

# ARTESANIA GASTRONOMICA ALCARREÑA

## MENUS DEL MES DE FEBRERO MUSULMANES FEBRUARY MUSLIMMS MENUS

LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / TRURSDAY	VIERNES / FRIDAY
				<b>1</b> Judías blancas estofadas / Beans stew with vegetables Tacos de bonito con tomate / Tuna in tomato sauce Fruta, Leche , Pan / Fruit, milk, bread
<b>4</b> Lentejas con puerro y zanahoria / Lentils stew with vegetables Tortilla de patata con ensalada / Potato omelette with salad Yogurt , Pan / Yoghurt, bread	<b>5</b> Macarrones con pavo y tomate / Macaroni with turkey in tomato sauce Salmón en salsa con ensalada / Salmon in sauce with salad Fruta, Leche , Pan / Fruit, milk, bread	<b>6</b> Judías Verdes Rehogadas / Sauted green beans Pollo Con Patata panadera / Chicken with potatoes Fruta, Leche , Pan / Fruit, milk, bread	<b>7</b> Garbanzos Con Arroz Y Verdura / Chickpeas stew with rice Filete De hallibut Con Tomate Y Ensalada / Baked pomfret in tomato sauce Fruta, Leche , Pan / Fruit, milk,	<b>8</b> Sopa verdura / vegetable soup Albóndigas pollo En Salsa Con Patatas /Meatballs in sauce with potatoes Fruta, Leche , Pan / Fruit, milk, bread
<b>11</b> Arroz con tomate / Rice in tomato sauce Merluza En Salsa Verde / baked hake in green sauce Yogurt , Pan / Yoghurt, bread	<b>12</b> Puré de zanahoria / Carrot puree Filetes Rusos pollo Con Patatas Dado / Burguer in sace wit potatoes Fruta, Leche , Pan / Fruit, milk, bread	<b>13</b> Sopa de Cocido/ Stew Soup Patata, Zanahoria, Carne de Ternera y Pollo/ Chickpeas, Meat and Cabbage Stew Fruta y Leche / Fruit and milk,	<b>14</b> Brócoli rebozado / Batered brócoli Ragout pavo Con patata / Turkey stew with potatoes Fruta, Leche , Pan / Fruit, milk, bread	<b>15</b> Pasta carbonara / Pasta in carbonara sauce Bacalao rebozado con ensalada / Battered cod with salad Fruta, Leche , Pan / Fruit, milk, bread
<b>18</b> Lentejas Guisadas / Lentils stew Tortilla De Espinacas Con Pavo Y Ensalada / Spinach omelette with turkey Yogurt , Pan / Yoghurt, bread	<b>19</b> Espaguettis con tomate / Spagetti in tomato Filete De Limanda Con Ensalada / Baked sole with salad Fruta, Leche , Pan / Fruit, milk, bread	<b>20</b> Menestra con tomate / Vegetables stew in tomato sauce Estofado de Ternera salsa y cous cous / veal stew with cocus cous Fruta, Leche , Pan / Fruit, milk, bread	<b>21</b> Arroz Con Verduras / Rice with vegetables Bacalao Con Tomate / Baked cod in tomato sauce Fruta, Leche , Pan / Fruit, milk, bread	<b>22</b> Judias blancas con verdura / Beans stew with vegetables Pavo con ensalada / Grilled turkey with salad Fruta, Leche , Pan / Fruit, milk, bread
<b>25</b> Sopa de Cocido/ Stew Soup Patata, Zanahoria, Carne de Ternera y Pollo/ Chickpeas, Meat and Cabbage Stew Yogurt , Pan / Yoghurt, bread	<b>26</b> Lasaña de verduras / Vegetable lasagna Huevos rellenos Con Ensalada / Stuffed eggs with salad Fruta, Leche , Pan / Fruit, milk, bread	<b>27</b> Crema De Verduras / Vegetables cream Escalope de pollo Con Patatas / Breaded chicken with potatoes Fruta, Leche , Pan / Fruit, milk, bread	<b>28</b> Caracolas Con Atún / pasta with tuna Merluza Romana Con Ensalada / Battered hake with salad Fruta y Leche / Fruit and milk,	