Fruta y leche, pan / Fruit and milk, bread	Pasta sin huevo boloñesa / Bolognese pasta Fte de merluza en salsa verde con guisantes / Hake in Green Sauce with peas Fruta y leche, pan / Fruit and milk, bread
8	9	10	11	12
Espaguetis sin huevo con salsa de tomate / Spagetti in Tomato Sauce Rosti de pavo con lechuga y zanahoria / Turkey Omelette with Salad Gelatina de frutas /Fruit jelly	Judías verdes salteadas con jamón / Sauted Green Beans with ham Escalope pollo con Patata frita / Battered chicken with chips Fruta y leche, pan / Fruit and milk, bread	Lentejas con patata y zanahoria / Stew lentils with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with salad Fruta y leche, pan / Fruit and milk, bread	Crema de verdura / Vegetables puree Magro de cerdo guisado/ Stewed pork with potatoes Fruta pan / Fruit bread	FIESTA
15	16	17	18	19
Macarrones sin huevo con chorizo / Macaroni in tomato sauce with chorizo Lomo asado con puré de manzana / Pork loin fried with apple puree Yogur de fruta./ Fruit Yoghurt, bread	Sopa de Cocido sin huevo / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread	Arroz con verduras y magro / Rice with vegetables and pork meat Fte. Hallibut con lechuga y maiz / Baked Hallibut with salad Fruta y leche, pan / Fruit and milk, bread	Crema de zanahorias / Carrot cream Estofado de pavo arroz / Turkey stew with rice Fruta y leche, pan / Fruit and milk, bread	Lentejas estofadas con verdura / Stewed lentils Pescadilla con lechuga y apio / Baked hake with salad Fruta y leche, pan / Fruit and milk, bread
22	23	24	25	26
Arroz con verduras / Rice with vegetables Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Yogur de fruta, pan / Fruit Yoghurt, bread	Judías blancas estofadas/ Stew pinto beans with vegetables Limanda horno con Ensalada Mixta / Baked limanda and Salad Fruta y leche, pan / Fruit and milk, bread	Pure de verdura / Vegetables puree Rosti con york / Rosti with ham Fruta y leche, pan / Fruit and milk, bread	Patatas guisadas con chorizo / Stewed potatoes with chorizo Tronquito merluza horno con lechuga y maiz / Baked Hake with salad Fruta y leche, pan / Fruit and milk, bread	Garbanzos estofados / Chickpeas stew Lomo sajonia horno con ensalada mixta / Baked sajonia loin with mixed salad Fruta y leche, pan / Fruit and milk, bread
29	30	31		
Lentejas con chorizo / Lentils stew with chorizo Rosti con lechuga y maiz / Rosti with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Crema de puerro / Leak puree Salmón al horno con patata / Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Sopa de pescado/ Fish soup Pollo guisado con verdura al horno / StewChicken with baked vegetables Fruta pan / Fruit bread		



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBRE MENU SIN LECHE OCTOBER WITHOUT MILK MENU

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
1	2	3	4	5
Paella / Meat and fish Paella Bacalao romana con ensalada / Battered cod with salad Postre apto / Suitable dessert	Crema calabacín / Courgette Puree Hamburguesa con patata / Grilled veal burger with baked potatoes Fruta y pan / Fruit and bread	Judías blancas guisadas / Stew pinto beans with vegetables Tortilla de patata con pisto/ Potato omelette with pisto Fruta y pan / Fruit and bread	Sopa de picadillo / Egg and ham Stew Soup Lacón con lechuga,maiz y aceituna / Baked smoked ham with salad Fruta y pan / Fruit and bread	Pasta con tomate / Pasta in tomato sauce Fte de merluza en salsa verde con guisantes / Hake in Green Sauce with peas Fruta y pan / Fruit and bread
8	9	10	11	12
Espaguetis con salsa de tomate / Spagetti in Tomato Sauce Tortilla De pavo con lechuga y zanahoria / Turkey Omelette with Salad Gelatina de frutas /Fruit jelly	Judías verdes salteadas con jamón / Sauted Green Beans with ham Escalope pollo con Patata frita / Battered chicken with chips Fruta y pan / Fruit and bread	Lentejas con patata y zanahoria / Stew lentils with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with salad Fruta y pan / Fruit and bread	Crema de verdura / Vegetables puree Magro de cerdo guisado/ Stewed pork with potatoes Fruta pan / Fruit bread	FIESTA
15	16	17	18	19
Macarrones con chorizo / Macaroni in tomato sauce with chorizo Lomo asado con puré de manzana / Pork loin fried with apple puree Postre apto / Suitable dessert	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y pan / Fruit and bread	Arroz con verduras y magro / Rice with vegetables and pork meat Fte. Hallibut con lechuga y maiz / Baked Hallibut with salad Fruta y pan / Fruit and bread	Crema de zanahorias / Carrot cream Estofado de pavo con cous cous / Turkey stew with cous cous Fruta y pan / Fruit and bread	Lentejas estofadas con verdura / Stewed lentils Pescadilla romana con lechuga y apio / Battered hake with salad Fruta y pan / Fruit and bread
22	23	24	25	26
Arroz con verduras / Rice with vegetables Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Postre apto / Suitable dessert	Judías blancas estofadas/ Stew pinto beans with vegetables Limanda romana con Ensalada Mixta / Battered limanda and Salad Fruta y pan / Fruit and bread	Pure de verdura / Vegetables puree Tortilla de patata con york / Potato omelette with ham Fruta y pan / Fruit and bread	Patatas guisadas con chorizo / Stewed potatoes with chorizo Tronquito merluza horno con lechuga y maiz / Baked Hake with salad Fruta y pan / Fruit and bread	Garbanzos estofados / Chickpeas stew Lomo horno con ensalada mixta / Baked loin with mixed salad Fruta y pan / Fruit and bread
29	30	31		
Lentejas con chorizo / Lentils stew with chorizo Huevos cocidos con lechuga y maiz / Boiled eggs with salad Postre apto / Suitable dessert	Crema de puerro / Leak puree Salmón al horno con patata / Baked salmon with potatoes Fruta y pan / Fruit and bread	Sopa de pescado/ Fish soup Pollo guisado con verdura al horno / StewChicken with baked vegetables Fruta pan / Fruit bread		



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBRE MENU SIN HUEVO, LECHE, F. SECO OCTOBER WITHOUT EGG, MILK, AND NUTS MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
1	2	3	4	5
Paella / Meat and fish Paella Bacalao con ensalada / Battered cod with salad Postre apto / Suitable dessert	Pure de calabacin / Courgette puree Hamburguesa con patata / Grilled veal burger with baked potatoes Fruta pan / Fruit bread	Judias blancas guisadas / Stew pinto beans with vegetables Rosti de patata con pisto/ Potato rosti with pisto Fruta pan / Fruit bread	Sopa de picadillo / Egg and ham Stew Soup Lacón conlechuga,maiz y aceituna / Baked smoked ham with salad Fruta pan / Fruit bread	Pasta con tomate / Pasta in tomato sauce Fte de merluza en salsa verde con guisantes / Hake in Green Sauce with peas Fruta pan / Fruit bread
8	9	10	11	12
Espaguetis con salsa de tomate / Spagetti in Tomato Sauce Rosti de pavo con lechuga y zanahoria / Turkey Omelette with Salad Gelatina de frutas /Fruit jelly	Judías verdes salteadas con jamón / Sauted Green Beans with ham Escalope pollo con Patata frita / Battered chicken with chips Fruta pan / Fruit bread	Lentejas con patata y zanahoria / Stew lentils with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with salad Fruta pan / Fruit bread	Crema de verdura / Vegetables puree Magro de cerdo guisado/ Stewed pork with potatoes Fruta pan / Fruit bread	FIESTA
15	16	17	18	19
Macarrones con chorizo / Macaroni in tomato sauce with chorizo Lomo asado con puré de manzana / Pork loin fried with apple puree Postre apto / Suitable dessert	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta pan / Fruit bread	Arroz con verduras y magro / Rice with vegetables and pork meat Fte. Hallibut con lechuga y maiz / Baked Hallibut with salad Fruta pan / Fruit bread	Crema de zanahorias / Carrot cream Estofado de pavo arroz / Turkey stew with rice Fruta pan / Fruit bread	Lentejas estofadas con verdura / Stewed lentils Pescadilla romana con lechuga y apio / Battered hake with salad Fruta pan / Fruit bread
22	23	24	25	26
Arroz con verduras / Rice with vegetables Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Postre apto / Suitable dessert	Judias blancas estofadas/ Stew pinto beans with vegetables Limanda con Ensalada Mixta / Baked limanda and Salad Fruta pan / Fruit bread	Pure de verdura / Vegetables puree Rosti con york / Rosti with ham Fruta pan / Fruit bread	Patatas guisadas con chorizo / Stewed potatoes with chorizo Tronquito merluza horno con lechuga y maiz / Baked Hake with salad Fruta pan / Fruit bread	Garbanzos estofados / Chickpeas stew Lomo horno con ensalada mixta / Baked loin with mixed salad Fruta pan / Fruit bread
29	30	31		
Lentejas con chorizo / Lentils stew with chorizo Rosti con lechuga y maiz / Rosti with salad Postre apto / Suitable dessert	Crema de puerro / Leak puree Salmón al horno con patata / Baked salmon with potatoes Fruta pan / Fruit bread	Sopa de pescado / Fish soup Pollo guisado con verdura al horno / StewChicken with baked vegetables Fruta pan / Fruit bread		



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBRE MENU SIN F. SECO OCTOBER WITHOUT NUTS MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
1	2	3	4	5
Paella / Meat and fish Paella Bacalao romana con ensalada / Battered cod with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Crema calabacín / Courgette Puree Hamburguesa ternera con patata / Grilled veal burger with baked potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas guisadas / Stew pinto beans with vegetables Tortilla de patata con pisto/ Potato omelette with pisto Fruta y leche, pan / Fruit and milk, bread	Sopa de picadillo / Egg and ham Stew Soup Lacón conlechuga,maiz y aceituna / Baked smoked ham with salad Fruta y leche, pan / Fruit and milk, bread	Pasta con tomate / Pasta in tomato sauce Fte de merluza en salsa verde con guisantes / Hake in Green Sauce with peas Fruta y leche, pan / Fruit and milk, bread
8	9	10	11	12
Espaguetis con salsa de tomate / Spagetti in Tomato Sauce Tortilla De pavo con lechuga y zanahoria / Turkey Omelette with Salad Gelatina de frutas /Fruit jelly	Judías verdes salteadas con jamón / Sauted Green Beans with ham Escalope pollo con Patata frita / Battered chicken with chips Fruta y leche, pan / Fruit and milk, bread	Lentejas con patata y zanahoria / Stew lentils with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with salad Fruta y leche, pan / Fruit milk,	Crema de verdura / Vegetables puree Magro de cerdo guisado/ Stewed pork with potatoes Fruta pan / Fruit bread	FIESTA
15	16	17	18	19
Macarrones con chorizo / Macaroni in tomato sauce with chorizo Lomo asado con puré de manzana / Pork loin fried with apple puree Yogur de fruta./ Fruit Yoghurt, bread	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread	Arroz con verduras y magro / Rice with vegetables and pork meat Fte. Hallibut con lechuga y maiz / Baked Hallibut with salad Fruta y leche, pan / Fruit milk, bread	Crema de zanahorias / Carrot cream Estofado de pavo con cous cous / Turkey stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Lentejas estofadas con verdura / Stewed lentils Pescadilla romana con lechuga y apio / Battered hake with salad Fruta y leche, pan / Fruit and milk, bread
22	23	24	25	26
Arroz con verduras / Rice with vegetables Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Yogur de fruta, pan / Fruit Yoghurt, bread	Judías blancas estofadas/ Stew pinto beans with vegetables Limanda romana con Ensalada Mixta / Battered limanda and Salad Fruta y leche, pan / Fruit and milk, bread	Coliflor Rebozada / Battered Cauliflower Tortilla de patata con york / Potato omelette with ham Fruta y leche, pan / Fruit and milk, bread	Patatas guisadas con chorizo / Stewed potatoes with chorizo Tronquito merluza horno con lechuga y maiz / Baked Hake with salad Fruta y leche, pan / Fruit and milk, bread	Garbanzos estofados / Chickpeas stew Lomo sajonia horno con ensalada mixta / Baked sajonia loin with mixed salad Fruta, leche pan / fruit, milk, bread
29	30	31		
Lentejas con chorizo / Lentils stew with chorizo Huevos cocidos con lechuga y maiz / Boiled eggs with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Crema de puerro / Leak puree Salmón al horno con patata / Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Sopa de pescado/ Fish soup Pollo guisado con verdura al horno / StewChicken with baked vegetables Fruta pan / Fruit bread		



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBRE MENU SIN HUEVO, F. SECOS , LEGUMBRE(si j. blanca),KIWI Y PIEL ROSACEAS
OCTOBER WITHOUT EGG, NUTS, LEGUME,KIWI AND ROSACEANS MENU

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
1	2	3	4	5
Paella / Meat and fish Paella Bacalao con ensalada / Baked cod with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Crema calabacín / Courgette Puree Hamburguesa con patata / Grilled veal burger with baked potatoes Fruta pelada y leche, pan /Peeled Fruit and milk, bread	Judias blancas guisadas / Stew pinto beans with vegetables Rosti de patata con pisto/ Potato rosti with pisto Fruta pelada y leche, pan /Peeled Fruit and milk, bread	Sopa de picadillo sin huevo / ham Stew Soup Lacón con lechuga,maiz y aceituna / Baked smoked ham with salad Fruta pelada y leche, pan /Peeled Fruit and milk, bread	Pasta sin huevo boloñesa / Bolognese pasta Fte de merluza en salsa verde con guisantes / Hake in Green Sauce with peas Fruta pelada y leche, pan /Peeled Fruit and milk, bread
8	9	10	11	12
Espaguetis sin huevo con salsa de tomate / Spagetti in Tomato Sauce Rosti de pavo con lechuga y zanahoria / Turkey Omelette with Salad Gelatina de frutas /Fruit jelly	Verdura salteada / sauted vegetables Escalope pollo con Patata frita / Battered chicken with chips Fruta pelada y leche, pan /Peeled Fruit and milk, bread	Arroz con tomate / Rice in tomato sauce Ventresca Merluza horno lechuga / Baked Hake belly with salad Fruta pelada y leche, pan /Peeled Fruit and milk, bread	Crema de verdura / Vegetables puree Magro de cerdo guisado/ Stewed pork with potatoes Fruta pan / Fruit bread	FIESTA
15	16	17	18	19
Macarrones sin huevo con chorizo / Macaroni in tomato sauce with chorizo Lomo asado con puré de manzana / Pork loin fried with apple puree Yogur de fruta./ Fruit Yoghurt, bread	Sopa de Cocido sin huevo / Stew Soup Cocido Completo sin garbanzo / Chickpeas, Meat and Cabbage Stew Fruta pelada y leche, pan /Peeled Fruit and milk, bread	Arroz con verduras y magro / Rice with vegetables and pork meat Fte. Hallibut con lechuga y maiz / Baked Hallibut with salad Fruta pelada y leche, pan /Peeled Fruit and milk, bread	Crema de zanahorias / Carrot cream Estofado de pavo arroz / Turkey stew with rice Fruta pelada y leche, pan /Peeled Fruit and milk, bread	Verdura salteada / sauted vegetables Pescadilla con lechuga y apio / Baked hake with salad Fruta pelada y leche, pan /Peeled Fruit and milk, bread
22	23	24	25	26
Arroz con verduras / Rice with vegetables Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Yogur de fruta, pan / Fruit Yoghurt, bread	Judias blancas estofadas/ Stew pinto beans with vegetables Limanda horno con Ensalada Mixta / Baked limanda and Salad Fruta pelada y leche, pan /Peeled Fruit and milk, bread	Pure de verdura / Vegetables puree Rosti con york / Rosti with ham Fruta pelada y leche, pan /Peeled Fruit and milk, bread	Patatas guisadas con chorizo / Stewed potatoes with chorizo Tronquito merluza horno con lechuga y maiz / Baked Hake with salad Fruta pelada y leche, pan /Peeled Fruit and milk, bread	Verdura salteada / sauted vegetables Lomo sajonia horno con ensalada mixta / Baked sajonia loin with mixed salad Fruta pelada y leche, pan /Peeled Fruit and milk, bread
29	30	31		
Verdura salteada / sauted vegetables Rosti con lechuga y maiz / Rosti with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Crema de puerro / Leak puree Salmón al horno con patata / Baked salmon with potatoes Fruta pelada y leche, pan /Peeled Fruit and milk, bread	Sopa de pescado/ Fish soup Pollo guisado con verdura al horno / StewChicken with baked vegetables Fruta pan / Fruit bread		



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBRE MENU SIN F. SECO NI LEGUMBRE OCTOBER WITHOUT NUTS AND LEGUME MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
1	2	3	4	5
Paella / Meat and fish Paella Bacalao romana con ensalada / Battered cod with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Crema calabacín / Courgette Puree Hamburguesa casera con patata / Grilled burger with baked potatoes Fruta y leche, pan / Fruit milk	Verdura estofada / Vegetables stew Tortilla de patata con pisto/ Potato omelette with pisto Fruta y leche, pan / Fruit and milk, bread	Sopa de picadillo / Egg and ham Stew Soup Lomo con lechuga,maiz y aceituna / Baked loin with salad Fruta y leche, pan / Fruit milk,	Pasta con tomate / Pasta in tomato sauce Fte de merluza en salsa verde / Hake in Green Sauce Fruta y leche, pan / Fruit milk
8	9	10	11	12
Espaguetis con salsa de tomate / Spagetti in Tomato Sauce Tortilla con lechuga y zanahoria / Omelette with Salad Gelatina de frutas /Fruit jelly	Arroz con tomate / Rice in tomato sauce Escalope pollo con Patata frita / Battered chicken with chips Fruta y leche, pan / Fruit and milk, bread	Verdura salteada / Sauted vegetables Ventresca Merluza horno lechuga / Baked Hake belly with salad Fruta y leche, pan / Fruit milk,	Crema de verdura / Vegetables puree Magro de cerdo guisado/ Stewed pork with potatoes Fruta pan / Fruit bread	FIESTA
15	16	17	18	19
Macarrones con chorizo / Macaroni in tomato sauce with chorizo Lomo asado con puré de manzana / Pork loin fried with apple puree Yogur de fruta./ Fruit Yoghurt, bread	Sopa de Cocido / Stew Soup Cocido Completo sin legumbre/ Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread	Arroz con verduras y magro / Rice with vegetables and pork meat Fte. Hallibut con lechuga y maiz / Baked Hallibut with salad Fruta y leche, pan / Fruit milk, bread	Crema de zanahorias / Carrot cream Estofado de pavo con cous cous / Turkey stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Verduras estofadas / Vegetables stew Pescadilla romana con lechuga y apio / Battered hake with salad Fruta y leche, pan / Fruit and milk, bread
22	23	24	25	26
Arroz con verduras / Rice with vegetables Filete con ensalada / Grilled fillet with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Verdura estofadas/ Stew vegetables Limanda romana con Ensalada Mixta / Battered limanda and Salad Fruta y leche, pan / Fruit and milk, bread	Coliflor Rebozada / Battered Cauliflower Tortilla de patata con york / Potato omelette with ham Fruta y leche, pan / Fruit and milk, bread	Patatas guisadas con chorizo / Stewed potatoes with chorizo Tronquito merluza horno con lechuga y maiz / Baked Hake with salad Fruta y leche, pan / Fruit and milk, bread	verdura al ajillo / Garlic vegetables Lomo horno con ensalada mixta / Baked loin with mixed salad Fruta, leche pan / fruit, milk, bread
29	30	31		
Arroz rehogado / Sauted rice Huevos cocidos con lechuga y maiz / Boiled eggs with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Crema de puerro / Leak puree Salmón al horno con patata / Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Sopa de pescado/ Fish soup Pollo guisado con verdura al horno / StewChicken with baked vegetables Fruta pan / Fruit bread		



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBRE MENU SIN HUEVO NI F. SECOS OCTOBER WITHOUT EGG AND NUTS MENU

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
1	2	3	4	5
Paella / Meat and fish Paella Bacalao con ensalada / Baked cod with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Crema calabacín / Courgette Puree Hamburguesa con patata / Grilled veal burger with baked potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas guisadas / Stew pinto beans with vegetables Rosti de patata con pisto/ Potato rosti with pisto Fruta y leche, pan / Fruit and milk, bread	Sopa de picadillo sin huevo / ham Stew Soup Lacón con lechuga,maiz y aceituna / Baked smoked ham with salad Fruta y leche, pan / Fruit and milk, bread	Pasta sin huevo boloñesa / Bolognese pasta Fte de merluza en salsa verde con guisantes / Hake in Green Sauce with peas Fruta y leche, pan / Fruit and milk, bread
8	9	10	11	12
Espaguetis sin huevo con salsa de tomate / Spagetti in Tomato Sauce Rosti de pavo con lechuga y zanahoria / Turkey Omelette with Salad Gelatina de frutas /Fruit jelly	Judías verdes salteadas con jamón / Sauted Green Beans with ham Escalope pollo con Patata frita / Battered chicken with chips Fruta y leche, pan / Fruit and milk, bread	Lentejas con patata y zanahoria / Stew lentils with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with salad Fruta y leche, pan / Fruit and milk, bread	Crema de verdura / Vegetables puree Magro de cerdo guisado/ Stewed pork with potatoes Fruta pan / Fruit bread	FIESTA
15	16	17	18	19
Macarrones sin huevo con chorizo / Macaroni in tomato sauce with chorizo Lomo asado con puré de manzana / Pork loin fried with apple puree Yogur de fruta./ Fruit Yoghurt, bread	Sopa de Cocido sin huevo / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread	Arroz con verduras y magro / Rice with vegetables and pork meat Fte. Hallibut con lechuga y maiz / Baked Hallibut with salad Fruta y leche, pan / Fruit and milk, bread	Crema de zanahorias / Carrot cream Estofado de pavo arroz / Turkey stew with rice Fruta y leche, pan / Fruit and milk, bread	Lentejas estofadas con verdura / Stewed lentils Pescadilla con lechuga y apio / Baked hake with salad Fruta y leche, pan / Fruit and milk, bread
22	23	24	25	26
Arroz con verduras / Rice with vegetables Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Yogur de fruta, pan / Fruit Yoghurt, bread	Judías blancas estofadas/ Stew pinto beans with vegetables Limanda horno con Ensalada Mixta / Baked limanda and Salad Fruta y leche, pan / Fruit and milk, bread	Pure de verdura / Vegetables puree Rosti con york / Rosti with ham Fruta y leche, pan / Fruit and milk, bread	Patatas guisadas con chorizo / Stewed potatoes with chorizo Tronquito merluza horno con lechuga y maiz / Baked Hake with salad Fruta y leche, pan / Fruit and milk, bread	Garbanzos estofados / Chickpeas stew Lomo sajonia horno con ensalada mixta / Baked sajonia loin with mixed salad Fruta y leche, pan / Fruit and milk, bread
29	30	31		
Lentejas con chorizo / Lentils stew with chorizo Rosti con lechuga y maiz / Rosti with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Crema de puerro / Leak puree Salmón al horno con patata / Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Sopa de pescado/ Fish soup Pollo guisado con verdura al horno / StewChicken with baked vegetables Fruta pan / Fruit bread		



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBRE MENU SIN HUEVO, F. SECO NI FRUTA ROSACEA OCTOBER WITHOUT EGG, NUTS AND ROSACEANS FRUITS MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
1	2	3	4	5
Paella / Meat and fish Paella Bacalao con ensalada / Baked cod with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Crema calabacín / Courgette Puree Hamburguesa con patata / Grilled veal burger with baked potatoes Fruta(no rosaceas) y leche, pan / Fruit and milk, bread	Judías blancas guisadas / Stew pinto beans with vegetables Rosti de patata con pisto/ Potato rosti with pisto Fruta(no rosaceas) y leche, pan / Fruit and milk, bread	Sopa de picadillo sin huevo / ham Stew Soup Lacón con lechuga,maiz y aceituna / Baked smoked ham with salad Fruta(no rosaceas) y leche, pan / Fruit and milk, bread	Pasta sin huevo boloñesa / Bolognese pasta Fte de merluza en salsa verde con guisantes / Hake in Green Sauce with peas Fruta(no rosaceas) y leche, pan / Fruit and milk, bread
8	9	10	11	12
Espaguetis sin huevo con salsa de tomate / Spagetti in Tomato Sauce Rosti de pavo con lechuga y zanahoria / Turkey Omelette with Salad Gelatina de frutas /Fruit jelly	Judías verdes salteadas con jamón / Sauted Green Beans with ham Escalope pollo con Patata frita / Battered chicken with chips Fruta(no rosaceas) y leche, pan / Fruit and milk, bread	Lentejas con patata y zanahoria / Stew lentils with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with salad Fruta(no rosaceas) y leche, pan / Fruit and milk, bread	Crema de verdura / Vegetables puree Magro de cerdo guisado/ Stewed pork with potatoes Fruta(no rosaceas) y leche, pan / Fruit and milk, bread	FIESTA
15	16	17	18	19
Macarrones sin huevo con chorizo / Macaroni in tomato sauce with chorizo Lomo asado con puré de manzana / Pork loin fried with apple puree Yogur de fruta./ Fruit Yoghurt, bread	Sopa de Cocido sin huevo / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta(no rosaceas) y leche, pan / Fruit and milk, bread	Arroz con verduras y magro / Rice with vegetables and pork meat Fte. Hallibut con lechuga y maiz / Baked Hallibut with salad Fruta(no rosaceas) y leche, pan / Fruit and milk, bread	Crema de zanahorias / Carrot cream Estofado de pavo arroz / Turkey stew with rice Fruta(no rosaceas) y leche, pan / Fruit and milk, bread	Lentejas estofadas con verdura / Stewed lentils Pescadilla con lechuga y apio / Baked hake with salad Fruta y leche, pan / Fruit and milk, bread
22	23	24	25	26
Arroz con verduras / Rice with vegetables Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Yogur de fruta, pan / Fruit Yoghurt, bread	Judías blancas estofadas/ Stew pinto beans with vegetables Limanda horno con Ensalada Mixta / Baked limanda and Salad Fruta(no rosaceas) y leche, pan / Fruit and milk, bread	Pure de verdura / Vegetables puree Rosti con york / Rosti with ham Fruta(no rosaceas) y leche, pan / Fruit and milk, bread	Patatas guisadas con chorizo / Stewed potatoes with chorizo Tronquito merluza horno con lechuga y maiz / Baked Hake with salad Fruta(no rosaceas) y leche, pan / Fruit and milk, bread	Garbanzos estofados / Chickpeas stew Lomo sajonia horno con ensalada mixta / Baked sajonia loin with mixed salad Fruta(no rosaceas) y leche, pan / Fruit and milk, bread
29	30	31		
Lentejas con chorizo / Lentils stew with chorizo Rosti con lechuga y maiz / Rosti with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Crema de puerro / Leak puree Salmón al horno con patata / Baked salmon with potatoes Fruta(no rosaceas) y leche, pan / Fruit and milk, bread	Sopa de pescado/ Fish soup Pollo guisado con verdura al horno / StewChicken with baked vegetables Fruta(no rosaceas) y leche, pan / Fruit and milk, bread		



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBRE MENU SIN HUEVO NI LECHE OCTOBER WITHOUT EGG AND MILK MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
1	2	3	4	5
Paella / Meat and fish Paella Bacalao con ensalada / Battered cod with salad Postre apto / Suitable dessert	Pure de calabacín / Courgette puree Hamburguesa con patata / Grilled veal burger with baked potatoes Fruta pan / Fruit bread	Judías blancas guisadas / Stew pinto beans with vegetables Rosti de patata con pisto/ Potato rosti with pisto Fruta pan / Fruit bread	Sopa de picadillo / Egg and ham Stew Soup Lacón con lechuga, maíz y aceituna / Baked smoked ham with salad Fruta pan / Fruit bread	Pasta con tomate / Pasta in tomato sauce Fte de merluza en salsa verde con guisantes / Hake in Green Sauce with peas Fruta pan / Fruit bread
8	9	10	11	12
Espaguetis con salsa de tomate / Spagetti in Tomato Sauce Rosti de pavo con lechuga y zanahoria / Turkey Omelette with Salad Gelatina de frutas / Fruit jelly	Judías verdes salteadas con jamón / Sautéed Green Beans with ham Escalope pollo con Patata frita / Battered chicken with chips Fruta pan / Fruit bread	Lentejas con patata y zanahoria / Stew lentils with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with salad Fruta pan / Fruit bread	Crema de verdura / Vegetables puree Magro de cerdo guisado/ Stewed pork with potatoes Fruta pan / Fruit bread	FIESTA
15	16	17	18	19
Macarrones con chorizo / Macaroni in tomato sauce with chorizo Lomo asado con puré de manzana / Pork loin fried with apple puree Postre apto / Suitable dessert	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta pan / Fruit bread	Arroz con verduras y magro / Rice with vegetables and pork meat Fte. Hallibut con lechuga y maíz / Baked Hallibut with salad Fruta pan / Fruit bread	Crema de zanahorias / Carrot cream Estofado de pavo arroz / Turkey stew with rice Fruta pan / Fruit bread	Lentejas estofadas con verdura / Stewed lentils Pescadilla romana con lechuga y apio / Battered hake with salad Fruta pan / Fruit bread
22	23	24	25	26
Arroz con verduras / Rice with vegetables Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Postre apto / Suitable dessert	Judías blancas estofadas/ Stew pinto beans with vegetables Limanda con Ensalada Mixta / Baked limanda and Salad Fruta pan / Fruit bread	Pure de verdura / Vegetables puree Rosti con york / Rosti with ham Fruta pan / Fruit bread	Patatas guisadas con chorizo / Stewed potatoes with chorizo Tronquito merluza horno con lechuga y maíz / Baked Hake with salad Fruta pan / Fruit bread	Garbanzos estofados / Chickpeas stew Lomo horno con ensalada mixta / Baked loin with mixed salad Fruta pan / Fruit bread
29	30	31		
Lentejas con chorizo / Lentils stew with chorizo Rosti con lechuga y maíz / Rosti with salad Postre apto / Suitable dessert	Crema de puerro / Leak puree Salmón al horno con patata / Baked salmon with potatoes Fruta pan / Fruit bread	Sopa de pescado / Fish soup Pollo guisado con verdura al horno / Stew Chicken with baked vegetables Fruta pan / Fruit bread		



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBRE MENU SIN HUEVO LECHE NI PESCADO OCTOBER WITHOUT EGG, MILK AND FISH MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
1	2	3	4	5
Paella / Meat and fish Paella Lomo con ensalada / Battered cod with salad Postre apto / Suitable dessert	Pure de calabacín / Courgette puree Hamburguesa con patata / Grilled veal burger with baked potatoes Fruta pan / Fruit bread	Judías blancas guisadas / Stew pinto beans with vegetables Rosti de patata con pisto/ Potato rosti with pisto Fruta pan / Fruit bread	Sopa de picadillo / Egg and ham Stew Soup Lacón con lechuga, maíz y aceituna / Baked smoked ham with salad Fruta pan / Fruit bread	Pasta con tomate / Pasta in tomato sauce Fte de pollo ensaladas / grilled chicken with salad Fruta pan / Fruit bread
8	9	10	11	12
Espaguetis con salsa de tomate / Spagetti in Tomato Sauce Rosti de pavo con lechuga y zanahoria / Turkey Omelette with Salad Gelatina de frutas / Fruit jelly	Judías verdes salteadas con jamón / Sautéed Green Beans with ham Escalope pollo con Patata frita / Battered chicken with chips Fruta pan / Fruit bread	Lentejas con patata y zanahoria / Stew lentils with vegetables Salchichas ave con ensalada / chicken sausages with salad Fruta pan / Fruit bread	Crema de verdura / Vegetables puree Magro de cerdo guisado/ Stewed pork with potatoes Fruta pan / Fruit bread	FIESTA
15	16	17	18	19
Macarrones con chorizo / Macaroni in tomato sauce with chorizo Lomo asado con puré de manzana / Pork loin fried with apple puree Postre apto / Suitable dessert	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta pan / Fruit bread	Arroz con verduras y magro / Rice with vegetables and pork meat Filete con ensalada / Grilled fillet with salad Fruta pan / Fruit bread	Crema de zanahorias / Carrot cream Estofado de pavo arroz / Turkey stew with rice Fruta pan / Fruit bread	Lentejas estofadas con verdura / Stewed lentils Pollo con lechuga y apio / Baked chicken with salad Fruta pan / Fruit bread
22	23	24	25	26
Arroz con verduras / Rice with vegetables Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Postre apto / Suitable dessert	Judías blancas estofadas/ Stew pinto beans with vegetables Filete con Ensalada Mixta / Grilled fillet and Salad Fruta pan / Fruit bread	Pure de verdura / Vegetables puree Rosti con york / Rosti with ham Fruta pan / Fruit bread	Patatas guisadas con chorizo / Stewed potatoes with chorizo Pollo con lechuga y maíz / Baked chicken with salad Fruta pan / Fruit bread	Garbanzos estofados / Chickpeas stew Lomo horno con ensalada mixta / Baked loin with mixed salad Fruta pan / Fruit bread
29	30	31		
Lentejas con chorizo / Lentils stew with chorizo Rosti con lechuga y maíz / Rosti with salad Postre apto / Suitable dessert	Crema de puerro / Leak puree Lomo con patatas / Grilled pork loin with potatoes Fruta pan / Fruit bread	Sopa de pescado / Fish soup Pollo guisado con verdura al horno / Stew Chicken with baked vegetables Fruta pan / Fruit bread		



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBRE MENU SIN LECHE NI FRUTO SECO OCTOBER WITHOUT MILK AND NUTS MENU

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
1	2	3	4	5
Paella / Meat and fish Paella Bacalao romana con ensalada / Battered cod with salad Postre apto / Suitable dessert	Crema calabacín / Courgette Puree Hamburguesa con patata / Grilled veal burger with baked potatoes Fruta y pan / Fruit and bread	Judías blancas guisadas / Stew pinto beans with vegetables Tortilla de patata con pisto/ Potato omelette with pisto Fruta y pan / Fruit and bread	Sopa de picadillo / Egg and ham Stew Soup Lacón con lechuga,maiz y aceituna / Baked smoked ham with salad Fruta y pan / Fruit and bread	Pasta con tomate / Pasta in tomato sauce Fte de merluza en salsa verde con guisantes / Hake in Green Sauce with peas Fruta y pan / Fruit and bread
8	9	10	11	12
Espaguetis con salsa de tomate / Spagetti in Tomato Sauce Tortilla De pavo con lechuga y zanahoria / Turkey Omelette with Salad Gelatina de frutas /Fruit jelly	Judías verdes salteadas con jamón / Sauted Green Beans with ham Escalope pollo con Patata frita / Battered chicken with chips Fruta y pan / Fruit and bread	Lentejas con patata y zanahoria / Stew lentils with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with salad Fruta y pan / Fruit and bread	Crema de verdura / Vegetables puree Magro de cerdo guisado/ Stewed pork with potatoes Fruta pan / Fruit bread	FIESTA
15	16	17	18	19
Macarrones con chorizo / Macaroni in tomato sauce with chorizo Lomo asado con puré de manzana / Pork loin fried with apple puree Postre apto / Suitable dessert	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y pan / Fruit and bread	Arroz con verduras y magro / Rice with vegetables and pork meat Fte. Hallibut con lechuga y maiz / Baked Hallibut with salad Fruta y pan / Fruit and bread	Crema de zanahorias / Carrot cream Estofado de pavo con cous cous / Turkey stew with cous cous Fruta y pan / Fruit and bread	Lentejas estofadas con verdura / Stewed lentils Pescadilla romana con lechuga y apio / Battered hake with salad Fruta y pan / Fruit and bread
22	23	24	25	26
Arroz con verduras / Rice with vegetables Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Postre apto / Suitable dessert	Judías blancas estofadas/ Stew pinto beans with vegetables Limanda romana con Ensalada Mixta / Battered limanda and Salad Fruta y pan / Fruit and bread	Pure de verdura / Vegetables puree Tortilla de patata con york / Potato omelette with ham Fruta y pan / Fruit and bread	Patatas guisadas con chorizo / Stewed potatoes with chorizo Tronquito merluza horno con lechuga y maiz / Baked Hake with salad Fruta y pan / Fruit and bread	Garbanzos estofados / Chickpeas stew Lomo horno con ensalada mixta / Baked loin with mixed salad Fruta y pan / Fruit and bread
29	30	31		
Lentejas con chorizo / Lentils stew with chorizo Huevos cocidos con lechuga y maiz / Boiled eggs with salad Postre apto / Suitable dessert	Crema de puerro / Leak puree Salmón al horno con patata / Baked salmon with potatoes Fruta y pan / Fruit and bread	Sopa de pescado/ Fish soup Pollo guisado con verdura al horno / StewChicken with baked vegetables Fruta pan / Fruit bread		