



ARTESANIA GASTRONOMICA ALCARREÑA

MENUS DEL MES DE JUNIO SIN CERDO JUNE WITHOUT PIG MENUS



LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / TRURSDAY	VIERNES / FRIDAY
3 Caracolas con tomate / Pasta shells in tomato sauce Fte. Merluza albardada con ensalada mixta / Breaded hake with salad Helado apto/ Ice cream	4 Lentejas ecologicas con verduras /Bio Lentils stew with vegetables Tortilla de atún y ensalada / Tuna omelette with salad Fruta, Leche y pan / Fruit, Milk and bread	5 Arroz tres delicias con pavo / Three delights rice Pollo guisado con lechuga y maiz / Roast chicken with lettuce and carrot Fruta, Leche y pan / Fruit, Milk and bread	6 Patatas Guisadas / Potato stew Bacalao asado con verduras / Baked Cod with vegetables Fruta, Leche y pan / Fruit, Milk and bread	7 Puré de calabaza / pupkin puree Hamburguesa de ternera con patatas / Grilled burger with potatoes Fruta, Leche y pan / Fruit, Milk and bread
11 Espirales en ensalada / Pasta salad Pescadilla al horno con ensalada / Baked hake with salad Helado/ Ice cream	12 Judías verdes con tomate / Green beans stew in tomato sauce Ragout de pavo con patatas / Turkey stew in sauce with potatoes Fruta, Leche / Fruit, Milk	13 Ensalada campera / Mediterranean salad Tortilla de pavo y ensalada / Turkey omelette with salad Fruta, Leche / Fruit, Milk	14 Crema de verdura con picatostes / Vegetables cream with croutons Filete de pollo empanado con patatas / Baked chicken breast with potatoes Fruta, Leche / Fruit, Milk	15 Garbanzos estofados /Stew chickpeas with vegetables Limanda romana con ensalada / Battered limanda with salad Fruta, Leche / Fruit, Milk
18 Coliflor rebozada / Battered cauliflower Pavo horno con puré de patata / Baked turkey with potaoes puree Helado/ Ice cream	19 Lentejas estofadas / Lentils stew Tortilla con ensalada / Omelette with salad Fruta, Leche / Fruit, Milk	20 Fideua pollo / Chicken Fideua Abadejo romana con ensalada / Battered cod with salad Fruta, Leche / Fruit, Milk	21 Puré de puerro / Leek puree Albondigas ternera salsa con cous cous / Meatballs in sauce with cous cous Fruta, Leche y pan	22 Pavo y queso / Turkey and chesse Perrito Salchicha de pavo con cebolla crujiente / Hot dog Batido y postre especial / Milkshake and special dessert