



OCTUBRE

2024



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| LUNES | | ARROZ BLANCO CON TOMATE 7 White rice with tomato FILETE DE PESCADILLA CON LECHUGA Y ZANAHORIA Fish fillet with lettuce and carrot FRUTA Y LECHE Fruit and milk | PURÉ DE ZANAHORIA 14 Carrot Puree LACÓN DE SAJONIA CON ARROZ BLANCO Ham fillet with white rice FRUTA Y LECHE Fruit and milk | TALLARINES GRATINADOS 21 Baked pasta TORTILLA ESPAÑOLA CON LECHUGA Y ZANAHORIA Spanish omelette with lettuce and carrot FRUTA Y LECHE Fruit and milk | LENTEJAS ESTOFADAS 28 Lentil stew CINTA DE LOMO CON LECHUGA Y MAÍZ Pork tenderloin with lettuce and sweet corn FRUTA Y LECHE Fruit and milk |
| MARTES | PURÉ DE ZANAHORIA 1 Carrot Puree FILETE DE MERLUZA CON ARROZ BLANCO Hake fillet with rice FRUTA Fruit | SOPA DE COCIDO 8 Soup COCIDO COMPLETO Traditional Madrilenio Stew FRUTA Fruit | ESPIRALES CON TOMATE 15 Pasta with tomato sauce FILETE DE MERLUZA CON LECHUGA Y MAÍZ Hake fillet with lettuce and sweet corn FRUTA Fruit | JUDÍAS PINTAS 22 Pinto beans HAMBURGUESA CON ARROZ BLANCO Hamburger with white rice FRUTA Fruit | MACARRONES CON TOMATE 29 Pasta with tomato FILETE DE MERLUZA CON LECHUGA Y ZANAHORIA Hake fillet with lettuce and carrot FRUTA Fruit |
| MIÉRC. | LENTEJAS ESTOFADAS 2 Lentil stew POLLO AL AJILLO CON PAT. CHIPS Garlic chicken with diced potatoes FRUTA Y LECHE Fruit and milk | Crema de verduras 9 Cream of Vegetable Soup SALCHICHAS FRESCAS CON LECHUGA Y MAÍZ Sausages with lettuce and sweet corn FRUTA Y LECHE Fruit and milk | SOPA DE LLUVIA 16 Soup ALBÓNDIGAS EN SALSA CON PATATAS DADO Meatballs in sauce with diced potatoes FRUTA Y LECHE Fruit and milk | CREMA DE VERDURAS 23 Cream of Vegetable Soup POLLO ASADO CON PAT. CHIPS Roast chicken with chips FRUTA Y LECHE Fruit and milk | PURÉ DE ZANAHORIAS 30 Carrot puree FILETE DE POLLO CON LECHUGA Y TOMATE Chicken fillet with lettuce and tomato FRUTA Y LECHE Fruit and milk |
| JUEVES | PAELLA MIXTA 3 Mixed paella HAMBURGUESAS CON LECHUGA Y TOMATE Hamburger with lettuce and tomato FRUTA Fruit | CARACOLITOS AL HORNO 10 Pasta shells with tomato sauce SAN JACOBO CON LECHUGA Y TOMATE Ham and Cheese in Breadcrumbs with white rice FRUTA Fruit | ARROZ TRES DELICIAS 17 Fried rice FILETE DE POLLO CON LECHUGA Y ZANAHORIA Chicken fillet with lettuce and carrot FRUTA FRUIT | SOPA DE COCIDO 24 Soup COCIDO COMPLETO Traditional Madrilenio Stew FRUTA Fruit | JUDÍAS BLANCAS 31 White beans ALBÓNDIGAS EN SALSA CON PAT. DADO Meatballs in sauce with diced potatoes FRUTA Fruit |
| VIERNES | GUISANTES REHOGADOS 4 Steamed peas TORTILLA ESPAÑOLA CON ESPIRALES Spanish omelette with pasta shells YOGUR Yogurt | JUDÍAS VERDES REHOGADAS 11 Steamed green beans VARITAS DE MERLUZA CON ARROZ BLANCO Fish fingers with white rice YOGUR Yogurt | LENTEJAS ESTOFADAS 18 Lentil stew FILETE DE PESCADILLA CON LECHUGA Y TOMATE Fish fillet with lettuce and tomato YOGUR Yogurt | MENESTRA DE VERDURAS 25 Vegetable stew VENTRESCA DE BACALAO CON CARACOLITOS Cod fillet with pasta YOGUR Yogurt | |

