



# ARTESANIA GASTRONOMICA ALCARREÑA



## OCTUBRE MENU SIN CARNE ROJA OCTOBER WITHOUT RED MEAT

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	Menestra de verdura salteada / sauted vegetables pollo con cous cous / Chicken stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Espaguetis con salsa de tomate / Spagetti with Tomato Sauce Fte. De Merluza en salsa verde / baked hake in sauce Fruta y leche, pan integral / Fruit and milk, bread	Crema de calabacin / Cream of courgette Albondigas pollo con tomate y patata / Meatballs stew with potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas estofadas/ Stew white beans with vegetables Bacalao horno lechuga / Baked cod with lettuce Fruta y leche, pan / Fruit and milk, bread
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
coliflor rehogada / sauted cauliflower Tortilla de patata y pavo con lechuga, zanahoria y aceitunas / Potato omelete with salad Yogur, pan integral / Yoghurt, bread	Lentejas ecológicas con boniato y zanahoria / bio Stew lentils with potato and carrot Lenguadina romana con pimientos/ Breaded sole with peppers Fruta y leche, pan / Fruit and milk, bread	Crema de calabaza / Pumpking Cream Pollo guisado con cous cous / Chicken stew with cous cous Fruta y leche, pan integral / Fruit and milk, bread	Judías pintas con arroz pollo guisado con verdura Fruta y leche, pan / Fruit and milk, bread	patatas guisadas riojana / Potato stew with squid Filete merluza rebozado con lechuga y maíz /Battered hake with salad Fruta y leche, pan / Fruit and milk, bread
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Fideua de pollo / Chicken fideua Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad Yogur, pan integral / Yoghurt, bread	Judías pintas con verduras / Pinto beans with vegetables Tortilla de patata con ensalada mixta / Potato omelete with salad Fruta y leche, pan / Fruit and milk, bread	Judías verdes salteadas / Sauted Green Beans Pavo estofado con arroz integral/ Turkey stew with rice Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis integrales boloñesa / Bolognesse spagetti Bacalao rebozado con ensalada / Battered cod with salad Manza ecologica leche, pan / bio apple and milk, bread	Sopa de Cocido / Cocido Soup Garbanzos y pollo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Arroz con tomate / Rice in tomato sauce Tortilla de patata con ensalada mixta / Potato omelete with salad Yogur, pan integral / Yoghurt, bread	Lentejas jardinera / Lentils stew with vegetables Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Brocoli salteado / Sauted brocoli Pollo guisado con cous cous / Chicken strew with cous cous Fruta y leche, pan integral / Fruit and milk, bread	Crema de zanahoria y puerro / Carrot, potato y leek puree Pavo gallega con patata cocida / Baked turkey with boiled potato Fruta y leche, pan / Fruit and milk, bread	Macarrones integrales carbonara / Macaronni in carbonara sauce Ventresca de merluza con calabacin dado / Bked hake with sauted courgette Fruta y leche, pan / Fruit and milk, bread
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
Judías verdes salteadas con pavo / Sauted green beans ADO: soja Huevos villarroy con ensalada / Villarroy eggs with salad Yogur, pan integral / Yoghurt, bread	Arroz ecologico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / Baked hake in green sauce Fruta y leche, pan / Fruit and milk, bread	Tempura de verduras / Battered vegetables Pavo guisado con patatas / Turkey stew with potatoes Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis terrorificos / Terrifying spaghetti Salchichas de pavo / Bloody fingers Fruta y leche, pan / Fruit and milk, bread	



# ARTESANIA GASTRONOMICA ALCARREÑA



## OCTUBRE MENU SIN F. SECO OCTOBER WITHOUT NUTS MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	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 Fte. De Merluza en salsa verde / baked hake in sauce Fruta y leche, pan integral / Fruit and milk, bread	Crema de calabacin / Cream of courgette 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 Bacalao horno lechuga / Baked cod with lettuce Fruta y leche, pan / Fruit and milk, bread
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
coliflor rehogada / sauted cauliflower Tortilla de patata y pavo con lechuga, zanahoria y aceitunas / Potato omelete with salad Yogur, pan integral / Yoghurt, bread	Lentejas ecológicas con boniato y zanahoria / bio Stew lentils with potato and carrot Lenguadina romana con pimientos/ Breaded sole with peppers Fruta y leche, pan / Fruit and milk, bread	Crema de calabaza / Pumpking Cream Pollo guisado con cous cous / Chicken stew with cous cous Fruta y leche, pan integral / Fruit and milk, bread	Judías pintas con arroz magro guisado con verdura Fruta y leche, pan / Fruit and milk, bread	patatas guisadas riojana / Potato stew with squid Filete merluza rebozado con lechuga y maiz /Battered hake with salad Fruta y leche, pan / Fruit and milk, bread
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Fideua de pollo / Chicken fideua Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad Yogur, pan integral / Yoghurt, bread	Judías pintas con verduras / Pinto beans with vegetables Tortilla de patata con ensalada mixta / Potato omelete with salad Fruta y leche, pan / Fruit and milk, bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pavo estofado con arroz integral/ Turkey stew with rice Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis integrales boloñesa / Bolognesse spagetti Bacalao rebozado con ensalada / Battered cod with salad Manza 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
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Arroz con tomate / Rice in tomato sauce Tortilla de patata con ensalada mixta / Potato omelete with salad Yogur, pan integral / Yoghurt, bread	Lentejas jardinera / Lentils stew with vegetables Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Brocoli salteado con jamon / Sauted brocoli with ham Pollo guisado con cous cous / Chicken stew with cous cous Fruta y leche, pan integral / Fruit and milk, bread	Crema de zanahoria y puerro / Carrot, potato y leek puree Lacon gallega con patata cocida / Baked ham with boiled potato Fruta y leche, pan / Fruit and milk, bread	Macarrones integrales carbonara / Macaronni in carbonara sauce Ventresca de merluza con calabacin dado / Bked hake with sauted courgette Fruta y leche, pan / Fruit and milk, bread
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
Judías verdes salteadas con pavo / Sauted green beans ADO: soja Huevos villarroy con ensalada / Villarroy eggs with salad Yogur, pan integral / Yoghurt, bread	Arroz ecologico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / Baked hake in green sauce Fruta y leche, pan / Fruit and milk, bread	Tempura de verduras / Battered vegetables Pavo guisado con patatas / Turkey stew with potatoes Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis terrorificos / Terrifying spaghetti Dedos sangrientos / Bloody fingers Fruta y leche, pan / Fruit and milk, bread	



# ARTESANIA GASTRONOMICA ALCARREÑA

## OCTUBRE MENU SIN FRUTO SECO(arroz y pasta integral) OCTOBER WITHOUT MILK MENU AND ANCHOVY MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	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 Fte. De Merluza en salsa verde / baked hake in sauce Fruta y leche, pan integral / Fruit and milk, bread	Crema de calabacin / Cream of courgette 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 Bacalao horno lechuga / Baked cod with lettuce Fruta y leche, pan / Fruit and milk, bread
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
coliflor rehogada / sauted cauliflower Tortilla de patata y pavo con lechuga, zanahoria y aceitunas / Potato omelete with salad Yogur, pan integral / Yoghurt, bread	Lentejas ecológicas con boniato y zanahoria / bio Stew lentils with potato and carrot Lenguadina romana con pimientos/ Breaded sole with peppers Fruta y leche, pan / Fruit and milk, bread	Crema de calabaza / Pumpking Cream Pollo guisado con cous cous / Chicken stew with cous cous Fruta y leche, pan integral / Fruit and milk, bread	Judías pintas con arroz magro guisado con verdura Fruta y leche, pan / Fruit and milk, bread	patatas guisadas riojana / Potato stew with squid Filete merluza rebozado con lechuga y maiz /Battered hake with salad Fruta y leche, pan / Fruit and milk, bread
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Fideua de pollo / Chicken fideua Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad Yogur, pan integral / Yoghurt, bread	Judías pintas con verduras / Pinto beans with vegetables Tortilla de patata con ensalada mixta / Potato omelete with salad Fruta y leche, pan / Fruit and milk, bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pavo estofado con arroz integral/ Turkey stew with rice Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis integrales boloñesa / Bolognesse spaghetti Bacalao rebozado con ensalada / Battered cod with salad Manza 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
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Arroz con tomate / Rice in tomato sauce Tortilla de patata con ensalada mixta / Potato omelete with salad Yogur, pan integral / Yoghurt, bread	Lentejas jardinera / Lentils stew with vegetables Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Brocoli salteado con jamon / Sauted brocoli with ham Pollo guisado con cous cous / Chicken stew with cous cous Fruta y leche, pan integral / Fruit and milk, bread	Crema de zanahoria y puerro / Carrot, potato and leek puree Lacon gallega con patata cocida / Baked ham with boiled potato Fruta y leche, pan / Fruit and milk, bread	Macarrones integrales carbonara / Macaronni in carbonara sauce Ventresca de merluza con calabacin dado / Bked hake with sauted courgette Fruta y leche, pan / Fruit and milk, bread
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
Judías verdes salteadas con pavo / Sauted green beans ADO: soja Huevos villarroy con ensalada / Villarroy eggs with salad Yogur, pan integral / Yoghurt, bread	Arroz ecológico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / Baked hake in green sauce Fruta y leche, pan / Fruit and milk, bread	Tempura de verduras / Battered vegetables Pavo guisado con patatas / Turkey stew with potatoes Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis terroríficos / Terrifying spaghetti Dedos sangrientos / Bloody fingers Fruta y leche, pan / Fruit and milk, bread	

A.G.A. S.L. Avda. Montes de Oca, 19. Nave 24. S.S. de los Reyes WWW.cutasa.com

La pasta y el arroz utilizada en este menu sera integral



# ARTESANIA GASTRONOMICA ALCARREÑA



## OCTUBRE MENU SIN GLUTEN OCTOBER WITHOUT GLUTEN MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	Menestra de verdura salteada / sauted vegetables Magro guisado con arroz / Pork meat stew with rice Fruta y leche, pan sin gluten / Fruit and milk, bread	Espaguetis sin gluten con salsa de tomate / Spagetti with Tomato Sauce Fte. De Merluza en salsa verde / baked hake in sauce Fruta y leche, pan sin gluten / Fruit and milk, bread	Crema de calabacin / Cream of courgette Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y leche, pan sin gluten / Fruit and milk, bread	Judías blancas estofadas/ Stew white beans with vegetables Bacalao horno lechuga / Baked cod with lettuce Fruta y leche, pan sin gluten / Fruit and milk, bread
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
coliflor rehogada / sauted cauliflower Tortilla de patata y pavo con lechuga, zanahoria y aceitunas / Potato omelete with salad Yogur, pan sin gluten / Yoghurt, bread	Arroz blanco con tomate /rice in tomato sauce Lenguadina romana con pimientos/ Breaded sole with peppers Fruta y leche, pan sin gluten / Fruit and milk, bread	Crema de calabaza / Pumpking Cream Pollo guisado con arroz / Chicken stew with rice Fruta y leche, pan sin gluten / Fruit and milk, bread	Judías `pintas con arroz magro guisado con verdura Fruta y leche, pan sin gluten / Fruit and milk, bread	patatas guisadas riojana / Potato stew with squid Filete merluza rebozado con lechuga y maiz /Battered hake with salad Fruta y leche, pan sin gluten / Fruit and milk, bread
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
arroz con pollo / Chicken rice Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad Yogur, pan sin gluten / Yoghurt, bread	Judías pintas con verduras / Pinto beans with vegetables Tortilla de patata con ensalada mixta / Potato omelete with salad Fruta y leche, pan sin gluten / Fruit and milk, bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pavo estofado con arroz integral/ Turkey stew with rice Fruta y leche, pan sin gluten / Fruit and milk, bread	Espaguetis sin gluten boloñesa / Bolognese spaghetti Bacalao con ensalada / baked Cod with salad Fruta y leche, pan sin gluten / Fruit and milk, bread	Sopa de Cocido sin gluten / Cocido Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan sin gluten / Fruit and milk, bread
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Arroz con tomate / Rice in tomato sauce Tortilla de patata con ensalada mixta / Potato omelete with salad Yogur, pan sin gluten / Yoghurt, bread	champiñón salteado / Sauted mushrooms Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y leche, pan sin gluten / Fruit and milk, bread	Brocoli salteado con jamon / Sauted brocoli with ham Pollo guisado con cous cous / Chicken strew with cous cous Fruta y leche, pan sin gluten / Fruit and milk, bread	Crema de zanahoria y puerro / Carrot, potato and leek puree Lacon gallega con patata cocida / Baked ham with boiled potato Fruta y leche, pan sin gluten / Fruit and milk, bread	Macarrones sin gluten carbonara / Macaronni in carbonara sauce Ventresca de merluza con calabacin dado / Bkded hake with sauted courgette Fruta y leche, pan sin gluten / Fruit and milk, bread
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
Judías verdes salteadas con pavo / Sauted green beans ADO: soja Huevos cocidos con ensalada / Boiled eggs with salad Yogur, pan sin gluten / Yoghurt, bread	Arroz ecologico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / Baked hake in green sauce Fruta y leche, pan sin gluten / Fruit and milk, bread	crema de verduras / Vegetables cream Pavo guisado con patatas / Turkey stew with potatoes Fruta y leche, pan sin gluten / Fruit and milk, bread	Espaguetis sin gluten terroríficos / Terrifying spaghetti Dedos sangrientos / Bloody fingers Fruta y leche, pan sin gluten / Fruit and milk, bread	



# ARTESANIA GASTRONOMICA ALCARREÑA



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

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	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 Fte. De Merluza en salsa verde / baked hake in sauce Fruta y leche, pan integral / Fruit and milk, bread	Crema de calabacin / Cream of courgette 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 Bacalao horno lechuga / Baked cod with lettuce Fruta y leche, pan / Fruit and milk, bread
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
coliflor rehogada / sauted cauliflower Tortilla de patata y pavo con lechuga, zanahoria y aceitunas / Potato omelete with salad Yogur, pan integral / Yoghurt, bread	Lentejas ecológicas con boniato y zanahoria / bio Stew lentils with potato and carrot Lenguadina romana con pimientos/ Breaded sole with peppers Fruta y leche, pan / Fruit and milk, bread	Crema de calabaza / Pumpking Cream Pollo guisado con cous cous / Chicken stew with cous cous Fruta y leche, pan integral / Fruit and milk, bread	Judías pintas con arroz magro guisado con verdura Fruta y leche, pan / Fruit and milk, bread	patatas guisadas riojana / Potato stew with squid Filete merluza rebozado con lechuga y maiz /Battered hake with salad Fruta y leche, pan / Fruit and milk, bread
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Fideua de pollo / Chicken fideua Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad Yogur, pan integral / Yoghurt, bread	Judías pintas con verduras / Pinto beans with vegetables Tortilla de patata con ensalada mixta / Potato omelete with salad Fruta y leche, pan / Fruit and milk, bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pavo estofado con arroz integral/ Turkey stew with rice Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis integrales boloñesa / Bolognesse spagetti Bacalao rebozado con ensalada / Battered cod with salad Manza 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
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Arroz con tomate / Rice in tomato sauce Tortilla de patata con ensalada mixta / Potato omelete with salad Yogur, pan integral / Yoghurt, bread	Lentejas jardinera / Lentils stew with vegetables Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Brocoli salteado con jamon / Sauted brocoli with ham Pollo guisado con cous cous / Chicken strew with cous cous Fruta y leche, pan integral / Fruit and milk, bread	Crema de zanahoria y puerro / Carrot, potato y leek puree Lacon gallega con patata cocida / Baked ham with boiled potato Fruta y leche, pan / Fruit and milk, bread	Macarrones integrales carbonara / Macaronni in carbonara sauce Ventresca de merluza con calabacin dado / Bked hake with sauted courgette Fruta y leche, pan / Fruit and milk, bread
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
Judías verdes salteadas con pavo / Sauted green beans ADO: soja Huevos villarroy con ensalada / Villarroy eggs with salad Yogur, pan integral / Yoghurt, bread	Arroz ecologico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / Baked hake in green sauce Fruta y leche, pan / Fruit and milk, bread	Tempura de verduras / Battered vegetables Pavo guisado con patatas / Turkey stew with potatoes Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis terrorificos / Terrifying spaghetti Dedos sangrientos / Bloody fingers Fruta y leche, pan / Fruit and milk, bread	



# 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
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	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 Fte. De Merluza en salsa verde / baked hake in sauce Fruta y leche, pan integral / Fruit and milk, bread	Crema de calabacin / Cream of courgette 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 Bacalao horno lechuga / Baked cod with lettuce Fruta y leche, pan / Fruit and milk, bread
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
coliflor rehogada / sauted cauliflower Rosti patata y pavo con lechuga, zanahoria y aceitunas / Potato rosti with salad Yogur, pan integral / Yoghurt, bread	Lentejas ecológicas con boniato y zanahoria / bio Stew lentils with potato and carrot Lenguadina romana con pimientos/ Breaded sole with peppers Fruta y leche, pan / Fruit and milk, bread	Crema de calabaza / Pumpking Cream Pollo guisado con cous cous / Chicken stew with cous cous Fruta y leche, pan integral / Fruit and milk, bread	Judías pintas con arroz magro guisado con verdura Fruta y leche, pan / Fruit and milk, bread	patatas guisadas riojana / Potato stew with squid Filete merluza rebozado con lechuga y maiz /Battered hake with salad Fruta y leche, pan / Fruit and milk, bread
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
arroz con de pollo / Chicken rice Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad Yogur, pan integral / Yoghurt, bread	Judías pintas con verduras / Pinto beans with vegetables Rosti de patata con ensalada mixta / Potato rosti with salad Fruta y leche, pan / Fruit and milk, bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pavo estofado con arroz integral/ Turkey stew with rice Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis sin huevo boloñesa / Bolognesse spagetti Bacalao con ensalada / baked Cod with salad Manza ecologica 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
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Arroz con tomate / Rice in tomato sauce Rosti de patata con ensalada mixta / Potato rosti with salad Yogur, pan integral / Yoghurt, bread	Lentejas jardinera / Lentils stew with vegetables Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Brocoli salteado con jamon / Sauted brocoli with ham Pollo guisado con cous cous / Chicken stew with cous cous Fruta y leche, pan integral / Fruit and milk, bread	Crema de zanahoria y puerro / Carrot, potato y leek puree Lacon gallega con patata cocida / Baked ham with boiled potato Fruta y leche, pan / Fruit and milk, bread	Macarrones sin huevo carbonara / Macaronni in carbonara sauce Ventresca de merluza con calabacin dado / Baked hake with sauted courgette Fruta y leche, pan / Fruit and milk, bread
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
Judías verdes salteadas con pavo / Sauted green beans Rosti con ensalada / Rosti with salad Yogur, pan integral / Yoghurt, bread	Arroz ecologico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / Baked hake in green sauce Fruta y leche, pan / Fruit and milk, bread	crema de verduras / Vegetables cream Pavo guisado con patatas / Turkey stew with potatoes Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis sin huevo terroríficos / Terrifying spagetti Dedos sangrientos / Bloody fingers Fruta y leche, pan / Fruit and milk, bread	



# ARTESANIA GASTRONOMICA ALCARREÑA



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

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	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 Salchichas con ensalada / Sausages with salad Fruta y , pan integral / Fruit and , bread	Crema de calabacin / Cream of courgette 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
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
coliflor rehogada / sauted cauliflower Rosti de patata y pavo con lechuga, zanahoria y aceitunas / Potato rosti with salad Postre apto, pan integral / suitable dessert, bread	Lentejas ecologicas con boniato y zanahoria / bio Stew lentils with potato and carrot Lacon con pimientos / Baked hams with peppers Fruta y , pan / Fruit and , bread	Crema de calabaza / Pumpking Cream Pollo guisado con cous cous / Chicken stew with cous cous Fruta y , pan integral / Fruit and , bread	Judias `pintas con arroz magro guisado con verdura Fruta y , pan / Fruit and , bread	patatas guisadas riojana / Potato stew with squid Lomo plancha con lechuga y maiz /Grilled pork loin with salad Fruta y , pan / Fruit and , bread
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Arrpz de pollo / Chicken rice Salchichas de pavo con tomate / Turkey Sausages with tomato Postre apto, pan integral / suitable dessert, bread	Judías pintas con verduras / Pinto beans with vegetables rosti de patata con ensalada mixta / Potato rosti with salad Fruta y , pan / Fruit and , bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pavo estofado con arroz integral/ Turkey stew with rice Fruta y , pan integral / Fruit and , bread	Espagetis sin huevo boloñesa / Bolognesse spagetti Lomo con ensalada / grilled pork loin with salad Manza ecologica , pan / bio apple and , bread	Sopa de Cocido sin huevo / Cocido Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y , pan / Fruit and , bread
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Arroz con tomate / Rice in tomato sauce Rosti de patata con ensalada mixta / Potato rosti with salad Postre apto, pan integral / suitable dessert, bread	Lentejas jardinera / Lentils stew with vegetables Hamburguesa al horno con patata cocida/ Baked burger with potatoes Fruta y , pan / Fruit and , bread	Brocoli salteado con jamon / Sauted brocoli with ham Pollo guisado con cous cous / Chicken stew with cous cous Fruta y , pan integral / Fruit and , bread	Crema de zanahoria y puerro / Carrot, potato y leek puree Lacon gallega con patata cocida / Baked ham with boiled potato Fruta y , pan / Fruit and , bread	Macarrones sin huevo carbonara / Macaronni in carbonara sauce Lomo plancha con calabacin dado / Grilled pork loin with sauted courgette Fruta y , pan / Fruit and , bread
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
Judías verdes salteadas con pavo / Sauted green beans ADO: soja rosti con ensalada / rodti with salad Postre apto, pan integral / suitable dessert, bread	Arroz ecologico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / Baked hake in green sauce Fruta y , pan / Fruit and , bread	crema de verduras / Vegetables cream Pavo guisado con patatas / Turkey stew with potatoes Fruta y , pan integral / Fruit and , bread	Espaguetis sin huevo / Terrifying spaghetti Dedos sangrientos / Bloody fingers Fruta y , pan / Fruit and , bread	





# ARTESANIA GASTRONOMICA ALCARREÑA



## OCTUBRE MENU SIN HUEVO OCTOBER WITHOUT EGG MENU

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	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 Fte. De Merluza en salsa verde / baked hake in sauce Fruta y leche, pan integral / Fruit and milk, bread	Crema de calabacin / Cream of courgette 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 Bacalao horno lechuga / Baked cod with lettuce Fruta y leche, pan / Fruit and milk, bread
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
coliflor rehogada / sauted cauliflower Rosti patata y pavo con lechuga, zanahoria y aceitunas / Potato rosti with salad Yogur, pan integral / Yoghurt, bread	Lentejas ecologicas con boniato y zanahoria / bio Stew lentils with potato and carrot Lenguadina romana con pimientos/ Breaded sole with peppers Fruta y leche, pan / Fruit and milk, bread	Crema de calabaza / Pumpking Cream Pollo guisado con cous cous / Chicken stew with cous cous Fruta y leche, pan integral / Fruit and milk, bread	Judias `pintas con arroz magro guisado con verdura Fruta y leche, pan / Fruit and milk, bread	patatas guisadas riojana / Potato stew with squid Filete merluza rebozado con lechuga y maiz /Battered hake with salad Fruta y leche, pan / Fruit and milk, bread
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
arroz con de pollo / Chicken rice Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad Yogur, pan integral / Yoghurt, bread	Judías pintas con verduras / Pinto beans with vegetables Rosti de patata con ensalada mixta / Potato rosti with salad Fruta y leche, pan / Fruit and milk, bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pavo estofado con arroz integral/ Turkey stew with rice Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis sin huevo boloñesa / Bolognesse spagetti Bacalao con ensalada / baked Cod with salad Manza ecologica 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
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Arroz con tomate / Rice in tomato sauce Rosti de patata con ensalada mixta / Potato rosti with salad Yogur, pan integral / Yoghurt, bread	Lentejas jardinera / Lentils stew with vegetables Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Brocoli salteado con jamon / Sauted brocoli with ham Pollo guisado con cous cous / Chicken strew with cous cous Fruta y leche, pan integral / Fruit and milk, bread	Crema de zanahoria y puerro / Carrot, potato y leek puree Lacon gallega con patata cocida / Baked ham with boiled potato Fruta y leche, pan / Fruit and milk, bread	Macarrones sin huevo carbonara / Macaronni in carbonara sauce Ventresca de merluza con calabacin dado / Bked hake with sauted courgette Fruta y leche, pan / Fruit and milk, bread
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
Judías verdes salteadas con pavo / Sauted green beans Rosti con ensalada / Rosti with salad Yogur, pan integral / Yoghurt, bread	Arroz ecologico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / Baked hake in green sauce Fruta y leche, pan / Fruit and milk, bread	crema de verduras / Vegetables cream Pavo guisado con patatas / Turkey stew with potatoes Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis sin huevo terrorificos / Terrifying spagetti Dedos sangrientos / Bloody fingers 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
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	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 Fte. De Merluza en salsa verde / baked hake in sauce Fruta , pan integral / Fruit , bread	Crema de calabacin / Cream of courgette Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y pan / Fruit and bread	Judías blancas estofadas/ Stew white beans with vegetables Bacalao horno lechuga / Baked cod with lettuce Fruta y pan / Fruit and bread
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
coliflor rehogada / sauted cauliflower Tortilla de patata y pavo con lechuga, zanahoria y aceitunas / Potato omelete with salad Postre apto, pan integral / suitable dessert, bread	Lentejas ecológicas con boniato y zanahoria / bio Stew lentils with potato and carrot Lenguadina romana con pimientos/ Breaded sole with peppers Fruta y pan / Fruit and bread	Crema de calabaza / Pumpking Cream Pollo guisado con cous cous / Chicken stew with cous cous Fruta , pan integral / Fruit , bread	Judías `pintas con arroz magro guisado con verdura Fruta y pan / Fruit and bread	patatas guisadas riojana / Potato stew with squid Filete merluza rebozado con lechuga y maiz /Battered hake with salad Fruta y pan / Fruit and bread
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Fideua de pollo / Chicken fideua Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad Postre apto, pan integral / suitable dessert, bread	Judías pintas con verduras / Pinto beans with vegetables Tortilla de patata con ensalada mixta / Potato omelete with salad Fruta y pan / Fruit and bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pavo estofado con arroz integral/ Turkey stew with rice Fruta , pan integral / Fruit , bread	Espaguetis integrales boloñesa / Bolognesse spagetti Bacalao rebozado con ensalada / Battered cod with salad Manza ecologica , pan / bio apple , bread	Sopa de Cocido / Cocido Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y pan / Fruit and bread
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Arroz con tomate / Rice in tomato sauce Tortilla de patata con ensalada mixta / Potato omelete with salad Postre apto, pan integral / suitable dessert, bread	Lentejas jardinera / Lentils stew with vegetables Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y pan / Fruit and bread	Brocoli salteado con jamon / Sauted brocoli with ham Pollo guisado con cous cous / Chicken strew with cous cous Fruta , pan integral / Fruit , bread	Crema de zanahoria y puerro / Carrot, potato y leek puree Lacon gallega con patata cocida / Baked ham with boiled potato Fruta y pan / Fruit and bread	Macarrones integrales con tomate / Macaronni in tomato sauce Ventresca de merluza con calabacin dado / Bked hake with sauted courgette Fruta y pan / Fruit and bread
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
Judías verdes salteadas con pavo / Sauted green beans ADO: soja Huevos cocidos con ensalada / Boiled eggs with salad Postre apto, pan integral / suitable dessert, bread	Arroz ecologico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / Baked hake in green sauce Fruta y pan / Fruit and bread	crema de verduras / Vegetables cream Pavo guisado con patatas / Turkey stew with potatoes Fruta , pan integral / Fruit , bread	Espaguetis terrorificos / Terrifying spaghetti Dedos sangrientos / Bloody fingers Fruta y pan / Fruit and bread	



# ARTESANIA GASTRONOMICA ALCARREÑA



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

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	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 Fte. De Merluza en salsa verde / baked hake in sauce Fruta y , pan integral / Fruit and , bread	Crema de calabacin / Cream of courgette Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y , pan / Fruit and , bread	Judías blancas estofadas/ Stew white beans with vegetables Bacalao horno lechuga / Baked cod with lettuce Fruta y , pan / Fruit and , bread
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
coliflor rehogada / sauted cauliflower Rosti patata y pavo con lechuga, zanahoria y aceitunas / Potato rosti with salad Postre apto, pan integral / suitable dessert, bread	Lentejas ecológicas con boniato y zanahoria / bio Stew lentils with potato and carrot Lenguadina romana con pimientos/ Breaded sole with peppers Fruta y , pan / Fruit and , bread	Crema de calabaza / Pumpking Cream Pollo guisado con cous cous / Chicken stew with cous cous Fruta y , pan integral / Fruit and , bread	Judías `pintas con arroz magro guisado con verdura Fruta y , pan / Fruit and , bread	patatas guisadas riojana / Potato stew with squid Filete merluza rebozado con lechuga y maiz /Battered hake with salad Fruta y , pan / Fruit and , bread
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
arroz con de pollo / Chicken rice Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad Postre apto, pan integral / suitable dessert, bread	Judías pintas con verduras / Pinto beans with vegetables Rosti de patata con ensalada mixta / Potato rosti with salad Fruta y , pan / Fruit and , bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pavo estofado con arroz integral/ Turkey stew with rice Fruta y , pan integral / Fruit and , bread	Espaguetis sin huevo boloñesa / Bolognesse spagetti Bacalao con ensalada / baked Cod with salad Manza ecologica , pan / bio apple and , bread	Sopa de Cocido sin huevo / Cocido Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y , pan / Fruit and , bread
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Arroz con tomate / Rice in tomato sauce Rosti de patata con ensalada mixta / Potato rosti with salad Postre apto, pan integral / suitable dessert, bread	Lentejas jardinera / Lentils stew with vegetables Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y , pan / Fruit and , bread	Brocoli salteado con jamon / Sauted brocoli with ham Pollo guisado con cous cous / Chicken stew with cous cous Fruta y , pan integral / Fruit and , bread	Crema de zanahoria y puerro / Carrot, potato y leek puree Lacon gallega con patata cocida / Baked ham with boiled potato Fruta y , pan / Fruit and , bread	Macarrones sin huevo carbonara / Macaronni in carbonara sauce Ventresca de merluza con calabacin dado / Bked hake with sauted courgette Fruta y , pan / Fruit and , bread
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
Judías verdes salteadas con pavo / Sauted green beans Rosti con ensalada / Rosti with salad Postre apto, pan integral / suitable dessert, bread	Arroz ecologico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / Baked hake in green sauce Fruta y , pan / Fruit and , bread	crema de verduras / Vegetables cream Pavo guisado con patatas / Turkey stew with potatoes Fruta y , pan integral / Fruit and , bread	Espaguetis sin huevo terrorificos / Terrifying spaggetti Dedos sangrientos / Bloody fingers Fruta y , pan / Fruit and , bread	



# ARTESANIA GASTRONOMICA ALCARREÑA



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

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	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 Fte. De Merluza en salsa verde / baked hake in sauce Fruta , pan integral / Fruit , bread	Crema de calabacin / Cream of courgette Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y pan / Fruit and bread	Judías blancas estofadas/ Stew white beans with vegetables Bacalao horno lechuga / Baked cod with lettuce Fruta y pan / Fruit and bread
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
coliflor rehogada / sauted cauliflower Tortilla de patata y pavo con lechuga, zanahoria y aceitunas / Potato omelete with salad Postre apto, pan integral / suitable dessert, bread	Lentejas ecologicas con boniato y zanahoria / bio Stew lentils with potato and carrot Lenguadina romana con pimientos/ Breaded sole with peppers Fruta y pan / Fruit and bread	Crema de calabaza / Pumpking Cream Pollo guisado con cous cous / Chicken stew with cous cous Fruta , pan integral / Fruit , bread	Judias `pintas con arroz magro guisado con verdura Fruta y pan / Fruit and bread	patatas guisadas riojana / Potato stew with squid Filete merluza rebozado con lechuga y maiz /Battered hake with salad Fruta y pan / Fruit and bread
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Fideua de pollo / Chicken fideua Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad Postre apto, pan integral / suitable dessert, bread	Judías pintas con verduras / Pinto beans with vegetables Tortilla de patata con ensalada / Potato omelete with salad Fruta y pan / Fruit and bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pavo estofado con arroz integral/ Turkey stew with rice Fruta , pan integral / Fruit , bread	Espaguetis integrales boloñesa / Bolognesse spagetti Bacalao rebozado con ensalada / Battered cod with salad Manza ecologica , pan / bio apple , bread	Sopa de Cocido / Cocido Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y pan / Fruit and bread
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Arroz con tomate / Rice in tomato sauce Tortilla de patata con ensalada / Potato omelete with salad Postre apto, pan integral / suitable dessert, bread	Lentejas jardinera / Lentils stew with vegetables Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y pan / Fruit and bread	Brocoli salteado con jamon / Sauted brocoli with ham Pollo guisado con cous cous / Chicken strew with cous cous Fruta , pan integral / Fruit , bread	Crema de zanahoria y puerro / Carrot, potato y leek puree Lacon gallega con patata cocida / Baked ham with boiled potato Fruta y pan / Fruit and bread	Macarrones integrales con tomate / Macaronni in tomato sauce Ventresca de merluza con calabacin dado / Bked hake with sauted courgette Fruta y pan / Fruit and bread
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
Judías verdes salteadas con pavo / Sauted green beans ADO: soja Huevos cocidos con ensalada / Boiled eggs with salad Postre apto, pan integral / suitable dessert, bread	Arroz ecologico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / Baked hake in green sauce Fruta y pan / Fruit and bread	crema de verduras / Vegetables cream Pavo guisado con patatas / Turkey stew with potatoes Fruta , pan integral / Fruit , bread	Espaguetis terrorificos / Terrifying spaghetti Dedos sangrientos / Bloody fingers Fruta y pan / Fruit and bread	



# 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
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	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 Fte. De Merluza en salsa verde / baked hake in sauce Fruta y leche, pan integral / Fruit and milk, bread	Crema de calabacin / Cream of courgette Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y leche, pan / Fruit and milk, bread	Verduras saltadas / Sauted vegetables Bacalao horno lechuga / Baked cod with lettuce Fruta y leche, pan / Fruit and milk, bread
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Coliflor rebozada / Battered cauliflower Tortilla de patata y pavo con lechuga, zanahoria y aceitunas / Potato omelete with salad Yogur, pan integral / Yoghurt, bread	Arroz blanco con tomate /rice in tomato sauce Lenguadina romana con pimientos/ Breaded sole with peppers Fruta y leche, pan / Fruit and milk, bread	Crema de calabaza / Pumpking Cream Pollo guisado con cous cous / Chicken stew with cous cous Fruta y leche, pan integral / Fruit and milk, bread	brocoli salteado magro guisado con verdura Fruta y leche, pan / Fruit and milk, bread	patatas guisadas riojana / Potato stew with squid Filete merluza rebozado con lechuga y maiz /Battered hake with salad Fruta y leche, pan / Fruit and milk, bread
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Fideua de pollo / Chicken fideua Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad Yogur, pan integral / Yoghurt, bread	verduras estofadas / Vegetables stew Tortilla de patata con ensalada mixta / Potato omelete with salad Fruta y leche, pan / Fruit and milk, bread	Pure de verduras / Vegetables puree Pavo estofado con arroz integral/ Turkey stew with rice Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis integrales boloñesa / Bolognesse spaghetti Bacalao rebozado con ensalada / Battered cod with salad Manza ecologica leche, pan / bio apple and milk, bread	Sopa de Cocido / Cocido Soup Cocido sin garbanzo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Arroz con tomate / Rice in tomato sauce Tortilla de patata con ensalada mixta / Potato omelete with salad Yogur, pan integral / Yoghurt, bread	champiñon salteado / Sauted mushrooms Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Brocoli salteado con jamon / Sauted brocoli with ham Pollo guisado con cous cous / Chicken stew with cous cous Fruta y leche, pan integral / Fruit and milk, bread	Crema de zanahoria y puerro / Carrot, potato and leek puree Lacon gallega con patata cocida / Baked ham with boiled potato Fruta y leche, pan / Fruit and milk, bread	Macarrones integrales carbonara / Macaronni in carbonara sauce Ventresca de merluza con calabacin dado / Baked hake with sauted courgette Fruta y leche, pan / Fruit and milk, bread
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
espinacas salteadas con pavo / Sauted spinach Huevos villarroy con ensalada / Villarroy eggs with salad Yogur, pan integral / Yoghurt, bread	Arroz ecologico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / Baked hake in green sauce Fruta y leche, pan / Fruit and milk, bread	crema de verduras / Vegetables cream Pavo guisado con patatas / Turkey stew with potatoes Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis terrorificos / Terrifying spaghetti Dedos sangrientos / Bloody fingers Fruta y leche, pan / Fruit and milk, bread	

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	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 Fte. De Merluza en salsa verde / baked hake in sauce Fruta y , pan integral / Fruit and , bread	Crema de calabacin / Cream of courgette Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y , pan / Fruit and , bread	Judías blancas estofadas/ Stew white beans with vegetables Bacalao horno lechuga / Baked cod with lettuce Fruta y , pan / Fruit and , bread
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
coliflor rehogada / sauted cauliflower Rosti patata y pavo con lechuga, zanahoria y aceitunas / Potato rosti with salad Postre apto, pan integral / suitable dessert, bread	Arroz blanco con tomate /rice in tomato sauce Lenguadina romana con pimientos/ Breaded sole with peppers Fruta y , pan / Fruit and , bread	Crema de calabaza / Pumpking Cream Pollo guisado con cous cous / Chicken stew with cous cous Fruta y , pan integral / Fruit and , bread	brocoli salteado magro guisado con verdura Fruta y , pan / Fruit and , bread	patatas guisadas riojana / Potato stew with squid Filete merluza horno con lechuga y maiz /Battered hake with salad Fruta y , pan / Fruit and , bread
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
arroz con de pollo / Chicken rice Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad Postre apto, pan integral / suitable dessert, bread	verduras estofadas / Vegetables stew Rosti de patata con ensalada mixta / Potato rosti with salad Fruta y , pan / Fruit and , bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pavo estofado con arroz integral/ Turkey stew with rice Fruta y , pan integral / Fruit and , bread	Espaguetis sin huevo boloñesa / Bolognese spaghetti Bacalao con ensalada / baked Cod with salad Manzana ecológica , pan / bio apple and , bread	Sopa de Cocido sin huevo / Cocido Soup Cocido sin garbanzo / Chickpeas, Meat and Cabbage Stew Fruta y , pan / Fruit and , bread
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Arroz con tomate / Rice in tomato sauce Rosti de patata con ensalada mixta / Potato rosti with salad Postre apto, pan integral / suitable dessert, bread	champiñón salteado / Sauted mushrooms Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y , pan / Fruit and , bread	Brocoli salteado con jamon / Sauted brocoli with ham Pollo guisado con cous cous / Chicken stew with cous cous Fruta y , pan integral / Fruit and , bread	Crema de zanahoria y puerro / Carrot, potato and leek puree Lacon gallega con patata cocida / Baked ham with boiled potato Fruta y , pan / Fruit and , bread	Macarrones sin huevo carbonara / Macaronni in carbonara sauce Ventresca de merluza con calabacin dado / Baked hake with sauted courgette Fruta y , pan / Fruit and , bread
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
Judías verdes salteadas con pavo / Sauted green beans Rosti con ensalada / Rosti with salad Postre apto, pan integral / suitable dessert, bread	Arroz ecológico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / Baked hake in green sauce Fruta y , pan / Fruit and , bread	crema de verduras / Vegetables cream Pavo guisado con patatas / Turkey stew with potatoes Fruta y , pan integral / Fruit and , bread	Espaguetis sin huevo con tomate / Terrifying spaghetti fingers pollo Fruta y , pan / Fruit and , bread	



# ARTESANIA GASTRONOMICA ALCARREÑA



## OCTUBRE MENU SIN PESCADO NI MARISCO OCTOBER WITHOUT FISH AND SELLFISH MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	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 Salchichas con ensalada / Sausages with salad Fruta y leche, pan integral / Fruit and milk, bread	Crema de calabacin / Cream of courgette 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 Pollo horno lechuga / Baked chicken with lettuce Fruta y leche, pan / Fruit and milk, bread
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
coliflor rehogada / sauted cauliflower Tortilla de patata y pavo con lechuga, zanahoria y aceitunas / Potato omelete with salad Yogur, pan integral / Yoghurt, bread	Lentejas ecológicas con boniato y zanahoria / bio Stew lentils with potato and carrot Lacon con pimientos / Baked hams with peppers Fruta y leche, pan / Fruit and milk, bread	Crema de calabaza / Pumpking Cream Pollo guisado con cous cous / Chicken stew with cous cous Fruta y leche, pan integral / Fruit and milk, bread	Judías pintas con arroz magro guisado con verdura Fruta y leche, pan / Fruit and milk, bread	patatas guisadas riojana / Potato stew with squid Lomo plancha con lechuga y maiz /Grilled pork loin with salad Fruta y leche, pan / Fruit and milk, bread
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Fideua de pollo / Chicken fideua Salchichas de pavo con tomate / Turkey Sausages with tomato Yogur, pan integral / Yoghurt, bread	Judías pintas con verduras / Pinto beans with vegetables Tortilla de patata con ensalada mixta / Potato omelete with salad Fruta y leche, pan / Fruit and milk, bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pavo estofado con arroz integral/ Turkey stew with rice Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis integrales boloñesa / Bolognesse spagetti Lomo con ensalada / grilled pork loin with salad Manza 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
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Arroz con tomate / Rice in tomato sauce Tortilla de patata con ensalada mixta / Potato omelete with salad Yogur, pan integral / Yoghurt, bread	Lentejas jardinera / Lentils stew with vegetables Hamburguesa al horno con patata cocida/ Baked burger with potatoes Fruta y leche, pan / Fruit and milk, bread	Brocoli salteado con jamon / Sauted brocoli with ham Pollo guisado con cous cous / Chicken strew with cous cous Fruta y leche, pan integral / Fruit and milk, bread	Crema de zanahoria y puerro / Carrot, potato y leek puree Lacon gallega con patata cocida / Baked ham with boiled potato Fruta y leche, pan / Fruit and milk, bread	Macarrones integrales carbonara / Macaronni in carbonara sauce Lomo plancha con calabacin dado / Grilled pork loin with sauted courgette Fruta y leche, pan / Fruit and milk, bread
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
Judías verdes salteadas con pavo / Sauted green beans ADO: soja Huevos cocidos con ensalada / Boiled eggs with salad Yogur, pan integral / Yoghurt, bread	Arroz ecologico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / Baked hake in green sauce Fruta y leche, pan / Fruit and milk, bread	crema de verduras / Vegetables cream Pavo guisado con patatas / Turkey stew with potatoes Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis terroríficos / Terrifying spaghetti Dedos sangrientos / Bloody fingers Fruta y leche, pan / Fruit and milk, bread	



# ARTESANIA GASTRONOMICA ALCARREÑA



## OCTUBRE MENU SIN SAL NI PROCESADOS OCTOBER WITHOUT SALT MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	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 Fte. De Merluza en salsa verde / baked hake in sauce Fruta y leche, pan integral / Fruit and milk, bread	Crema de calabacin / Cream of courgette 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 Bacalao horno lechuga / Baked cod with lettuce Fruta y leche, pan / Fruit and milk, bread
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
coliflor rehogada / sauted cauliflower Tortilla de patata con lechuga, zanahoria y aceitunas / Potato omelete with salad Yogur, pan integral / Yoghurt, bread	Lentejas ecológicas con boniato y zanahoria / bio Stew lentils with potato and carrot Lenguadina romana con pimientos/ Breaded sole with peppers Fruta y leche, pan / Fruit and milk, bread	Crema de calabaza / Pumpking Cream Pollo guisado con cous cous / Chicken stew with cous cous Fruta y leche, pan integral / Fruit and milk, bread	Judías pintas con arroz magro guisado con verdura Fruta y leche, pan / Fruit and milk, bread	patatas guisadas riojana / Potato stew with squid Filete merluza rebozado con lechuga y maíz /Battered hake with salad Fruta y leche, pan / Fruit and milk, bread
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Fideua de pollo / Chicken fideua Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad Yogur, pan integral / Yoghurt, bread	Judías pintas con verduras / Pinto beans with vegetables Tortilla de patata con ensalada mixta / Potato omelete with salad Fruta y leche, pan / Fruit and milk, bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pavo estofado con arroz integral/ Turkey stew with rice Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis integrales boloñesa / Bolognesse spaghetti Bacalao rebozado con ensalada / Battered cod with salad Manza 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
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Arroz con tomate / Rice in tomato sauce Tortilla de patata con ensalada mixta / Potato omelete with salad Yogur, pan integral / Yoghurt, bread	Lentejas jardinera / Lentils stew with vegetables Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Brocoli salteado / Sauted brocoli Pollo guisado con cous cous / Chicken stew with cous cous Fruta y leche, pan integral / Fruit and milk, bread	Crema de zanahoria y puerro / Carrot, potato y leek puree Lacon gallega con patata cocida / Baked ham with boiled potato Fruta y leche, pan / Fruit and milk, bread	Macarrones integrales carbonara / Macaronni in carbonara sauce Ventresca de merluza con calabacin dado / Baked hake with sauted courgette Fruta y leche, pan / Fruit and milk, bread
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
Judías verdes salteadas con pavo / Sauted green beans ADO: soja Huevos cocidos con ensalada / Boiled eggs with salad Yogur, pan integral / Yoghurt, bread	Arroz ecológico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / Baked hake in green sauce Fruta y leche, pan / Fruit and milk, bread	Tempura de verduras / Battered vegetables Pavo guisado con patatas / Turkey stew with potatoes Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis terroríficos / Terrifying spaghetti Dedos sangrientos / Bloody fingers Fruta y leche, pan / Fruit and milk, bread	





# ARTESANIA GASTRONOMICA ALCARREÑA



## OCTUBRE MENU SIN SALMON OCTOBER WITHOUT SALMON

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	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 Fte. De Merluza en salsa verde / baked hake in sauce Fruta y leche, pan integral / Fruit and milk, bread	Crema de calabacin / Cream of courgette 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 Bacalao horno lechuga / Baked cod with lettuce Fruta y leche, pan / Fruit and milk, bread
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
coliflor rehogada / sauted cauliflower Tortilla de patata y pavo con lechuga, zanahoria y aceitunas / Potato omelete with salad Yogur, pan integral / Yoghurt, bread	Lentejas ecológicas con boniato y zanahoria / bio Stew lentils with potato and carrot Lenguadina romana con pimientos/ Breaded sole with peppers Fruta y leche, pan / Fruit and milk, bread	Crema de calabaza / Pumpking Cream Pollo guisado con cous cous / Chicken stew with cous cous Fruta y leche, pan integral / Fruit and milk, bread	Judías pintas con arroz magro guisado con verdura Fruta y leche, pan / Fruit and milk, bread	patatas guisadas riojana / Potato stew with squid Filete merluza rebozado con lechuga y maíz /Battered hake with salad Fruta y leche, pan / Fruit and milk, bread
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Fideua de pollo / Chicken fideua Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad Yogur, pan integral / Yoghurt, bread	Judías pintas con verduras / Pinto beans with vegetables Tortilla de patata con ensalada mixta / Potato omelete with salad Fruta y leche, pan / Fruit and milk, bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pavo estofado con arroz integral/ Turkey stew with rice Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis integrales boloñesa / Bolognesse spagetti Bacalao rebozado con ensalada / Battered cod with salad Manza 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
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Arroz con tomate / Rice in tomato sauce Tortilla de patata con ensalada mixta / Potato omelete with salad Yogur, pan integral / Yoghurt, bread	Lentejas jardinera / Lentils stew with vegetables Hamburguesa al horno con patata cocida/ Baked burger with potatoes Fruta y leche, pan / Fruit and milk, bread	Brocoli salteado con jamon / Sauted brocoli with ham Pollo guisado con cous cous / Chicken strew with cous cous Fruta y leche, pan integral / Fruit and milk, bread	Crema de zanahoria y puerro / Carrot, potato y leek puree Lacon gallega con patata cocida / Baked ham with boiled potato Fruta y leche, pan / Fruit and milk, bread	Macarrones integrales carbonara / Macaronni in carbonara sauce Ventresca de merluza con calabacin dado / Bked hake with sauted courgette Fruta y leche, pan / Fruit and milk, bread
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
Judías verdes salteadas con pavo / Sauted green beans ADO: soja Huevos villarroy con ensalada / Villarroy eggs with salad Yogur, pan integral / Yoghurt, bread	Arroz ecologico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / Baked hake in green sauce Fruta y leche, pan / Fruit and milk, bread	Tempura de verduras / Battered vegetables Pavo guisado con patatas / Turkey stew with potatoes Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis terrorificos / Terrifying spaghetti Dedos sangrientos / Bloody fingers Fruta y leche, pan / Fruit and milk, bread	



# ARTESANIA GASTRONOMICA ALCARREÑA

OCTUBRE MENU SIN CARNE, LACTEOS, NO FRITOS, AZUCARES NI SALSAS INDUSTRIALES  
OCTOBER

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
	1	2	3	4
	Menestra de verdura salteada / sauted vegetables Tofu con cous cous / Tofu with cous cous Fruta y , pan / Fruit and , bread	Espaguetis con salsa de tomate / Spagetti with Tomato Sauce Fte. De Merluza en salsa verde / baked hake in sauce Fruta y , pan integral / Fruit and , bread	Crema de calabacin / Cream of courgette Albondigas veganas con tomate y patata / Vegan Meatballs stew with potatoes Fruta y , pan / Fruit and , bread	Judías blancas estofadas/ Stew white beans with vegetables Bacalao horno lechuga / Baked cod with lettuce Fruta y , pan / Fruit and , bread
7	8	9	10	11
coliflor rehogada / sauted cauliflower Rosti de patata con lechuga, zanahoria y aceitunas / Potato rosti with salad Fruta y , pan integral / Fruit and , bread	Lentejas ecologicas con boniato y zanahoria / bio Stew lentils with potato and carrot Lenguadina horno con pimientos/ Baked sole with peppers Fruta y , pan / Fruit and , bread	Crema de calabaza / Pumpking Cream Hamburguesa vegetal con cous cous / Vegan burger with cous cous Fruta y , pan integral / Fruit and , bread	Judías `pintas con arroz Verduras salteadas Fruta y , pan / Fruit and , bread	patatas guisadas con verdura / Potato stew with squid Filete merluza plancha con lechuga y maiz /Grilled hake with salad Fruta y , pan / Fruit and , bread
14	15	16	17	18
Fideua de verdura / VEgetable fideua Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad Fruta y , pan integral / Fruit and , bread	Judías pintas con verduras / Pinto beans with vegetables Rosti de patata con ensalada mixta / Potato rosti with salad Fruta y , pan / Fruit and , bread	Judías verdes salteadas / Sauted Green Beans Hamburguesa vegetal con arroz integral/ Vegan burger with rice Fruta y , pan integral / Fruit and , bread	Espaguetis integrales con toamte / spagetti Bacalao horno con ensalada / Baked cod with salad Manza ecologica , pan / bio apple and , bread	Sopa de fideos / Noodle Soup Garbanzos saltados / Sauted peas Fruta y , pan / Fruit and , bread
21	22	23	24	25
Arroz con tomate / Rice in tomato sauce Rosti de patata con ensalada mixta / Potato rosti with salad Fruta y , pan integral / Fruit and , bread	Lentejas jardinera / Lentils stew with vegetables Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y , pan / Fruit and , bread	Brocoli salteado / Sauted brocoli tofu plancha con cous cous / Grilled tofu with cous cous Fruta y , pan integral / Fruit and , bread	Crema de zanahoria y puerro / Carrot, potato y leek puree Hamburguesa vegetal con patata cocida / vegan burger with boiled potato Fruta y , pan / Fruit and , bread	Macarrones integrales con tomate / Macaronni in tomato sauce Ventresca de merluza con calabacin dado / Bked hake with sauted courgette Fruta y , pan / Fruit and , bread
28	29	30	31	
Judías verdes salteadas / Sauted green beans Huevos cocidos con ensalada / Boiled eggs with salad Fruta y , pan integral / Fruit and , bread	Arroz ecologico con verdura / Bio Rice with vegetables Fte. De Merluza en salsa verde / Baked hake in green sauce Fruta y , pan / Fruit and , bread	verduras salteadas / Sauted vegetables Tofu con patatas / Turkey stew with potatoes Fruta y , pan integral / Fruit and , bread	Espaguetis terrorificos / Terrifying spaghetti Salchichas veganas / vegan susajes Fruta y , pan / Fruit and , bread	



# ARTESANIA GASTRONOMICA ALCARREÑA

## OCTUBRE MENU VEGANO OCTOBER

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	Menestra de verdura salteada / sauted vegetables  Tofu con cous cous / Tofu with cous cous  Fruta y , pan / Fruit and , bread	Espaguetis con salsa de tomate / Spagetti with Tomato Sauce  alcavhofas salteadas  Fruta y , pan integral / Fruit and , bread	Crema de calabacin / Cream of courgette  Albondigas veganas con tomate y patata / Vegan Meatballs stew with potatoes  Fruta y , pan / Fruit and , bread	Judías blancas estofadas/ Stew white beans with vegetables  espinacas con tomate  Fruta y , pan / Fruit and , bread
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
coliflor rehogada / sauted cauliflower  Rosti de patata con lechuga, zanahoria y aceitunas / Potato rosti with salad  Fruta y , pan integral / Fruit and , bread	Lentejas ecologicas con boniato y zanahoria / bio Stew lentils with potato and carrot  Guisantes salteados  Fruta y , pan / Fruit and , bread	Crema de calabaza / Pumpking Cream  Hamburguesa vegetal con cous cous / Vegan burger with cous cous  Fruta y , pan integral / Fruit and , bread	Judías `pintas con arroz  esparragos rebozados  Fruta y , pan / Fruit and , bread	patatas guisadas con verdura / Potato stew with squid  Brocoli al ajillo  Fruta y , pan / Fruit and , bread
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Fideua de verdura / VEgetable fideua  acelgas rehogadas  Fruta y , pan integral / Fruit and , bread	Judías pintas con verduras / Pinto beans with vegetables  Rosti de patata con ensalada mixta / Potato rosti with salad  Fruta y , pan / Fruit and , bread	Judías verdes salteadas / Sauted Green Beans  Hamburguesa vegetal con arroz integral/ Vegan burger with rice  Fruta y , pan integral / Fruit and , bread	Espaguetis integrales con toamte / spagetti  coliflor en salsa  Manza ecologica , pan / bio apple and , bread	Sopa de fideos / Noodle Soup  Garbanzos saltados / Sauted peas  Fruta y , pan / Fruit and , bread
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Arroz con tomate / Rice in tomato sauce  Rosti de patata con ensalada mixta / Potato rosti with salad  Fruta y , pan integral / Fruit and , bread	Lentejas jardinera / Lentils stew with vegetables  coliflor con bechamel  Fruta y , pan / Fruit and , bread	Brocoli salteado / Sauted brocoli  tofu plancha con cous cous / Grilled tofu with cous cous  Fruta y , pan integral / Fruit and , bread	Crema de zanahoria y puerro / Carrot, potato y leek puree  Hamburguesa vegetal con patata cocida / vegan burger with boiled potato  Fruta y , pan / Fruit and , bread	Macarrones integrales con tomate / Macaronni in tomato sauce  pisto manchego  Fruta y , pan / Fruit and , bread
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
Judías verdes salteadas / Sauted green beans  champiñon salteado  Fruta y , pan integral / Fruit and , bread	Arroz ecologico con verdura / Bio Rice with vegetables  alcachofas salteadas  Fruta y , pan / Fruit and , bread	verduras salteadas / Sauted vegetables  Tofu con patatas / Turkey stew with potatoes  Fruta y , pan integral / Fruit and , bread	Espaguetis terrorificos / Terrifying spaghetti  Salchichas veganas / vegan susajes  Fruta y , pan / Fruit and , bread	