



MENÚ OCTUBRE 2021 / MENU OCTOBER 2021



LUNES MONDAY	MARTES TUESDAY	MIÉRCOLES WEDNESDAY	JUEVES THURSDAY	VIERNES FRIDAY
				DÍA 1/DAY 1ST
				1º BURRITO MIXTO VEGETAL CON MAYONESA VEGETABLE MIXED "BURRITO" WITH MAYONNAISE 2º ZORZA CON CACHELOS "ZORZA" WITH STEAMED POTATOES FRUTA FRUIT
DÍA 4/DAY 4TH	DÍA 5/DAY 5TH	DÍA 6/DAY 6TH	DÍA 7/DAY 7TH	DÍA 8/DAY 8TH
1º FABADA ASTURIANA SPANISH VEAN STEW 2º CHIPIRONES CON ENSALADA SQUID WITH SALAD FRUTA FRUIT	1º BRÓCOLI CON HUEVO AL VAPOR BROCCOLI WITH STEAMED EGG 2º CHURRASCO CON PATATAS BARBECUE RIBS WITH POTATOES YOGUR / FRUTA YOGHOURT / FRUIT	1º ENSALADA AMERICANA AMERICAN SALAD 2º PAELLA VALENCIANA "PAELLA" VALENCIAN STYLE MELOCOTÓN / FRUTA PEACH / FRUIT	1º MACARRONES PHILADELPHIA MACARONI PHILADELPHIA 2º SALMÓN A LA INGLESA ENGLISH STYLE SALMON FRUTA FRUIT	1º CALDO GALLEGO "COCIDO" SOUP 2º FILETE A LA PLANCHA CON PATATAS GRILLED STEAK WITH POTATOES YOGUR GRIEGO / FRUTA GREEK YOGHOURT / FRUIT
DÍA 11/DAY 11TH	DÍA 12/DAY 12TH	DÍA 13/DAY 13TH	DÍA 14/DAY 14TH	DÍA 15/DAY 15TH
	FESTIVO	1º POTAJE DE GARBANZOS STEW OF CHICKPEAS 2º MILANESA CON PATATAS BREADED STEAK WITH POTATOES FRUTA FRUIT	1º ESPAGUETIS A LA NAPOLITANA SPAGUETTI NAPOLITANA 2º CALAMARES A LA ROMANA CON ENSALADA ROMAN STYLE SQUID WITH SALAD YOGUR / FRUTA YOGHOURT / FRUIT	1º ARROZ TRES DELICIAS STYLE "TRES DELICIAS" RICE 2º FILETE RUSO CON CHAMPIÑONES HAMBURGER STEAK WITH MUSHROOMS FRUTA FRUIT
DÍA 18/DAY 18TH	DÍA 19/DAY 19TH	DÍA 20/DAY 20TH	DÍA 21/DAY 21ST	DÍA 22/DAY 22ND
1º ENSALADILLA RUSA POTATO SALAD 2º BROCHETA DE POLLO CON GUISANTES CHICKEN BROCHET WITH PEAS FRUTA FRUIT	1º SOPA DE COCIDO COOKED SOUP 2º COCIDO GALLEGO GALICIAN "COCIDO" YOGUR / FRUTA YOGHOURT / FRUIT	1º JUDÍAS CON HUEVO AL VAPOR STEAMED GREENBEANS WITH EGG 2º LASAÑA DE PAVO TURKEY LASAGNA FRUTA FRUIT	1º ENSALADA DE PASTA PASTA SALAD 2º BACALAO EN SALSA VERDE GREEN SAUCE COD FRUTA FRUIT	1º REVUELTO DE CHAMPIÑONES SCRAMBLED EGGS WITH MUSHROOMS 2º RAGOUT DE POLLO CHICKEN RAGOUT QUESO CON MEMBRILLO / FRUTA CHEESE AND QUINCE PASTE / FRUIT
DÍA 25/DAY 25TH	DÍA 26/DAY 26TH	DÍA 27/DAY 27TH	DÍA 28/DAY 28TH	DÍA 29/DAY 29TH
1º CODITOS A LA CARBONARA MACARONI CARBONARA 2º MERLUZA A LA GALLEGA GALICIAN STYLE HAKE FRUTA FRUIT	1º REVUELTO DE ESPINACAS SCRAMBLED EGGS WITH SPINACH 2º ALITAS DE POLLO CON PATATAS CHIPS CHICKEN WINGS WITH CHIPS POTATOES YOGUR / FRUTA YOGHOURT / FRUIT	1º CREMA DE CALABACIN Y PUERRO COURGETTE AND LEEK CREAM SOUP 2º LOMO A LA NARANJA CON PURÉ DE PATATAS ORANGE PORK LOIN WITH MASHED POTATO PIÑA EN SU JUGO / FRUTA PINEAPPLE / FRUIT	1º LENTEJAS CON CHORIZO LENTILS WITH PORK SAUSAGE (CHORIZO) 2º GALLO A LA PLANCHA CON ENSALADA GRILLED MEGRIM WITH SALAD NATILLAS / FRUTA CUSTARD / FRUIT	1º QUESADILLAS "QUESADILLAS" 2º FIDEUÁ DE TERNERA VEAL FIDEUA FRUTA FRUIT