

C. AMERICANO 6-12

Septiembre - 2024

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

2

GNOCCHI, BASIL AND NAPOLITANA SAUCE
GARLIC MUSHROOMS

BREADED CHICKEN STEAK
LEMON MACKEREL

ROASTED TOMATO WITH HERBS

ASSORTED DESSERT

3

VALENCIAN PAELLA
ARTICHOKE WITH OLIVE OIL

BEEF BURRITO
BILBAINA STYLE POUT

SWEET POTATO PURÉE

ASSORTED DESSERT

4

LENTIL STEW
VEGETABLE WOK, MUNG BEANS AND SOYA

MEATBALLS WITH MUSHROOMS AND VEGETABLES
ANDALUSIAN STYLE ANCHOVY

GRATED CARROT

ASSORTED DESSERT

5

SQUID FIDEUA
NATURAL GREEN BEANS

FRIED EGGS WITH BACON
COD WITH CREAM OF MUSHROOMS

FRENCH FRIES
GREEN PEPPERS

ASSORTED DESSERT

6

CREAM OF LEEK SOUP
BROCCOLI WITH BOILED EGG

CARBONARA PIZZA
GRILLED HAKE FILLET

CORN

ASSORTED DESSERT

9

RICE WITH TOMATO SAUCE AND EGG
PEAS WITH ONION SAUCE

CHINESE SPRING ROLLS
BAKED SARDINE FILLET AMB PARSLEY

GRATED CARROT, OLIVES AND SWEETCORN

ASSORTED DESSERT

10

PASTA WITH ZUCCHINI SAUCE
CABBAGE WITH OLIVE OIL

ROAST BEEF
CRISPY TEMPURA OF POLLOCK

TOMATO AND SWEETCORN

ASSORTED DESSERT

11

CREAM OF PUMPKIN SOUP
GREEN BEANS WITH ROSEMARY OIL

CHICKEN NUGGETS
BAKED SALMON

CHIPS

ASSORTED DESSERT

12

BRAISED LENTIL MILD CURRY
CATALANA STYLE SPINACH

BEEF DUMPLINGS IN SPANISH SAUCE
BAKED COD FILLET

DICED POTATOES

ASSORTED DESSERT

13

POTATOES STEW WITH RE SAUSAGE AND PEPPER
CABBAGE WITH APPLE

GARLIC CHICKEN
SQUIDS IN SAUCE

WITH RICE PILAF

ASSORTED DESSERT

16

PARMENTIER CREAM (POTATOES AND ONION)
CAJUN STYLE BROCCOLI

GRILLED 100% BEEF BURGER
MACKEREL WITH GARLIC IN TOMATO SAUCE

FRENCH FRIES

ASSORTED DESSERT

17

CHICKPEAS STEW
TRICOLOR VEGETABLES (BROCCOLI, CARROT AND
POTATO)

RIBS WITH BARBACUE SAUCE
HAKE IN GREEN SAUCE

ONION RINGS

ASSORTED DESSERT

18

MACARONI WITH GARLIC
SWISS CHARD WITH OLIVE OIL

FRIED EGGS WITH BACON
SALMON IN DELICATE BECHAMEL SAUCE

FRENCH FRIES
GREEN PEPPERS

ASSORTED DESSERT

19

TRADITIONAL SPANISH 'COCIDO' STEW WITH CHICKEN
AND VEGETABLES
MIXED VEGETABLES

CHICKEN TENDERLOIN IN MUSTARD SAUCE
MEATLOAF WITH CUTTLEFISH WITH VEGETABLES

TOMATO AND OREGANO

ASSORTED DESSERT

20

PAELLA WITH VEGETABLES
ROASTED CAULIFLOWER

CHINESE SPRING ROLLS WITH SOY SAUCE
OVEN-COOKED HAKE WITH OLIVE OIL AND PAPRIKA

LETTUCE, SWEETCORN AND CARROTS

ASSORTED DESSERT

23

PASTA WITH TOMATO SAUCE AND SAUSAGE
VEGETABLE WOK, MUNG BEANS AND SOYA

CHICKEN WINGS WITH BARBECUE SAUCE
BAKED HALIBUT WITH PEAS

ONION RINGS

ASSORTED DESSERT

24

VEGETABLE LENTILS
PEAS WITH HAM

TURKEY & CHEESE "SAN JACOBO" OF BAKED
MARINATED FISH

TOMATO AND SWEETCORN

ASSORTED DESSERT

25

RICE WITH TOMATO SAUCE AND EGG
ZUCCHINI AU GRATIN WITH CHEESE

GALICIAN STYLE BOILED PORK
COD WITH GARLIC MUSLIN

STEAMED POTATOES

ASSORTED DESSERT

26

TRADITIONAL SPANISH 'COCIDO' STEW WITH CHICKEN
AND VEGETABLES
CABBAGE WITH OLIVE OIL
CHEESE PIZZA
BILBAINA STYLE JACK MACKEREL

FRENCH FRIES

ASSORTED DESSERT

27

LEEK, SWISS CHARD AND ONION SOUP
RATATOUILLE

MEAT LASAGNA
BAKED HAKE FILLET

CORN

ASSORTED DESSERT

30

RIOJA STYLE POTATO STEW (WITH CHORIZO
SAUSAGE AND RED PEPPERS)
CAULIFLOWER WITH BECHAMEL SAUCE AU GRATIN

PORK TENDERLOIN IN APPLE SAUCE
LEMON MACKEREL

LETTUCE AND PICKLED CUCUMBER

ASSORTED DESSERT

aprende
acomer
sano.org



FISH
REVOLUTION



GUARDIANES
DE LA SALUD



Grow
FOOD
BANKS

NOTAS: Nuestros menús incluyen PAN y BEBIDA. *La bebida a elegir será: entre zumo, batido, ó brick de leche. *Les recordamos que para consumir en cafetería, es necesario, estar domiciliado, tener un dinero a cuenta, ó pago al momento. **Gracias.**