



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBRE MENU SIN CARNE ROJA OCTOBER WITHOUT RED MEAT

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
3	4	5	6	7
Arroz ecologico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / baked hake in sauce Yogur natural, pan integral / Yoghurt, bread	Menestra de verdura salteada / sauted vegetables pavo guisado con cous cous / turkey stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Espaguetis con salsa de tomate / Spagetti with Tomato Sauce Tortilla con lechuga y zanahoria / Omelette with lettuce and carrot Fruta y leche, pan integral / Fruit and milk, bread	Crema de verduras / Cream of Vegetables 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 Ventresca Merluza horno lechuga / Baked Hake belly with lettuce Fruta y leche, pan / Fruit and milk, bread
10	11	12	13	14
coliflor rehogada / sauted cauliflower Salchichas ave con ensalada / Baked sausages with salad Yogur natural, pan integral / Yoghurt, bread	Lentejas ecologicas con patata y zanahoria / bio Stew lentils with potato and carrot Lenguadina con lechuga y maiz / grilled sole with salad Fruta y leche, pan / Fruit and milk, bread	FESTIVO	Crema de zanahoria / Cream of carrot soup Escalope de pollo con patatas / Breaded chicken with potatoes Fruta y leche, pan / Fruit and milk, bread	espagettis con tomate / Spageti in tomato sauce tortilla patata con ensalada / Omelette with salad Fruta y leche, pan / Fruit and milk, bread
17	18	19	20	21
Patatas guisadas con verduras / Stewed potatoes with vegetables Salchichas de pavo con tomate / Turkey Sausages with tomato Yogur natural, pan integral / Yoghurt, bread	Judías pintas con verduras / Pinto beans with vegetables Huevos villarroy con ensalada / Villaroy eggs with salad Fruta y leche, pan / Fruit and milk, bread	Arroz con magro y verduras / Rice with meat and vegetables Bacalao rebozado con ensalada / Battered cod with salad Fruta y leche, pan integral / Fruit and milk, bread	Judías verdes salteadas / Sauted Green Beans Pollo estofado con patatas / Chicken stew with potatoes Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido / Cocido Soup garbanzos y pollo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
24	25	26	27	28
Arroz con tomate / Rice in tomato sauce hamburguesa vegetal con ensalada / Vegetal burger with salad Yogur natural, pan integral / Yoghurt, bread	Crema de puerro / Cream of Leek Salmón al horno con patata cocida/ Baked salmon with potatoes Manzana ecologica leche, pan / bio apple and milk, bread	Brocoli salteado con jamon / Sauted broccoli with ham Pollo guisado con patatas / Chicken stew with potatoes Fruta y leche, pan integral / Fruit and milk, bread	Lentejas jardinera / Lentils stew with vegetables Tortilla de calabacin con ensalada / Courgette omelette with salad Fruta y leche, pan / Fruit and milk, bread	Bramboračka(parrillada patata y verduras) calamar plancha con ensalada / Grilled squid with salad 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
3	4	5	6	7
Arroz integral con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / baked hake in sauce Yogur natural, pan integral / Yoghurt, bread	Menestra de verdura salteada / sauted vegetables pavo guisado con cous cous / turkey stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Espaguetis integral con salsa de tomate / Spagetti with Tomato Sauce Tortilla con lechuga y zanahoria / Omelette with lettuce and carrot Fruta y leche, pan integral / Fruit and milk, bread	Crema de verduras / Cream of Vegetables Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas estofadas/ Stew white beans with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with lettuce Fruta y leche, pan / Fruit and milk, bread
10	11	12	13	14
coliflor rehogada / sauted cauliflower Salchichas con ensalada / Baked sausages with salad Yogur natural, pan integral / Yoghurt, bread	Lentejas ecológicas con patata y zanahoria / bio Stew lentils with potato and carrot Lenguadina con lechuga y maiz / grilled sole with salad Fruta y leche, pan / Fruit and milk, bread	FESTIVO	Crema de zanahoria / Cream of carrot soup Escalope de pollo con patatas / Breaded chicken with potatoes Fruta y leche, pan / Fruit and milk, bread	espaguetis integral carbonara / Spageti in carbonara sauce Lomo al horno con patatas / Baked pork loin with potatoes Fruta y leche, pan / Fruit and milk, bread
17	18	19	20	21
Patatas guisadas con ternera / Stewed potatoes with veal Salchichas de pavo con tomate / Turkey Sausages with tomato Yogur natural, pan integral / Yoghurt, bread	Judías pintas con verduras / Pinto beans with vegetables Huevos villarroy con ensalada / Villaroy eggs with salad Fruta y leche, pan / Fruit and milk, bread	Arroz integral con magro y verduras / Rice with meat and vegetables Bacalao rebozado con ensalada / Battered cod with salad Fruta y leche, pan integral / Fruit and milk, bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pollo estofado con patatas / Chicken stew with potatoes Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido / Cocido Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
24	25	26	27	28
Arroz integral con tomate / Rice in tomato sauce Lacon al horno con lechuga y zanahoria / Baked ham with salad Yogur natural, pan integral / Yoghurt, bread	Crema de puerro / Cream of Leek Salmón al horno con patata cocida/ Baked salmon with potatoes Manzana ecológica leche, pan / bio apple and milk, bread	Brocoli salteado con jamon / Sauted broccoli with ham Pollo guisado con patatas / Chicken stew with potatoes Fruta y leche, pan integral / Fruit and milk, bread	Lentejas jardinera / Lentils stew with vegetables Tortilla de calabacin con ensalada / Courgette omelette with salad Fruta y leche, pan / Fruit and milk, bread	Bramboračka(parrillada patata y verduras) Goulash (Carne de ternera guisada) 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
3	4	5	6	7
Arroz integral con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / baked hake in sauce Yogur natural, pan integral / Yoghurt, bread	Menestra de verdura salteada / sauted vegetables pavo guisado con cous cous / turkey stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Espaguetis integral con salsa de tomate / Spagetti with Tomato Sauce Tortilla con lechuga y zanahoria / Omelette with lettuce and carrot Fruta y leche, pan integral / Fruit and milk, bread	Crema de verduras / Cream of Vegetables Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas estofadas/ Stew white beans with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with lettuce Fruta y leche, pan / Fruit and milk, bread
10	11	12	13	14
coliflor rehogada / sauted cauliflower Salchichas con ensalada / Baked sausages with salad Yogur natural, pan integral / Yoghurt, bread	Lentejas ecologicas con patata y zanahoria / bio Stew lentils with potato and carrot Lenguadina con lechuga y maiz / grilled sole with salad Fruta y leche, pan / Fruit and milk, bread	FESTIVO	Crema de zanahoria / Cream of carrot soup Escalope de pollo con patatas / Breaded chicken with potatoes Fruta y leche, pan / Fruit and milk, bread	espagettis integral carbonara / Spageti in carbonara sauce Lomo al horno con patatas / Baked pork loin with potatoes Fruta y leche, pan / Fruit and milk, bread
17	18	19	20	21
Patatas guisadas con ternera / Stewed potatoes with veal Salchichas de pavo con tomate / Turkey Sausages with tomato Yogur natural, pan integral / Yoghurt, bread	Judías pintas con verduras / Pinto beans with vegetables Huevos villarroy con ensalada / Villaroy eggs with salad Fruta y leche, pan / Fruit and milk, bread	Arroz integral con magro y verduras / Rice with meat and vegetables Bacalao rebozado con ensalada / Battered cod with salad Fruta y leche, pan integral / Fruit and milk, bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pollo estofado con patatas / Chicken stew with potatoes Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido / Cocido Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
24	25	26	27	28
Arroz integral con tomate / Rice in tomato sauce Lacon al horno con lechuga y zanahoria / Baked ham with salad Yogur natural, pan integral / Yoghurt, bread	Crema de puerro / Cream of Leek Salmón al horno con patata cocida/ Baked salmon with potatoes Manzana ecologica leche, pan / bio apple and milk, bread	Brocoli salteado con jamon / Sauted broccoli with ham Pollo guisado con patatas / Chicken stew with potatoes Fruta y leche, pan integral / Fruit and milk, bread	Lentejas jardinera / Lentils stew with vegetables Tortilla de calabacin con ensalada / Courgette omelette with salad Fruta y leche, pan / Fruit and milk, bread	Bramboračka(parrillada patata y verduras) Goulash (Carne de ternera guisada) Fruta y leche, pan / Fruit and milk, bread



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBRE MENU SIN GLUTEN OCTOBER WITHOUT GLUTEN MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
3	4	5	6	7
Arroz ecologico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / baked hake in sauce Yogur natural, pan integral / Yoghurt, bread	Menestra de verdura salteada / sauted vegetables pavo guisado con arroz / turkey stew with rice Fruta y leche, pan sin gluten / Fruit and milk, bread	Espaguetis sin gluten con salsa de tomate / Spagetti with Tomato Sauce Tortilla con lechuga y zanahoria / Omelette with lettuce and carrot Fruta y leche, pan sin gluten / Fruit and milk, bread	Crema de verduras / Cream of Vegetables 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 Ventresca Merluza horno lechuga / Baked Hake belly with lettuce Fruta y leche, pan sin gluten / Fruit and milk, bread
10	11	12	13	14
coliflor rehogada / sauted cauliflower Salchichas con ensalada / Baked sausages with salad Yogur natural, pan sin gluten / Yoghurt, bread	Lentejas ecologicas con patata y zanahoria / bio Stew lentils with potato and carrot Lenguadina con lechuga y maiz / grilled sole with salad Fruta y leche, pan sin gluten / Fruit and milk, bread	FESTIVO	Crema de zanahoria / Cream of carrot soup Escalope de pollo con patatas / Breaded chicken with potatoes Fruta y leche, pan sin gluten / Fruit and milk, bread	espagettis sin gluten carbonara / Spageti in carbonara sauce Lomo al horno con patatas / Baked pork loin with potatoes Fruta y leche, pan sin gluten / Fruit and milk, bread
17	18	19	20	21
Patatas guisadas con ternera / Stewed potatoes with veal Salchichas de pavo con tomate / Turkey Sausages with tomato Yogur natural, pan sin gluten / Yoghurt, bread	Judías pintas con verduras / Pinto beans with vegetables Huevos cocidos con ensalada / Boiled eggs with salad Fruta y leche, pan sin gluten / Fruit and milk, bread	Arroz con magro y verduras / Rice with meat and vegetables Bacalao con ensalada / baked Cod with salad Fruta y leche, pan sin gluten / Fruit and milk, bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pollo estofado con patatas / Chicken stew with potatoes 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
24	25	26	27	28
Arroz con tomate / Rice in tomato sauce Lacon al horno con lechuga y zanahoria / Baked ham with salad Yogur natural, pan sin gluten / Yoghurt, bread	Crema de puerro / Cream of Leek Salmón al horno con patata cocida/ Baked salmon with potatoes Manzana ecologica leche, pan / bio apple and milk, bread	Brocoli salteado con jamon / Sauted brocoli with ham Pollo guisado con patatas / Chicken stew with potatoes Fruta y leche, pan sin gluten / Fruit and milk, bread	Lentejas jardinera / Lentils stew with vegetables Tortilla de calabacin con ensalada / Courgette omelette with salad Fruta y leche, pan sin gluten / Fruit and milk, bread	Bramboračka(parrilada patata y verduras) Goulash (Carne de ternera guisada) 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	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
3	4	5	6	7
Arroz integral con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / baked hake in sauce Yogur natural, pan integral / Yoghurt, bread	Menestra de verdura salteada / sauted vegetables pavo guisado con cous cous / turkey stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Espaguetis integral con salsa de tomate / Spagetti with Tomato Sauce Tortilla con lechuga y zanahoria / Omelette with lettuce and carrot Fruta y leche, pan integral / Fruit and milk, bread	Crema de verduras / Cream of Vegetables Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas estofadas/ Stew white beans with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with lettuce Fruta y leche, pan / Fruit and milk, bread
10	11	12	13	14
coliflor rehogada / sauted cauliflower Salchichas con ensalada / Baked sausages with salad Yogur natural, pan integral / Yoghurt, bread	Lentejas ecológicas con patata y zanahoria / bio Stew lentils with potato and carrot Lenguadina con lechuga y maiz / grilled sole with salad Fruta y leche, pan / Fruit and milk, bread	FESTIVO	Crema de zanahoria / Cream of carrot soup Escalope de pollo con patatas / Breaded chicken with potatoes Fruta y leche, pan / Fruit and milk, bread	espagettis integral carbonara / Spageti in carbonara sauce Lomo al horno con patatas / Baked pork loin with potatoes Fruta y leche, pan / Fruit and milk, bread
17	18	19	20	21
Patatas guisadas con ternera / Stewed potatoes with veal Salchichas de pavo con tomate / Turkey Sausages with tomato Yogur natural, pan integral / Yoghurt, bread	Judías pintas con verduras / Pinto beans with vegetables Huevos villarroy con ensalada / Villaroy eggs with salad Fruta y leche, pan / Fruit and milk, bread	Arroz integral con magro y verduras / Rice with meat and vegetables Bacalao rebozado con ensalada / Battered cod with salad Fruta y leche, pan integral / Fruit and milk, bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pollo estofado con patatas / Chicken stew with potatoes Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido / Cocido Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
24	25	26	27	28
Arroz integral con tomate / Rice in tomato sauce Lacon al horno con lechuga y zanahoria / Baked ham with salad Yogur natural, pan integral / Yoghurt, bread	Crema de puerro / Cream of Leek Salmón al horno con patata cocida/ Baked salmon with potatoes Manzana ecológica leche, pan / bio apple and milk, bread	Brocoli salteado con jamon / Sauted broccoli with ham Pollo guisado con patatas / Chicken stew with potatoes Fruta y leche, pan integral / Fruit and milk, bread	Lentejas jardinera / Lentils stew with vegetables Tortilla de calabacin con ensalada / Courgette omelette with salad Fruta y leche, pan / Fruit and milk, bread	Bramboračka(parrillada patata y verduras) Goulash (Carne de ternera guisada) 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
3	4	5	6	7
Arroz ecologico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / baked hake in sauce Yogur natural, pan integral / Yoghurt, bread	Menestra de verdura salteada / sauted vegetables pavo guisado con cous cous / turkey stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Espaguetis sin huevo con salsa de tomate / Spagetti with Tomato Sauce Rosti con lechuga y zanahoria / Rosti with lettuce and carrot Fruta y leche, pan integral / Fruit and milk, bread	Crema de verduras / Cream of Vegetables Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas estofadas/ Stew white beans with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with lettuce Fruta y leche, pan / Fruit and milk, bread
10	11	12	13	14
coliflor rehogada / sauted cauliflower Salchichas con ensalada / Baked sausages with salad Yogur natural, pan integral / Yoghurt, bread	Lentejas ecologicas con patata y zanahoria / bio Stew lentils with potato and carrot Lenguadina con lechuga y maiz / grilled sole with salad Fruta y leche, pan / Fruit and milk, bread	FESTIVO	Crema de zanahoria / Cream of carrot soup Escalope de pollo con patatas / Breaded chicken with potatoes Fruta y leche, pan / Fruit and milk, bread	espagettis sin huevo carbonara / Spageti in carbonara sauce Lomo al horno con patatas / Baked pork loin with potatoes Fruta y leche, pan / Fruit and milk, bread
17	18	19	20	21
Patatas guisadas con ternera / Stewed potatoes with veal Salchichas de pavo con tomate / Turkey Sausages with tomato Yogur natural, pan integral / Yoghurt, bread	Judías pintas con verduras / Pinto beans with vegetables Rosti con ensalada / Rosti with salad Fruta y leche, pan / Fruit and milk, bread	Arroz con magro y verduras / Rice with meat and vegetables Bacalao con ensalada / baked Cod with salad Fruta y leche, pan integral / Fruit and milk, bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pollo estofado con patatas / Chicken stew with potatoes Fruta y leche, pan / Fruit 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
24	25	26	27	28
Arroz con tomate / Rice in tomato sauce Lacon al horno con lechuga y zanahoria / Baked ham with salad Yogur natural, pan integral / Yoghurt, bread	Crema de puerro / Cream of Leek Salmón al horno con patata cocida/ Baked salmon with potatoes Manzana ecologica leche, pan / bio apple and milk, bread	Brocoli salteado con jamon / Sauted broccoli with ham Pollo guisado con patatas / Chicken stew with potatoes Fruta y leche, pan integral / Fruit and milk, bread	Lentejas jardinera / Lentils stew with vegetables Rosti de calabacin con ensalada / Courgette rosti with salad Fruta y leche, pan / Fruit and milk, bread	Bramboračka(parrillada patata y verduras) Goulash (Carne de ternera guisada) 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	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
3	4	5	6	7
Arroz ecológico con pollo / Bio Rice with chicken Salchichas con ensalada / Sausages with salad Postre apto, pan integral / suitable dessert, bread	Menestra de verdura salteada / sauted vegetables pavo guisado con cous cous / turkey stew with cous cous Fruta y pan / Fruit and bread	Espaguetis sin huevo con salsa de tomate / Spagetti with Tomato Sauce Rosti con lechuga y zanahoria / Rosti with lettuce and carrot Fruta y pan integral / Fruit and bread	Crema de verduras / Cream of Vegetables Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y pan / Fruit and bread	Judías blancas estofadas/ Stew white beans with vegetables Pollo con ensalada / Baked chicken with lettuce Fruta y pan / Fruit and bread
10	11	12	13	14
coliflor rehogada / sauted cauliflower Salchichas con ensalada / Baked sausages with salad Postre apto, pan integral / suitable dessert, bread	Lentejas ecológicas con patata y zanahoria / bio Stew lentils with potato and carrot Lacon con lechuga y maíz / Baked hams with salad Fruta y pan / Fruit and bread	FESTIVO	Crema de zanahoria / Cream of carrot soup Escalope de pollo con patatas / Breaded chicken with potatoes Fruta y pan / Fruit and bread	espaguetis sin huevo con tomate / Spagetti in tomato sauce Lomo al horno con patatas / Baked pork loin with potatoes Fruta y pan / Fruit and bread
17	18	19	20	21
Patatas guisadas con ternera / Stewed potatoes with veal Salchichas de pavo con tomate / Turkey Sausages with tomato Postre apto, pan integral / suitable dessert, bread	Judías pintas con verduras / Pinto beans with vegetables Rosti con ensalada / Rosti with salad Fruta y pan / Fruit and bread	Arroz con magro y verduras / Rice with meat and vegetables Lomo con ensalada / grilled pork loin with salad Fruta y pan integral / Fruit and bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pollo estofado con patatas / Chicken stew with potatoes Fruta y pan / Fruit and bread	Sopa de Cocido sin huevo / Cocido Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y pan / Fruit and bread
24	25	26	27	28
Arroz con tomate / Rice in tomato sauce Lacon al horno con lechuga y zanahoria / Baked ham with salad Postre apto, pan integral / suitable dessert, bread	Crema de puerro / Cream of Leek Hamburguesa al horno con patata cocida/ Baked burger with potatoes Manzana ecológica pan / bio apple and bread	Brocoli salteado con jamon / Sauted broccoli with ham Pollo guisado con patatas / Chicken stew with potatoes Fruta y pan integral / Fruit and bread	Lentejas jardinera / Lentils stew with vegetables Rosti de calabacin con ensalada / Courgette rosti with salad Fruta y pan / Fruit and bread	Bramboračka (parrillada patata y verduras) Goulash (Carne de ternera guisada) Fruta y pan / Fruit and bread



ARTESANIA GASTRONOMICA ALCARREÑA



OCTUBRE MENU SIN HUEVO OCTOBER WITHOUT EGG MENU

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
3	4	5	6	7
Arroz ecologico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / baked hake in sauce Yogur natural, pan integral / Yoghurt, bread	Menestra de verdura salteada / sauted vegetables pavo guisado con cous cous / turkey stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Espaguetis sin huevo con salsa de tomate / Spagetti with Tomato Sauce Rosti con lechuga y zanahoria / Rosti with lettuce and carrot Fruta y leche, pan integral / Fruit and milk, bread	Crema de verduras / Cream of Vegetables Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas estofadas/ Stew white beans with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with lettuce Fruta y leche, pan / Fruit and milk, bread
10	11	12	13	14
coliflor rehogada / sauted cauliflower Salchichas con ensalada / Baked sausages with salad Yogur natural, pan integral / Yoghurt, bread	Lentejas ecologicas con patata y zanahoria / bio Stew lentils with potato and carrot Lenguadina con lechuga y maiz / grilled sole with salad Fruta y leche, pan / Fruit and milk, bread	FESTIVO	Crema de zanahoria / Cream of carrot soup Escalope de pollo con patatas / Breaded chicken with potatoes Fruta y leche, pan / Fruit and milk, bread	espagettis sin huevo carbonara / Spageti in carbonara sauce Lomo al horno con patatas / Baked pork loin with potatoes Fruta y leche, pan / Fruit and milk, bread
17	18	19	20	21
Patatas guisadas con ternera / Stewed potatoes with veal Salchichas de pavo con tomate / Turkey Sausages with tomato Yogur natural, pan integral / Yoghurt, bread	Judías pintas con verduras / Pinto beans with vegetables Rosti con ensalada / Rosti with salad Fruta y leche, pan / Fruit and milk, bread	Arroz con magro y verduras / Rice with meat and vegetables Bacalao con ensalada / baked Cod with salad Fruta y leche, pan integral / Fruit and milk, bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pollo estofado con patatas / Chicken stew with potatoes Fruta y leche, pan / Fruit 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
24	25	26	27	28
Arroz con tomate / Rice in tomato sauce Lacon al horno con lechuga y zanahoria / Baked ham with salad Yogur natural, pan integral / Yoghurt, bread	Crema de puerro / Cream of Leek Salmón al horno con patata cocida/ Baked salmon with potatoes Manzana ecologica leche, pan / bio apple and milk, bread	Brocoli salteado con jamon / Sauted broccoli with ham Pollo guisado con patatas / Chicken stew with potatoes Fruta y leche, pan integral / Fruit and milk, bread	Lentejas jardinera / Lentils stew with vegetables Rosti de calabacin con ensalada / Courgette rosti with salad Fruta y leche, pan / Fruit and milk, bread	Bramboračka(parrillada patata y verduras) Goulash (Carne de ternera guisada) 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
3	4	5	6	7
Arroz ecologico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / baked hake in sauce Yogur natural, pan integral / Yoghurt, bread	Menestra de verdura salteada / sauted vegetables pavo guisado con cous cous / turkey stew with cous cous Fruta y pan / Fruit and bread	Espaguetis con salsa de tomate / Spagetti with Tomato Sauce Tortilla con lechuga y zanahoria / Omelette with lettuce and carrot Fruta , pan integral / Fruit , bread	Crema de verduras / Cream of Vegetables Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y pan / Fruit and bread	Judías blancas estofadas/ Stew white beans with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with lettuce Fruta y pan / Fruit and bread
10	11	12	13	14
coliflor rehogada / sauted cauliflower Salchichas con ensalada / Baked sausajes with salad Postre apto, pan integral / suitable dessert, bread	Lentejas ecologicas con patata y zanahoria / bio Stew lentils with potato and carrot Lenguadina con lechuga y maiz / grilled sole with salad Fruta y pan / Fruit and bread	FESTIVO	Crema de zanahoria / Cream of carrot soup Escalope de pollo con patatas / Breaded chicken with potatoes Fruta y pan / Fruit and bread	espagettis con tomate / Spageti in tomato sauce Lomo al horno con patatas / Baked pork loin with potatoes Fruta y pan / Fruit and bread
17	18	19	20	21
Patatas guisadas con termera / Stewed potatoes with veal Salchichas de pavo con tomate / Turkey Sausages with tomato Postre apto, pan integral / suitable dessert, bread	Judías pintas con verduras / Pinto beans with vegetables Huevos cocidos con ensalada / Boiled eggs with salad Fruta y pan / Fruit and bread	Arroz con magro y verduras / Rice with meat and vegetables Bacalao rebozado con ensalada / Battered cod with salad Fruta , pan integral / Fruit , bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pollo estofado con patatas / Chicken stew with potatoes Fruta y pan / Fruit and bread	Sopa de Cocido / Cocido Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y pan / Fruit and bread
24	25	26	27	28
Arroz con tomate / Rice in tomato sauce Lacon al horno con lechuga y zanahoria / Baked ham with salad Postre apto, pan integral / suitable dessert, bread	Crema de puerro / Creamn of Leak Salmón al horno con patata cocida/ Baked salmon with potatoes Manzana ecologica leche, pan / bio apple and milk, bread	Brocoli salteado con jamon / Sauted brocoli with ham Pollo guisado con patatas / Chicken stew with potatoes Fruta , pan integral / Fruit , bread	Lentejas jardinera / Lentils stew with vegetables Tortilla de calabacin con ensalada / Courgette omelette with salad Fruta y pan / Fruit and bread	Bramboračka(parrilada patata y verduras) Goulash (Carne de ternera guisada) Fruta y pan / Fruit and bread



ARTESANIA GASTRONOMICA ALCARREÑA



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

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
3	4	5	6	7
Arroz ecologico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / baked hake in sauce Yogur natural, pan integral / Yoghurt, bread	Menestra de verdura salteada / sauted vegetables pavo guisado con cous cous / turkey stew with cous cous Fruta y pan / Fruit and bread	Espaguetis con salsa de tomate / Spagetti with Tomato Sauce Tortilla con lechuga y zanahoria / Omelette with lettuce and carrot Fruta , pan integral / Fruit , bread	Crema de verduras / Cream of Vegetables Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y pan / Fruit and bread	Judías blancas estofadas/ Stew white beans with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with lettuce Fruta y pan / Fruit and bread
10	11	12	13	14
coliflor rehogada / sauted cauliflower Salchichas con ensalada / Baked sausajes with salad Postre apto, pan integral / suitable dessert, bread	Lentejas ecologicas con patata y zanahoria / bio Stew lentils with potato and carrot Lenguadina con lechuga y maiz / grilled sole with salad Fruta y pan / Fruit and bread	FESTIVO	Crema de zanahoria / Cream of carrot soup Escalope de pollo con patatas / Breaded chicken with potatoes Fruta y pan / Fruit and bread	espagettis con tomate / Spageti in tomato sauce Lomo al horno con patatas / Baked pork loin with potatoes Fruta y pan / Fruit and bread
17	18	19	20	21
Patatas guisadas con termera / Stewed potatoes with veal Salchichas de pavo con tomate / Turkey Sausages with tomato Postre apto, pan integral / suitable dessert, bread	Judías pintas con verduras / Pinto beans with vegetables Huevos cocidos con ensalada / Boiled eggs with salad Fruta y pan / Fruit and bread	Arroz con magro y verduras / Rice with meat and vegetables Bacalao rebozado con ensalada / Battered cod with salad Fruta , pan integral / Fruit , bread	Judías verdes salteadas con jamón / Sauteed Green Beans with ham Pollo estofado con patatas / Chicken stew with potatoes Fruta y pan / Fruit and bread	Sopa de Cocido / Cocido Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y pan / Fruit and bread
24	25	26	27	28
Arroz con tomate / Rice in tomato sauce Lacon al horno con lechuga y zanahoria / Baked ham with salad Postre apto, pan integral / suitable dessert, bread	Crema de puerro / Creamn of Leak Salmón al horno con patata cocida/ Baked salmon with potatoes Manzana ecologica leche, pan / bio apple and milk, bread	Brocoli salteado con jamon / Sauteed broccoli with ham Pollo guisado con patatas / Chicken stew with potatoes Fruta , pan integral / Fruit , bread	Lentejas jardinera / Lentils stew with vegetables Tortilla de calabacin con ensalada / Courgette omelette with salad Fruta y pan / Fruit and bread	Bramboračka(parrilada patata y verduras) Goulash (Carne de ternera guisada) 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	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
3	4	5	6	7
Arroz ecológico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / baked hake in sauce Yogur natural, pan integral / Yoghurt, bread	Menestra de verdura sin j. verde salteada / sauted vegetables pavo guisado con cous cous / turkey stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Espaguetis con salsa de tomate / Spagetti with Tomato Sauce Tortilla con lechuga y zanahoria / Omelette with lettuce and carrot Fruta y leche, pan integral / Fruit and milk, bread	Crema de verduras / Cream of Vegetables Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y leche, pan / Fruit and milk, bread	Verduras saltadas / Sauteed vegetables Ventresca Merluza horno lechuga / Baked Hake belly with lettuce Fruta y leche, pan / Fruit and milk, bread
10	11	12	13	14
Coliflor rebozada / Battered cauliflower Salchichas con ensalada / Baked sausages with salad Yogur natural, pan integral / Yoghurt, bread	Arroz blanco con tomate /rice in tomato sauce Lenguadina con lechuga y maiz / grilled sole with salad Fruta y leche, pan / Fruit and milk, bread	FESTIVO	Crema de zanahoria / Cream of carrot soup Escalope de pollo con patatas / Breaded chicken with potatoes Fruta y leche, pan / Fruit and milk, bread	espaguetis carbonara / Spagetti in carbonara sauce Lomo al horno con patatas / Baked pork loin with potatoes Fruta y leche, pan / Fruit and milk, bread
17	18	19	20	21
Patatas guisadas con ternera / Stewed potatoes with veal Lasaña / Lasagana Yogur natural, pan integral / Yoghurt, bread	verduras estofadas / Vegetables stew Huevos cocidos con ensalada / Boiled eggs with salad Fruta y leche, pan / Fruit and milk, bread	Arroz con magro y verduras / Rice with meat and vegetables Bacalao rebozado con ensalada / Battered cod with salad Fruta y leche, pan integral / Fruit and milk, bread	Pure de verduras / Vegetables puree Pollo estofado con patatas / Chicken stew with potatoes Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido / Cocido Soup Cocido sin garbanzo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
24	25	26	27	28
Arroz con tomate / Rice in tomato sauce Lacon al horno con lechuga y zanahoria / Baked ham with salad Yogur natural, pan integral / Yoghurt, bread	Crema de puerro / Cream of Leek Salmón al horno con patata cocida/ Baked salmon with potatoes Manzana ecológica leche, pan / bio apple and milk, bread	Brocoli salteado con jamon / Sauteed broccoli with ham Pollo guisado con patatas / Chicken stew with potatoes Fruta y leche, pan integral / Fruit and milk, bread	champiñon salteado / Sauteed mushrooms Tortilla de calabacin con ensalada / Courgette omelette with salad Fruta y leche, pan / Fruit and milk, bread	Bramboračka(parrillada patata y verduras) Goulash (Carne de ternera guisada) Fruta y leche, pan / Fruit and milk, bread



ARTESANIA GASTRONOMICA ALCARREÑA



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

OCTOBER

LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
3	4	5	6	7
Arroz ecologico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / baked hake in sauce Postre apto, pan integral / suitable dessert, bread	Menestra de verdura salteada / sauted vegetables pavo guisado con cous cous / turkey stew with cous cous Fruta y pan / Fruit and bread	Espaguetis sin huevo con salsa de tomate / Spagetti with Tomato Sauce Rosti con lechuga y zanahoria / Rosti with lettuce and carrot Fruta y pan integral / Fruit and bread	Crema de verduras / Cream of Vegetables Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y pan / Fruit and bread	Judías blancas estofadas/ Stew white beans with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with lettuce Fruta y pan / Fruit and bread
10	11	12	13	14
coliflor rehogada / sauted cauliflower Lacon con ensalada / Baked ham with salad Postre apto, pan integral / suitable dessert, bread	Arroz blanco con tomate /rice in tomato sauce Lenguadina con lechuga y maiz / grilled sole with salad Fruta y pan / Fruit and bread	FESTIVO	Crema de zanahoria / Cream of carrot soup Escalope de pollo con patatas / Breaded chicken with potatoes Fruta y pan / Fruit and bread	espaguetis sin huevo con tomate / Spagetti in tomato sauce Lomo al horno con patatas / Baked pork loin with potatoes Fruta y pan / Fruit and bread
17	18	19	20	21
Patatas guisadas con ternera / Stewed potatoes with veal Filete con tomate / Grilled loin with tomato Postre apto, pan integral / suitable dessert, bread	verduras estofadas / Vegetables stew Rosti con ensalada / Rosti with salad Fruta y pan / Fruit and bread	Arroz con magro y verduras / Rice with meat and vegetables Bacalao con ensalada / baked Cod with salad Fruta y pan integral / Fruit and bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pollo estofado con patatas / Chicken stew with potatoes Fruta y pan / Fruit and bread	Sopa de Cocido sin huevo / Cocido Soup Cocido sin garbanzo / Chickpeas, Meat and Cabbage Stew Fruta y pan / Fruit and bread
24	25	26	27	28
Arroz con tomate / Rice in tomato sauce Lacon al horno con lechuga y zanahoria / Baked ham with salad Postre apto, pan integral / suitable dessert, bread	Crema de puerro / Cream of Leek Salmón al horno con patata cocida/ Baked salmon with potatoes Manzana ecologica pan / bio apple and bread	Brocoli salteado con jamon / Sauted broccoli with ham Pollo guisado con patatas / Chicken stew with potatoes Fruta y pan integral / Fruit and bread	champiñon salteado / Sauted mushrooms Rosti de calabacin con ensalada / Courgette rosti with salad Fruta y pan / Fruit and bread	Bramboračka(parrillada patata y verduras) Goulash (Carne de ternera guisada) 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	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
3	4	5	6	7
Arroz ecologico con pollo / Bio Rice with chicken Salchichas con ensalada / Sausages with salad Yogur natural, pan integral / Yoghurt, bread	Menestra de verdura salteada / sauted vegetables pavo guisado con cous cous / turkey stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Espaguetis con salsa de tomate / Spagetti with Tomato Sauce Tortilla con lechuga y zanahoria / Omelette with lettuce and carrot Fruta y leche, pan integral / Fruit and milk, bread	Crema de verduras / Cream of Vegetables Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas estofadas/ Stew white beans with vegetables Pollo horno lechuga / Baked chicken with lettuce Fruta y leche, pan / Fruit and milk, bread
10	11	12	13	14
coliflor rehogada / sauted cauliflower Salchichas con ensalada / Baked sausajes with salad Yogur natural, pan integral / Yoghurt, bread	Lentejas ecologicas con patata y zanahoria / bio Stew lentils with potato and carrot Lacon con lechuga y maiz / Baked hams with salad Fruta y leche, pan / Fruit and milk, bread	FESTIVO	Crema de zanahoria / Cream of carrot soup Escalope de pollo con patatas / Breaded chicken with potatoes Fruta y leche, pan / Fruit and milk, bread	espagettis carbonara / Spageti in carbonara sauce Lomo al horno con patatas / Baked pork loin with potatoes Fruta y leche, pan / Fruit and milk, bread
17	18	19	20	21
Patatas guisadas con ternera / Stewed potatoes with veal Salchichas de pavo con tomate / Turkey Sausages with tomato Yogur natural, pan integral / Yoghurt, bread	Judías pintas con verduras / Pinto beans with vegetables Huevos cocidos con ensalada / Boiled eggs with salad Fruta y leche, pan / Fruit and milk, bread	Arroz con magro y verduras / Rice with meat and vegetables Lomo con ensalada / grilled pork loin with salad Fruta y leche, pan integral / Fruit and milk, bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pollo estofado con patatas / Chicken stew with potatoes Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido / Cocido Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
24	25	26	27	28
Arroz con tomate / Rice in tomato sauce Lacon al horno con lechuga y zanahoria / Baked ham with salad Yogur natural, pan integral / Yoghurt, bread	Crema de puerro / Cream of Leek Hamburguesa al horno con patata cocida/ Baked burger with potatoes Manzana ecologica leche, pan / bio apple and milk, bread	Brocoli salteado con jamon / Sauted broccoli with ham Pollo guisado con patatas / Chicken stew with potatoes Fruta y leche, pan integral / Fruit and milk, bread	Lentejas jardinera / Lentils stew with vegetables Tortilla de calabacin con ensalada / Courgette omelette with salad Fruta y leche, pan / Fruit and milk, bread	Bramboračka(parrillada patata y verduras) Goulash (Carne de ternera guisada) 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
3	4	5	6	7
Arroz ecologico salteado / Bio Rice sauted Fte. De Merluza en salsa verde / baked hake in sauce Yogur natural, pan integral / Yoghurt, bread	Menestra de verdura salteada / sauted vegetables pescado con cous cous / Baked fish with cous cous Fruta y leche, pan / Fruit and milk, bread	Espaguetis con salsa de tomate / Spagetti with Tomate Sauce Tortilla con lechuga y zanahoria / Omelette with lettuce and carrot Fruta y leche, pan integral / Fruit and milk, bread	Crema de verduras / Cream of Vegetables hamburguesa vegetal con tomate y patata / Vegetal burger with potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas con verduras / Stew white beans with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with lettuce Fruta y leche, pan / Fruit and milk, bread
10	11	12	13	14
coliflor rehogada / sauted cauliflower pasta con tomate y atun / Pasta with tuna Yogur natural, pan integral / Yoghurt, bread	Lentejas ecologicas con patata y zanahoria / bio Stew lentils with potato and carrot Lenguadina con lechuga y maiz / grilled sole with salad Fruta y leche, pan / Fruit and milk, bread	FESTIVO	Crema de zanahoria / Cream of carrot soup merluza plancha con patatas / Grilled hake with potatoes Fruta y leche, pan / Fruit and milk, bread	espagettis con tomate / Spageti in tomato sauce tortilla patata con ensalada / Omelette with salad Fruta y leche, pan / Fruit and milk, bread
17	18	19	20	21
Patatas guisadas con verduras / Stewed potatoes with veal pescado horno con tomate / Baked fish with tomato Yogur natural, pan integral / Yoghurt, bread	Judías pintas con verduras / Pinto beans with vegetables Huevos cocidos con ensalada / Boiled eggs with salad Fruta y leche, pan / Fruit and milk, bread	Arroz con verduras / Rice with vegetables Bacalao horno con ensalada / Battered cod with salad Fruta y leche, pan integral / Fruit and milk, bread	Judías verdes salteadas / Sauted Green Beans tofu plancha con patatas / Grilled tofu with potatoes Fruta y leche, pan / Fruit and milk, bread	Sopa de verduras / noodless soup Tortilla de patata con ensalada / Potato omelette with salad Fruta y leche, pan / Fruit and milk, bread
24	25	26	27	28
Arroz con tomate / Rice in tomato sauce hamburguesa vegetal con ensalada / Vegetal burger with salad Yogur natural, pan integral / Yoghurt, bread	Crema de puerro / Cream of Leek Salmón al horno con patata cocida/ Baked salmon with potatoes Manzana ecologica leche, pan / bio apple and milk, bread	Brocoli salteado / Sauted brocoli pescado plancha con patatas / Chicken stew with potatoes Fruta y leche, pan integral / Fruit and milk, bread	Lentejas jardinera / Lentils stew with vegetables Tortilla de calabacin con ensalada / Courgette omelette with salad Fruta y leche, pan / Fruit and milk, bread	Bramboračka (parrilada patata y verduras) calamar plancha con ensalada / Grilled squid with salad Fruta y leche, pan / Fruit and milk, bread