



ARTESANIA GASTRONOMICA ALCARREÑA



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

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
				1
				pasta sin huevo con tomate / Pasta in tomato sauce lomo ajillo al horno con lechuga y tomate / Baked garlic pork loin with salad Fruta y pan / Fruit and bread
4	5	6	7	8
Arroz ecológico con pollo / Bio Rice with chicken Salchichas con ensalada / Sausages with salad Gelatina de frutas /Fruit jelly	Menestra de verdura salteada / sauted vegetables Magro guisado con cous cous / Pork meat stew with cous cous Fruta y pan / Fruit and bread	Espaguetis sin huevo con salsa de tomate / Spagetti with Tomato Sauce Rosti De jamon con lechuga y zanahoria / Turkey rosti with lettuce and carrot Fruta , pan integral / Fruit , bread	Crema de verduras / Cream of Vegetables Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y pan / Fruit and bread	Judías blancas estofadas/ Stew white beans with vegetables Pollo horno lechuga / Baked chicken with lettuce Fruta y pan / Fruit and bread
11	12	13	14	15
FESTIVO	FESTIVO	Brocoli rebozado / Battered broccoli Escalope de pollo con patatas / Breaded chicken with potatoes Postre apto, pan integral / suitable dessert, bread	Lentejas ecológicas con patata y zanahoria / bio Stew lentils with potato and carrot Lacon con lechuga y maiz / Baked hams with salad Fruta y pan / Fruit and bread	Crema de zanahoria / Cream of carrot soup Lomo al horno con patatas / Baked pork loin with potatoes Fruta y pan / Fruit and bread
18	19	20	21	22
Patatas guisadas con ternera / Stewed potatoes with veal Salchichas de pavo con tomate / Turkey Sausages with tomato Postre apto, pan integral / suitable dessert, bread	Judías pintas con arroz / Pinto beans with rice Rosti con ensalada / Rosti with salad Fruta y pan / Fruit and bread	Arroz con magro y verduras / Rice with meat and vegetables Lomo con ensalada / grilled pork loin with salad Fruta , pan integral / Fruit , bread	Judías verdes salteadas con jamón / Sauteed Green Beans with ham Pollo estofado con patatas / Chicken stew with potatoes Manzana ecológica , pan / bio apple , bread	Sopa de Cocido sin huevo/ Cocido Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y pan / Fruit and bread
25	26	27	28	29
Arroz con tomate / Rice in tomato sauce Lacon al horno con lechuga y zanahoria / Baked ham with salad Postre apto, pan integral / suitable dessert, bread	Crema de puerro / Cream of Leek Hamburguesa al horno con patata cocida/ Baked burger with potatoes Fruta y pan / Fruit and bread	Patatas guisadas con verdura / Potato stew with seafood Pollo asado con parrillada de verdura / Roast Chicken with baked vegetables Fruta , pan integral / Fruit , bread	Macarrones sin huevo con tomate / Macaronni in tomato sauce cinta lomo adobada con ensalada/ Grilled loin with salad Fruta y pan / Fruit and bread	Lentejas guisadas con chorizo / Lentils stew Rosti de calabacin con ensalada / Courgette rosti with salad Fruta y pan / Fruit and bread



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBRE MENU SIN HUEVO OCTOBER WITHOUT EGG MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
				1
				Pasta sin huevo con tomate / Pasta in tomato sauce lomo ajillo al horno con lechuga y tomate / Baked garlic pork loin with salad Fruta y leche, pan / Fruit and milk, bread
4	5	6	7	8
Arroz ecológico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / baked hake in sauce Gelatina de frutas /Fruit jelly	Menestra de verdura salteada / sauted vegetables Magro guisado con cous cous / Pork meat stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Espaguetis sin huevo con salsa de tomate / Spagetti with Tomato Sauce Rosti De jamon con lechuga y zanahoria / Turkey rosti with lettuce and carrot Fruta y leche, pan integral / Fruit and milk, bread	Crema de verduras / Cream of Vegetables Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas estofadas/ Stew white beans with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with lettuce Fruta y leche, pan / Fruit and milk, bread
11	12	13	14	15
FESTIVO	FESTIVO	Brocoli salteado / suted broccoli Escalope de pollo con patatas / Breaded chicken with potatoes Yogur de fruta, pan integral / Fruit Yoghurt, bread	Lentejas ecológicas con patata y zanahoria / bio Stew lentils with potato and carrot Suprema de atun con lechuga y maiz / Tuna supremes with salad Fruta y leche, pan / Fruit and milk, bread	Crema de zanahoria / Cream of carrot soup Lomo al horno con patatas / Baked pork loin with potatoes Fruta y leche, pan / Fruit and milk, bread
18	19	20	21	22
Patatas guisadas con termera / Stewed potatoes with veal Salchichas de pavo con tomate / Turkey Sausages with tomato Yogur de fruta, pan integral / Fruit Yoghurt, bread	Judías pintas con arroz / Pinto beans with rice Rosti con ensalada / Rosti with salad Fruta y leche, pan / Fruit and milk, bread	Arroz con magro y verduras / Rice with meat and vegetables Bacalao con ensalada / baked Cod with salad Fruta y leche, pan integral / Fruit and milk, bread	Judías verdes salteadas con jamón / Sauteed Green Beans with ham Pollo estofado con patatas / Chicken stew with potatoes Manza ecológica leche, pan / bio apple and milk, bread	Sopa de Cocido sin huevo / Cocido Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
25	26	27	28	29
Arroz con tomate / Rice in tomato sauce Lacon al horno con lechuga y zanahoria / Baked ham with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Crema de puerro / Cream of Leek Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Patatas guisadas marinera / Potato stew with seafood Pollo asado con parrillada de verdura / Roast Chicken with baked vegetables Fruta y leche, pan integral / Fruit and milk, bread	Macarrones sin huevo carbonara / Macaronni in carbonara sauce Caella adobada con ensalada/ Breaded limanda with salad Fruta y leche, pan / Fruit and milk, bread	Lentejas guisadas con chorizo / Lentils stew Rosti de calabacin con ensalada / Courgette rosti with salad Fruta y leche, pan / Fruit and milk, bread



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBRE MENU SIN LECHE OCTOBER WITHOUT MILK MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
				1
				pasta con tomate / Pasta in tomato sauce lomo ajillo al horno con lechuga y tomate / Baked garlic pork loin with salad Fruta y pan / Fruit and bread
4	5	6	7	8
Arroz ecológico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / baked hake in sauce Gelatina de frutas /Fruit jelly	Menestra de verdura salteada / sauted vegetables Magro guisado con cous cous / Pork meat stew with cous cous Fruta y pan / Fruit and bread	Espaguetis con salsa de tomate / Spagetti with Tomato Sauce Tortilla De jamon con lechuga y zanahoria / Turkey Omelette with lettuce and carrot Fruta , pan integral / Fruit , bread	Crema de verduras / Cream of Vegetables Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y pan / Fruit and bread	Judías blancas estofadas/ Stew white beans with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with lettuce Fruta y pan / Fruit and bread
11	12	13	14	15
FESTIVO	FESTIVO	Brocoli rebozado / Battered broccoli Escalope de pollo con patatas / Breaded chicken with potatoes Postre apto, pan integral / suitable dessert, bread	Lentejas ecológicas con patata y zanahoria / bio Stew lentils with potato and carrot Suprema de atun con lechuga y maiz / Tuna supremes with salad Fruta y pan / Fruit and bread	Crema de zanahoria / Cream of carrot soup Lomo al horno con patatas / Baked pork loin with potatoes Fruta y pan / Fruit and bread
18	19	20	21	22
Patatas guisadas con termera / Stewed potatoes with veal Salchichas de pavo con tomate / Turkey Sausages with tomato Postre apto, pan integral / suitable dessert, bread	Judías pintas con arroz / Pinto beans with rice Huevos cocidos con ensalada / Boiled eggs with salad Fruta y pan / Fruit and bread	Arroz con magro y verduras / Rice with meat and vegetables Bacalao rebozado con ensalada / Battered cod with salad Fruta , pan integral / Fruit , bread	Judías verdes salteadas con jamón / Sauteed Green Beans with ham Pollo estofado con patatas / Chicken stew with potatoes Manza ecológica , pan / bio apple , bread	Sopa de Cocido / Cocido Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y pan / Fruit and bread
25	26	27	28	29
Arroz con tomate / Rice in tomato sauce Lacon al horno con lechuga y zanahoria / Baked ham with salad Postre apto, pan integral / suitable dessert, bread	Crema de puerro / Cream of Leek Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y pan / Fruit and bread	Patatas guisadas marinera / Potato stew with seafood Pollo asado con parrillada de verdura / Roast Chicken with baked vegetables Fruta , pan integral / Fruit , bread	Macarrones con tomate / Macarroni in tomato sauce Caella adobada con ensalada/ Breaded limanda with salad Fruta y pan / Fruit and bread	Lentejas guisadas con chorizo / Lentils stew Tortilla de calabacin con ensalada / Courgette omelette with salad Fruta y pan / Fruit and bread



ARTESANIA GASTRONOMICA ALCARREÑA

OCTUBRE MENU SIN LECHE, FRUTO SECO, ANCHOA NI BOQUERON (arroz y pasta integral)

OCTOBER WITHOUT MILK MENU AND ANCHOVY MENU

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
				1
				pasta integral con tomate / Pasta in tomato sauce lomo ajillo al horno con lechuga y tomate / Baked garlic pork loin with salad Fruta y pan / Fruit and bread
4	5	6	7	8
Arroz integral con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / baked hake in sauce Gelatina de frutas /Fruit jelly	Menestra de verdura salteada / sauted vegetables Magro guisado con cous cous / Pork meat stew with cous cous Fruta y pan / Fruit and bread	Espaguetis integral con salsa de tomate / Spagetti with Tomato Sauce Tortilla De jamon con lechuga y zanahoria / Turkey Omelette with lettuce and carrot Fruta , pan integral / Fruit , bread	Crema de verduras / Cream of Vegetables Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y pan / Fruit and bread	Judías blancas estofadas/ Stew white beans with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with lettuce Fruta y pan / Fruit and bread
11	12	13	14	15
FESTIVO	FESTIVO	Brocoli rebozado / Battered broccoli Escalope de pollo con patatas / Breaded chicken with potatoes Postre apto, pan integral / suitable dessert, bread	Lentejas ecologicas con patata y zanahoria / bio Stew lentils with potato and carrot Suprema de atun con lechuga y maiz / Tuna supremes with salad Fruta y pan / Fruit and bread	Crema de zanahoria / Cream of carrot soup Lomo al horno con patatas / Baked pork loin with potatoes Fruta y pan / Fruit and bread
18	19	20	21	22
Patatas guisadas con termera / Stewed potatoes with veal Salchichas de pavo con tomate / Turkey Sausages with tomato Postre apto, pan integral / suitable dessert, bread	Judías pintas con arroz / Pinto beans with rice Huevos cocidos con ensalada / Boiled eggs with salad Fruta y pan / Fruit and bread	Arroz integral con magro y verduras / Rice with meat and vegetables Bacalao rebozado con ensalada / Battered cod with salad Fruta , pan integral / Fruit , bread	Judías verdes salteadas con jamón / Sauteed Green Beans with ham Pollo estofado con patatas / Chicken stew with potatoes Manza ecologica , pan / bio apple , bread	Sopa de Cocido / Cocido Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y pan / Fruit and bread
25	26	27	28	29
Arroz integral con tomate / Rice in tomato sauce Lacon al horno con lechuga y zanahoria / Baked ham with salad Postre apto, pan integral / suitable dessert, bread	Crema de puerro / Cream of Leek Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y pan / Fruit and bread	Patatas guisadas marinera / Potato stew with seafood Pollo asado con parrillada de verdura / Roast Chicken with baked vegetables Fruta , pan integral / Fruit , bread	Macarrones integral con tomate / Macaronni in tomato sauce Caella adobada con ensalada/ Breaded limanda with salad Fruta y pan / Fruit and bread	Lentejas guisadas con chorizo / Lentils stew Tortilla de calabacin con ensalada / Courgette omelette with salad Fruta y pan / Fruit and bread



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBRE MENU SIN F. SECO, LECHE SIN LACTOSA OCTOBER WITHOUT NUTS MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
				1
				<p>pasta con tomate / Pasta in tomato sauce</p> <p>lomo ajillo al horno con lechuga y tomate / Baked garlic pork loin with salad</p> <p>Fruta y leche sin lactosa, pan / Fruit and milk, bread</p>
4	5	6	7	8
<p>Arroz ecológico con pollo / Bio Rice with chicken</p> <p>Fte. De Merluza en salsa verde / baked hake in sauce</p> <p>Gelatina de frutas /Fruit jelly</p>	<p>Menestra de verdura salteada / sauted vegetables</p> <p>Magro guisado con cous cous / Pork meat stew with cous cous</p> <p>Fruta y leche sin lactosa, pan / Fruit and milk, bread</p>	<p>Espaguetis con salsa de tomate / Spagetti with Tomato Sauce</p> <p>Tortilla De jamon con lechuga y zanahoria / Turkey Omelette with lettuce and carrot</p> <p>Fruta y leche sin lactosa, pan integral / Fruit and milk, bread</p>	<p>Crema de verduras / Cream of Vegetables</p> <p>Albondigas guisadas con tomate y patata / Meatballs stew with potatoes</p> <p>Fruta y leche sin lactosa, pan / Fruit and milk, bread</p>	<p>Judías blancas estofadas/ Stew white beans with vegetables</p> <p>Ventresca Merluza horno lechuga / Baked Hake belly with lettuce</p> <p>Fruta y leche sin lactosa, pan / Fruit and milk, bread</p>
11	12	13	14	15
FESTIVO	FESTIVO	<p>Brocoli rebozado / Battered broccoli</p> <p>Escalope de pollo con patatas / Breaded chicken with potatoes</p> <p>Yogur de fruta, pan integral / Fruit Yoghurt, bread</p>	<p>Lentejas ecológicas con patata y zanahoria / bio Stew lentils with potato and carrot</p> <p>Suprema de atun con lechuga y maiz / Tuna supremes with salad</p> <p>Fruta y leche sin lactosa, pan / Fruit and milk, bread</p>	<p>Crema de zanahoria / Cream of carrot soup</p> <p>Lomo al horno con patatas / Baked pork loin with potatoes</p> <p>Fruta y leche sin lactosa, pan / Fruit and milk, bread</p>
18	19	20	21	22
<p>Patatas guisadas con termera / Stewed potatoes with veal</p> <p>Salchichas de pavo con tomate / Turkey Sausages with tomato</p> <p>Yogur de fruta, pan integral / Fruit Yoghurt, bread</p>	<p>Judías pintas con arroz / Pinto beans with rice</p> <p>Huevos villarroy con ensalada / Villarroy eggs with salad</p> <p>Fruta y leche sin lactosa, pan / Fruit and milk, bread</p>	<p>Arroz con magro y verduras / Rice with meat and vegetables</p> <p>Bacalao rebozado con ensalada / Battered cod with salad</p> <p>Fruta y leche sin lactosa, pan integral / Fruit and milk, bread</p>	<p>Judías verdes salteadas con jamón / Sauteed Green Beans with ham</p> <p>Pollo estofado con patatas / Chicken stew with potatoes</p> <p>Manza ecológica leche sin lactosa, pan / bio apple and milk, bread</p>	<p>Sopa de Cocido / Cocido Soup</p> <p>Cocido Completo / Chickpeas, Meat and Cabbage Stew</p> <p>Fruta y leche sin lactosa, pan / Fruit and milk, bread</p>
25	26	27	28	29
<p>Arroz con tomate / Rice in tomato sauce</p> <p>Lacon al horno con lechuga y zanahoria / Baked ham with salad</p> <p>Yogur de fruta, pan integral / Fruit Yoghurt, bread</p>	<p>Crema de puerro / Cream of Leek</p> <p>Salmón al horno con patata cocida/ Baked salmon with potatoes</p> <p>Fruta y leche sin lactosa, pan / Fruit and milk, bread</p>	<p>Patatas guisadas marinera / Potato stew with seafood</p> <p>Pollo asado con parrillada de verdura / Roast Chicken with baked vegetables</p> <p>Fruta y leche sin lactosa, pan integral / Fruit and milk, bread</p>	<p>Macarrones carbonara / Macaronni in carbonara sauce</p> <p>Caella adobada con ensalada/ Breaded limanda with salad</p> <p>Fruta y leche sin lactosa, pan / Fruit and milk, bread</p>	<p>Lentejas guisadas con chorizo / Lentils stew</p> <p>Tortilla de calabacin con ensalada / Courgette omelette with salad</p> <p>Fruta y leche sin lactosa, pan / Fruit and milk, bread</p>



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBRE MENU SIN F. SECO OCTOBER WITHOUT NUTS MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
				1
				<p>pasta con tomate / Pasta in tomato sauce</p> <p>lomo ajillo al horno con lechuga y tomate / Baked garlic pork loin with salad</p> <p>Fruta y leche, pan / Fruit and milk, bread</p>
4	5	6	7	8
<p>Arroz ecológico con pollo / Bio Rice with chicken</p> <p>Fte. De Merluza en salsa verde / baked hake in sauce</p> <p>Gelatina de frutas /Fruit jelly</p>	<p>Menestra de verdura salteada / sauted vegetables</p> <p>Magro guisado con cous cous / Pork meat stew with cous cous</p> <p>Fruta y leche, pan / Fruit and milk, bread</p>	<p>Espaguetis con salsa de tomate / Spagetti with Tomato Sauce</p> <p>Tortilla De jamon con lechuga y zanahoria / Turkey Omelette with lettuce and carrot</p> <p>Fruta y leche, pan integral / Fruit and milk, bread</p>	<p>Crema de verduras / Cream of Vegetables</p> <p>Albondigas guisadas con tomate y patata / Meatballs stew with potatoes</p> <p>Fruta y leche, pan / Fruit and milk, bread</p>	<p>Judías blancas estofadas/ Stew white beans with vegetables</p> <p>Ventresca Merluza horno lechuga / Baked Hake belly with lettuce</p> <p>Fruta y leche, pan / Fruit and milk, bread</p>
11	12	13	14	15
FESTIVO	FESTIVO	<p>Brocoli rebozado / Battered broccoli</p> <p>Escalope de pollo con patatas / Breaded chicken with potatoes</p> <p>Yogur de fruta, pan integral / Fruit Yoghurt, bread</p>	<p>Lentejas ecológicas con patata y zanahoria / bio Stew lentils with potato and carrot</p> <p>Suprema de atun con lechuga y maíz / Tuna supremes with salad</p> <p>Fruta y leche, pan / Fruit and milk, bread</p>	<p>Crema de zanahoria / Cream of carrot soup</p> <p>Lomo al horno con patatas / Baked pork loin with potatoes</p> <p>Fruta y leche, pan / Fruit and milk, bread</p>
18	19	20	21	22
<p>Patatas guisadas con termera / Stewed potatoes with veal</p> <p>Salchichas de pavo con tomate / Turkey Sausages with tomato</p> <p>Yogur de fruta, pan integral / Fruit Yoghurt, bread</p>	<p>Judías pintas con arroz / Pinto beans with rice</p> <p>Huevos villarroy con ensalada / Villarroy eggs with salad</p> <p>Fruta y leche, pan / Fruit and milk, bread</p>	<p>Arroz con magro y verduras / Rice with meat and vegetables</p> <p>Bacalao rebozado con ensalada / Battered cod with salad</p> <p>Fruta y leche, pan integral / Fruit and milk, bread</p>	<p>Judías verdes salteadas con jamón / Sauteed Green Beans with ham</p> <p>Pollo estofado con patatas / Chicken stew with potatoes</p> <p>Manza ecológica leche, pan / bio apple and milk, bread</p>	<p>Sopa de Cocido / Cocido Soup</p> <p>Cocido Completo / Chickpeas, Meat and Cabbage Stew</p> <p>Fruta y leche, pan / Fruit and milk, bread</p>
25	26	27	28	29
<p>Arroz con tomate / Rice in tomato sauce</p> <p>Lacon al horno con lechuga y zanahoria / Baked ham with salad</p> <p>Yogur de fruta, pan integral / Fruit Yoghurt, bread</p>	<p>Crema de puerro / Cream of Leek</p> <p>Salmón al horno con patata cocida/ Baked salmon with potatoes</p> <p>Fruta y leche, pan / Fruit and milk, bread</p>	<p>Patatas guisadas marinera / Potato stew with seafood</p> <p>Pollo asado con parrillada de verdura / Roast Chicken with baked vegetables</p> <p>Fruta y leche, pan integral / Fruit and milk, bread</p>	<p>Macarrones carbonara / Macaronni in carbonara sauce</p> <p>Caella adobada con ensalada/ Breaded limanda with salad</p> <p>Fruta y leche, pan / Fruit and milk, bread</p>	<p>Lentejas guisadas con chorizo / Lentils stew</p> <p>Tortilla de calabacin con ensalada / Courgette omelette with salad</p> <p>Fruta y leche, pan / Fruit and milk, bread</p>



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBRE MENU SIN LENTEJAS OCTOBER WITHOUT LENTILS

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
				1
				Lasaña boloñesa / Bolognese lasagna lomo ajillo al horno con lechuga y tomate / Baked garlic pork loin with salad Fruta y leche, pan / Fruit and milk, bread
4	5	6	7	8
Arroz ecológico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / baked hake in sauce Gelatina de frutas /Fruit jelly	Menestra de verdura salteada / sauted vegetables Magro guisado con cous cous / Pork meat stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Espaguetis con salsa de tomate / Spagetti with Tomato Sauce Tortilla De jamon con lechuga y zanahoria / Turkey Omelette with lettuce and carrot Fruta y leche, pan integral / Fruit and milk, bread	Crema de verduras / Cream of Vegetables Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas estofadas/ Stew white beans with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with lettuce Fruta y leche, pan / Fruit and milk, bread
11	12	13	14	15
		Brocoli rebozado / Battered broccoli Escalope de pollo con patatas / Breaded chicken with potatoes Yogur de fruta, pan integral / Fruit Yoghurt, bread	Arroz blanco con tomate /rice in tomato sauce Suprema de atun con lechuga y maiz / Tuna supremes with salad Fruta y leche, pan / Fruit and milk, bread	Crema de zanahoria / Cream of carrot soup Lomo al horno con patatas / Baked pork loin with potatoes Fruta y leche, pan / Fruit and milk, bread
18	19	20	21	22
Patatas guisadas con ternera / Stewed potatoes with veal Salchichas de pavo con tomate / Turkey Sausages with tomato Yogur de fruta, pan integral / Fruit Yoghurt, bread	Judías pintas con arroz / Pinto beans with rice Huevos villarroy con ensalada / Villarroy eggs with salad Fruta y leche, pan / Fruit and milk, bread	Arroz con magro y verduras / Rice with meat and vegetables Bacalao rebozado con ensalada / Battered cod with salad Fruta y leche, pan integral / Fruit and milk, bread	Judías verdes salteadas con jamón / Sautéed Green Beans with ham Pollo estofado con patatas / Chicken stew with potatoes Manzana ecológica leche, pan / bio apple and milk, bread	Sopa de Cocido / Cocido Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
25	26	27	28	29
Arroz con tomate / Rice in tomato sauce Lacon al horno con lechuga y zanahoria / Baked ham with salad Fruta y leche, pan / Fruit and milk, bread	Crema de puerro / Cream of Leek Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Patatas guisadas marinera / Potato stew with seafood Pollo asado con parrillada de verdura / Roast Chicken with baked vegetables Fruta y leche, pan integral / Fruit and milk, bread	Macarrones carbonara / Macaronni in carbonara sauce Caella adobada con ensalada/ Breaded limanda with salad Fruta y leche, pan / Fruit and milk, bread	Verduras guisadas / Vegetables stew Tortilla de calabacin con ensalada / Courgette omelette with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread

La sopa de cocido se elaborara con caldo realizado con carne y pollo aparte, sin contacto con garbanzos



ARTESANIA GASTRONOMICA ALCARREÑA



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

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
				1
				Pasta sin huevo con tomate / Pasta in tomato sauce lomo ajillo al horno con lechuga y tomate / Baked garlic pork loin with salad Fruta y leche, pan / Fruit and milk, bread
4	5	6	7	8
Arroz ecológico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / baked hake in sauce Gelatina de frutas /Fruit jelly	Menestra de verdura salteada / sauted vegetables Magro guisado con cous cous / Pork meat stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Espaguetis sin huevo con salsa de tomate / Spagetti with Tomato Sauce Rosti De jamon con lechuga y zanahoria / Turkey rosti with lettuce and carrot Fruta y leche, pan integral / Fruit and milk, bread	Crema de verduras / Cream of Vegetables Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas estofadas/ Stew white beans with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with lettuce Fruta y leche, pan / Fruit and milk, bread
11	12	13	14	15
FESTIVO	FESTIVO	Brocoli salteado / suted broccoli Escalope de pollo con patatas / Breaded chicken with potatoes Yogur de fruta, pan integral / Fruit Yoghurt, bread	Lentejas ecológicas con patata y zanahoria / bio Stew lentils with potato and carrot Suprema de atun con lechuga y maíz / Tuna supremes with salad Fruta y leche, pan / Fruit and milk, bread	Crema de zanahoria / Cream of carrot soup Lomo al horno con patatas / Baked pork loin with potatoes Fruta y leche, pan / Fruit and milk, bread
18	19	20	21	22
Patatas guisadas con ternera / Stewed potatoes with veal Salchichas de pavo con tomate / Turkey Sausages with tomato Yogur de fruta, pan integral / Fruit Yoghurt, bread	Judías pintas con arroz / Pinto beans with rice Rosti con ensalada / Rosti with salad Fruta y leche, pan / Fruit and milk, bread	Arroz con magro y verduras / Rice with meat and vegetables Bacalao con ensalada / baked Cod with salad Fruta y leche, pan integral / Fruit and milk, bread	Judías verdes salteadas con jamón / Sauteed Green Beans with ham Pollo estofado con patatas / Chicken stew with potatoes Manzana ecológica leche, pan / bio apple and milk, bread	Sopa de Cocido sin huevo / Cocido Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
25	26	27	28	29
Arroz con tomate / Rice in tomato sauce Lacon al horno con lechuga y zanahoria / Baked ham with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Crema de puerro / Cream of Leek Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Patatas guisadas marinera / Potato stew with seafood Pollo asado con parrillada de verdura / Roast Chicken with baked vegetables Fruta y leche, pan integral / Fruit and milk, bread	Macarrones sin huevo carbonara / Macaronni in carbonara sauce Caella adobada con ensalada/ Breaded limanda with salad Fruta y leche, pan / Fruit and milk, bread	Lentejas guisadas con chorizo / Lentils stew Rosti de calabacin con ensalada / Courgette rosti with salad Fruta y leche, pan / Fruit and milk, bread



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBRE MENU SIN GLUTEN OCTOBER WITHOUT GLUTEN MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
				1
				Pasta sin gluten con tomate / Pasta in tomato sauce lomo ajillo al horno con lechuga y tomate / Baked garlic pork loin with salad Fruta y leche, pan / Fruit and milk, bread
4	5	6	7	8
Arroz ecológico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / baked hake in sauce Gelatina de frutas /Fruit jelly	Menestra de verdura salteada / sauted vegetables Magro guisado con arroz / Pork meat stew with rice Fruta y leche, pan / Fruit and milk, bread	Espaguetis sin gluten con salsa de tomate / Spagetti with Tomato Sauce Tortilla De jamon con lechuga y zanahoria / Turkey Omelette with lettuce and carrot Fruta y leche, pan integral / Fruit and milk, bread	Crema de verduras / Cream of Vegetables Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas estofadas/ Stew white beans with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with lettuce Fruta y leche, pan / Fruit and milk, bread
11	12	13	14	15
FESTIVO	FESTIVO	Brocoli salteado / suted broccoli Escalope de pollo con patatas / Breaded chicken with potatoes Yogur de fruta, pan integral / Fruit Yoghurt, bread	Lentejas ecológicas con patata y zanahoria / bio Stew lentils with potato and carrot Suprema de atun con lechuga y maíz / Tuna supremes with salad Fruta y leche, pan / Fruit and milk, bread	Crema de zanahoria / Cream of carrot soup Lomo al horno con patatas / Baked pork loin with potatoes Fruta y leche, pan / Fruit and milk, bread
18	19	20	21	22
Patatas guisadas con ternera / Stewed potatoes with veal Salchichas de pavo con tomate / Turkey Sausages with tomato Yogur de fruta, pan integral / Fruit Yoghurt, bread	Judías pintas con arroz / Pinto beans with rice Huevos cocidos con ensalada / Boiled eggs with salad Fruta y leche, pan / Fruit and milk, bread	Arroz con magro y verduras / Rice with meat and vegetables Bacalao con ensalada / baked Cod with salad Fruta y leche, pan integral / Fruit and milk, bread	Judías verdes salteadas con jamón / Sauteed Green Beans with ham Pollo estofado con patatas / Chicken stew with potatoes Manza ecológica leche, pan / bio apple and milk, bread	Sopa de Cocido sin gluten / Cocido Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
25	26	27	28	29
Arroz con tomate / Rice in tomato sauce Lacón al horno con lechuga y zanahoria / Baked ham with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Crema de puerro / Cream of Leek Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Patatas guisadas marinera / Potato stew with seafood Pollo asado con parrillada de verdura / Roast Chicken with baked vegetables Fruta y leche, pan integral / Fruit and milk, bread	Macarrones sin gluten carbonara / Macaronni in carbonara sauce Caella adobada con ensalada/ Breaded limanda with salad Fruta y leche, pan / Fruit and milk, bread	Lentejas guisadas con chorizo / Lentils stew Tortilla de calabacín con ensalada / Courgette omelette with salad Fruta y leche, pan / Fruit and milk, bread



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBRE MENU SIN LECHE, BERNJENA Y TOMATE NATURAL OCTOBER WITHOUT MILK, EGGPLANT AND TOMATO

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
				1
				<p>pasta con tomate / Pasta in tomato sauce</p> <p>lomo ajillo al horno con lechuga y maíz / Baked garlic pork loin with salad</p> <p>Fruta y pan / Fruit and bread</p>
4	5	6	7	8
<p>Arroz ecológico con pollo / Bio Rice with chicken</p> <p>Fte. De Merluza en salsa verde / baked hake in sauce</p> <p>Gelatina de frutas /Fruit jelly</p>	<p>Menestra de verdura salteada / sauted vegetables</p> <p>Magro guisado con cous cous / Pork meat stew with cous cous</p> <p>Fruta y pan / Fruit and bread</p>	<p>Espaguetis con salsa de tomate / Spagetti with Tomato Sauce</p> <p>Tortilla De jamon con lechuga y zanahoria / Turkey Omelette with lettuce and carrot</p> <p>Fruta , pan integral / Fruit , bread</p>	<p>Crema de verduras / Cream of Vegetables</p> <p>Albondigas guisadas con tomate y patata / Meatballs stew with potatoes</p> <p>Fruta y pan / Fruit and bread</p>	<p>Judías blancas estofadas/ Stew white beans with vegetables</p> <p>Ventresca Merluza horno lechuga / Baked Hake belly with lettuce</p> <p>Fruta y pan / Fruit and bread</p>
11	12	13	14	15
FESTIVO	FESTIVO	<p>Brocoli rebozado / Battered broccoli</p> <p>Escalope de pollo con patatas / Breaded chicken with potatoes</p> <p>Postre apto, pan integral / suitable dessert, bread</p>	<p>Lentejas ecológicas con patata y zanahoria / bio Stew lentils with potato and carrot</p> <p>Suprema de atun con lechuga y maíz / Tuna supremes with salad</p> <p>Fruta y pan / Fruit and bread</p>	<p>Crema de zanahoria / Cream of carrot soup</p> <p>Lomo al horno con patatas / Baked pork loin with potatoes</p> <p>Fruta y pan / Fruit and bread</p>
18	19	20	21	22
<p>Patatas guisadas con termera / Stewed potatoes with veal</p> <p>Salchichas de pavo con tomate / Turkey Sausages with tomato</p> <p>Postre apto, pan integral / suitable dessert, bread</p>	<p>Judías pintas con arroz / Pinto beans with rice</p> <p>Huevos cocidos con ensalada / Boiled eggs with salad</p> <p>Fruta y pan / Fruit and bread</p>	<p>Arroz con magro y verduras / Rice with meat and vegetables</p> <p>Bacalao rebozado con ensalada / Battered cod with salad</p> <p>Fruta , pan integral / Fruit , bread</p>	<p>Judías verdes salteadas con jamón / Sauteed Green Beans with ham</p> <p>Pollo estofado con patatas / Chicken stew with potatoes</p> <p>Manza ecológica , pan / bio apple , bread</p>	<p>Sopa de Cocido / Cocido Soup</p> <p>Cocido Completo / Chickpeas, Meat and Cabbage Stew</p> <p>Fruta y pan / Fruit and bread</p>
25	26	27	28	29
<p>Arroz con tomate / Rice in tomato sauce</p> <p>Lacon al horno con lechuga y zanahoria / Baked ham with salad</p> <p>Postre apto, pan integral / suitable dessert, bread</p>	<p>Crema de puerro / Cream of Leek</p> <p>Salmón al horno con patata cocida/ Baked salmon with potatoes</p> <p>Fruta y pan / Fruit and bread</p>	<p>Patatas guisadas marinera / Potato stew with seafood</p> <p>Pollo asado con parrillada de verdura / Roast Chicken with baked vegetables</p> <p>Fruta , pan integral / Fruit , bread</p>	<p>Macarrones con tomate / Macaronni in tomato sauce</p> <p>Caella adobada con ensalada/ Breaded limanda with salad</p> <p>Fruta y pan / Fruit and bread</p>	<p>Lentejas guisadas con chorizo / Lentils stew</p> <p>Tortilla de calabacin con ensalada / Courgette omelette with salad</p> <p>Fruta y pan / Fruit and bread</p>



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBRE MENU SIN LEGUMBRE (si j. verde y garbanzo) NI F. SECO OCTOBER WITHOUT LEGUMES AND NUTS

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
				1
				Lasaña boloñesa / Bolognese lasagna lomo ajillo al horno con lechuga y tomate / Baked garlic pork loin with salad Fruta y leche, pan / Fruit and milk, bread
4	5	6	7	8
Arroz ecologico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / baked hake in sauce Gelatina de frutas /Fruit jelly	Menestra de verdura salteada / sauted vegetables Magro guisado con cous cous / Pork meat stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Espaguetis con salsa de tomate / Spagetti with Tomato Sauce Tortilla De jamon con lechuga y zanahoria / Turkey Omelette with lettuce and carrot Fruta y leche, pan integral / Fruit and milk, bread	Crema de verduras / Cream of Vegetables Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y leche, pan / Fruit and milk, bread	Verduras salteadas / Sauted vegetables Ventresca Merluza horno lechuga / Baked Hake belly with lettuce Fruta y leche, pan / Fruit and milk, bread
11	12	13	14	15
FESTIVO	FESTIVO	Brocoli rebozado / Battered broccoli Escalope de pollo con patatas / Breaded chicken with potatoes Yogur de fruta, pan integral / Fruit Yoghurt, bread	Arroz blanco con tomate /rice in tomato sauce Suprema de atun con lechuga y maiz / Tuna supremes with salad Fruta y leche, pan / Fruit and milk, bread	Crema de zanahoria / Cream of carrot soup Lomo al horno con patatas / Baked pork loin with potatoes Fruta y leche, pan / Fruit and milk, bread
18	19	20	21	22
Patatas guisadas con ternera / Stewed potatoes with veal Salchichas de pavo con tomate / Turkey Sausages with tomato Yogur de fruta, pan integral / Fruit Yoghurt, bread	verduras estofadas / Vegetables stew Huevos villarroy con ensalada / Villarroy eggs with salad Fruta y leche, pan / Fruit and milk, bread	Arroz con magro y verduras / Rice with meat and vegetables Bacalao rebozado con ensalada / Battered cod with salad Fruta y leche, pan integral / Fruit and milk, bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pollo estofado con patatas / Chicken stew with potatoes Manzana ecologica leche, pan / bio apple and milk, bread	Sopa de Cocido / Cocido Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
25	26	27	28	29
Arroz con tomate / Rice in tomato sauce Lacon al horno con lechuga y zanahoria / Baked ham with salad Fruta y leche, pan / Fruit and milk, bread	Crema de puerro / Cream of Leek Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Patatas guisadas marinera / Potato stew with seafood Pollo asado con parrillada de verdura / Roast Chicken with baked vegetables Fruta y leche, pan integral / Fruit and milk, bread	Macarrones carbonara / Macaronni in carbonara sauce Caella adobada con ensalada/ Breaded limanda with salad Fruta y leche, pan / Fruit and milk, bread	verduras guisadas / -vegetables stew Tortilla de calabacin con ensalada / Courgette omelette with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread

La sopa de cocido se elaborara con caldo realizado con carne y pollo aparte, sin contacto con garbanzos



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBRE MENU SIN LEGUMBRE (si j. verde y blanca) APIO NI MOSTAZA OCTOBER WITHOUT LEGUMES , CELERY AND MUSTARD

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
				1
				Lasaña boloñesa / Bolognese lasagna lomo ajillo al horno con lechuga y tomate / Baked garlic pork loin with salad Fruta y leche, pan / Fruit and milk, bread
4	5	6	7	8
Arroz ecologico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / baked hake in sauce Gelatina de frutas /Fruit jelly	Menestra de verdura salteada / sauted vegetables Magro guisado con cous cous / Pork meat stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Espaguetis con salsa de tomate / Spagetti with Tomato Sauce Tortilla De jamon con lechuga y zanahoria / Turkey Omelette with lettuce and carrot Fruta y leche, pan integral / Fruit and milk, bread	Crema de verduras / Cream of Vegetables Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas estofadas/ Stew white beans with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with lettuce Fruta y leche, pan / Fruit and milk, bread
11	12	13	14	15
FESTIVO	FESTIVO	Brocoli rebozado / Battered broccoli Escalope de pollo con patatas / Breaded chicken with potatoes Yogur de fruta, pan integral / Fruit Yoghurt, bread	Arroz blanco con tomate /rice in tomato sauce Suprema de atun con lechuga y maiz / Tuna supremes with salad Fruta y leche, pan / Fruit and milk, bread	Crema de zanahoria / Cream of carrot soup Lomo al horno con patatas / Baked pork loin with potatoes Fruta y leche, pan / Fruit and milk, bread
18	19	20	21	22
Patatas guisadas con ternera / Stewed potatoes with veal Salchichas de pavo con tomate / Turkey Sausages with tomato Yogur de fruta, pan integral / Fruit Yoghurt, bread	verduras estofadas / Vegetables stew Huevos villarroy con ensalada / Villarroy eggs with salad Fruta y leche, pan / Fruit and milk, bread	Arroz con magro y verduras / Rice with meat and vegetables Bacalao rebozado con ensalada / Battered cod with salad Fruta y leche, pan integral / Fruit and milk, bread	Judías verdes salteadas con jamón / Sautéed Green Beans with ham Pollo estofado con patatas / Chicken stew with potatoes Manzana ecológica leche, pan / bio apple and milk, bread	Sopa de Cocido / Cocido Soup Cocido Completo sin garbanzo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
25	26	27	28	29
Arroz con tomate / Rice in tomato sauce Lacon al horno con lechuga y zanahoria / Baked ham with salad Fruta y leche, pan / Fruit and milk, bread	Crema de puerro / Cream of Leek Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Patatas guisadas marinera / Potato stew with seafood Pollo asado con parrillada de verdura / Roast Chicken with baked vegetables Fruta y leche, pan integral / Fruit and milk, bread	Macarrones carbonara / Macaronni in carbonara sauce Caella adobada con ensalada/ Breaded limanda with salad Fruta y leche, pan / Fruit and milk, bread	verduras guisadas / -vegetables stew Tortilla de calabacin con ensalada / Courgette omelette with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread

La sopa de cocido se elaborará con caldo realizado con carne y pollo aparte, sin contacto con garbanzos



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBRE MENU SIN LEGUMBRE (si j. verde y blanca) OCTOBER WITHOUT LEGUMES

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
				1
				Lasaña boloñesa / Bolognese lasagna lomo ajillo al horno con lechuga y tomate / Baked garlic pork loin with salad Fruta y leche, pan / Fruit and milk, bread
4	5	6	7	8
Arroz ecologico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / baked hake in sauce Gelatina de frutas /Fruit jelly	Menestra de verdura salteada / sauted vegetables Magro guisado con cous cous / Pork meat stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Espaguetis con salsa de tomate / Spagetti with Tomato Sauce Tortilla De jamon con lechuga y zanahoria / Turkey Omelette with lettuce and carrot Fruta y leche, pan integral / Fruit and milk, bread	Crema de verduras / Cream of Vegetables Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas estofadas/ Stew white beans with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with lettuce Fruta y leche, pan / Fruit and milk, bread
11	12	13	14	15
FESTIVO	FESTIVO	Brocoli rebozado / Battered broccoli Escalope de pollo con patatas / Breaded chicken with potatoes Yogur de fruta, pan integral / Fruit Yoghurt, bread	Arroz blanco con tomate /rice in tomato sauce Suprema de atun con lechuga y maiz / Tuna supremes with salad Fruta y leche, pan / Fruit and milk, bread	Crema de zanahoria / Cream of carrot soup Lomo al horno con patatas / Baked pork loin with potatoes Fruta y leche, pan / Fruit and milk, bread
18	19	20	21	22
Patatas guisadas con ternera / Stewed potatoes with veal Salchichas de pavo con tomate / Turkey Sausages with tomato Yogur de fruta, pan integral / Fruit Yoghurt, bread	verduras estofadas / Vegetables stew Huevos villarroy con ensalada / Villarroy eggs with salad Fruta y leche, pan / Fruit and milk, bread	Arroz con magro y verduras / Rice with meat and vegetables Bacalao rebozado con ensalada / Battered cod with salad Fruta y leche, pan integral / Fruit and milk, bread	Judías verdes salteadas con jamón / Sautéed Green Beans with ham Pollo estofado con patatas / Chicken stew with potatoes Manzana ecológica leche, pan / bio apple and milk, bread	Sopa de Cocido / Cocido Soup Cocido Completo sin garbanzo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
25	26	27	28	29
Arroz con tomate / Rice in tomato sauce Lacon al horno con lechuga y zanahoria / Baked ham with salad Fruta y leche, pan / Fruit and milk, bread	Crema de puerro / Cream of Leek Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Patatas guisadas marinera / Potato stew with seafood Pollo asado con parrillada de verdura / Roast Chicken with baked vegetables Fruta y leche, pan integral / Fruit and milk, bread	Macarrones carbonara / Macaronni in carbonara sauce Caella adobada con ensalada/ Breaded limanda with salad Fruta y leche, pan / Fruit and milk, bread	verduras guisadas / -vegetables stew Tortilla de calabacin con ensalada / Courgette omelette with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread

La sopa de cocido se elaborará con caldo realizado con carne y pollo aparte, sin contacto con garbanzos



ARTESANIA GASTRONOMICA ALCARREÑA



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

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
				1
				<p>pasta con tomate / Pasta in tomato sauce</p> <p>lomo ajillo al horno con lechuga y tomate / Baked garlic pork loin with salad</p> <p>Fruta y leche, pan / Fruit and milk, bread</p>
4	5	6	7	8
<p>Arroz ecologico con pollo / Bio Rice with chicken</p> <p>Fte. De Merluza en salsa verde / baked hake in sauce</p> <p>Gelatina de frutas /Fruit jelly</p>	<p>Menestra de verdura salteada / sauted vegetables</p> <p>Magro guisado con cous cous / Pork meat stew with cous cous</p> <p>Fruta y leche, pan / Fruit and milk, bread</p>	<p>Espaguetis con salsa de tomate / Spagetti with Tomato Sauce</p> <p>Tortilla De jamon con lechuga y zanahoria / Turkey Omelette with lettuce and carrot</p> <p>Fruta y leche, pan integral / Fruit and milk, bread</p>	<p>Crema de verduras / Cream of Vegetables</p> <p>Albondigas guisadas con tomate y patata / Meatballs stew with potatoes</p> <p>Fruta y leche, pan / Fruit and milk, bread</p>	<p>Judías blancas estofadas/ Stew white beans with vegetables</p> <p>Ventresca Merluza horno lechuga / Baked Hake belly with lettuce</p> <p>Fruta y leche, pan / Fruit and milk, bread</p>
11	12	13	14	15
FESTIVO	FESTIVO	<p>Brocoli rebozado / Battered broccoli</p> <p>Escalope de pollo con patatas / Breaded chicken with potatoes</p> <p>Yogur de fruta, pan integral / Fruit Yoghurt, bread</p>	<p>Lentejas ecologicas con patata y zanahoria / bio Stew lentils with potato and carrot</p> <p>Suprema de atun con lechuga y maiz / Tuna supremes with salad</p> <p>Fruta y leche, pan / Fruit and milk, bread</p>	<p>Crema de zanahoria / Cream of carrot soup</p> <p>Lomo al horno con patatas / Baked pork loin with potatoes</p> <p>Fruta y leche, pan / Fruit and milk, bread</p>
18	19	20	21	22
<p>Patatas guisadas con termera / Stewed potatoes with veal</p> <p>Salchichas de pavo con tomate / Turkey Sausages with tomato</p> <p>Yogur de fruta, pan integral / Fruit Yoghurt, bread</p>	<p>Judías pintas con arroz / Pinto beans with rice</p> <p>Huevos villarroy con ensalada / Villarroy eggs with salad</p> <p>Fruta y leche, pan / Fruit and milk, bread</p>	<p>Arroz con magro y verduras / Rice with meat and vegetables</p> <p>Bacalao rebozado con ensalada / Battered cod with salad</p> <p>Fruta y leche, pan integral / Fruit and milk, bread</p>	<p>Judías verdes salteadas con jamón / Sauteed Green Beans with ham</p> <p>Pollo estofado con patatas / Chicken stew with potatoes</p> <p>Manza ecologica leche, pan / bio apple and milk, bread</p>	<p>Sopa de Cocido / Cocido Soup</p> <p>Cocido Completo / Chickpeas, Meat and Cabbage Stew</p> <p>Fruta y leche, pan / Fruit and milk, bread</p>
25	26	27	28	29
<p>Arroz con tomate / Rice in tomato sauce</p> <p>Lacon al horno con lechuga y zanahoria / Baked ham with salad</p> <p>Yogur de fruta, pan integral / Fruit Yoghurt, bread</p>	<p>Crema de puerro / Cream of Leek</p> <p>Salmón al horno con patata cocida/ Baked salmon with potatoes</p> <p>Fruta y leche, pan / Fruit and milk, bread</p>	<p>Patatas guisadas marinera / Potato stew with seafood</p> <p>Pollo asado con parrillada de verdura / Roast Chicken with baked vegetables</p> <p>Fruta y leche, pan integral / Fruit and milk, bread</p>	<p>Macarrones carbonara / Macaronni in carbonara sauce</p> <p>Caella adobada con ensalada/ Breaded limanda with salad</p> <p>Fruta y leche, pan / Fruit and milk, bread</p>	<p>Lentejas guisadas con chorizo / Lentils stew</p> <p>Tortilla de calabacin con ensalada / Courgette omelette with salad</p> <p>Fruta y leche, pan / Fruit and milk, bread</p>



ARTESANIA GASTRONOMICA ALCARREÑA



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

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
				1
				pasta con tomate / Pasta in tomato sauce lomo ajillo al horno con lechuga y tomate / Baked garlic pork loin with salad Fruta y lpan / Fruit and bread
4	5	6	7	8
Arroz ecologico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / baked hake in sauce Gelatina de frutas /Fruit jelly	Menestra de verdura salteada / sauted vegetables Magro guisado con cous cous / Pork meat stew with cous cous Fruta y pan / Fruit and bread	Espaguetis con salsa de tomate / Spagetti with Tomato Sauce Tortilla De jamon con lechuga y zanahoria / Turkey Omelette with lettuce and carrot Fruta , pan integral / Fruit , bread	Crema de verduras / Cream of Vegetables Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y pan / Fruit and bread	Judías blancas estofadas/ Stew white beans with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with lettuce Fruta y pan / Fruit and bread
11	12	13	14	15
FESTIVO	FESTIVO	Brocoli rebozado / Battered broccoli Escalope de pollo con patatas / Breaded chicken with potatoes Postre apto, pan integral / suitable dessert, bread	Lentejas ecologicas con patata y zanahoria / bio Stew lentils with potato and carrot Suprema de atun con lechuga y maiz / Tuna supremes with salad Fruta y pan / Fruit and bread	Crema de zanahoria / Cream of carrot soup Lomo al horno con patatas / Baked pork loin with potatoes Fruta y pan / Fruit and bread
18	19	20	21	22
Patatas guisadas con termera / Stewed potatoes with veal Salchichas de pavo con tomate / Turkey Sausages with tomato Postre apto, pan integral / suitable dessert, bread	Judías pintas con arroz / Pinto beans with rice Huevos cocidos con ensalada / Boiled eggs with salad Fruta y pan / Fruit and bread	Arroz con magro y verduras / Rice with meat and vegetables Bacalao rebozado con ensalada / Battered cod with salad Fruta , pan integral / Fruit , bread	Judías verdes salteadas con jamón / Sauteed Green Beans with ham Pollo estofado con patatas / Chicken stew with potatoes Manza ecologica , pan / bio apple , bread	Sopa de Cocido / Cocido Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y pan / Fruit and bread
25	26	27	28	29
Arroz con tomate / Rice in tomato sauce Lacon al horno con lechuga y zanahoria / Baked ham with salad Postre apto, pan integral / suitable dessert, bread	Crema de puerro / Cream of Leek Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y pan / Fruit and bread	Patatas guisadas marinera / Potato stew with seafood Pollo asado con parrillada de verdura / Roast Chicken with baked vegetables Fruta , pan integral / Fruit , bread	Macarrones con tomate / Macaronni in tomato sauce Caella adobada con ensalada/ Breaded limanda with salad Fruta y pan / Fruit and bread	Lentejas guisadas con chorizo / Lentils stew Tortilla de calabacin con ensalada / Courgette omelette with salad Fruta y pan / Fruit and bread



ARTESANIA GASTRONOMICA ALCARREÑA

OCTUBRE MENU SIN LECHE, HUEVO, F. SECO, SOJA, MOLUSCOS Y CRUSTACEOS OCTOBER WITHOUT MILK, EGG, NUTS, SOYA, AND SEAFOOD

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
				1
				Pasta sin huevo con tomate / Pasta in tomato sauce lomo ajillo al horno con lechuga y tomate / Baked garlic pork loin with salad Fruta y leche, pan / Fruit and milk, bread
4	5	6	7	8
Arroz ecológico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / baked hake in sauce Gelatina de frutas / Fruit jelly	Menestra de verdura salteada / sauted vegetables Magro guisado con cous cous / Pork meat stew with cous cous Fruta y pan / Fruit and bread	Espaguetis sin huevo con salsa de tomate / Spagetti with Tomato Sauce Rosti De jamon con lechuga y zanahoria / Turkey rosti with lettuce and carrot Fruta , pan integral / Fruit , bread	Crema de verduras / Cream of Vegetables Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y pan / Fruit and bread	Judías blancas estofadas/ Stew white beans with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with lettuce Fruta y pan / Fruit and bread
11	12	13	14	15
FESTIVO	FESTIVO	Brocoli salteado / suted broccoli Escalope de pollo con patatas / Breaded chicken with potatoes Postre apto, pan integral / suitable dessert, bread	Lentejas ecológicas con patata y zanahoria / bio Stew lentils with potato and carrot Suprema de atun con lechuga y maiz / Tuna supremes with salad Fruta y pan / Fruit and bread	Crema de zanahoria / Cream of carrot soup Lomo al horno con patatas / Baked pork loin with potatoes Fruta y pan / Fruit and bread
18	19	20	21	22
Patatas guisadas con termera / Stewed potatoes with veal Salchichas de pavo con tomate / Turkey Sausages with tomato Postre apto, pan integral / suitable dessert, bread	Judías pintas con arroz / Pinto beans with rice Rosti con ensalada / Rosti with salad Fruta y pan / Fruit and bread	Arroz con magro y verduras / Rice with meat and vegetables Bacalao con ensalada / baked Cod with salad Fruta , pan integral / Fruit , bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pollo estofado con patatas / Chicken stew with potatoes Manza ecológica , pan / bio apple , bread	Sopa de Cocido sin huevo / Cocido Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y pan / Fruit and bread
25	26	27	28	29
Arroz con tomate / Rice in tomato sauce Lacon al horno con lechuga y zanahoria / Baked ham with salad Postre apto, pan integral / suitable dessert, bread	Crema de puerro / Cream of Leek Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y pan / Fruit and bread	Patatas guisadas con verdura / Potato stew Pollo asado con parrillada de verdura / Roast Chicken with baked vegetables Fruta , pan integral / Fruit , bread	Macarrones sin huevo con tomate / Macarroni in tomato sauce Caella adobada con ensalada/ Breaded limanda with salad Fruta y pan / Fruit and bread	Lentejas guisadas con chorizo / Lentils stew Rosti de calabacin con ensalada / Courgette rosti with salad Fruta y pan / Fruit and bread