

MARZO

MARCH

VIERNES 1 / FRIDAY 1

Comida Especial de Carnaval

Special Carnival lunch

SUGERENCIA CENA / DINNER SUGGESTION

LUNES 4 / MONDAY 4

Carnaval

Carnival

SUGERENCIA CENA / DINNER SUGGESTION

MARTES 5 / TUESDAY 5

Carnaval

Carnival

SUGERENCIA CENA / DINNER SUGGESTION

MIÉRCOLES 6 / WEDNESDAY 6

Miércoles de Ceniza

Ash Wednesday

SUGERENCIA CENA / DINNER SUGGESTION

JUEVES 7 / THURSDAY 7

Crema de zanahoria
Tallarines con atún
Fruta de temporada

*Cream of carrot soup
Tagliarini with tuna
Season fruit*

SUGERENCIA CENA / DINNER SUGGESTION

Filete de ternera con ensalada
Macedonia
*Veal fillet with salad
Fruit salad*

VIERNES 8 / FRIDAY 8

Potaje de espinacas
Tortilla española con empanadillas
Queso con membrillo/fruta

*Spinach stew
Spanish omelette with pasties
Cheese with quince/fruit*

SUGERENCIA CENA / DINNER SUGGESTION

Arroz tres delicias
Postre lácteo
*Special fried rice
Dairy dessert*

LUNES 11 / MONDAY 11

Sopa de verduras
Merluza a la romana con ensalada
Fruta de temporada

*Vegetable soup
Hake "Romana" style with salad
Season fruit*

SUGERENCIA CENA / DINNER SUGGESTION

Espaguetis a la carbonara
Fruta
*Hake casserole
Stewed Apple*

MARTES 12 / TUESDAY 12

Fabada
Escalope con patatas
Yogur/fruta

*"Fabada" (bean and pork stew)
Escalope with potatoes
Dairy dessert/fruit*

SUGERENCIA CENA / DINNER SUGGESTION

Merluza a la cazuela
Compota de manzana
*Hake casserole
Stewed Apple*

MIÉRCOLES 13 / WEDNESDAY 13

Crema de acelgas
Albóndigas en salsa casera con pasta
Fruta de temporada

*Cream of chard soup
Meatballs in tomato sauce with pasta
Season fruit*

SUGERENCIA CENA / DINNER SUGGESTION

Filete con judías
Postre lácteo
*Fillet with green beans
Dairy dessert*

JUEVES 14 / THURSDAY 14

Sopa de verduras
Bacalao al horno
Natillas caseras/Fruta

*Noodle soup
Baked cod
Homemade custard/fruit*

SUGERENCIA CENA / DINNER SUGGESTION

Tortilla francesa con queso
Gelatina
*French omelette with cheese
Jelly*

VIERNES 15 / FRIDAY 15

Chipirones y calamares con ensalada
Jamón asado con macarrones
Fruta de temporada

*Squids with salad
Baked pork tenderloin with pasta
Season fruit*

SUGERENCIA CENA / DINNER SUGGESTION

Judías con huevo cocido
Fruta
*Green beans with boiled egg
Fruit*

LUNES 18 / MONDAY 18

Día No Lectivo

Non-school day

SUGERENCIA CENA / DINNER SUGGESTION

MARTES 19 / TUESDAY 19

Festivo
Día del Padre

*Festive
Father's day*

SUGERENCIA CENA / DINNER SUGGESTION

MIÉRCOLES 20 / WEDNESDAY 20

Lentejas guisadas
Merluza a la romana con patata cocida
Fruta de temporada

*Stewed lentils
Hake and boiled potato
Season fruit*

SUGERENCIA CENA / DINNER SUGGESTION

Filete de pavo con tomate en ensalada
Fruta
*Turkey fillet with tomato salad
Fruit*

JUEVES 21 / THURSDAY 21

Crema de calabacín
Estofado de pavo
Yogur/fruta

*Cream of courgette soup
Turkey stew
Dairy dessert/fruit*

SUGERENCIA CENA / DINNER SUGGESTION

Paella
Fruta
*Paella
Fruit*

VIERNES 22 / FRIDAY 22

Judías con huevo cocido
Salmón a la plancha con arroz
Bizcocho casero/fruta

*Green beans with boiled egg
Grilled salmon with rice
Homemade sponge cake/fruit*

SUGERENCIA CENA / DINNER SUGGESTION

Tortilla francesa con tomate
Postre lácteo
*French omelette with tomato
Dairy dessert*

LUNES 25 / MONDAY 25

Crema de zanahorias
Varitas de merluza con arroz y salsa casera
Yogur/fruta

*Cream of carrot soup
Hake fish fingers with rice
Dairy dessert/fruit*

SUGERENCIA CENA / DINNER SUGGESTION

Pizza vegetal
Fruta
*Vegetable pizza
Fruit*

MARTES 26 / TUESDAY 26

Crema de verduras
Macarrones con carne y zanahorias
Fruta de temporada

*Cream of vegetable soup
Macaroni with meat and carrots
Season fruit*

SUGERENCIA CENA / DINNER SUGGESTION

Merluza con patata cocida
Yogur
*Hake with cooked potato
Dairy dessert*

MIÉRCOLES 27 / WEDNESDAY 27

Sopa jardinera
Bacalao a la vizcaína
Natillas caseras/fruta

*Vegetable soup
Biscaine style cod
Homemade custard/fruit*

SUGERENCIA CENA / DINNER SUGGESTION

Tortilla francesa con jamón cocido
Macedonia
*Omelette with ham
Fruit salad*

JUEVES 28 / THURSDAY 28

Guisantes con jamón
Pizza
Fruta de temporada

*Peas and ham
Pizza
Season fruit*

SUGERENCIA CENA / DINNER SUGGESTION

Fideuá
Fruta
*Fideuá
Fruit*

VIERNES 29 / FRIDAY 29

Menú
Internacional

*International
Menu*

SUGERENCIA CENA / DINNER SUGGESTION