

ARTESANIA GASTRONOMICA ALCARREÑA

MENUS DEL MES DE ENERO MUSULMANES JANUARY MUSLIMMS MENUS

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / TRURSDAY	VIERNES / FRIDAY
7	8 Pasta con tomate / Pasta in tomato sauce Merluza Romana con Ensalada / Battered Hake with Mixed Salad Melocoton en almibar/ Peaches in sirup	9 Pure de calabacin / Courgette puree Tortilla de patata con Ensalada / Potato Omelete with Salad Fruta, leche, pan / fruit, milk, bread	10 Lentejas con verdura / Stewed Lentils with Potato and Carrot Abadejo con pisto / Baked cod with ratatouille Fruta, leche, pan / fruit, milk, bread	11 Sopa de Cocido / Stew Soup Patata, Zanahoria, Carne de Ternera y Pollo / Chickpeas, Meat and Cabbage Stew Fruta y Leche / Fruit and milk
14 Coliflor rebozada / Battered cauliflower Tortilla con ensalada / Omelete with salad Yogur De Frutas/ Fruit yoghurt	15 Arroz con tomate /Rice in tomato sauce Salchichas ave al horno Con Ensalada / Turkey Sausages in sauce with Salad Fruta, leche, pan / fruit, milk, bread	16 Alubias blancas con verduras / Beans stew with vegetables Bacalao con tomate y ensalada / Baked cod in tomato sauce with salad Fruta, leche, pan / fruit, milk, bread	17 Crema de verdura / Vegetables cream Pollo guisado con patatas / chicken stew with fried potatoes Fruta, leche, pan / fruit, milk, bread	18 Macarrones con tomate / Macarroni in tomato sauce Ventresca de merluza con ensalada mixta / Battered belly hake with salad Fruta, leche, pan / fruit, milk, bread
21 Lentejas guisadas con verdura / Lentils Stew with Vegetables Pavo con ensalada / Grilled turkey with Salad Yogur De Frutas/ Fruit yoghurt	22 Fideuá o / Chicken fideua Salmon con ensalada de lechuga y zanahoria / Gilthead salmon with salad Fruta, leche, pan / fruit, milk, bread	23 Garbanzos con Arroz / Stewed chickpeas with rice Tortilla con ensalada / Omelettes with salad Fruta, leche, pan / fruit, milk, bread	24 Judías verdes con tomate / Sauted green beans in tomato sauce Albondigas pollo con patata / Meatballs with potatoes Fruta, leche, pan / fruit, milk, bread	25 Sopa de fideos / Egg, chicken soup Limanda empanada con ensalada / Breaded sole with salad Fruta, leche, pan / fruit, milk, bread
28 Pasta con tomate / Pasta in tomato sauce Pescadilla romana con Ensalada de zanahoria / Battered hake with carrot salad Yogur De Frutas/ Fruit yoghurt	29 Sopa de Cocido / Stew Soup Patata, Zanahoria, Carne de Ternera y Pollo / Chickpeas, Meat and Cabbage Stew Fruta y Leche / Fruit and milk	30 Calabacín rebozado / Battered courgette Ragout de pavo con cous cous / Turkey stew with cous cous Fruta y Leche / Fruit and milk	31 Patatas con pollo / Potato and chicken stew Huevos cocidos con ensalada / Boiled eggs with salad Fruta, leche, pan / fruit, milk, bread	