



ARTESANIA GASTRONOMICA ALCARREÑA

MENUS DEL MES DE FEBRERO MUSULMANES

FEBRUARY MUSLIMMS MENUS



LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / TRURSDAY	VIERNES / FRIDAY
			1 Puré de zanahoria / Carrot puree Salchichas pavo Con patata / Turkey sausages with potatoes Fruta, Leche , Pan / Fruit, milk, bread	2 Judías blancas estofadas / Beans stew with vegetables Tacos de bonito con tomate / Tuna in tomato sauce Fruta, Leche , Pan / Fruit, milk, bread
5 Lentejas con puerro y zanahoria / Lentils stew with vegetables Tortilla de patata con ensalada / Potato omelette with salad Yogurt , Pan / Yoghurt, bread	6 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	7 Judías Verdes Rehogadas / Sauted green beans Pollo Con Patata panadera / Chicken with potatoes Fruta, Leche , Pan / Fruit, milk, bread	8 Sopa De estrellas y verdura / vegetable soup Albóndigas pollo En Salsa Con Patatas /Meatballs in sauce with potatoes Fruta, Leche , Pan / Fruit, milk, bread	9 Garbanzos Con Arroz Y Verdura / Chickpeas stew with rice Filete De Palometa Con Tomate Y Ensalada / Baked pomfret in tomato sauce Fruta, Leche , Pan / Fruit, milk,
12 Arroz con tomate / Rice in tomato sauce Merluza En Salsa Verde / baked hake in green sauce Yogurt , Pan / Yoghurt, bread	13 Sopa de Cocido/ Stew Soup Patata, Zanahoria, Carne de Ternera y Pollo/ Chickpeas, Meat and Cabbage Stew Fruta y Leche / Fruit and milk,	14 Brócoli rebozado / Battered brócoli Tortilla de atún con ensalada / Tuna omelette with salad Fruta, Leche , Pan / Fruit, milk, bread	15	16
19 Lentejas Guisadas / Lentils stew Tortilla De Espinacas Con Pavo Y Ensalada / Spinach omelette with turkey Yogurt , Pan / Yoghurt, bread	20 Espaguettis con tomate / Spagetti in tomato Filete De Limanda Con Ensalada / Baked sole with salad Fruta, Leche , Pan / Fruit, milk, bread	21 Pure De calabaza / Pumpkin puree Estofado de Ternera salsa y cous cous / veal stew with cocus cous Fruta, Leche , Pan / Fruit, milk, bread	22 Sopa de Cocido/ Stew Soup Patata, Zanahoria, Carne de Ternera y Pollo/ Chickpeas, Meat and Cabbage Stew Fruta y Leche / Fruit and milk,	23 Arroz Con Verduras / Rice with vegetables Bacalao Con Tomate / Baked cod in tomato sauce Fruta, Leche , Pan / Fruit, milk, bread
26 Caracolas Con Atún / pasta with tuna Merluza Romana Con Ensalada / Battered hake with salad Yogurt , Pan / Yoghurt, bread	27 Judías Pintas Con Arroz / Beans stew with rice Huevos cocidos Con Ensalada / Stuffed eggs with salad Fruta, Leche , Pan / Fruit, milk, bread	28 Crema De Verduras / Vegetables cream Escalope de ternera Con Patatas / Breaded veal with potatoes Fruta, Leche , Pan / Fruit, milk, bread		