



# ARTESANIA GASTRONOMICA ALCARREÑA



## NOVIEMBRE MENU SIN CARNE ROJA NOVEMBER WITHOUT RED MEAT

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
		2	3	4
		Ramitos de coliflor rebozada / Battered cauliflower Pollo con pisto / Chicken stew with pisto Fruta y leche, pan integral/ Fruit and milk, bread	Pure de calabacín / Courgette cream Hamburguesa de ternera con patata / Baked burger with potato Fruta y leche, pan / Fruit and milk, bread	Arroz integral con magro / Stew rice with meat Lenguadina con lechuga y maíz / breaded sole with salad Fruta y leche, pan / Fruit and milk, bread
7	8	9	10	11
Judías pintas con arroz / Pinto beans with rice Ventresca de merluza horno con lechuga y zanahoria / Baked hake with salad Gelatina de frutas pan integral /Fruit jelly	Crema de puerros / Leek cream Pavo al horno con pure de patata / Baked turkey with potato puree Fruta y leche, pan / Fruit and milk, bread	Lentejas guisadas con verdura / lentils stew with vegetables Tortilla con lechuga y maíz y aceitunas / omelette with salad Fruta y leche, pan integral/ Fruit and milk, bread	Judías verdes ecológicas salteadas / Sautéed ecologic Green Beans Escalope de pollo con patata / Breaded Chicken with potatoes Fruta y leche, pan / Fruit and milk, bread	Espaguetis integrales con tomate / Spagetti in tomato sauce Bacalao horno con ensalada mixta / Baked cod with salad Fruta y leche, pan / Fruit and milk, bread
14	15	16	17	18
Macarrones con pavo / Macaroni in tomato sauce with turkey Salmón al horno con ensalada / Baked salmon with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Pure de zanahoria ecologica, puerro y patata / Carrot and leek puree Pavo con tomate /Pavo with tomato sauce Fruta y leche, pan / Fruit and milk, bread	Fidegüa de pollo / chicken fideus Filete de abadejo en salsa / Baked mofish with salad Fruta y leche, pan integral/ Fruit and milk, bread	Ramitos de coliflor rebozada / Battered cauliflower Jamoncitos de pollo asados con arroz salteado / Baked chicken with rice Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido / Stew Soup Cocido Completo con pollo y ternera / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
21	22	23	24	25
Arroz con salsa de tomate / Rice in tomato sauce Merluza con ensalada / Battered hake with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Crema de verduras / Vegetables cream Pavo con patatas / Stewed turkey with potatoes Fruta y leche, pan / Fruit and milk, bread	Espaguetis con tomate / Spaghetti in tomato sauce Rabas de calamar con ensalada / Fried squid with salad Fruta y leche, pan integral/ Fruit and milk, bread	Brocoli salteado /Sautéed brocoli Pavo con salsa gravy y pure de patata / Stewed turkey with potato puree Fruta y leche, pan / Fruit and milk, bread	lentejas con puerro y zanahoria / lentils stew with vegetables Tortilla de calabacín con lechuga y maíz / Courgette omelette with salad Fruta y leche, pan / Fruit and milk, bread
28	29	30		
Judías blancas guisadas / Beans stew Bacalao romana con ensalada mixta/ Baked cod with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Crema de calabaza / Pumpkin cream Albondigas ternera con cous cous / Meatballs with cous cous Pera ecologica y leche, pan / Bio pear and milk, bread	Macarrones con tomate / Macaroni in tomato sauce Huevos villaroy con ensalada / Villaroy eggs with salad Fruta y leche, pan / Fruit and milk, bread		



# ARTESANIA GASTRONOMICA ALCARREÑA



## NOVIEMBRE MENU SIN F. SECO NOVEMBER WITHOUT NUTS MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
		2	3	4
		coliflor rehogada / sauted cauliflower Pollo con pisto / Chicken stew lo with pisto Fruta y leche, pan integral/ Fruit and milk, bread	Pure de calabacin / Courgette cream Hamburguesa de ternera con patata / Baked burger with potato Fruta y leche, pan / Fruit and milk, bread	Arroz integral con magro / Stew rice with meat Lenguadina con lechuga y maiz / breaded sole with salad Fruta y leche, pan / Fruit and milk, bread
7	8	9	10	11
Judias pintas con arroz / Pinto beans with rice Ventresca de merluza horno con lechuga y zanahoria / Baked hake with salad Gelatina de frutas pan integral /Fruit jelly	Crema de puerros / Leek cream Lacon asado con pure de patata / Baked ham with potato puree Fruta y leche, pan / Fruit and milk, bread	Lentejas guisadas con verdura / lentils stew with vegetables Tortilla de jamon con lechuga y maiz y aceitunas / Ham omelette with salad Fruta y leche, pan integral/ Fruit and milk, bread	Judías verdes ecológicas salteadas con jamón / Sauted ecologic Green Beans with ham Escalope de pollo con patata / Breaded Chicken with potatoes Fruta y leche, pan / Fruit and milk, bread	Espaguetis integrales con tomate / Spagetti in tomato sauce Bacalao horno con ensalada mixta / Baked cod with salad Fruta y leche, pan / Fruit and milk, bread
14	15	16	17	18
Macarrones con pavo / Macaroni in tomato sauce with turkey Salmón al horno con ensalada / Baked salmon with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Pure de zanahoria ecologica, puerro y patata / Carrotand leek puree Cinta lomo con ensalada / baked pork loin with salad Fruta y leche, pan / Fruit and milk, bread	Fidegüa de carne / meat fideus Filete de abadejo en salsa / Baked mofish with salad Fruta y leche, pan integral/ Fruit and milk, bread	coliflor rehogada / sauted cauliflower Jamoncitos de pollo asados con arroz salteado / Baked chicken with rice Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
21	22	23	24	25
Arroz con salsa de tomate / Rice in toamto sauce Merluza con ensalada / Battered hake with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Crema de verduras / Vegetables cream Lomo riojana con patatas / Stewed pork loin with potaoes Fruta y leche, pan / Fruit and milk, bread	Espaguetis boloñesa / Spaghetti in Bolognese sauce Rabas de calamar con ensalada / Fried squid with salad Fruta y leche, pan integral/ Fruit and milk, bread	Brocoli salteado /Sauted brocoli Pavo con salsa gravy y pure de patata / Stewed turkey with potato puree Fruta y leche, pan / Fruit and milk, bread	lentejas con puerro y zanahoria / lentils stew with vegetables Tortilla de calabacin con lechuga y maiz / Courgette omelette with salad Fruta y leche, pan / Fruit and milk, bread
28	29	30		
Judias blancas guisadas / Beans stew Bacalao romana con ensalada mixta/ Baked cod with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Crema de calabaza / Pupkin cream Albondigas con cous cous / Meatballs with cous cous Pera ecologica y leche, pan / Bio pear and milk, bread	Macarrones con tomate / Macaronni in tomato sauce Huevos cocidos con ensalada / Boiled eggs with salad Fruta y leche, pan / Fruit and milk, bread		



# ARTESANIA GASTRONOMICA ALCARREÑA

NOVIEMBRE MENU SIN FRUTO SECO(arroz y pasta integral)

NOVEMBER WITHOUT MILK MENU AND ANCHOVY MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
		2	3	4
		coliflor rehogada / sauted cauliflower Pollo con pisto / Chicken stew lo with pisto Fruta y leche, pan integral/ Fruit and milk, bread	Pure de calabacin / Courgette cream Hamburguesa de ternera con patata / Baked burger with potato Fruta y leche, pan / Fruit and milk, bread	Arroz integral con magro / Stew rice with meat Lenguadina con lechuga y maiz / breaded sole with salad Fruta y leche, pan / Fruit and milk, bread
7	8	9	10	11
Judias pintas con arroz / Pinto beans with rice Ventresca de merluza horno con lechuga y zanahoria / Baked hake with salad Gelatina de frutas pan integral /Fruit jelly	Crema de puerros / Leek cream Lacon asado con pure de patata / Baked ham with potato puree Fruta y leche, pan / Fruit and milk, bread	Lentejas guisadas con verdura / lentils stew with vegetables Tortilla de jamon con lechuga y maiz y aceitunas / Ham omelette with salad Fruta y leche, pan integral/ Fruit and milk, bread	Judías verdes ecológicas salteadas con jamón / Sauted ecologic Green Beans with ham Escalope de pollo con patata / Breaded Chicken with potatoes Fruta y leche, pan / Fruit and milk, bread	Espaguetis integrales con tomate / Spagetti in tomato sauce Bacalao horno con ensalada mixta / Baked cod with salad Fruta y leche, pan / Fruit and milk, bread
14	15	16	17	18
Macarrones integrales con pavo / Macaroni in tomato sauce with turkey Salmón al horno con ensalada / Baked salmon with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Pure de zanahoria ecologica, puerro y patata / Carrotand leek puree Cinta lomo con ensalada / baked pork loin with salad Fruta y leche, pan / Fruit and milk, bread	Fidegüa de carne / meat fideus Filete de abadejo en salsa / Baked mofish with salad Fruta y leche, pan integral/ Fruit and milk, bread	coliflor rehogada / sauted cauliflower Jamoncitos de pollo asados con arroz salteado / Baked chicken with rice Fruta y leche, pan / Fruit and milk, bread	Sopa de arroz integral Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
21	22	23	24	25
Arroz integral con salsa de tomate / Rice in toamto sauce Merluza con ensalada / Battered hake with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Crema de verduras / Vegettables cream Lomo riojana con patatas / Stewed pork loin with potaoes Fruta y leche, pan / Fruit and milk, bread	Espaguetis integral boloñesa / Spaghetti in Bolognese sauce Rabas de calamar con ensalada / Fried squid with salad Fruta y leche, pan integral/ Fruit and milk, bread	Brocoli salteado /Sauted brocoli Pavo con salsa gravy y pure de patata / Stewed turkey with potato puree Fruta y leche, pan / Fruit and milk, bread	lentejas con puerro y zanahoria / lentils stew with vegetables Tortilla de calabacin con lechuga y maiz / Courgette omelette with salad Fruta y leche, pan / Fruit and milk, bread
28	29	30		
Judias blancas guisadas / Beans stew Bacalao romana con ensalada mixta/ Baked cod with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Crema de calabaza / Pupkin cream Albondigas con cous cous / Meatballs with cous cous Pera ecologica y leche, pan / Bio pear and milk, bread	Macarrones integral con tomate / Macaronni in tomato sauce Huevos cocidos con ensalada / Boiled eggs with salad Fruta y leche, pan / Fruit and milk, bread		



# ARTESANIA GASTRONOMICA ALCARREÑA



## NOVIEMBRE MENU SIN GLUTEN NOVEMBER WITHOUT GLUTEN MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
		2	3	4
		coliflor rehogada / sauted cauliflower  Pollo con pisto / Chicken stew lo with pisto  Fruta y leche, pan sin gluten/ Fruit and milk, bread	Pure de calabacin / Courgette cream  Hamburguesa de ternera con patata / Baked burger with potato  Fruta y leche, pan sin gluten/ Fruit and milk, bread	Arroz integral con magro / Stew rice with meat  Lenguadina con lechuga y maiz / breaded sole with salad  Fruta y leche, pan sin gluten/ Fruit and milk, bread
7	8	9	10	11
Judias pintas con arroz / Pinto beans with rice  Ventresca de merluza horno con lechuga y zanahoria / Baked hake with salad  Gelatina de frutas pan sin gluten /Fruit jelly	Crema de puerros / Leek cream  Lacon asado con pure de patata / Baked ham with potato puree  Fruta y leche, pan sin gluten/ Fruit and milk, bread	Lentejas guisadas con verdura / lentils stew with vegetables  Tortilla de jamon con lechuga y maiz y aceitunas / Ham omelette with salad  Fruta y leche, pan sin gluten/ Fruit and milk, bread	Judías verdes ecológicas salteadas con jamón / Sauted ecologic Green Beans with ham  Escalope de pollo con patata / Breaded Chicken with potatoes  Fruta y leche, pan sin gluten/ Fruit and milk, bread	Espaguetis integrales con tomate / Spagetti in tomato sauce  Bacalao horno con ensalada mixta / Baked cod with salad  Fruta y leche, pan sin gluten/ Fruit and milk, bread
14	15	16	17	18
Macarrones sin gluten con pavo / Macaroni in tomato sauce with turkey  Salmón al horno con ensalada / Baked salmon with salad  Yogur de fruta, pan sin gluten / Fruit Yoghurt, bread	Pure de zanahoria ecologica, puerro y patata / Carrotand leek puree  Cinta lomo con ensalada / baked pork loin with salad  Fruta y leche, pan sin gluten/ Fruit and milk, bread	Arroz con carne / meat rice  Filete de abadejo en salsa / Baked mofish with salad  Fruta y leche, pan sin gluten/ Fruit and milk, bread	coliflor rehogada / sauted cauliflower  Jamoncitos de pollo asados con arroz salteado / Baked chicken with rice  Fruta y leche, pan sin gluten/ Fruit and milk, bread	Sopa de Cocido sin gluten / Stew Soup  Cocido Completo / Chickpeas, Meat and Cabbage Stew  Fruta y leche, pan sin gluten/ Fruit and milk, bread
21	22	23	24	25
Arroz con salsa de tomate / Rice in toamto sauce  Merluza con ensalada / Battered hake with salad  Yogur de fruta, pan sin gluten / Fruit Yoghurt, bread	Crema de verduras / Vegettables cream  Lomo riojana con patatas / Stewed pork loin with potaoes  Fruta y leche, pan sin gluten/ Fruit and milk, bread	Espaguetis sin gluten boloñesa / Spaghetti in Bolognese sauce  calamar plancha con ensalada / Grilled squid with salad  Fruta y leche, pan sin gluten/ Fruit and milk, bread	Brocoli salteado /Sauted brocoli  Pavo con salsa gravy y pure de patata / Stewed turkey with potato puree  Fruta y leche, pan sin gluten/ Fruit and milk, bread	lentejas con puerro y zanahoria / lentils stew with vegetables  Tortilla de calabacin con lechuga y maiz / Courgette omelette with salad  Fruta y leche, pan sin gluten/ Fruit and milk, bread
28	29	30		
Judias blancas guisadas / Beans stew  Bacalao romana con ensalada mixta/ Baked cod with salad  Yogur de fruta, pan sin gluten / Fruit Yoghurt, bread	Crema de calabaza / Pupkin cream  Albondigas con arroz / Meatballs with rice  Pera ecologica y leche, pan sin gluten/ Bio pear and milk, bread	Macarrones sin gluten con tomate / Macaronni in tomato sauce  Huevos cocidos con ensalada / Boiled eggs with salad  Fruta y leche, pan sin gluten/ Fruit and milk, bread		



# ARTESANIA GASTRONOMICA ALCARREÑA



## NOVIEMBRE MENU SIN HUEVO CRUDO NI F. SECO NOVEMBER WITHOUT EGG AND NUTS

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
		2	3	4
		coliflor rehogada / sauted cauliflower Pollo con pisto / Chicken stew lo with pisto Fruta y leche, pan integral/ Fruit and milk, bread	Pure de calabacin / Courgette cream Hamburguesa de ternera con patata / Baked burger with potato Fruta y leche, pan / Fruit and milk, bread	Arroz integral con magro / Stew rice with meat Lenguadina con lechuga y maiz / breadded sole with salad Fruta y leche, pan / Fruit and milk, bread
7	8	9	10	11
Judias pintas con arroz / Pinto beans with rice Ventresca de merluza horno con lechuga y zanahoria / Baked hake with salad Gelatina de frutas pan integral /Fruit jelly	Crema de puerros / Leek cream Lacon asado con pure de patata / Baked ham with potato puree Fruta y leche, pan / Fruit and milk, bread	Lentejas guisadas con verdura / lentils stew with vegetables Tortilla de jamon con lechuga y maiz y aceitunas / Ham omelette with salad Fruta y leche, pan integral/ Fruit and milk, bread	Judías verdes ecológicas salteadas con jamón / Sauted ecologic Green Beans with ham Escalope de pollo con patata / Breaded Chicken with potatoes Fruta y leche, pan / Fruit and milk, bread	Espaguetis integrales con tomate / Spagetti in tomato sauce Bacalao horno con ensalada mixta / Baked cod with salad Fruta y leche, pan / Fruit and milk, bread
14	15	16	17	18
Macarrones con pavo / Macaroni in tomato sauce with turkey Salmón al horno con ensalada / Baked salmon with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Pure de zanahoria ecologica, puerro y patata / Carrotand leek puree Cinta lomo con ensalada / baked pork loin with salad Fruta y leche, pan / Fruit and milk, bread	Fidegúa de carne / meat fideus Filete de abadejo en salsa / Baked mokfish with salad Fruta y leche, pan integral/ Fruit and milk, bread	coliflor rehogada / sauted cauliflower Jamoncitos de pollo asados con arroz salteado / Baked chicken with rice Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
21	22	23	24	25
Arroz con salsa de tomate / Rice in toamto sauce Merluza con ensalada / Battered hake with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Crema de verduras / Vegettables cream Lomo riojana con patatas / Stewed pork loin with potaoes Fruta y leche, pan / Fruit and milk, bread	Espaguetis boloñesa / Spaghetti in Bolognese sauce Rabas de calamar con ensalada / Fried squid with salad Fruta y leche, pan integral/ Fruit and milk, bread	Brocoli salteado /Sauted brocoli Pavo con salsa gravy y pure de patata / Stewed turkey with potato puree Fruta y leche, pan / Fruit and milk, bread	lentejas con puerro y zanahoria / lentils stew with vegetables Tortilla de calabacin con lechuga y maiz / Courgette omelette with salad Fruta y leche, pan / Fruit and milk, bread
28	29	30		
Judias blancas guisadas / Beans stew Bacalao romana con ensalada mixta/ Baked cod with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Crema de calabaza / Pupkin cream Albondigas con cous cous / Meatballs with cous cous Pera ecologica y leche, pan / Bio pear and milk, bread	Macarrones con tomate / Macaronni in tomato sauce Huevos cocidos con ensalada / Boiled eggs with salad Fruta y leche, pan / Fruit and milk, bread		



# ARTESANIA GASTRONOMICA ALCARREÑA



## NOVIEMBRE MENU SIN HUEVO NI F. SECOS NOVEMBER WITHOUT EGG AND NUTS MENU

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
		2	3	4
		coliflor rehogada / sauted cauliflower Pollo con pisto / Chicken stew lo with pisto Fruta y leche, pan integral/ Fruit and milk, bread	Pure de calabacin / Courgette cream Hamburguesa de ternera con patata / Baked burger with potato Fruta y leche, pan / Fruit and milk, bread	Arroz integral con magro / Stew rice with meat Lenguadina con lechuga y maiz / breaded sole with salad Fruta y leche, pan / Fruit and milk, bread
7	8	9	10	11
Judias pintas con arroz / Pinto beans with rice Ventresca de merluza horno con lechuga y zanahoria / Baked hake with salad Gelatina de frutas pan integral /Fruit jelly	Crema de puerros / Leek cream Lacon asado con pure de patata / Baked ham with potato puree Fruta y leche, pan / Fruit and milk, bread	Lentejas guisadas con verdura / lentils stew with vegetables Rosti con lechuga y maiz y aceitunas / Ham rosti with salad Fruta y leche, pan integral/ Fruit and milk, bread	Judías verdes ecológicas salteadas con jamón / Sauted ecologic Green Beans with ham Escalope de pollo con patata / Breaded Chicken with potatoes Fruta y leche, pan / Fruit and milk, bread	Espaguetis integrales con tomate / Spagetti in tomato sauce Bacalao horno con ensalada mixta / Baked cod with salad Fruta y leche, pan / Fruit and milk, bread
14	15	16	17	18
Macarrones sin huevo con pavo / Macaroni in tomato sauce with turkey Salmón al horno con ensalada / Baked salmon with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Pure de zanahoria ecologica, puerro y patata / Carrotand leek puree Cinta lomo con ensalada / baked pork loin with salad Fruta y leche, pan / Fruit and milk, bread	Fidegüa de carne / meat fideus Filete de abadejo en salsa / Baked mofish with salad Fruta y leche, pan integral/ Fruit and milk, bread	coliflor rehogada / sauted cauliflower Jamoncitos de pollo asados con arroz salteado / Baked chicken with rice Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido sin huevo / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
21	22	23	24	25
Arroz con salsa de tomate / Rice in toamto sauce Merluza con ensalada / Battered hake with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Crema de verduras / Vegettables cream Lomo riojana con patatas / Stewed pork loin with potaoes Fruta y leche, pan / Fruit and milk, bread	Espaguetis sin huevo boloñesa / Spaghetti in Bolognese sauce calamar plancha con ensalada / Grilled squid with salad Fruta y leche, pan integral/ Fruit and milk, bread	Brocoli salteado /Sauted brocoli Pavo con salsa gravy y pure de patata / Stewed turkey with potato puree Fruta y leche, pan / Fruit and milk, bread	lentejas con puerro y zanahoria / lentils stew with vegetables Rosti de calabacin con lechuga y maiz / Courgette rosti with salad Fruta y leche, pan / Fruit and milk, bread
28	29	30		
Judias blancas guisadas / Beans stew Bacalao con ensalada mixta/ Baked cod with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Crema de calabaza / Pupkin cream Albondigas con cous cous / Meatballs with cous cous Pera ecologica y leche, pan / Bio pear and milk, bread	Macarrones con tomate / Macaronni in tomato sauce Rosti con ensalada / Rosti with salad Fruta y leche, pan / Fruit and milk, bread		



# ARTESANIA GASTRONOMICA ALCARREÑA



## NOVIEMBRE MENU SIN HUEVO, LECHE , PESCADO , APIO NI F. SECOS NOVEMBER WITHOUT MILK, EGG, FISH AND NUTS MENU

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
		2	3	4
		coliflor rehogada / sauted cauliflower Pollo con pisto / Chicken stew lo with pisto Fruta y pan integral/ Fruit and bread	Pure de calabacin / Courgette cream Hamburguesa de ternera con patata / Baked burger with potato Fruta y pan / Fruit and bread	Arroz integral con magro / Stew rice with meat Lomo con lechuga y maiz / breaded pork loin with salad Fruta y pan / Fruit and bread
7	8	9	10	11
Judias pintas con arroz / Pinto beans with rice Pollo con lechuga y zanahoria / Baked chicken with salad Gelatina de frutas pan integral /Fruit jelly	Crema de puerros / Leek cream Lacon asado con pure de patata / Baked ham with potato puree Fruta y pan / Fruit and bread	Lentejas guisadas con verdura / lentils stew with vegetables Rosti con lechuga y maiz y aceitunas / Ham rosti with salad Fruta y leche, pan integral/ Fruit and bread	Judías verdes ecológicas salteadas con jamón / Sauted ecologic Green Beans with ham Escalope de pollo con patata / Breaded Chicken with potatoes Fruta y pan / Fruit and bread	Espaguetis sin huevo con tomate / Spagetti in tomato sauce Salchichas pavo horno con ensalada mixta / Baked cod with salad Fruta y pan / Fruit and bread
14	15	16	17	18
Macarrones sin huevo con pavo / Macaroni in tomato sauce with turkey Jamon asado con ensalada / Baked ham with salad Postre apto, pan integral / suitable dessert, bread	Pure de zanahoria ecologica, puerro y patata / Carrotand leek puree Cinta lomo con ensalada / baked pork loin with salad Fruta y pan / Fruit and bread	Arroz de carne / meat rice Filete de pollo con lechuga y maiz / Baked chicken with salad Fruta y pan integral/ Fruit and bread	coliflor rehogada / sauted cauliflower Jamoncitos de pollo asados con arroz salteado / Baked chicken with rice Fruta y pan / Fruit and bread	Sopa de Cocido sin huevo / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y pan / Fruit and bread
21	22	23	24	25
Arroz con salsa de tomate / Rice in toamto sauce Salchicha ave con ensalada mixta/ Baked sausaje with salad Postre apto, pan integral / suitable dessert, bread	Crema de verduras / Vegettables cream Lomo riojana con patatas / Stewed pork loin with potaoes Fruta y pan / Fruit and bread	Espaguetis sin huevo boloñesa / Spaghetti in Bolognese sauce Hamburguesa con ensalada / Burger with salad Fruta y pan integral/ Fruit and bread	Brocoli salteado /Sauted brocoli Pavo con salsa gravy y pure de patata / Stewed turkey with potato puree Fruta y pan / Fruit and bread	lentejas con puerro y zanahoria / lentils stew with vegetables Rosti de calabacin con lechuga y maiz / Courgette Rosti with salad Fruta y pan / Fruit and bread
28	29	30		
Judias blancas guisadas / Beans stew Filete con ensalada / Battered hake with salad Postre apto, pan integral / suitable dessert, bread	Crema de calabaza / Pupkin cream Albondigas con cous cous / Meatballs with cous cous Pera ecologica , pan / Bio pear , bread	Macarrones sin huevo con tomate / Macaronni in tomato sauce Rosti con ensalada /Rosti with salad Fruta y pan / Fruit and bread		



# ARTESANIA GASTRONOMICA ALCARREÑA



## NOVIEMBRE MENU SIN HUEVO NOVEMBER WITHOUT EGG MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
		2	3	4
		coliflor rehogada / sauted cauliflower Pollo con pisto / Chicken stew lo with pisto Fruta y leche, pan integral/ Fruit and milk, bread	Pure de calabacin / Courgette cream Hamburguesa de ternera con patata / Baked burger with potato Fruta y leche, pan / Fruit and milk, bread	Arroz integral con magro / Stew rice with meat Lenguadina con lechuga y maiz / breaded sole with salad Fruta y leche, pan / Fruit and milk, bread
7	8	9	10	11
Judias pintas con arroz / Pinto beans with rice Ventresca de merluza horno con lechuga y zanahoria / Baked hake with salad Gelatina de frutas pan integral /Fruit jelly	Crema de puerros / Leek cream Lacon asado con pure de patata / Baked ham with potato puree Fruta y leche, pan / Fruit and milk, bread	Lentejas guisadas con verdura / lentils stew with vegetables Rosti con lechuga y maiz y aceitunas / Ham rosti with salad Fruta y leche, pan integral/ Fruit and milk, bread	Judías verdes ecológicas salteadas con jamón / Sauted ecologic Green Beans with ham Escalope de pollo con patata / Breaded Chicken with potatoes Fruta y leche, pan / Fruit and milk, bread	Espaguetis integrales con tomate / Spagetti in tomato sauce Bacalao horno con ensalada mixta / Baked cod with salad Fruta y leche, pan / Fruit and milk, bread
14	15	16	17	18
Macarrones sin huevo con pavo / Macaroni in tomato sauce with turkey Salmón al horno con ensalada / Baked salmon with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Pure de zanahoria ecologica, puerro y patata / Carrotand leek puree Cinta lomo con ensalada / baked pork loin with salad Fruta y leche, pan / Fruit and milk, bread	Fidegüa de carne / meat fideus Filete de abadejo en salsa / Baked mofish with salad Fruta y leche, pan integral/ Fruit and milk, bread	coliflor rehogada / sauted cauliflower Jamoncitos de pollo asados con arroz salteado / Baked chicken with rice Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido sin huevo / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
21	22	23	24	25
Arroz con salsa de tomate / Rice in toamto sauce Merluza con ensalada / Battered hake with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Crema de verduras / Vegettables cream Lomo riojana con patatas / Stewed pork loin with potaoes Fruta y leche, pan / Fruit and milk, bread	Espaguetis sin huevo boloñesa / Spaghetti in Bolognese sauce calamar plancha con ensalada / Grilled squid with salad Fruta y leche, pan integral/ Fruit and milk, bread	Brocoli salteado /Sauted brocoli Pavo con salsa gravy y pure de patata / Stewed turkey with potato puree Fruta y leche, pan / Fruit and milk, bread	lentejas con puerro y zanahoria / lentils stew with vegetables Rosti de calabacin con lechuga y maiz / Courgette rosti with salad Fruta y leche, pan / Fruit and milk, bread
28	29	30		
Judias blancas guisadas / Beans stew Bacalao con ensalada mixta/ Baked cod with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Crema de calabaza / Pupkin cream Albondigas con cous cous / Meatballs with cous cous Pera ecologica y leche, pan / Bio pear and milk, bread	Macarrones con tomate / Macaronni in tomato sauce Rosti con ensalada / Rosti with salad Fruta y leche, pan / Fruit and milk, bread		





# ARTESANIA GASTRONOMICA ALCARREÑA



## NOVIEMBRE MENU SIN LECHE NOVEMBER WITHOUT MILK MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
		2	3	4
		coliflor rehogada / sauted cauliflower Pollo con pisto / Chicken stew lo with pisto Fruta, pan integral/ Fruit , bread	Pure de calabacín / Courgette cream Hamburguesa de ternera con patata / Baked burger with potato Fruta, pan / Fruit , bread	Arroz integral con magro / Stew rice with meat Lenguadina con lechuga y maíz / breaded sole with salad Fruta, pan / Fruit , bread
7	8	9	10	11
Judías pintas con arroz / Pinto beans with rice Ventresca de merluza horno con lechuga y zanahoria / Baked hake with salad Gelatina de frutas pan integral /Fruit jelly	Crema de puerros / Leek cream Lacon asado con pure de patata / Baked ham with potato puree Fruta, pan / Fruit , bread	Lentejas guisadas con verdura / lentils stew with vegetables Tortilla de jamon con lechuga y maíz y aceitunas / Ham omelette with salad Fruta, pan integral/ Fruit , bread	Judías verdes ecológicas salteadas con jamón / Sauted ecologic Green Beans with ham Escalope de pollo con patata / Breaded Chicken with potatoes Fruta, pan / Fruit , bread	Espaguetis integrales con tomate / Spagetti in tomato sauce Bacalao horno con ensalada mixta / Baked cod with salad Fruta, pan / Fruit , bread
14	15	16	17	18
Macarrones con pavo / Macaroni in tomato sauce with turkey Salmón al horno con ensalada / Baked salmon with salad Suitable dessert, pan integral / Postre apto, bread	Pure de zanahoria ecologica, puerro y patata / Carrotand leek puree Cinta lomo con ensalada / baked pork loin with salad Fruta, pan / Fruit , bread	Fidegüa de carne / meat fideus Filete de abadejo en salsa / Baked mofish with salad Fruta, pan integral/ Fruit , bread	coliflor rehogada / sauted cauliflower Jamoncitos de pollo asados con arroz salteado / Baked chicken with rice Fruta, pan / Fruit , bread	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, pan / Fruit , bread
21	22	23	24	25
Arroz con salsa de tomate / Rice in toamto sauce Merluza con ensalada / Battered hake with salad Suitable dessert, pan integral / Postre apto, bread	Crema de verduras / Vegetables cream Lomo riojana con patatas / Stewed pork loin with potaoes Fruta, pan / Fruit , bread	Espaguetis boloñesa / Spaghetti in Bolognese sauce Rabas de calamar con ensalada / Fried squid with salad Fruta, pan integral/ Fruit , bread	Brocoli salteado /Sauted brocoli Pavo con salsa gravy y pure de patata / Stewed turkey with potato puree Fruta, pan / Fruit , bread	lentejas con puerro y zanahoria / lentils stew with vegetables Tortilla de calabacín con lechuga y maíz / Courgette omelette with salad Fruta, pan / Fruit , bread
28	29	30		
Judías blancas guisadas / Beans stew Bacalao romana con ensalada mixta/ Baked cod with salad Suitable dessert, pan integral / Postre apto, bread	Crema de calabaza / Pupkin cream Albondigas con cous cous / Meatballs with cous cous Pera ecologica , pan / Bio pear , bread	Macarrones con tomate / Macaronni in tomato sauce Huevos cocidos con ensalada / Boiled eggs with salad Fruta, pan / Fruit , bread		



# ARTESANIA GASTRONOMICA ALCARREÑA



## NOVIEMBRE MENU SIN LECHE, BERNJENA Y TOMATE NATURAL NOVEMBER WITHOUT MILK, EGGPLANT AND TOMATO

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
		2	3	4
		coliflor rehogada / sauted cauliflower Pollo con pisto / Chicken stew lo with pisto Fruta, pan integral/ Fruit , bread	Pure de calabacin / Courgette cream Hamburguesa de ternera con patata / Baked burger with potato Fruta, pan / Fruit , bread	Arroz integral con magro / Stew rice with meat Lenguadina con lechuga y maiz / breaded sole with salad Fruta, pan / Fruit , bread
7	8	9	10	11
Judias pintas con arroz / Pinto beans with rice Ventresca de merluza horno con lechuga y zanahoria / Baked hake with salad Gelatina de frutas pan integral /Fruit jelly	Crema de puerros / Leek cream Lacon asado con pure de patata / Baked ham with potato puree Fruta, pan / Fruit , bread	Lentejas guisadas con verdura / lentils stew with vegetables Tortilla de jamon con lechuga y maiz y aceitunas / Ham omelette with salad Fruta, pan integral/ Fruit , bread	Judías verdes ecológicas salteadas con jamón / Sauted ecologic Green Beans with ham Escalope de pollo con patata / Breaded Chicken with potatoes Fruta, pan / Fruit , bread	Espaguetis integrales con tomate / Spagetti in tomato sauce Bacalao horno con ensalada mixta / Baked cod with salad Fruta, pan / Fruit , bread
14	15	16	17	18
Macarrones con pavo / Macaroni in tomato sauce with turkey Salmón al horno con ensalada / Baked salmon with salad Suitable dessert, pan integral / Postre apto, bread	Pure de zanahoria ecologica, puerro y patata / Carrotand leek puree Cinta lomo con ensalada / baked pork loin with salad Fruta, pan / Fruit , bread	Fidegüa de carne / meat fideus Filete de abadejo en salsa / Baked mofish with salad Fruta, pan integral/ Fruit , bread	coliflor rehogada / sauted cauliflower Jamoncitos de pollo asados con arroz salteado / Baked chicken with rice Fruta, pan / Fruit , bread	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, pan / Fruit , bread
21	22	23	24	25
Arroz con salsa de tomate / Rice in toamto sauce Merluza con ensalada / Battered hake with salad Suitable dessert, pan integral / Postre apto, bread	Crema de verduras / Vegettables cream Lomo riojana con patatas / Stewed pork loin with potaoes Fruta, pan / Fruit , bread	Espaguetis boloñesa / Spaghetti in Bolognese sauce Rabas de calamar con ensalada / Fried squid with salad Fruta, pan integral/ Fruit , bread	Brocoli salteado /Sauted brocoli Pavo con salsa gravy y pure de patata / Stewed turkey with potato puree Fruta, pan / Fruit , bread	lentejas con puerro y zanahoria / lentils stew with vegetables Tortilla de calabacin con lechuga y maiz / Courgette omelette with salad Fruta, pan / Fruit , bread
28	29	30		
Judias blancas guisadas / Beans stew Bacalao romana con ensalada mixta/ Baked cod with salad Suitable dessert, pan integral / Postre apto, bread	Crema de calabaza / Pupkin cream Albondigas con cous cous / Meatballs with cous cous Pera ecologica , pan / Bio pear , bread	Macarrones con tomate / Macaronni in tomato sauce Huevos cocidos con ensalada / Boiled eggs with salad Fruta, pan / Fruit , bread		



# ARTESANIA GASTRONOMICA ALCARREÑA

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

NOVEMBER WITHOUT LEGUMES

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
		2	3	4
		Ramitos de coliflor rebozada / Battered cauliflower Pollo con pisto / Chicken stew lo with pisto Fruta y leche, pan integral/ Fruit and milk, bread	Pure de calabacin / Courgette cream Hamburguesa de ternera con patata / Baked burger with potato Fruta y leche, pan / Fruit and milk, bread	Arroz integral con magro / Stew rice with meat Lenguadina con lechuga y maiz / breaded sole with salad Fruta y leche, pan / Fruit and milk, bread
7	8	9	10	11
Verduras guisadas o pure de verdura / Vegetables stew or puree Ventresca de merluza horno con lechuga y zanahoria / Baked hake with salad Gelatina de frutas pan integral /Fruit jelly	Crema de puerros / Leek cream Lacon asado con pure de patata / Baked ham with potato puree Fruta y leche, pan / Fruit and milk, bread	Arroz salteado / Sauted rice Tortilla de jamon con lechuga y maiz y aceitunas / Ham omelette with salad Fruta y leche, pan integral/ Fruit and milk, bread	Verduras salteadas / Sauted vegetables Escalope de pollo con patata / Breaded Chicken with potatoes Fruta y leche, pan / Fruit and milk, bread	Espaguetis integrales con tomate / Spagetti in tomato sauce Bacalao horno con ensalada mixta / Baked cod with salad Fruta y leche, pan / Fruit and milk, bread
14	15	16	17	18
Macarrones con pavo / Macaroni in tomato sauce with turkey Salmón al horno con ensalada / Baked salmon with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Pure de zanahoria ecologica, puerro y patata / Carrotand leek puree Lasaña de carne /meat lasagna Fruta y leche, pan / Fruit and milk, bread	Fidegüa de carne / meat fideus Filete de abadejo en salsa / Baked mofish with salad Fruta y leche, pan integral/ Fruit and milk, bread	Ramitos de coliflor rebozada / Battered cauliflower Jamoncitos de pollo asados con arroz salteado / Baked chicken with rice Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido / Stew Soup Cocido Completo sin garbanzo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
21	22	23	24	25
Arroz con salsa de tomate / Rice in toamto sauce Merluza con ensalada / Battered hake with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Crema de verduras / Vegetables cream Lomo riojana con patatas / Stewed pork loin with potaoes Fruta y leche, pan / Fruit and milk, bread	Espaguetis boloñesa / Spaghetti in Bolognese sauce Rabas de calamar con ensalada / Fried squid with salad Fruta y leche, pan integral/ Fruit and milk, bread	Brocoli salteado /Sauted brocoli Pavo con salsa gravy y pure de patata / Stewed turkey with potato puree Fruta y leche, pan / Fruit and milk, bread	Champiñones rehogados con jamon / Sauted mushrooms with ham Tortilla de calabacin con lechuga y maiz / Courgette omelette with salad Fruta y leche, pan / Fruit and milk, bread
28	29	30		
Patatas guisadas / Potato stew Bacalao romana con ensalada mixta/ Baked cod with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Crema de calabaza / Pupkin cream Albondigas con cous cous / Meatballs with cous cous Pera ecologica y leche, pan / Bio pear and milk, bread	Macarrones con tomate / Macaronni in tomato sauce Huevos villaroy con ensalada / Villaroy eggs with salad Fruta y leche, pan / Fruit and milk, bread		



# ARTESANIA GASTRONOMICA ALCARREÑA



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

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
		2	3	4
		coliflor rehogada / sauted cauliflower Pollo con pisto / Chicken stew lo with pisto Fruta y pan integral/ Fruit and bread	Pure de calabacin / Courgette cream Hamburguesa de ternera con patata / Baked burger with potato Fruta y pan / Fruit and bread	Arroz integral con magro / Stew rice with meat Lenguadina con lechuga y maiz / breaded sole with salad Fruta y pan / Fruit and bread
7	8	9	10	11
Verduras guisadas o pure de verdura / Vegetables stew or puree Ventresca de merluza horno con lechuga y zanahoria / Baked hake with salad Gelatina de frutas pan integral /Fruit jelly	Crema de puerros / Leek cream Lacon asado con pure de patata / Baked ham with potato puree Fruta y pan / Fruit and bread	Arroz salteado / Sauted rice Rosti con lechuga y maiz y aceitunas / Ham rosti with salad Fruta y leche, pan integral/ Fruit and bread	Judías verdes ecológicas salteadas con jamón / Sauted ecologic Green Beans with ham Escalope de pollo con patata / Breaded Chicken with potatoes Fruta y pan / Fruit and bread	Espaguetis sin huevo con tomate / Spagetti in tomato sauce Bacalao horno con ensalada mixta / Baked cod with salad Fruta y pan / Fruit and bread
14	15	16	17	18
Macarrones sin huevo con pavo / Macaroni in tomato sauce with turkey Salmón al horno con ensalada / Baked salmon with salad Postre apto, pan integral / suitable dessert, bread	Pure de zanahoria ecologica, puerro y patata / Carrotand leek puree Cinta lomo con ensalada / baked pork loin with salad Fruta y pan / Fruit and bread	Arroz de carne / meat rice Filete de abadejo en salsa / Baked mokfish with salad Fruta y pan integral/ Fruit and bread	coliflor rehogada / sauted cauliflower Jamoncitos de pollo asados con arroz salteado / Baked chicken with rice Fruta y pan / Fruit and bread	Sopa de Cocido sin huevo / Stew Soup Cocido Completo sin garbanzo / Chickpeas, Meat and Cabbage Stew Fruta y pan / Fruit and bread
21	22	23	24	25
Arroz con salsa de tomate / Rice in toamto sauce Merluza con ensalada / Battered hake with salad Postre apto, pan integral / suitable dessert, bread	Crema de verduras / Vegetables cream Lomo riojana con patatas / Stewed pork loin with potaoes Fruta y pan / Fruit and bread	Espaguetis sin huevo boloñesa / Spaghetti in Bolognese sauce Hamburguesa con ensalada / Burger with salad Fruta y pan integral/ Fruit and bread	Brocoli salteado /Sauted brocoli Pavo con salsa gravy y pure de patata / Stewed turkey with potato puree Fruta y pan / Fruit and bread	Champiñones rehogados con jamon / Sauted mushrooms with ham Rosti de calabacin con lechuga y maiz / Courgette Rosti with salad Fruta y pan / Fruit and bread
28	29	30		
Judías blancas guisadas / Beans stew Bacalao con ensalada mixta/ Baked cod with salad Postre apto, pan integral / suitable dessert, bread	Crema de calabaza / Pupkin cream Albondigas con cous cous / Meatballs with cous cous Pera ecologica , pan / Bio pear , bread	Macarrones sin huevo con tomate / Macaronni in tomato sauce Rosti con ensalada /Rosti with salad Fruta y pan / Fruit and bread		



# ARTESANIA GASTRONOMICA ALCARREÑA



## NOVIEMBRE MENU SIN PESCADO NI MARISCO NOVEMBER WITHOUT FISH AND SELLFISH MENU

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
		2	3	4
		coliflor rehogada / sauted cauliflower Pollo con pisto / Chicken stew lo with pisto Fruta y leche, pan integral/ Fruit and milk, bread	Pure de calabacin / Courgette cream Hamburguesa de ternera con patata / Baked burger with potato Fruta y leche, pan / Fruit and milk, bread	Arroz integral con magro / Stew rice with meat Lomo con lechuga y maiz / breaded pork loin with salad Fruta y leche, pan / Fruit and milk, bread
7	8	9	10	11
Judias pintas con arroz / Pinto beans with rice Pollo con lechuga y zanahoria / Baked chicken with salad Gelatina de frutas pan integral /Fruit jelly	Crema de puerros / Leek cream Lacon asado con pure de patata / Baked ham with potato puree Fruta y leche, pan / Fruit and milk, bread	Lentejas guisadas con verdura / lentils stew with vegetables Tortilla de jamon con lechuga y maiz y aceitunas / Ham omelette with salad Fruta y leche, pan integral/ Fruit and milk, bread	Judías verdes ecológicas salteadas con jamón / Sauted ecologic Green Beans with ham Escalope de pollo con patata / Breaded Chicken with potatoes Fruta y leche, pan / Fruit and milk, bread	Espaguetis integrales con tomate / Spagetti in tomato sauce Salchichas pavo horno con ensalada mixta / Baked cod with salad Fruta y leche, pan / Fruit and milk, bread
14	15	16	17	18
Macarrones con pavo / Macaroni in tomato sauce with turkey Jamon asado con ensalada / Baked ham with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Pure de zanahoria ecologica, puerro y patata / Carrotand leek puree Cinta lomo con ensalada / baked pork loin with salad Fruta y leche, pan / Fruit and milk, bread	Fidegúa de carne / meat fideus Filete de pollo con lechuga y maiz / Baked chicken with salad Fruta y leche, pan integral/ Fruit and milk, bread	coliflor rehogada / sauted cauliflower Jamoncitos de pollo asados con arroz salteado / Baked chicken with rice Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
21	22	23	24	25
Arroz con salsa de tomate / Rice in toamto sauce Salchicha ave con ensalada mixta/ Baked sausaje with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Crema de verduras / Vegettables cream Lomo riojana con patatas / Stewed pork loin with potaoes Fruta y leche, pan / Fruit and milk, bread	Espaguetis boloñesa / Spaghetti in Bolognese sauce Hamburguesa con ensalada / Burger with salad Fruta y leche, pan integral/ Fruit and milk, bread	Brocoli salteado /Sauted brocoli Pavo con salsa gravy y pure de patata / Stewed turkey with potato puree Fruta y leche, pan / Fruit and milk, bread	lentejas con puerro y zanahoria / lentils stew with vegetables Tortilla de calabacin con lechuga y maiz / Courgette omelette with salad Fruta y leche, pan / Fruit and milk, bread
28	29	30		
Judias blancas guisadas / Beans stew Filete con ensalada / Battered hake with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Crema de calabaza / Pupkin cream Albondigas con cous cous / Meatballs with cous cous Pera ecologica y leche, pan / Bio pear and milk, bread	Macarrones con tomate / Macaronni in tomato sauce Huevos cocidos con ensalada / Boiled eggs with salad Fruta y leche, pan / Fruit and milk, bread		



# ARTESANIA GASTRONOMICA ALCARREÑA

NOVIEMBRE MENU SIN CARNE, LACTEOS, NO FRITOS, AZUCARES NI SALSAS INDUSTRIALES  
NOVEMBER

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
		2	3	4
		coliflor rehogada / sauted cauliflower Merluza con con pisto / Baked hake lo with pisto Fruta, pan integral/ Fruit , bread	Pure de calabacin / Courgette cream Hamburguesa vegetal con patata / Vegetable burger with potato Fruta, pan / Fruit , bread	Arroz integral con zanahoria / Stew rice with meat Lenguadina con lechuga y maiz / breaded sole with salad Fruta, pan / Fruit , bread
7	8	9	10	11
Judias pintas con arroz / Pinto beans with rice Ventresca de merluza horno con lechuga y zanahoria / Baked hake with salad Fruta, pan / Fruit , bread	Crema de puerros / Leek cream Tofu plancha con pure de patata / Baked tofu with potato puree Fruta, pan / Fruit , bread	Lentejas guisadas con verdura / lentils stew with vegetables Tortilla con lechuga y maiz y aceitunas / omelette with salad Fruta, pan integral/ Fruit , bread	Judías verdes ecológicas salteadas / Sauted ecologic Green Beans Merluza horno con patata / Baked hake with potatoes Fruta, pan / Fruit , bread	Espaguetis integrales con tomate / Spagetti in tomato sauce Bacalao horno con ensalada mixta / Baked cod with salad Fruta, pan / Fruit , bread
14	15	16	17	18
Macarrones con tomate / Macaroni in tomato sauce Salmón al horno con ensalada / Baked salmon with salad Fruta, pan / Fruit , bread	Pure de zanahoria ecologica, puerro y patata / Carrotand leek puree Huevos cocidos con ensalada / Boiled eggs with salad Fruta, pan / Fruit , bread	Fidegua de verdura / Vegetable fideus Filete de abadejo horno / Baked mokfish with salad Fruta, pan integral/ Fruit , bread	coliflor rehogada / sauted cauliflower Filete de merluza con arroz salteado / Baked hake with rice Fruta, pan / Fruit , bread	Sopa de verduras / Vegetables sopup Tortilla de patata con ensalada / Potato omelette with salad Fruta, pan / Fruit , bread
21	22	23	24	25
Arroz con salsa de tomate / Rice in toamto sauce Merluza con ensalada / Battered hake with salad Fruta, pan / Fruit , bread	Crema de verduras / Vegettables cream Tofu plancha con patata / Baked tofu with potato Fruta, pan / Fruit , bread	Espaguetis con tomate / Spaghetti in tomato sauce Calamar plancha con ensalada / Grilled squid with salad Fruta, pan integral/ Fruit , bread	Brocoli salteado /Sauted brocoli Pisto con huevo / Pisto with eggs Fruta, pan / Fruit , bread	lentejas con puerro y zanahoria / lentils stew with vegetables Tortilla de calabacin con lechuga y maiz / Courgette omelette with salad Fruta, pan / Fruit , bread
28	29	30		
Judias blancas guisadas / Beans stew Bacalao con ensalada mixta/ Baked cod with salad Fruta, pan / Fruit , bread	Crema de calabaza / Pupkin cream Hamburguesa vegetal cous cous / Vegetable burger with cous cous Fruta, pan / Fruit , bread	Macarrones con tomate / Macaronni in tomato sauce Huevos cocidos con ensalada / Boiled eggs with salad Fruta, pan integral/ Fruit , bread		



# ARTESANIA GASTRONOMICA ALCARREÑA

## NOVIEMBRE MENU VEGANO NOVEMBER

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
		2	3	4
		coliflor rebozada / sauted cauliflower  Fideua con verdura / Vegetable fideua  Fruta, pan integral/ Fruit , bread	Pure de calabacin / Courgette cream  Hamburguesa vegetal con patata / Vegetable burger with potato  Fruta, pan / Fruit , bread	Arroz integral con zanahoria / Stew rice with meat  Espinacas con tomate  Fruta, pan / Fruit , bread
7	8	9	10	11
Judias pintas con arroz / Pinto beans with rice  Berenjena con tomate / Eggplant with tomato  Fruta, pan / Fruit , bread	Crema de puerros / Leek cream  Tofu plancha con pure de patata / Baked tofu with potato puree  Fruta, pan / Fruit , bread	Lentejas guisadas con verdura / lentils stew with vegetables  Guisantes rehogados / Guisantes rehogados  Fruta, pan integral/ Fruit , bread	Judías verdes ecológicas salteadas / Sauted ecologic Green Beans  Ensalada mixta con soja  Fruta, pan / Fruit , bread	Espaguetis integrales con tomate / Spagetti in tomato sauce  Ensalada de lechuga, zanahoria y maiz / Salad  Fruta, pan / Fruit , bread
14	15	16	17	18
Macarrones con tomate / Macaroni in tomato sauce  Acelgas rehogadas /sauted chard  Fruta, pan / Fruit , bread	Pure de zanahoria ecologica, puerro y patata / Carrotand leek puree  Patatas con arroz/ Potato stew with rice  Fruta, pan / Fruit , bread	Fidegua de verdura / Vegetable fideus  Calabacin horno / Baked courgette  Fruta, pan integral/ Fruit , bread	coliflor rebozada / sauted cauliflower  Pure de verdura / Vegetables puree  Fruta, pan / Fruit , bread	Sopa de verduras / Vegetables sopup  menestra salteada / Sauted vegetables  Fruta, pan / Fruit , bread
21	22	23	24	25
Arroz con salsa de tomate / Rice in tomato sauce  Crema de espinacas / Spinach cream  Fruta, pan / Fruit , bread	Crema de verduras / Vegetables cream  Tofu plancha con patata / Baked tofu with potato  Fruta, pan / Fruit , bread	Espaguetis con tomate / Spaghetti in tomato sauce  Alcachofas salteadas / sauted artichokes  Fruta, pan integral/ Fruit , bread	Brocoli salteado /Sauted brocoli  arroz Pisto / Pisto with rice  Fruta, pan / Fruit , bread	lentejas con puerro y zanahoria / lentils stew with vegetables  Judias verdes salteadas / sauted green beans  Fruta, pan / Fruit , bread
28	29	30		
Judias blancas guisadas / Beans stew  coliflor al ajo arriero/ Baked cauliflower  Fruta, pan / Fruit , bread	Crema de calabaza / Pupkin cream  Hamburguesa vegetal cous cous / Vegetable burger with cous cous  Fruta, pan / Fruit , bread	Macarrones con tomate / Macaronni in tomato sauce  Verduras salteadas con soja / Sauted vegetables  Fruta, pan integral/ Fruit , bread		