



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES																																																		
1 de Noviembre Día de Todos los Santos																																																						
4	5	6	7	8																																																		
Arroz con verduras - Rice with vegetables Tortilla de pavo (3, 6) - Turkey omelette lechuga y tomate(12) - Lettuce & tomato Pan(1) - Bread Yogur de sabores(7) - Yoghurt	Lentejas estofadas(1, 19) - Lentils stew Bacalao en salsa verde(1, 4) - Fish in parsley sauce con guisantes(19) - with peas Pan(1) - Bread Fruta de temporada - Fruit	Crema de espárragos y zanahorias con picatostes (1, 11, 6, 7, 8) - Cream of asparagus soup Contramuslo de pollo al horno - Grilled chicken fillet con patatas - with potatoes Pan(1) - Bread Fruta temporada - Fruit	Sopa de cocido(1, 3) - Meat and pasta soup Cocido completo: garbanzos, morcillo, chorizo, pollo (19) - Chickpea, meat and vegetables Pan(1) - Bread Natillas con galleta(1, 7) - Vanila cream	Judias verdes rehogadas con jamón(19, 6) - Green beans with ham Salmón al horno(4) - Baked salmon lechuga y zanahoria(12) - lettuce&carrot Pan(1) - Bread Fruta de temporada - Fruit																																																		
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Crema de calabacín y manzana - Cream of zucchini & apple soup Wok de pollo con verduras, salsa de soja y arroz(1, 6) - Chicken & vegetables wok Pan(1) - Bread Yogur de sabores(7) - Yoghurt	Alubias blancas guisadas con verduras y calabaza(19) - White beans stew with vegetables Tortilla de queso(3, 7) - Cheese omelette lechuga y tomate(12) - Lettuce & tomato Pan(1) - Bread Fruta de temporada - Fruit	Arroz tres delicias (jamón, huevo y guisantes)(19, 3, 6) - Fried rice Palometa en salsa de tomate (4) - Fish in tomato sauce con pisto - Vegetable stew Pan(1) - Bread Petit Suisse(7) -	Sopa de estrellas(1, 3) - Chicken and pasta soup Ragout de ternera - Beef stew con patatas - With potatoes Pan(1) - Bread Yogur de sabores(7) - Yoghurt	Macarrones gratinados(1, 3, 7) - Pasta with tomato sauce & cheese Merluza al horno(4) - Baked hake fish with lemon con ensalada(12) - with salad Pan(1) - Bread Fruta de temporada - Fruit																																																		
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Lentejas estofadas(1, 19) - Lentils stew Ragout de pavo con verduras y cuscús(1, 6) - Turkey stew Pan(1) - Bread Fruta de temporada - Fruit	Arroz con salsa de tomate y orégano - Rice with tomato Bacalao rebozado(1, 3, 4) - Breaded cod con lechuga y maíz - lettuce & corn Pan(1) - Bread Yogur de sabores(7) - Yoghurt	Crema de calabaza y zanahoria - Cream of zucchini & carrot soup Tortilla de patata(3) - Potato omelette lechuga y tomate(12) - Lettuce & tomato Pan(1) - Bread Fruta de temporada - Fruit	Fideuá a la cazuela (pollo, verduras)(1, 3) - Noodles with chicken Palometa en salsa(4) - Fish in sauce con verduras - with vegetables Pan(1) - Bread Fruta de temporada - Fruit	- JORNADA MEXICANA - - Nachos con salsa de queso y guacamole(7) - Mexican nachos Fajitas de pollo - Chicken fajitas Pan(1) - Bread Tarta tres chocolates(1, 10, 11, 3, 5, 6, 7, 8) - Chocolate cake																																																		
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ALÉRGENOS

1. GLUTEN
2. CRUSTÁCEOS
3. HUEVOS
4. PESCADO
5. CACAHUETES
6. SOJA
7. LÁCTEOS
8. FRUTOS DE CÁSCARA
9. APIO
10. MOSTAZA
11. SÉSAMO
12. DIÓXIDO DE AZUFRE, SULFITOS
13. ALTRAMUCES
14. MOLUSCOS

En cumplimiento del Reglamento (UE) 1169/2011 la información de alérgenos está disponible en la cocina del centro