



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES																																							
	1 Lentejas guisadas con verduras y setas(1, 19) - Lentil stew with vegetables Tortilla de patata(3) - Potato omelette con lechuga y maiz - lettuce & corn Pan(1) - Bread Fruta de temporada - Fruit	2 Crema de zanahorias con picatostes(1) - Cream of carrot soup Guiso de pavo con verduras y cuscús(1, 10, 6) - Turkey stew with vegetables Pan(1) - Bread Fruta de temporada - Fruit	3 Judías verdes rehogadas con jamón(19, 6) - Green beans with ham Pollo asado - Grilled chicken con lechuga y tomate(12) - Lettuce & tomato Pan(1) - Bread Natillas con galleta(1, 7) - Vanila cream	4 Patatas guisadas con verduras y calamares (14) - Potatoes with vegetables & squid Salmón al horno(4) - Baked salmon con lechuga y zanahoria(12) - lettuce & carrot Pan(1) - Bread Fruta de temporada - Fruit																																							
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7 Arroz al curry con verduras - Curry rice with vegetables Bacalao en tempura(1, 3, 4) - Breaded cod fish con lechuga y zanahoria(12) - lettuce & carrot Pan(1) - Bread Fruta de temporada - Fruit	8 Macarrones con salsa de tomate y orégano (1, 3) - Pasta with tomato sauce Tortilla de atún(3, 4) - Tuna omelette con lechuga y maiz - lettuce & corn Pan(1) - Bread Fruta de temporada - Fruit	9 Sopa de cocido(1, 3) - Meat and pasta soup Cocido completo: garbanzos, morcillo, chorizo, pollo y panceta(19) - Chickpea, meat and vegetables Pan(1) - Bread Petit Suisse(7) -	10 Verdura tricolor (j.verde, zanahoria, patata) con ajo y pavo(19, 6) - Vegetables turkey & garlic Cinta de lomo a la plancha - Grilled pork steak con patatas Rostie - with potatoes Pan(1) - Bread Fruta temporada - Fruit	11 Judías pintas con verduras(19) - Red bean stew with vegetables Merluza en salsa marinera(14, 2, 4) - Baked hake fish with seafood con arroz - with rice Pan(1) - Bread Helado(7) - Ice cream																																							
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14 Lentejas guisadas con verduras y chorizo(1, 19) - Lentils with vegetables & sausage Tortilla de queso(3, 7) - Cheese omelette con ensalada(12) - with salad Pan(1) - Bread Fruta de temporada - Fruit	15 Sopa de ave con estrellitas(1, 3) - Chicken and pasta soup Albóndigas mixtas con verduras y patatas(1, 12, 19) - Meatballs with vegetables and potatoes Pan(1) - Bread Yogur de sabores(7) - Yoghurt	16 Arroz caldoso con pollo y gambas(14, 2, 4) - Rice with chicken & prawns Calamares a la andaluza(1, 14, 3) - Breaded squid lechuga y zanahoria(12) - lettuce&carrot Pan(1) - Bread Fruta de temporada - Fruit	17 Judías verdes rehogadas con jamón(19, 6) - Green beans with ham Pollo en pepitoria - Chicken in vegetable stew con patatas - With potatoes Pan(1) - Bread Natillas con galleta(1, 7) - Vanila cream	18 Fideuá con verduras y magro(1, 19, 3) - Noodles with pork Abadejo al horno(4) - Baked fish con lechuga y maiz - lettuce & corn Pan(1) - Bread Fruta de temporada - Fruit																																							
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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