

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