

LUNES

03

FIESTA / HOLIDAY

10

Espirales tricolor con tomate casero (1,3)

Tortilla con ensalada (3)

Fruta/pan(1,8)

Three colours spirals with tomato

Spanish omelette with salad

Fruit/bread

17

Menestra de verduras

Albóndigas en salsa con patatas

Fruta/pan(1,8)

Sautéed mixed veg

Meatballs in sauce with chips

Fruit/bread

24

Crema de calabacín

Guiso de pollo con patatas fritas

Fruta/pan(1,8)

Cream of zucchini

Stew chicken with chips

Fruit/bread

31

Judías blancas jardinera

Hamburguesa en salsa con patatas fritas (6)

Fruta/pan(1,8)

White beans with vegetables,

Burger in sauce with chips

Fruit/bread

MARTES

04

NO LECTIVO / NO SCHOOL

11

Lentejas jardinera

Daditos de bacalao con ensalada(1,2,3,4,7,12,14)

Lácteo(7)/pan(1,8)

Lentils with vegetables

Breaded cod with salad

Dairy dessert/bread

18

Macarrones con york (1,3)

Limanda romana con ensalada(1,3,4)

Lácteo(7)/pan(1,8)

Macaroni with york

Breaded limanda with salad

Dairy dessert/bread

25

Arroz con tomate

Filete de merluza con ensalada(4)

Lácteo(7)/pan(1,8)

Rice with tomato

Hake fillet with salad

Dairy dessert/bread

MIÉRCOLES

05

Judías verdes con tomate

Albóndigas jardinera(6)

Fruta/pan(1,8)

Green beans with tomato

Meat balls with vegetables

Fruit/bread

12

Puré de verduras

Filete de pollo con patatas fritas

Fruta/pan(1,8)

Cream of vegetables

Chicken fillet with chips

Fruit/bread

19

Lentejas con verduritas

Croquetas con ensalada

(1,2,3,4,6,7,9,10,14)

Fruta/pan(1,8)

Lentils with vegetables

Croquettes with salad

Fruit/bread

26

Sopa de cocido (1,3)

Cocido completo

Fruta/pan(1,8)

Madrid style broth

Meat and chickpeas

Fruit/bread

JUEVES

06

Pasta al ajillo (1,3)

Fogonero con tomate (4)

Lácteo(7)/pan(1,8)

Garlic paste

Stoker with tomato

Dairy dessert/bread

13

Judías blancas estofadas

Merluza romana con ensalada (1,3,4)

Lácteo(7)/pan(1,8)

Stew white beans

Breaded hake with salad

Dairy dessert/bread

20

Crema de calabacín

Lomo de cerdo plancha con patatas fritas

Lácteo(7)/pan(1,8)

Cream of zucchini

Pork loin with chips

Fruit/bread

27

Sopa de picadillo (1,3)

Tortilla española con ensalada (3)

Lácteo(7)/pan(1,8)

Picadillo soup

Spanish omelette with salad

Dairy dessert/bread

VIERNES

07

Sopa de cocido (1,3)

Cocido completo

Fruta/pan(1,8)

Madrid style broth

Meat and chickpeas

Fruit/bread

14

Arroz con verduras

Hamburguesa en salsa con patatas fritas (6)

Fruta/pan(1,8)

Rice with vegetables.

Burger in sauce with chips

Fruit/bread

21

Patatas a la riojana

Nuggets de pesado con ensalada (1,2,4,7,14)

Fruta/pan(1,8)

Potatoes riojana's style

Fish nuggets with salad

Fruit and milk/bread

28

Lentejas estofadas

Delicias de calamar con ensalada(1,3,4,7,14)

Fruta/pan(1,8)

Stew with lentils

Squids delights with salad

Fruit/bread

ausolan
COCINAS CENTRALES

MAYO 2021

ALÉRGENOS

1 gluten

2 crustáceos

3 huevo

4 pescado

5 cacahuete

6 soja

7 lácteos

8 frutos secos

9 apio

10 mostaza

11 sésamo

12 sulfitos

13 altramuces

14 moluscos