

# ARTESANIA GASTRONOMICA ALCARREÑA

## NOVIEMBRE MENU SIN GLUTEN



LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
	3	4	5	6
FIESTA	Arroz con Verduras / Rice with Vegetables Tortilla de york con ensalada / Ham omelette with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Puré coliflor y calabacín / Cauliflower and courgette puree pollo asado con patata panadera / roast chicken with potatoes Fruta y leche, pan / Fruit,milk	Espaguetis sin gluten con chorizo / Spaghetti with chorizo Rape en salsa con champiñón / Baked monkfish with musrooms Fruta y leche, pan / Fruit and milk, bread	Verdura rehogada o pure / Battered cauliflower Hamburguesa de ternera con arroz/ Grilled burger with rice Fruta y leche, pan / Fruit and milk, bread
9	10	11	12	13
FIESTA	Judías verdes rehogadas con patata / Green beans with boiled potatoes Lacón y ensalada mixta / Baked ham with mixed salad Yogur de fruta, pan / Fruit yogurt	Lentejas hortelanas / Lentils Stew Limanda horno con patata vapor / Baked limanda with boiled potatoes Fruta y leche, pan / Fruit and milk, bread	Crema de puerro / Leek cream Filete de pollo a la plancha verduras / Grilled chicken breast with vegetables Fruta y leche, pan / Fruit and milk, bread	Judías asturianas / Beans Stew with Spanish Sausage Ventresca de merluza con ensalada / Baked hake with salad Fruta y leche, pan / Fruit and milk, bread
16	17	18	19	20
Macarrones sin gluten con pavo / Macaronni in tomato sauce Limanda Menier con ensalada / Limanda "meuniere" with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Judías blancas guisadas / Beans stew Tortilla de patata con ensalada / Potato omelette with salad Fruta y leche, pan / Fruit and milk, bread	Brocoli rehogado con jamon / Sauted brocoli with ham Pollo en pepitoria con arroz / Chicken stew with rice Fruta y leche, pan / Fruit and milk, bread	Macarrones sin gluten con tomate / Macaronni in tomato sauce Bacalao horno con Ensalada / Battered cod with Salad Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido sin gluten / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
23	24	25	26	27
Menestra de verduras / Vegetables stew Estofado de ternera con patatas / Veal stew with potatoes Yogur de fruta, pan / Fruit Yoghurt, bread	Arroz con magro / Rice with pork meat Merluza a la plancha con ensalada / Breded hake with salad Fruta y leche, pan / Fruit and milk, bread	Puré de verduras / Vegetables puree Albondigas de ternera con patatas / Veal meatballs with potatoes Fruta y leche, pan / Fruit and milk, bread	Espaguetis sin gluten boloñesa / Spagetti in bolognese sauce Calamar plancha con ensalada / grilled squid with salad Fruta y leche, pan / Fruit and milk, bread	Lentejas estofadas / Stewed lentils Escalopines lomo cerdo al ajillo con ensalada / Grilled garlic pork loin with salad Fruta y leche, pan / Fruit and milk, bread
30				
Arroz de Pollo / Chicken rice Huevos cocidos con ensalada / Boiled eggs with salad Yogur de fruta, pan / Fruit Yoghurt, bread				

# ARTESANIA GASTRONOMICA ALCARREÑA

## NOVIEMBRE MENU SIN CARNE DE CERDO



LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
FESTIVO	Arroz con Verduras / Rice with Vegetables Tortilla pavo con ensalada / Turkey omelette con salad Yogur de fruta, pan / Fruit Yoghurt, bread	Puré calabacín / courgette puree Pollo asado con patatas / Roast chicken with potatoes Fruta y leche, pan / Fruit,milk	Espaguetis con tomate / Spaghetti in tomato sauce Rape con champiñon / Baked monkfish with salad Fruta y leche, pan / Fruit and milk, bread	Coliflor rebozada / Battetred cauliflower Hamburguesa ternera con cous cous / Grilled burger with cous cous Fruta y leche, pan / Fruit and milk, bread
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
FESTIVO	Judías verdes rehogadas con patata / Green beans with boiled potatoes Pavo con ensalada mixta / Baked turkey with mixed salad Fruta y leche, pan / Fruit,milk bread	Lentejas hortelana / Lentils Stew Limanda rebozada con patata vapor / Baked limanda with boiled potatoes Fruta y leche, pan / Fruit and milk, bread	Crema de puerros / Leek cream Filete de pollo a la plancha verduras / Grilled chicken breast with vegetables Fruta y leche, pan / Fruit and milk, bread	Judías guisadas / Beans Stew Ventresca merluza / Hake fish with salad Fruta y leche, pan / Fruit and milk, bread
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Macarrones con pavo / Macarroni in tomato sauce Limanda Menier con ensalada / Limanda "meuniere" with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Judías blancas guisadas / Beans stew Tortilla de patata con ensalada / Potato omelette with salad Fruta y leche, pan / Fruit and milk, bread	Brocoli salteado / Sauted brocoli Pollo en pepitoria con cuscus / Chicken stew with cuscus Fruta y leche, pan / Fruit and milk bread	Macarrones con tomate/ Macaronni in tomato sauce Bacalao rebozado con Ensalada / Battered Hake with Salad Fruta y leche, pan / Fruit and milk, bread	Sopa / Stew Soup Patata, Zanahoria, Carne de Ternera y Pollo / Potato, carrot, veal and chicken Fruta y leche, pan / Fruit and milk, bread
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Menestra de verdura / Vegetables stew Estofado de ternera con patata / Veal stew with potatoes Yogur de fruta, pan / Fruit Yoghurt, bread	Arroz de pollo / Chicken rice Merluza a la romana con ensalada / Breded hake with salad Fruta y leche, pan / Fruit and milk, bread	Puré de verduras / Vegetables puree Albondigas de ternera / veal meatballs Fruta y leche, pan / Fruit and milk, bread	Espaguetis con tomate / Spagetti in tomato sauce Rabas de calamar con ensalada / Fried squid with salad Fruta y leche, pan / Fruit and milk, bread	Lentejas estofadas / Stewed lentils Pavo con ensalada / Grilled turkey with salad Fruta y leche, pan / Fruit and milk, bread
<b>30</b>				
Fideua de Pollo / Chicken fideua Huevos cocidos con ensalada / Boiled eggs eggs with salad Yogur de fruta, pan / Fruit Yoghurt, bread				

# ARTESANIA GASTRONOMICA ALCARREÑA

## NOVIEMBRE MENU SIN FRUTO SECO



LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
FIESTA	Arroz con Verduras / Rice with Vegetables Tortilla de york con ensalada / Ham omelette with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Puré coliflor y calabacín / Cauliflower and courgette puree pollo asado con patata panadera / roast chicken with potatoes Fruta y leche, pan / Fruit,milk	Espaguetis con chorizo / Spaghetti with chorizo Rape en salsa con champiñón / Baked monkfish with musrooms Fruta y leche, pan / Fruit and milk, bread	Coliflor rebozada / Battered cauliflower Hamburguesa de ternera con cous cous/ Grilled burger with cous cous Fruta y leche, pan / Fruit and milk, bread
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
FIESTA	Judías verdes rehogadas con patata / Green beans with boiled potatoes Lacón y ensalada mixta / Baked ham with mixed salad Yogur de fruta, pan / Fruit yogurt	Lentejas hortelanas / Lentils Stew Limanda rebozada con patata vapor / Baked limanda with boiled potatoes Fruta y leche, pan / Fruit and milk, bread	Crema de puerro / Leek cream Filete de pollo a la plancha verduras / Grilled chicken breast with vegetables Fruta y leche, pan / Fruit and milk, bread	Judías asturianas / Beans Stew with Spanish Sausage Ventresca de merluza con ensalada / Baked hake with salad Fruta y leche, pan / Fruit and milk, bread
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Macarrones con pavo / Macaronni in tomato sauce Limanda Menier con ensalada / Limanda "meuniere" with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Judías blancas guisadas / Beans stew Tortilla de patata con ensalada / Potato omelette with salad Fruta y leche, pan / Fruit and milk, bread	Brocoli rehogado con jamon / Sauted brocoli with ham Pollo en pepitoria con cuscus / Chicken stew with cuscus Fruta y leche, pan / Fruit and milk, bread	Macarrones con tomate / Macaronni in tomato sauce Bacalao horno con Ensalada / Baked cod with Salad Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Menestra de verduras / Vegetables stew Estofado de ternera con patatas / Veal stew with potatoes Yogur de fruta, pan / Fruit Yoghurt, bread	Arroz con magro / Rice with pork meat Merluza a la romana con ensalada / Breded hake with salad Fruta y leche, pan / Fruit and milk, bread	Puré de verduras / Vegetables puree Albondigas de ternera con patatas / Veal meatballs with potatoes Fruta y leche, pan / Fruit and milk, bread	Espaguetis boloñesa / Spagetti in bolognese sauce Rabas de calamar con ensalada / Fried squid with salad Fruta y leche, pan / Fruit and milk, bread	Lentejas estofadas / Stewed lentils Escalopines lomo cerdo al ajillo con ensalada / Grilled garlic pork loin with salad Fruta y leche, pan / Fruit and milk, bread
<b>30</b>				
Fideua de Pollo / Chicken fideua Huevos villaroy con ensalada / villaroy eggs with salad Yogur de fruta, pan / Fruit Yoghurt, bread				

# ARTESANIA GASTRONOMICA ALCARREÑA

## NOVIEMBRE MENU SIN LECHE



LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
FIESTA	Arroz con Verduras / Rice with Vegetables Tortilla de york con ensalada / Ham omelette with salad Fruta y pan / Fruit and bread	Puré coliflor y calabacín / Cauliflower and courgette puree pollo asado con patata panadera / roast chicken with potatoes Fruta y leche, pan / Fruit, milk	Espaguetis con chorizo / Spaghetti with chorizo Rape en salsa con champiñón / Baked monkfish with mushrooms Fruta y pan / Fruit and bread	Verdura rehogada o pure / Battered cauliflower Hamburguesa de ternera con cous cous/ Grilled burger with cous cous Fruta y, pan / Fruit, bread
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
FIESTA	Judías verdes rehogadas con patata / Green beans with boiled potatoes Lacón y ensalada mixta / Baked ham with mixed salad Postre apto / Suitable dessert	Lentejas hortelanas / Lentils Stew Limanda rebozada con patata vapor / Baked limanda with boiled potatoes Fruta y pan / Fruit and bread	Crema de puerro / Leek cream Filete de pollo a la plancha verduras / Grilled chicken breast with vegetables Fruta y pan / Fruit and bread	Judías asturianas / Beans Stew with Spanish Sausage Ventresca de merluza con ensalada / Baked hake with salad Fruta y pan / Fruit and bread
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Macarrones con pavo / Macaronni in tomato sauce Limanda Menier con ensalada / Limanda "meuniere" with salad Postre apto / Suitable dessert	Judías blancas guisadas / Beans stew Tortilla de patata con ensalada / Potato omelette with salad Fruta y pan / Fruit and bread	Brocoli rehogado con jamon / Sauted brocoli with ham Pollo en pepitoria con cuscus / Chicken stew with cous cous Fruta y pan / Fruit and bread	Macarrones con tomate / Macaronni in tomato sauce Bacalao horno con Ensalada / Baked cod with Salad Fruta y pan / Fruit and bread	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y pan / Fruit and bread
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Menestra de verduras / Vegetables stew Estofado de ternera con patatas / Veal stew with potatoes Postre apto / Suitable dessert	Arroz con magro / Rice with pork meat Merluza a la romana con ensalada / Breded hake with salad Fruta y pan / Fruit and bread	Puré de verduras / Vegetables puree Albondigas de ternera con patatas / Veal meatballs with potatoes Fruta y pan / Fruit and bread	Espaguetis boloñesa / Spagetti in bolognese sauce Rabas de calamar con ensalada / Fried squid with salad Fruta y pan / Fruit and bread	Lentejas estofadas / Stewed lentils Escalopines lomo cerdo al ajillo con ensalada / Grilled garlic pork loin with salad Fruta , pan / Fruit bread
<b>30</b>				
Fideua de Pollo / Chicken fideua Huevos cocidos con ensalada / Boiled eggs with salad Postre apto / Suitable dessert				



# ARTESANIA GASTRONOMICA ALCARREÑA

## NOVIEMBRE MENU SIN MARISCO



LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
FIESTA	Arroz con Verduras / Rice with Vegetables Tortilla de york con ensalada / Ham omelette with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Puré coliflor y calabacín / Cauliflower and courgette puree pollo asado con patata panadera / roast chicken with potatoes Fruta y leche, pan / Fruit,milk	Espaguetis con chorizo / Spaghetti with chorizo Rape en salsa con champiñón / Baked monkfish with musrooms Fruta y leche, pan / Fruit and milk, bread	Coliflor rebozada / Battered cauliflower Hamburguesa de ternera con cous cous/ Grilled burger with cous cous Fruta y leche, pan / Fruit and milk, bread
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
FIESTA	Judías verdes rehogadas con patata / Green beans with boiled potatoes Lacón y ensalada mixta / Baked ham with mixed salad Yogur de fruta, pan / Fruit yogurt	Lentejas hortelanas / Lentils Stew Limanda rebozada con patata vapor / Baked limanda with boiled potatoes Fruta y leche, pan / Fruit and milk, bread	Crema de puerro / Leek cream Filete de pollo a la plancha verduras / Grilled chicken breast with vegetables Fruta y leche, pan / Fruit and milk, bread	Judías asturianas / Beans Stew with Spanish Sausage Ventresca de merluza con ensalada / Baked hake with salad Fruta y leche, pan / Fruit and milk, bread
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Macarrones con pavo / Macaronni in tomato sauce Limanda Menier con ensalada / Limanda “meuniere” with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Judías blancas guisadas / Beans stew Tortilla de patata con ensalada / Potato omelette with salad Fruta y leche, pan / Fruit and milk, bread	Brocoli rehogado con jamon / Sauted brocoli with ham Pollo en pepitoria con cuscus / Chicken stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Macarrones con tomate / Macaronni in tomato sauce Bacalao horno con Ensalada / Baked cod with Salad Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Menestra de verduras / Vegetables stew Estofado de ternera con patatas / Veal stew with potatoes Yogur de fruta, pan / Fruit Yoghurt, bread	Arroz con magro / Rice with pork meat Merluza a la romana con ensalada / Breded hake with salad Fruta y leche, pan / Fruit and milk, bread	Puré de verduras / Vegetables puree Albondigas de ternera con patatas / Veal meatballs with potatoes Fruta y leche, pan / Fruit and milk, bread	Espaguetis boloñesa / Spagetti in bolognese sauce Rabas de calamar con ensalada / Fried squid with salad Fruta y leche, pan / Fruit and milk, bread	Lentejas estofadas / Stewed lentils Escalopines lomo cerdo al ajillo con ensalada / Grilled garlic pork loin with salad Fruta y leche, pan / Fruit and milk, bread
<b>30</b>				
Fideua de Pollo / Chicken fideua Huevos villaroy con ensalada / villaroy eggs with salad Yogur de fruta, pan / Fruit Yoghurt, bread				

# ARTESANIA GASTRONOMICA ALCARREÑA

## NOVIEMBRE MENU SIN HUEVO



LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
FIESTA	Arroz con Verduras / Rice with Vegetables Rosti de york con ensalada / Ham rosti with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Puré coliflor y calabacín / Cauliflower and courgette puree pollo asado con patata panadera / roast chicken with potatoes Fruta y leche, pan / Fruit,milk	Espaguetis sin huevo con chorizo / Spaghetti with chorizo Rape en salsa con champiñon / Baked monkfish with musrooms Fruta y leche, pan / Fruit and milk, bread	Verdura rehogada o pure / Battered cauliflower Hamburguesa de ternera con a/ Grilled burger with cous cous Fruta y leche, pan / Fruit and milk, bread
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
FIESTA	Judías verdes rehogadas con patata / Green beans with boiled potatoes Lacón y ensalada mixta / Baked ham with mixed salad Yogur de fruta, pan / Fruit yogurt	Lentejas hortelanas / Lentils Stew Limanda horno con patata vapor / Baked limanda with boiled potatoes Fruta y leche, pan / Fruit and milk, bread	Crema de puerro / Leek cream Filete de pollo a la plancha verduras / Grilled chicken breast with vegetables Fruta y leche, pan / Fruit and milk, bread	Judías asturianas / Beans Stew with Spanish Sausage Ventresca de merluza con ensalada / Baked hake with salad Fruta y leche, pan / Fruit and milk, bread
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Macarrones sin huevo con pavo / Macarroni in tomato sauce Limanda Menier con ensalada / Limanda "with salad Yogur de fruta, pan / Fruit yogurt	Judías blancas guisadas / Beans stew Rosti de patata con ensalada / Potato rosti with salad Fruta y leche, pan / Fruit and milk, bread	Brocoli rehogado con jamon / Sauted brocoli with ham Pollo en pepitoria con cuscus / Chicken stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Macarrones sin huevo con tomate / Macaronni in tomato sauce Bacalao horno con Ensalada / Baked cod with Salad Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido sin huevo / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Menestra de verduras / Vegetables stew Estofado de ternera con patatas / Veal stew with potatoes Yogur de fruta, pan / Fruit Yoghurt, bread	Arroz con magro / Rice with pork meat Merluza a la plancha con ensalada / Grilled hake with salad Fruta y leche, pan / Fruit and milk, bread	Puré de verduras / Vegetables puree Albondigas de ternera con patatas / Veal meatballs with potatoes Fruta y leche, pan / Fruit and milk, bread	Espaguetis sin huevo boloñesa / Spagetti in bolognese sauce Calamar plancha con ensalada / grilled squid with salad Fruta y leche, pan / Fruit and milk, bread	Lentejas estofadas / Stewed lentils Escalopines lomo cerdo al ajillo con ensalada / Grilled garlic pork loin with salad Fruta y leche, pan / Fruit and milk, bread
<b>30</b>				
Arroz de Pollo / Chicken rice rosti con jamón / Rosti with ham Yogur de fruta, pan / Fruit Yoghurt, bread				

# ARTESANIA GASTRONOMICA ALCARREÑA

## NOVIEMBRE MENU SIN PESCADO. MARISCO, HUEVO, LECHE NI FRUTO SECO



LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
FIESTA	Arroz con Verduras / Rice with Vegetables  Rosti de york con ensalada / Ham Rosti with salad  Postre apto / Suitable dessert	Puré coliflor y calabacín / Cauliflower and courgette puree  pollo asado con patata panadera / roast chicken with potatoes  Fruta y pan / Fruit and bread	Espaguetis sin huevo con chorizo / Spaghetti with chorizo  Lomo horno con ensalada  Fruta y pan / Fruit and bread	Verdura rehogada o pure / Battered cauliflower  Hamburguesa de ternera con cous cous / Grilled burger with cous cous  Fruta y pan / Fruit and bread
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
FIESTA	Judías verdes rehogadas con patata / Green beans with boiled potatoes  Lacón y ensalada mixta / Baked ham with mixed salad  Postre apto / Suitable dessert	Lentejas hortelanas / Lentils Stew  Salchichas pavo con patata vapor / Baked sausages with boiled potatoes  Fruta y pan / Fruit and bread	Crema de puerro / Leek cream  Filete de pollo a la plancha verduras / Grilled chicken breast with vegetable  Fruta y pan / Fruit and bread	Judías asturianas / Beans Stew with Spanish Sausage  Pavo horno con ensalada / Baked turkey with salad  Fruta y pan / Fruit and bread
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Macarrones sin huevo con pavo / Macarroni in tomato sauce  Lomo plancha con ensalada / Grilled loin with salad  Postre apto / Suitable dessert	Judías blancas guisadas / Beans stew  Rosti de patata con ensalada / Potato Rosti with salad  Fruta y pan / Fruit and bread	Brocoli rehogado con jamon / Sauted brocoli with ham  Pollo en pepitoria con cuscus / Chicken stew with couscous  Fruta y pan / Fruit and bread	Pasta sin huevo con tomate / Pasta in tomato sauce  Filete con ensalada / Grilled fillet with salad  Fruta y pan / Fruit and bread	Sopa de Cocido sin huevo / Stew Soup  Cocido Completo / Chickpeas, Meat and Cabbage Stew  Fruta y pan / Fruit and bread
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Menestra de verduras / Vegetables stew  Estofado de ternera con patatas / Veal stew with potatoes  Postre apto / Suitable dessert	Arroz con magro / Rice with pork meat  Sajonia con ensalada / Baked Sajonia with salad  Fruta y pan / Fruit and bread	Puré de verduras / Vegetables puree  Albondigas de ternera con patatas / Veal meatballs with potatoes  Fruta y pan / Fruit and bread	Espaguetis sin huevo boloñesa / Spagetti in bolognese sauce  Salchichas con ensalada / Sausages with salad  Fruta y pan / Fruit and bread	Lentejas estofadas / Stewed lentils  Escalopines lomo cerdo al ajillo con ensalada / Grilled garlic pork loin with salad  Fruta y pan / Fruit and bread
<b>30</b>				
Arroz de Pollo / Chicken rice  rosti con ensalada / rosti with salad  Postre apto / Suitable dessert				

# ARTESANIA GASTRONOMICA ALCARREÑA

## NOVIEMBRE MENU SIN CARNE DE CERDO, huevo y legumbre



LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
FESTIVO	Arroz con Verduras / Rice with Vegetables  Rosti pavo con ensalada / Turkey Rosti con salad  Yogur de fruta, pan / Fruit Yoghurt, bread	Puré calabacín / courgette puree  Pollo asado con patatas / Roast chicken with potatoes  Fruta y leche, pan / Fruit,milk	Espaguetis sin huevo con tomate / Spaghetti in tomato sauce  Rape con champiñon / Baked monkfish with salad  Fruta y leche, pan / Fruit and milk, bread	Coliflor rebozada / Battetred cauliflower  Hamburguesa ternera con cous cous / Grilled burger with cous cous  Fruta y leche, pan / Fruit and milk, bread
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
FESTIVO	Verdura estofada /Vegetables stew  Pavo con ensalada mixta / Baked turkey with mixed salad  Fruta y leche, pan / Fruit,milk bread	Arroz con tomate / Rice in tomato sauce  Limanda rebozada con patata vapor / Baked limanda with boiled potatoes  Fruta y leche, pan / Fruit and milk, bread	Crema de puerros / Leek cream  Filete de pollo a la plancha verduras / Grilled chicken breast with vegetables  Fruta y leche, pan / Fruit and milk, bread	Champiñon rehogado / Sauted mushrooms  Ventresca merluza / Hake fish with salad  Fruta y leche, pan / Fruit and milk, bread
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Macarrones sin huevo con pavo / Macarroni in tomato sauce  Limanda Menier con ensalada / Limanda "meuniere" with salad  Yogur de fruta, pan / Fruit Yoghurt, bread	Arroz salteado / Sauted rice  Rosti de patata con ensalada / Potato Rosti with salad  Fruta y leche, pan / Fruit and milk, bread	Brocoli salteado / Sauted brocoli  Pollo en pepitoria con cuscus / Chicken stew with cuscus  Fruta y leche, pan / Fruit and milk bread	Pasta sin huevo con tomate/ Pasta in tomato sauce  Bacalao rebozado con Ensalada / Battered Hake with Salad  Fruta y leche, pan / Fruit and milk, bread	Sopa sin huevo / Stew Soup  Patata, Zanahoria, Carne de Ternera y Pollo / Potato, carrot, veal and chicken  Fruta y leche, pan / Fruit and milk, bread
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Menestra de verdura / Vegetables stew  Estofado de ternera con patata / Veal stew with potatoes  Yogur de fruta, pan / Fruit Yoghurt, bread	Arroz de pollo / Chicken rice  Merluza a la romana con ensalada / Breded hake with salad  Fruta y leche, pan / Fruit and milk, bread	Puré de verduras / Vegetables puree  Albondigas de ternera / veal meatballs  Fruta y leche, pan / Fruit and milk, bread	Espaguetis sin huevo con tomate / Spagetti in tomato sauce  Rabas de calamar con ensalada / Fried squid with salad  Fruta y leche, pan / Fruit and milk, bread	Verdura salteada / Sauted vegetables  Pavo con ensalada / Grilled turkey with salad  Fruta y leche, pan / Fruit and milk, bread
<b>30</b>				
Arroz de Pollo / Chicken rice  rosti con ensalada / rostiegs with salad  Yogur de fruta, pan / Fruit Yoghurt, bread				



# ARTESANIA GASTRONOMICA ALCARREÑA

NOVIEMBRE MENU SIN CARNE DE CERDO, MARISCO, LENTEJA, GUISANTE, F. SECO



LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
FESTIVO	Arroz con Verduras / Rice with Vegetables  Tortilla pavo con ensalada / Turkey omelette con salad  Yogur de fruta, pan / Fruit Yoghurt, bread	Puré calabacín / courgette puree  Pollo asado con patatas / Roast chicken with potatoes  Fruta y leche, pan / Fruit,milk	Espaguetis con tomate / Spaghetti in tomato sauce  Rape con champiñon / Baked monkfish with salad  Fruta y leche, pan / Fruit and milk, bread	Coliflor rebozada / Battetred cauliflower  Hamburguesa ternera con cous cous / Grilled burger with cous cous  Fruta y leche, pan / Fruit and milk, bread
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
FESTIVO	Judías verdes rehogadas con patata / Green beans with boiled potatoes  Pavo con ensalada mixta / Baked turkey with mixed salad  Fruta y leche, pan / Fruit,milk bread	Arroz con tomate / Rice in tomato sauce  Limanda rebozada con patata vapor / Baked limanda with boiled potatoes  Fruta y leche, pan / Fruit and milk, bread	Crema de puerros / Leek cream  Filete de pollo a la plancha verduras / Grilled chicken breast with vegetables  Fruta y leche, pan / Fruit and milk, bread	Judías guisadas / Beans Stew  Ventresca merluza / Hake fish with salad  Fruta y leche, pan / Fruit and milk, bread
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Macarrones con pavo / Macarroni in tomato sauce  Limanda Menier con ensalada / Limanda "meuniere" with salad  Yogur de fruta, pan / Fruit Yoghurt, bread	Judías blancas guisadas / Beans stew  Tortilla de patata con ensalada / Potato omelette with salad  Fruta y leche, pan / Fruit and milk, bread	Brocoli salteado / Sauted brocoli  Pollo en pepitoria con cuscus / Chicken stew with cuscus  Fruta y leche, pan / Fruit and milk bread	Pasta con tomate/ Pasta in tomato sauce  Bacalao rebozado con Ensalada / Battered Hake with Salad  Fruta y leche, pan / Fruit and milk, bread	Sopa / Stew Soup  Patata, Zanahoria, Carne de Ternera y Pollo / Potato, carrot, veal and chicken  Fruta y leche, pan / Fruit and milk, bread
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Menestra de verdura sin guisante / Vegetables stew  Estofado de ternera con patata / Veal stew with potatoes  Yogur de fruta, pan / Fruit Yoghurt, bread	Arroz de pollo / Chicken rice  Merluza a la romana con ensalada / Breded hake with salad  Fruta y leche, pan / Fruit and milk, bread	Puré de verduras / Vegetables puree  Albondigas de ternera / veal meatballs  Fruta y leche, pan / Fruit and milk, bread	Espaguetis con tomate / Spagetti in tomato sauce  Rabas de calamar con ensalada / Fried squid with salad  Fruta y leche, pan / Fruit and milk, bread	Verdura salteada / Sauted vegetables  Pavo con ensalada / Grilled turkey with salad  Fruta y leche, pan / Fruit and milk, bread
<b>30</b>				
Fideua de Pollo / Chicken fideua  Huevos cocidos con ensalada / Boiled eggs eggs with salad  Yogur de fruta, pan / Fruit Yoghurt, bread				

# ARTESANIA GASTRONOMICA ALCARREÑA

## NOVIEMBRE MENU SIN LEGUMBRE



LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
	3	4	5	6
FESTIVO	Arroz con Verduras / Rice with Vegetables Tortilla de york con ensalada / Ham omelette with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Puré calabacín / Courgette puree pollo asado con patata panadera / roast chicken with potatoes Fruta y leche, pan / Fruit,milk	Espaguetis con chorizo / Spaghetti with chorizo Rape en salsa con champiñon / Baked monkfish with musrooms Fruta y leche, pan / Fruit and milk, bread	Coliflor rebozada / Battered cauliflower Hamburguesa de ternera con cous cous/ Grilled burger with cous cous Fruta y leche, pan / Fruit and milk, bread
9	10	11	12	13
FESTIVO	Verdura estofada /Vegetables stew Lacón y ensalada mixta / Baked ham with mixed salad Yogur de fruta, pan / Fruit yogurt	Arroz con tomate / Rice in tomato sauce Limanda rebozada con patata vapor / Baked limanda with boiled potatoes Fruta y leche, pan / Fruit and milk, bread	Crema de puerro / Leek cream Filete de pollo a la plancha verduras / Grilled chicken breast with vegetables Fruta y leche, pan / Fruit and milk, bread	Champiñon rehogado / Sauted mushrooms Ventresca de merluza con ensalada / Baked hake with salad Fruta y leche, pan / Fruit and milk, bread
16	17	18	19	20
Macarrones con pavo / Macarroni in tomato sauce imanda Menier con ensalada / Limanda "meuniere" with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Arroz salteado / Sauted rice Tortilla de patata con ensalada / Potato omelette with salad Fruta y leche, pan / Fruit and milk, bread	Brocoli rehogado con jamon / Sauted brocoli with ham Pollo en pepitoria con cuscus / Chicken stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Lasaña de carne / Meat lasagna Bacalao horno con Ensalada / Baked cod with Salad Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido / Stew Soup Carne cocido / Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
23	24	25	26	27
Menestra de verduras sin guisante / Vegetables stew Estofado de ternera con patatas / Veal stew with potatoes Yogur de fruta, pan / Fruit Yoghurt, bread	Arroz con magro / Rice with pork meat Merluza a la romana con ensalada / Breded hake with salad Fruta y leche, pan / Fruit and milk, bread	Puré de verduras / Vegetables puree Albondigas de ternera con patatas / Veal meatballs with potatoes Fruta y leche, pan / Fruit and milk, bread	Espaguetis boloñesa / Spagetti in bolognese sauce Rabas de calamar con ensalada / Fried squid with salad Fruta y leche, pan / Fruit and milk, bread	Verdura salteada / Sauted vegetables Escalopines lomo cerdo al ajillo con ensalada / Grilled garlic pork loin with salad Fruta y leche, pan / Fruit and milk, bread
30				
Fideua de Pollo / Chicken fideua Huevos villaroy con ensalada / villaroy eggs with salad Yogur de fruta, pan / Fruit Yoghurt, bread				