



ARTESANIA GASTRONOMICA ALCARREÑA

MENUS DEL MES DE MAYO SIN CARNE DE CERDO MAY WITH PIG MEAT MENUS



LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / TRURSDAY	VIERNES / FRIDAY
6 Arroz con verduras / Rice with vegetables Bacalao encebollado / Baked cod with onion Yogur variado/ Fruit yoghurt	7 Lentejas estofadas / Lentils stew Huevos rellenos y ensalada / Stuffed eggs and salad Fruta, Leche / Fruit, Milk	8 Puré de calabacín / Courgette puree Pollo al horno con arroz salteado / Baked Chicken with sauted rice Fruta, Leche / Fruit, Milk	9 Espirales con tomate / Pasta in tomato sauce Salmon asado con lechuga y maíz / Baked salmon with corn and lettuce Fruta, Leche / Fruit, Milk	10 Sopa de Cocido/Stew Soup Patata, Zanahoria, Carne de Ternera y Pollo/Chickpeas, Meat and Cabbage Stew Fruta y Leche / Fruit and milk
13 Judías verdes con tomate / Green beans in tomato sauce Estofado de ternera con cous cous / Veal stew with cous cous Helado / Ice Cream	14 Pasta con tomate / Pasta in toamto sauce Tortilla bonito y ensalada / Tuna omelette eith salad Fruta, Leche / Fruit, Milk	15 Fideua / Fideua Suprema de atun con pisto / Tuna supreme with vegetables and tomato Fruta, Leche / Fruit, Milk	16 Crema de verdura / Vegetables creme Filete pollo con patatas/Breaded chicken with potatoes Fruta, Leche / Fruit, Milk	17 Judías blancas estofadas / Beans stew with vegetables Limanda romana con ensalada / Battered limanda with salad Fruta, Leche / Fruit, Milk
20 Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables Hamburguesa ternera con ensalada / Grilled burger with salad Helado / Ice Cream	21 Ensalada de pasta / Pasta salad Ventresca de merluza romana con ensalada / Battered Hake with salad Fruta, Leche / Fruit, Milk	22 Lasaña vegetal / Vegetal lasagna Salchicha de ave y ensalada / Turkey sausage with salad Fruta, Leche / Fruit, Milk	23 Paella pollo / Chicken paella Fte. De pescadilla romana con ensalada / Battered hake with salad Fruta, Leche / Fruit, Milk	24 Crema de espinacas / Spinach cream Pollo guisado con patatas / Roast chicken with baked potatoes Fruta, Leche / Fruit, Milk
27 Arroz con tomate / Rice in tomato sauce Bacalao horno con ensalada /Baked cod with salad Helado / Ice Cream	28 Crema de puerro / Leek cream Albóndigas en salsa con patatas / Meatballs in sauce with potatoes Fruta, Leche / Fruit, Milk	29 Lentejas / Lentils stew Tortilla de patata con pisto / Potato omelette with pisto Fruta, Leche / Fruit, Milk	30 Sopa de verdura / Vegetables soup Salchichas pavo con ensalada / Grilled sausages with salad Fruta, Leche / Fruit, Milk	31 Macarrones con tomate / Macaroni in tomato sauce Merluza horno con ensalada / Baked hake with salad Fruta, Leche / Fruit, Milk