



ARTESANIA GASTRONOMICA ALCARREÑA

MENUS DEL MES DE ABRIL SIN CARNE DE CERDO

APRIL WITH PIG MENUS



LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY
1 Arroz con salchicha de pavo / Rice stew with sausages Rabas con ensalada / Fried squid with salad Yogurt de fruta/ Fruit yoghurt	2 Calabacín rebozado / Battered courgette Pavo con puré de patata / Grilled turkey with garlic and Potato puree Fruta, leche, pan / fruit, milk, bread	3 Lentejas guisadas / Lentils stew Huevos rellenos con tomate / Stuffed eggs in tomato sauce Fruta, leche, pan / fruit, milk, bread	4 Puré de verdura / Vegetables Puree Hamburguesa ternera con patatas / Grilled burger with chips Fruta, leche, pan / fruit, milk, bread	5 Tallarines con tomate / Spagetti with tomato Salmon horno con ensalada / Baked salmon with salad Fruta, leche, pan / fruit, milk, bread
8 Espaguetis con pavo / Spagetti in tomato sauce with turkey Merluza al horno con ensalada / Baked hake with salad Yogurt , Pan / Yoghurt, bread	9 Lentejas con zanahoria y puerro / Lentils stew with vegetables Tortilla de patata con ensalada / Potato omelette with salad Fruta, leche, pan / fruit, milk, bread	10 Arroz ecologico con pollo / Chicken bio rice Suprema de merluza con ensalada / Hake supreme with salad Fruta, leche, pan / fruit, milk, bread	11 Menestra de verdura / Vegetables stew Pollo asado con patatas / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	12 NO LECTIVO
15 NO LECTIVO	16 NO LECTIVO	17 NO LECTIVO	18 NO LECTIVO	19 NO LECTIVO
22 NO LECTIVO	23 Arroz con tomate / Rice in tomato sauce Tortilla de atún con ensalada / Tuna omelette with salad Yogurt , Pan / Yoghurt, bread	24 Puré de calabacín ecologico / bio Courgette puree Albóndigas ternera jardinera con cous-cous / Meatballs stew with cous cous Fruta, leche, pan / fruit, milk, bread	25 Judias blancas gisadas con verduras / Beans stew with vegetables Filete de pollo con lechuga y maiz / Grilled chicken breast with salad Fruta, leche, pan / fruit, milk, bread	26 Espaguetis con tomate / Spaghetti in tomato sauce Bacalao al horno con verduras / Baked cod with vegetables Fruta, leche, pan / fruit, milk, bread
29 Coliflor rebozada / Battered cauliflower Salchichas pavo al horno con Patatas / Baked sausages with chips Yogurt de fruta/ Fruit yoghurt	30 Sopa de Cocido / Stew Soup Patata, Zanahoria, Carne de Ternera y Pollo / Chickpeas, Meat and Cabbage Stew Fruta y Leche / Fruit and milk			