

# Menú Primaria C/ Ronda de Sobradriel - DICIEMBRE/ DECEMBER 2022

Fruta de temporada en función de su estado de maduración: manzana, pera, naranja, plátano, mandarinas,...



| 1                 | 2          | 3       | 4       | 5         | 6          | 7        |
|-------------------|------------|---------|---------|-----------|------------|----------|
| Gluten            | Crustáceos | Huevos  | Pescado | Cacahuete | Soja       | Leche    |
| 8                 | 9          | 10      | 11      | 12        | 13         | 14       |
| Frutos de cáscara | Apio       | Mostaza | Sésamo  | Sulfitos  | Altramuces | Moluscos |

| LUNES / MONDAY                                                                                         |     |     |      |      |      |     |    |  |  | MARTES / TUESDAY                                                                                                       |     |     |      |      |      |     |    |  |  | MIÉRCOLES / WEDNESDAY                                                                         |     |     |      |      |      |     |    |  |  | JUEVES / THURSDAY                                                                                                       |     |     |      |      |      |     |    |  |  | VIERNES / FRIDAY                                                                                                           |     |     |      |      |      |      |     |    |  |  |
|--------------------------------------------------------------------------------------------------------|-----|-----|------|------|------|-----|----|--|--|------------------------------------------------------------------------------------------------------------------------|-----|-----|------|------|------|-----|----|--|--|-----------------------------------------------------------------------------------------------|-----|-----|------|------|------|-----|----|--|--|-------------------------------------------------------------------------------------------------------------------------|-----|-----|------|------|------|-----|----|--|--|----------------------------------------------------------------------------------------------------------------------------|-----|-----|------|------|------|------|-----|----|--|--|
| 5                                                                                                      |     |     |      |      |      |     |    |  |  | 6                                                                                                                      |     |     |      |      |      |     |    |  |  | 7                                                                                             |     |     |      |      |      |     |    |  |  | 8                                                                                                                       |     |     |      |      |      |     |    |  |  | 9 - CHINESE FRIDAY                                                                                                         |     |     |      |      |      |      |     |    |  |  |
| Judías verdes con tomate natural                                                                       |     |     |      |      |      |     |    |  |  | HOLIDAY                                                                                                                |     |     |      |      |      |     |    |  |  | Crema de calabacín y puerros (12)                                                             |     |     |      |      |      |     |    |  |  | HOLIDAY                                                                                                                 |     |     |      |      |      |     |    |  |  | Rollitos de primavera de verduras (1,6)                                                                                    |     |     |      |      |      |      |     |    |  |  |
| Green beans & homemade tomato sauce                                                                    |     |     |      |      |      |     |    |  |  |                                                                                                                        |     |     |      |      |      |     |    |  |  | Creamy zucchini and leek soup                                                                 |     |     |      |      |      |     |    |  |  |                                                                                                                         |     |     |      |      |      |     |    |  |  | Veggie spring rolls                                                                                                        |     |     |      |      |      |      |     |    |  |  |
| Empanada casera atún claro al horno con ens. mediterránea de lechuga, tomate, cebolla y maíz (1,3,4,7) |     |     |      |      |      |     |    |  |  |                                                                                                                        |     |     |      |      |      |     |    |  |  | Fil. De pollo a las finas hierbas con ensalada de tomate aderezado al AOVE y orégano          |     |     |      |      |      |     |    |  |  |                                                                                                                         |     |     |      |      |      |     |    |  |  | Arroz Tres Delicias con verduritas (3)  |     |     |      |      |      |      |     |    |  |  |
| Homemade tuna empanada & salad (lettuce, tomato, onion, and corn)                                      |     |     |      |      |      |     |    |  |  |                                                                                                                        |     |     |      |      |      |     |    |  |  | Herby chicken & fresh tomato salad tossed with AOVE and oregano                               |     |     |      |      |      |     |    |  |  |                                                                                                                         |     |     |      |      |      |     |    |  |  | Chinese fried rice and veggies                                                                                             |     |     |      |      |      |      |     |    |  |  |
| Fruta de temporada / Seasonal fruit                                                                    |     |     |      |      |      |     |    |  |  |                                                                                                                        |     |     |      |      |      |     |    |  |  | Fruta de temporada / Seasonal fruit                                                           |     |     |      |      |      |     |    |  |  |                                                                                                                         |     |     |      |      |      |     |    |  |  | Yogures surtidos/ Dairy desserts                                                                                           |     |     |      |      |      |      |     |    |  |  |
| kcal                                                                                                   | 481 | Lip | 16,4 | Prot | 15,3 | HdC | 68 |  |  | kcal                                                                                                                   | 481 | Lip | 16,4 | Prot | 15,3 | HdC | 68 |  |  | kcal                                                                                          | 293 | Lip | 8,8  | Prot | 13,0 | HdC | 40 |  |  | kcal                                                                                                                    | 421 | Lip | 11,6 | Prot | 15,8 | HdC | 63 |  |  | kcal                                                                                                                       | 468 | Lip | 15,9 | Prot | 20,4 | HdC  | 61  |    |  |  |
| 12                                                                                                     |     |     |      |      |      |     |    |  |  | 13                                                                                                                     |     |     |      |      |      |     |    |  |  | 14                                                                                            |     |     |      |      |      |     |    |  |  | 15                                                                                                                      |     |     |      |      |      |     |    |  |  | 16 - AMERICAN FRIDAY                                                                                                       |     |     |      |      |      |      |     |    |  |  |
| Coliflor Orly casera (con harina de maíz)                                                              |     |     |      |      |      |     |    |  |  | Arroz alicantino con verduras                                                                                          |     |     |      |      |      |     |    |  |  | Sopa de cocido (1,3,6,10)                                                                     |     |     |      |      |      |     |    |  |  | Crema de verduras de temporada (12)                                                                                     |     |     |      |      |      |     |    |  |  | Mac & cheese (1,3,6,7,10)               |     |     |      |      |      |      |     |    |  |  |
| Battered cauliflower                                                                                   |     |     |      |      |      |     |    |  |  | Spanish veggie rice                                                                                                    |     |     |      |      |      |     |    |  |  | Spanish cocido soup                                                                           |     |     |      |      |      |     |    |  |  | Seasonal vegetable purée                                                                                                |     |     |      |      |      |     |    |  |  |                                                                                                                            |     |     |      |      |      |      |     |    |  |  |
| Ternera con jardinera (guisantes, j.verde, zanahoria, alcachofa) y patata asada (12)                   |     |     |      |      |      |     |    |  |  | Fil. merluza al ajillo con ratatouille de verduras al horno (rodaja de calabacín, berenjena, pimientos, cebolla) (1,4) |     |     |      |      |      |     |    |  |  | Complemento del cocido: garbanzos ecológicos, ave, zanahoria, patata, puerro, chorizo (12)    |     |     |      |      |      |     |    |  |  | Wok de pollo con vegetales (calabacín, cebolla, apio, pimientos) y patata al vapor (12)                                 |     |     |      |      |      |     |    |  |  | Fish & chips con ensalada de col americana (col, zanahoria, manzana) (1,3,4,6)                                             |     |     |      |      |      |      |     |    |  |  |
| Beef "jardinière" (green beans, carrots and baked potatoes)                                            |     |     |      |      |      |     |    |  |  | Garlic hake & ratatouille                                                                                              |     |     |      |      |      |     |    |  |  | Organic chickpeas, vegetables, meat stew                                                      |     |     |      |      |      |     |    |  |  | Chicken & vegetable wok with steamed potatoes on the side                                                               |     |     |      |      |      |     |    |  |  | Fish & chips with American coleslaw salad (coleslaw, carrots and apple)                                                    |     |     |      |      |      |      |     |    |  |  |
| Fruta de temporada / Seasonal fruit                                                                    |     |     |      |      |      |     |    |  |  | Fruta de temporada / Seasonal fruit                                                                                    |     |     |      |      |      |     |    |  |  | Fruta de temporada / Seasonal fruit                                                           |     |     |      |      |      |     |    |  |  | Fruta de temporada / Seasonal fruit                                                                                     |     |     |      |      |      |     |    |  |  | Yogures surtidos/ Dairy desserts                                                                                           |     |     |      |      |      |      |     |    |  |  |
| kcal                                                                                                   | 468 | Lip | 15,9 | Prot | 20,4 | HdC | 61 |  |  | kcal                                                                                                                   | 468 | Lip | 12,6 | Prot | 22,2 | HdC | 66 |  |  | kcal                                                                                          | 438 | Lip | 12,2 | Prot | 16,1 | HdC | 66 |  |  | kcal                                                                                                                    | 482 | Lip | 14,5 | Prot | 26,2 | HdC | 62 |  |  | kcal                                                                                                                       |     | 438 | Lip  | 42,2 | Prot | 16,1 | HdC | 66 |  |  |
| 19                                                                                                     |     |     |      |      |      |     |    |  |  | 20                                                                                                                     |     |     |      |      |      |     |    |  |  | 21                                                                                            |     |     |      |      |      |     |    |  |  | 22 SPECIAL MENU                                                                                                         |     |     |      |      |      |     |    |  |  | 23                                                                                                                         |     |     |      |      |      |      |     |    |  |  |
| Sopa de pescado y verduras c/estrellitas (1,2,3,4,6,10,14)                                             |     |     |      |      |      |     |    |  |  | Lentejas ecológicas estofadas con verduras                                                                             |     |     |      |      |      |     |    |  |  | Puré de zanahorias, calabaza y boniato (12)                                                   |     |     |      |      |      |     |    |  |  | Nuggets de pollo y pizzas variadas (1,3,4,6,7,10)                                                                       |     |     |      |      |      |     |    |  |  | CHRISTMAS HOLIDAYS                                                                                                         |     |     |      |      |      |      |     |    |  |  |
| Homemade fish & veggie soup                                                                            |     |     |      |      |      |     |    |  |  | Organic lentil & veggie soup                                                                                           |     |     |      |      |      |     |    |  |  | Pumpkin, sweet potato and carrot purée                                                        |     |     |      |      |      |     |    |  |  |                                                                                                                         |     |     |      |      |      |     |    |  |  |                                                                                                                            |     |     |      |      |      |      |     |    |  |  |
| Croquetas surtidas con ens. de tomate aderezado con AOVE y orégano (1,3,4,6,7)                         |     |     |      |      |      |     |    |  |  | Tortilla de calabacín y patata con ens. De lechuga, pepino, tomate y cebolla (3,7)                                     |     |     |      |      |      |     |    |  |  | Lagrimitas de pavo en salsa de manzana y zanahorias c/patata risolada a la mantequilla (7,12) |     |     |      |      |      |     |    |  |  | Chicken nuggets & assorted pizzas  |     |     |      |      |      |     |    |  |  |                                                                                                                            |     |     |      |      |      |      |     |    |  |  |
| Assorted croquettes & fresh tomato salad tossed with AOVE & oregano                                    |     |     |      |      |      |     |    |  |  | Zucchini potato omelette and house salad (lettuce, tomato, onion and cucumber)                                         |     |     |      |      |      |     |    |  |  | Turkey goujons in apple & carrot sauce with baked potatoes on the side                        |     |     |      |      |      |     |    |  |  |                                                                                                                         |     |     |      |      |      |     |    |  |  |                                                                                                                            |     |     |      |      |      |      |     |    |  |  |
| Fruta de temporada / Seasonal fruit                                                                    |     |     |      |      |      |     |    |  |  | Fruta de temporada / Seasonal fruit                                                                                    |     |     |      |      |      |     |    |  |  | Bizcocho marmolado con cacao /Cocoa marbled cake (1                                           |     |     |      |      |      |     |    |  |  |                                                                                                                         |     |     |      |      |      |     |    |  |  |                                                                                                                            |     |     |      |      |      |      |     |    |  |  |
| kcal                                                                                                   | 481 | Lip | 16,4 | Prot | 15,3 | HdC | 68 |  |  | kcal                                                                                                                   | 394 | Lip | 11,4 | Prot | 16,9 | HdC | 56 |  |  | kcal                                                                                          | 394 | Lip | 11,4 | Prot | 16,9 | HdC | 56 |  |  | kcal                                                                                                                    | 563 | Lip | 26,1 | Prot | 29,7 | HdC | 52 |  |  |                                                                                                                            |     |     |      |      |      |      |     |    |  |  |
| 12                                                                                                     |     |     |      |      |      |     |    |  |  | 28                                                                                                                     |     |     |      |      |      |     |    |  |  | 29                                                                                            |     |     |      |      |      |     |    |  |  | 30                                                                                                                      |     |     |      |      |      |     |    |  |  | 31                                                                                                                         |     |     |      |      |      |      |     |    |  |  |
| CHRISTMAS HOLIDAYS                                                                                     |     |     |      |      |      |     |    |  |  | CHRISTMAS HOLIDAYS                                                                                                     |     |     |      |      |      |     |    |  |  | CHRISTMAS HOLIDAYS                                                                            |     |     |      |      |      |     |    |  |  | CHRISTMAS HOLIDAYS                                                                                                      |     |     |      |      |      |     |    |  |  | CHRISTMAS HOLIDAYS                                                                                                         |     |     |      |      |      |      |     |    |  |  |

# Menú Primaria sin frutos secos - DICIEMBRE/ DECEMBER 2022

Fruta de temporada en función de su estado de maduración: manzana, pera, naranja, plátano, mandarinas...



| 1                 | 2          | 3       | 4       | 5         | 6          | 7        |
|-------------------|------------|---------|---------|-----------|------------|----------|
| Gluten            | Crustáceos | Huevos  | Pescado | Cacahuete | Soja       | Leche    |
| 8                 | 9          | 10      | 11      | 12        | 13         | 14       |
| Frutos de cáscara | Apio       | Mostaza | Sésamo  | Sulfitos  | Altramucos | Moluscos |

| LUNES / MONDAY                                                                                         | MARTES / TUESDAY                                                                                                       | MIÉRCOLES / WEDNESDAY                                                                           | Fruta de temporada / Seasonal fruit                                                     | Yogures surtidos/ Dairy desserts                                               |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| 5                                                                                                      | 6                                                                                                                      | 7                                                                                               | 8                                                                                       | 9 - CHINESE FRIDAY                                                             |
| Judías verdes con tomate natural                                                                       | HOLIDAY                                                                                                                | Crema de calabacín y puerros (12)                                                               | HOLIDAY                                                                                 | Rollitos de primavera de verduras (1,6)                                        |
| Green beans & homemade tomato sauce                                                                    |                                                                                                                        | Creamy zucchini and leek soup                                                                   |                                                                                         | Veggie spring rolls                                                            |
| Empanada casera atún claro al horno con ens. mediterránea de lechuga, tomate, cebolla y maíz (1,3,4,7) |                                                                                                                        | Fil. De pollo a las finas hierbas con ens. De tomate aderezado al AOVE y orégano                |                                                                                         | Arroz Tres Delicias con verduritas (3)                                         |
| Homemade tuna empanada & salad (lettuce, tomato, onion, and corn)                                      |                                                                                                                        | Herby chicken & fresh tomato salad tossed with AOVE and oregano                                 |                                                                                         | Chinese fried rice and veggies                                                 |
| Fruta de temporada / Seasonal fruit                                                                    |                                                                                                                        | Fruta de temporada / Seasonal fruit                                                             |                                                                                         | Yogures surtidos/ Dairy desserts                                               |
| 12                                                                                                     | 13                                                                                                                     | 14                                                                                              | 15                                                                                      | 16 - AMERICAN FRIDAY                                                           |
| Coliflor Orly casera (con harina de maíz)                                                              | Arroz alicantino con verduras                                                                                          | Sopa de cocido (1,3,6,10)                                                                       | Crema de verduras de temporada (12)                                                     | Mac & cheese (1,3,6,7,10)                                                      |
| Battered cauliflower                                                                                   | Spanish veggie rice                                                                                                    | Spanish cocido soup                                                                             | Creamy seasonal vegetable soup                                                          | American mac & cheese                                                          |
| Ternera con jardinera (guisantes, j.verde, zanahoria, alcachofa) y patata asada (12)                   | Fil. merluza al ajillo con ratatouille de verduras al horno (rodaja de calabacín, berenjena, pimientos, cebolla) (1,4) | Complemento del cocido: garbanzos ecológicos, ave, zanahoria, patata, puerro, chorizo (12)      | Wok de pollo con vegetales (calabacín, cebolla, apio, pimientos) y patata al vapor (12) | Fish & chips con ensalada de col americana (col, zanahoria, manzana) (1,3,4,6) |
| Beef "jardinière" (green beans, carrots and baked potatoes)                                            | Garlic hake & ratatouille                                                                                              | Organic chickpeas, vegetable, and meat stew                                                     | Chicken & vegetable wok with steamed potatoes on the side                               | Fish & chips with American coleslaw salad (coleslaw, carrots and apple)        |
| Fruta de temporada / Seasonal fruit                                                                    | Fruta de temporada / Seasonal fruit                                                                                    | Fruta de temporada / Seasonal fruit                                                             | Fruta de temporada / Seasonal fruit                                                     | Yogures surtidos/ Dairy desserts                                               |
| 19                                                                                                     | 20                                                                                                                     | 21                                                                                              | 22 SPECIAL MENU                                                                         | 23                                                                             |
| Sopa de pescado y verduras c/estrellitas (1,2,3,4,6,10,14)                                             | Lentejas ecológicas estofadas con verduras                                                                             | Puré de zanahorias, calabaza y boniato (12)                                                     | Nuggets de pollo y pizzas variadas (1,3,4,6,7,10)                                       | MERRY CHRISTMAS                                                                |
| Homemade fish and vegetable soup                                                                       | Organic lentil veggie soup                                                                                             | Pumpkin, sweet potato and carrot purée                                                          |                                                                                         |                                                                                |
| Croquetas surtidas con ens. de tomate aderezado con AOVE y orégano (1,3,4,6,7)                         | Tortilla de calabacín y patata con ens. De lechuga, pepino, tomate y cebolla (3,12)                                    | Lagrimitas de pavo en salsa de manzana y zanahorias con patata risolada a la mantequilla (7,12) |                                                                                         |                                                                                |
| Assorted croquettes & fresh tomato salad tossed with AOVE & oregano                                    | Zucchini potato omelette and house salad (lettuce, tomato, onion and cucumber)                                         | Turkey goujons in apple & carrot sauce with baked potatoes                                      | Chicken nuggets & assorted pizzas                                                       |                                                                                |
| Fruta de temporada / Seasonal fruit                                                                    | Fruta de temporada / Seasonal fruit                                                                                    | Bizcocho marmolado con cacao /Cocoa marbled cake (1,3,7)                                        |                                                                                         |                                                                                |
| 12                                                                                                     | 28                                                                                                                     | 29                                                                                              | 30                                                                                      | 31                                                                             |
| CHRISTMAS HOLIDAYS                                                                                     | CHRISTMAS HOLIDAYS                                                                                                     | CHRISTMAS HOLIDAYS                                                                              | CHRISTMAS HOLIDAYS                                                                      | CHRISTMAS HOLIDAYS                                                             |

# Menú Primaria sin frutos secos, lentejas ni judías - DICIEMBRE/ DECEMBER 2022

Fruta de temporada en función de su estado de maduración: manzana, pera, naranja, plátano, mandarinas...



| 1                 | 2          | 3       | 4       | 5         | 6          | 7        |
|-------------------|------------|---------|---------|-----------|------------|----------|
| Gluten            | Crustáceos | Huevos  | Pescado | Cacahuete | Soja       | Leche    |
| 8                 | 9          | 10      | 11      | 12        | 13         | 14       |
| Frutos de cáscara | Apio       | Mostaza | Sésamo  | Sulfitos  | Altramucos | Moluscos |

| JUEVES / THURSDAY                                                                                                | VIERNES / FRIDAY                                                                          |
|------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|
| 1                                                                                                                | 2 - ISRAELI FRIDAY                                                                        |
| <b>Crema de brócoli con queso</b> (3, 7, 12)                                                                     | <b>Hamin de verduras</b>                                                                  |
| Creamy broccoli soup & cheese                                                                                    | Vegetarian Hamin (Shabbat Stew)                                                           |
| <b>Pollo al limón c/salteado de verduras</b> (pimiento verde y rojo, cebolla, calabacín) <b>y patatitas</b> (12) | <b>fs, len</b>                                                                            |
| Roasted chicken with lemon & sautéed vegetables                                                                  | Turkey Schnitzel with Israeli salad                                                       |
| <b>Fruta de temporada</b> / Seasonal fruit                                                                       | <b>Yogures surtidos</b> / Dairy desserts                                                  |
| 8                                                                                                                | 9 - CHINESE FRIDAY                                                                        |
| <b>HOLIDAY</b>                                                                                                   | <b>Rollitos de primavera de verduras</b> (1,6)                                            |
|                                                                                                                  | Veggie spring rolls                                                                       |
|                                                                                                                  | <b>Arroz Tres Delicias con verduritas</b> (3). <b>NO judías.</b>                          |
|                                                                                                                  | Chinese fried rice and veggies                                                            |
|                                                                                                                  | <b>Yogures surtidos</b> / Dairy desserts                                                  |
| 15                                                                                                               | 16 - AMERICAN FRIDAY                                                                      |
| <b>Crema de verduras de temporada</b> (12). <b>NO judías verdes.</b>                                             | <b>Mac &amp; cheese</b> (1,3,6,7,10)                                                      |
| Creamy seasonal vegetable soup                                                                                   | American mac & cheese                                                                     |
| <b>Wok de pollo con vegetales</b> (calabacín, cebolla, apio, pimientos) y patata al vapor (12)                   | <b>Fish &amp; chips con ensalada de col americana</b> (col, zanahoria, manzana) (1,3,4,6) |
| Chicken & vegetable wok with steamed potatoes on the side                                                        | Fish & chips with American coleslaw salad (slaw, carrots and apple)                       |
| <b>Fruta de temporada</b> / Seasonal fruit                                                                       | <b>Yogures surtidos</b> / Dairy desserts                                                  |
| 22 SPECIAL MENU                                                                                                  | 23                                                                                        |
| <b>Nuggets de pollo y pizzas variadas</b> (1,3,4,6,7,10)                                                         | <b>MERRY CHRISTMAS</b>                                                                    |
| Chicken nuggets & assorted pizzas                                                                                |                                                                                           |
| 30                                                                                                               | 31                                                                                        |
| <b>CHRISTMAS HOLIDAYS</b>                                                                                        | <b>CHRISTMAS HOLIDAYS</b>                                                                 |

| LUNES / MONDAY                                                                                                | MARTES / TUESDAY                                                                                                              | MIÉRCOLES / WEDNESDAY                                                                                  |
|---------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| 5                                                                                                             | 6                                                                                                                             | 7                                                                                                      |
| <b>Puré de zanahorias</b> (12)                                                                                | <b>HOLIDAY</b>                                                                                                                | <b>Crema de calabacín y puerros</b> (12)                                                               |
| Cream of carrot soup                                                                                          |                                                                                                                               | Creamy zucchini and leek soup                                                                          |
| <b>Empanada casera atún claro al horno</b> con ens. mediterránea de lechuga, tomate, cebolla y maíz (1,3,4,7) |                                                                                                                               | <b>Fil. De pollo a las finas hierbas</b> con ens. De tomate aderezado al AOVE y orégano                |
| Homemade tuna empanada & salad (lettuce, tomato, onion, and corn)                                             |                                                                                                                               | Herby chicken & fresh tomato salad tossed with AOVE and oregano                                        |
| <b>Fruta de temporada</b> / Seasonal fruit                                                                    |                                                                                                                               | <b>Fruta de temporada</b> / Seasonal fruit                                                             |
| 12                                                                                                            | 13                                                                                                                            | 14                                                                                                     |
| <b>Coliflor Orly casera</b> (con harina de maíz)                                                              | <b>Arroz alicantino con verduras (no judías verdes)</b>                                                                       | <b>Sopa de cocido</b> (1,3,6,10)                                                                       |
| Battered cauliflower                                                                                          | Spanish veggie rice (no green beans)                                                                                          | Spanish cocido soup                                                                                    |
| <b>Ternera con jardinera</b> (guisantes, zanahoria, alcachofa) <b>y patata asada</b> (12)                     | <b>Fil. merluza al ajillo con ratatouille de verduras al horno</b> (rodaja de calabacín, berenjena, pimientos, cebolla) (1,4) | <b>Complemento del cocido: garbanzos ecológicos, ave, zanahoria, patata, puerro, chorizo</b> (12)      |
| Beef "jardinière" (peas, carrots and baked potatoes)                                                          | Garlic hake & ratatouille                                                                                                     | Organic chickpeas, vegetable, meat stew                                                                |
| <b>Fruta de temporada</b> / Seasonal fruit                                                                    | <b>Fruta de temporada</b> / Seasonal fruit                                                                                    | <b>Fruta de temporada</b> / Seasonal fruit                                                             |
| 19                                                                                                            | 20                                                                                                                            | 21                                                                                                     |
| <b>Sopa de pescado y verduras c/estrellitas</b> (1,2,3,4,6,10,14)                                             | <b>Garbanzos ecológicos estofados con verduras</b>                                                                            | <b>Puré de zanahorias, calabaza y boniato</b> (12)                                                     |
| Homemade fish and vegetable soup                                                                              | Organic chickpeas veggie soup                                                                                                 | Pumpkin, sweet potato and carrot purée                                                                 |
| <b>Croquetas surtidas con ens. de tomate aderezado con AOVE y orégano</b> (1,3,4,6,7)                         | <b>Tortilla de calabacín y patata con ens. De lechuga, pepino, tomate y cebolla</b> (3,12)                                    | <b>Lagrimitas de pavo en salsa de manzana y zanahorias</b> con patata risolada a la mantequilla (7,12) |
| Assorted croquettes & fresh tomato salad tossed with AOVE & oregano                                           | Zucchini potato omelette and house salad (lettuce, tomato, onion and cucumber)                                                | Turkey goujons in apple & carrot sauce with baked potatoes on the side                                 |
| <b>Fruta de temporada</b> / Seasonal fruit                                                                    | <b>Fruta de temporada</b> / Seasonal fruit                                                                                    | <b>Bizcocho marmolado con cacao</b> /Cocoa marbled cake (1,3,7)                                        |
| 12                                                                                                            | 28                                                                                                                            | 29                                                                                                     |
| <b>CHRISTMAS HOLIDAYS</b>                                                                                     | <b>CHRISTMAS HOLIDAYS</b>                                                                                                     | <b>CHRISTMAS HOLIDAYS</b>                                                                              |

# Menú Primaria sin gluten - DICIEMBRE/ DECEMBER 2022

Fruta de temporada en función de su estado de maduración: manzana, pera, naranja, plátano, mandarinas...



| 1                 | 2          | 3       | 4       | 5         | 6          | 7        |
|-------------------|------------|---------|---------|-----------|------------|----------|
| Gluten            | Crustáceos | Huevos  | Pescado | Cacahuete | Soja       | Leche    |
| 8                 | 9          | 10      | 11      | 12        | 13         | 14       |
| Frutos de cáscara | Apio       | Mostaza | Sésamo  | Sulfitos  | Altramuces | Moluscos |

| LUNES / MONDAY                                                                                     | MARTES / TUESDAY                                                                                                              | MIÉRCOLES / WEDNESDAY                                                                                  | JUEVES / THURSDAY                                                                                                                | VIERNES / FRIDAY                                                                                                             |
|----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| 5                                                                                                  | 6                                                                                                                             | 7                                                                                                      | 1                                                                                                                                | 2 - ISRAELI DAY                                                                                                              |
| <b>Judías verdes con tomate natural</b>                                                            | <b>HOLIDAY</b>                                                                                                                | <b>Crema de calabacín y puerros (12)</b>                                                               | <b>Crema de brócoli con quesito (3,7,12)</b>                                                                                     | <b>Hamin de verduras y judías blancas</b>                                                                                    |
| Green beans & homemade tomato sauce                                                                |                                                                                                                               | Creamy zucchini and leek soup                                                                          | Creamy broccoli soup & cheese                                                                                                    | Vegetarian Hamin (Shabbat Stew)                                                                                              |
| <b>Tortilla española con ens. mediterránea de lechuga, tomate, cebolla y maíz (3,12)</b>           |                                                                                                                               | <b>Fil. De pollo a las finas hierbas con ens. De tomate aderezado al AOVE y orégano</b>                | <b>Pollo al limón c/salteado de verduras</b> (pimiento verde y rojo, cebolla, calabacín) <b>y patatitas</b> (12)                 | <b>Schnitzel de pavo con ens. israelí</b> (tomate, pepino, pimiento, cebolla, perrill, zumo de limón y AOVE) (7)             |
| Spanish potato "tortilla" & salad (lettuce, tomato, onion, and corn)                               |                                                                                                                               | Herby chicken & fresh tomato salad tossed with AOVE and oregano                                        | Roasted chicken with lemon & sautéed vegetables                                                                                  | Turkey Schnitzel with Israeli salad                                                                                          |
| <b>Fruta de temporada / Seasonal fruit</b>                                                         |                                                                                                                               | <b>Fruta de temporada / Seasonal fruit</b>                                                             | <b>Fruta de temporada / Seasonal fruit</b>                                                                                       | <b>Yogures surtidos/ Dairy desserts</b>                                                                                      |
| 12                                                                                                 | 13                                                                                                                            | 14                                                                                                     | 8                                                                                                                                | 9 - CHINESE FRIDAY                                                                                                           |
| <b>Coliflor Orly casera</b> (con harina de maíz)                                                   | <b>Arroz alicantino con verduras</b>                                                                                          | <b>Sopa de cocido</b> (pasta sin alérgenos)                                                            | <b>HOLIDAY</b>                                                                                                                   | <b>Sopa de verduras en juliana (9)</b>                                                                                       |
| Battered Cauliflower                                                                               | Spanish veggie rice                                                                                                           | Spanish cocido soup                                                                                    |                                                                                                                                  | Vegetables soup                                                                                                              |
| <b>Ternera con jardinera</b> (guisantes, j.verde, zanahoria, alcachofa) <b>y patata asada (12)</b> | <b>Fil. merluza al ajillo con ratatouille de verduras al horno</b> (rodaja de calabacín, berenjena, pimientos, cebolla) (1,4) | <b>Complemento del cocido: garbanzos ecológicos, ave, zanahoria, patata, puerro, chorizo (12)</b>      |                                                                                                                                  | <b>Arroz Tres Delicias con verduritas (3)</b>                                                                                |
| Beef "jardinière" (green beans, carrots and baked potatoes)                                        | Garlic hake & ratatouille                                                                                                     | Organic chickpeas, vegetables, and meat stew                                                           |                                                                                                                                  | Chinese fried rice and veggies                                                                                               |
| <b>Fruta de temporada / Seasonal fruit</b>                                                         | <b>Fruta de temporada / Seasonal fruit</b>                                                                                    | <b>Fruta de temporada / Seasonal fruit</b>                                                             |                                                                                                                                  | <b>Yogures surtidos/ Dairy desserts</b>                                                                                      |
| 19                                                                                                 | 20                                                                                                                            | 21                                                                                                     | 15                                                                                                                               | 16 - AMERICAN FRIDAY                                                                                                         |
| <b>Sopa de pescado y verduras con pasta sin alérgenos (2,4,14)</b>                                 | <b>Lentejas ecológicas estofadas con verduras</b>                                                                             | <b>Puré de zanahorias, calabaza y boniato (12)</b>                                                     | <b>Crema de verduras de temporada (12)</b>                                                                                       | <b>Mac &amp; cheese</b> (pasta sin gluten)                                                                                   |
| Homemade fish and vegetable soup                                                                   | Organic lentil veggie soup                                                                                                    | Pumpkin, sweet potato and carrot purée                                                                 | Creamy seasonal vegetable soup                                                                                                   | American gluten free mac & cheese                                                                                            |
| <b>Bacalao al horno con ens. de tomate aderezado con AOVE y orégano (4)</b>                        | <b>Tortilla de calabacín y patata con ens. De lechuga, pepino, tomate y cebolla (3,12)</b>                                    | <b>Lagrimitas de pavo en salsa de manzana y zanahorias con patata risolada a la mantequilla (7,12)</b> | <b>Wok de pollo con vegetales</b> (calabacín, cebolla, apio, pimientos) y patata al vapor (12)                                   | <b>Fish</b> (rebozado con harina de maíz) <b>&amp; chips con ensalada de col americana</b> (col, zanahoria, manzana) (3,4,6) |
| Codfish & fresh tomato salad tossed with AOVE & oregano                                            | Zucchini potato omelette and house salad (lettuce, tomato, onion and cucumber)                                                | Baked turkey goujons in apple & carrot sauce with baked potatoes                                       | Chicken & vegetable wok with steamed potatoes on the side                                                                        | Fish (corn flour) & chips with American coleslaw salad (coleslaw, carrots and apple)                                         |
| <b>Fruta de temporada / Seasonal fruit</b>                                                         | <b>Fruta de temporada / Seasonal fruit</b>                                                                                    | <b>Bizcocho casero marmolado sin alérgenos con cacao / cocoa marbled cake (6)</b>                      | <b>Fruta de temporada / Seasonal fruit</b>                                                                                       | <b>Yogures surtidos/ Dairy desserts</b>                                                                                      |
| 12                                                                                                 | 28                                                                                                                            | 29                                                                                                     | 22 SPECIAL MENU                                                                                                                  | 23                                                                                                                           |
| <b>CHRISTMAS HOLIDAYS</b>                                                                          | <b>CHRISTMAS HOLIDAYS</b>                                                                                                     | <b>CHRISTMAS HOLIDAYS</b>                                                                              | <b>Fingers caseros de pollo</b> (harina de maíz) <b>y pizza sin gluten</b> (tomate, maíz, cebolla, pimiento, fiambre pavo) (1,6) | <b>MERRY CHRISTMAS</b>                                                                                                       |
|                                                                                                    |                                                                                                                               |                                                                                                        | Homemade chicken fingers and gluten free pizza (tomato, corn, onion, pepper, and turkey)                                         |                                                                                                                              |
|                                                                                                    |                                                                                                                               |                                                                                                        | 30                                                                                                                               | 31                                                                                                                           |
| <b>CHRISTMAS HOLIDAYS</b>                                                                          | <b>CHRISTMAS HOLIDAYS</b>                                                                                                     | <b>CHRISTMAS HOLIDAYS</b>                                                                              | <b>CHRISTMAS HOLIDAYS</b>                                                                                                        | <b>CHRISTMAS HOLIDAYS</b>                                                                                                    |

# Menú Primaria sin gluten, lácteos, ternera ni carne de cerdo - DICIEMBRE/ DECEMBER 2022

Fruta de temporada en función de su estado de maduración: manzana, pera, naranja, plátano, mandarinas...



| 1                 | 2          | 3       | 4       | 5         | 6          | 7        |
|-------------------|------------|---------|---------|-----------|------------|----------|
| Gluten            | Crustáceos | Huevos  | Pescado | Cacahuete | Soja       | Leche    |
| 8                 | 9          | 10      | 11      | 12        | 13         | 14       |
| Frutos de cáscara | Apio       | Mostaza | Sésamo  | Sulfitos  | Altramucos | Moluscos |

| LUNES / MONDAY                                                                                                | MARTES / TUESDAY                                                                                                              | MIÉRCOLES / WEDNESDAY                                                                        | JUEVES / THURSDAY                                                                                                                | VIERNES / FRIDAY                                                                                                             |
|---------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| 5                                                                                                             | 6                                                                                                                             | 7                                                                                            | 1                                                                                                                                | 2 - ISRAELI FRIDAY                                                                                                           |
| <b>Judías verdes con tomate natural</b>                                                                       | <b>HOLIDAY</b>                                                                                                                | <b>Crema de calabacín y puerros</b> (12)                                                     | <b>Crema de brócoli</b> (12)                                                                                                     | <b>Hamin de verduras y judías blancas</b>                                                                                    |
| Green beans & homemade tomato sauce                                                                           |                                                                                                                               | Creamy zucchini and leek soup                                                                | Creamy broccoli soup                                                                                                             | Vegetarian Hamin (Shabbat Stew)                                                                                              |
| <b>Tortilla española con ens. mediterránea de lechuga, tomate, cebolla y maíz</b> (3,12)                      |                                                                                                                               | <b>Fil. De pollo a las finas hierbas con ens. De tomate aderezado al AOVE y orégano</b>      | <b>Pollo al limón c/salteado de verduras</b> (pimiento verde y rojo, cebolla, calabacín) <b>y patatitas</b> (12)                 | <b>Schnitzel de pavo con ens. israelí</b> (tomate, pepino, pimiento, cebolla, perejil, zumo de limón y AOVE) (sin nata)      |
| Spanish potato "tortilla" & salad (lettuce, tomato, onion, and corn)                                          |                                                                                                                               | Herby chicken & fresh tomato salad tossed with AOVE and oregano                              | Roasted chicken with lemon & sautéed vegetables                                                                                  | Turkey Schnitzel with Israeli salad                                                                                          |
| <b>Fruta de temporada / Seasonal fruit</b>                                                                    |                                                                                                                               | <b>Fruta de temporada / Seasonal fruit</b>                                                   | <b>Fruta de temporada / Seasonal fruit</b>                                                                                       | <b>Postre de soja/ soya desserts</b>                                                                                         |
| 12                                                                                                            | 13                                                                                                                            | 14                                                                                           | 8                                                                                                                                | 9 - CHINESE FRIDAY                                                                                                           |
| <b>Coliflor Orly casera</b> (con harina de maíz)                                                              | <b>Arroz alicantino con verduras</b>                                                                                          | <b>Sopa de verduras en juliana</b> (pasta sin alérgenos)                                     | <b>HOLIDAY</b>                                                                                                                   | <b>Sopa de verduras en juliana</b> (9)                                                                                       |
| Battered Cauliflower                                                                                          | Spanish veggie rice                                                                                                           | Vegetables soup                                                                              |                                                                                                                                  | Vegetable soup                                                                                                               |
| <b>Taquitos de tofu con jardinera</b> (guisantes, i.verde, zanahoria, alcachofa) <b>y patata asada</b> (6,12) | <b>Fil. merluza al ajillo con ratatouille de verduras al horno</b> (rodaja de calabacín, berenjena, pimientos, cebolla) (1,4) | <b>Garbanzos ecológicos, ave, zanahoria, patata, puerro</b> (12)                             |                                                                                                                                  | <b>Arroz Tres Delicias con verduritas</b> (3)                                                                                |
| Diced tofu "jardinière" (green beans, carrots and baked potatoes)                                             | Garlic hake & ratatouille                                                                                                     | Organic chickpeas, vegetables stew                                                           |                                                                                                                                  | Chinese fried rice and veggies                                                                                               |
| <b>Fruta de temporada / Seasonal fruit</b>                                                                    | <b>Fruta de temporada / Seasonal fruit</b>                                                                                    | <b>Fruta de temporada / Seasonal fruit</b>                                                   | <b>Fruta de temporada / Seasonal fruit</b>                                                                                       | <b>Postre de soja/ soya desserts</b>                                                                                         |
| 19                                                                                                            | 20                                                                                                                            | 21                                                                                           | 15                                                                                                                               | 16 - AMERICAN FRIDAY                                                                                                         |
| <b>Sopa de pescado y verduras con pasta sin alérgenos</b> (2,4,14)                                            | <b>Lentejas ecológicas estofadas con verduras</b>                                                                             | <b>Puré de zanahorias, calabaza y boniato</b> (12)                                           | <b>Crema de verduras de temporada</b> (12)                                                                                       | <b>Mac &amp; tomato</b> (pasta sin gluten)                                                                                   |
| Homemade fish and vegetable soup                                                                              | Organic lentil veggie soup                                                                                                    | Pumpkin, sweet potato and carrot purée                                                       | Creamy seasonal vegetable soup                                                                                                   | American mac (gluten free) & tomato sauce                                                                                    |
| <b>Bacalao al horno con ens. de tomate aderezado con AOVE y orégano</b> (4)                                   | <b>Tortilla de calabacín y patata con ens. De lechuga, pepino, tomate y cebolla</b> (3,12)                                    | <b>Lagrimitas de pavo en salsa de manzana y zanahorias con patata risolada con AOVE</b> (12) | <b>Wok de pollo con vegetales</b> (calabacín, cebolla, apio, pimientos) y patata al vapor (12)                                   | <b>Fish</b> (rebozado con harina de maíz) <b>&amp; chips con ensalada de col americana</b> (col, zanahoria, manzana) (3,4,6) |
| Codfish & fresh tomato salad tossed with AOVE & oregano                                                       | Zucchini potato omelette and house salad (lettuce, tomato, onion and cucumber)                                                | Baked turkey goujons in apple & carrot sauce with baked potatoes                             | Chicken & vegetable wok with steamed potatoes on the side                                                                        | Fish (corn flour) & chips with American coleslaw salad (coleslaw, carrots and apple)                                         |
| <b>Fruta de temporada / Seasonal fruit</b>                                                                    | <b>Fruta de temporada / Seasonal fruit</b>                                                                                    | <b>Bizcocho marmolado sin alérgenos con cacao / marbled cake</b>                             | <b>Fruta de temporada / Seasonal fruit</b>                                                                                       | <b>Postre de soja/ soya desserts</b>                                                                                         |
| 12                                                                                                            | 28                                                                                                                            | 29                                                                                           | 22 SPECIAL MENU                                                                                                                  | 23                                                                                                                           |
| <b>CHRISTMAS HOLIDAYS</b>                                                                                     | <b>CHRISTMAS HOLIDAYS</b>                                                                                                     | <b>CHRISTMAS HOLIDAYS</b>                                                                    | <b>Fingers caseros de pollo</b> (harina de maíz) <b>y pizza sin gluten</b> (tomate, maíz, cebolla, pimiento, fiambre pavo) (1,6) | <b>MERRY CHRISTMAS</b>                                                                                                       |
|                                                                                                               |                                                                                                                               |                                                                                              | Homemade chicken fingers and pizza (tomato, corn, onion, pepper, turkey)                                                         |                                                                                                                              |
| 30                                                                                                            | 31                                                                                                                            |                                                                                              |                                                                                                                                  |                                                                                                                              |
| <b>CHRISTMAS HOLIDAYS</b>                                                                                     | <b>CHRISTMAS HOLIDAYS</b>                                                                                                     | <b>CHRISTMAS HOLIDAYS</b>                                                                    | <b>CHRISTMAS HOLIDAYS</b>                                                                                                        | <b>CHRISTMAS HOLIDAYS</b>                                                                                                    |

# Menú Primaria Halal - DICIEMBRE/ DECEMBER 2022

Fruta de temporada en función de su estado de maduración: manzana, pera, naranja, plátano, mandarinas...



| 1                 | 2          | 3       | 4       | 5         | 6          | 7        |
|-------------------|------------|---------|---------|-----------|------------|----------|
| Gluten            | Crustáceos | Huevos  | Pescado | Cacahuete | Soja       | Leche    |
| 8                 | 9          | 10      | 11      | 12        | 13         | 14       |
| Frutos de cáscara | Apio       | Mostaza | Sésamo  | Sulfitos  | Altramucos | Moluscos |

| LUNES / MONDAY                                                                                         | MARTES / TUESDAY                                                                                                       | MIÉRCOLES / WEDNESDAY                                                                               | Fruta de temporada / Seasonal fruit                                                         | Yogures surtidos/ Dairy desserts                                               |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| 5                                                                                                      | 6                                                                                                                      | 7                                                                                                   | 8                                                                                           | 9 - CHINESE FRIDAY                                                             |
| Judías verdes con tomate natural                                                                       | HOLIDAY                                                                                                                | Crema de calabacín y puerros (12)                                                                   | HOLIDAY                                                                                     | Rollitos de primavera de verduras (1,6)                                        |
| Green beans & homemade tomato sauce                                                                    |                                                                                                                        | Creamy zucchini and leek soup                                                                       |                                                                                             | Veggie spring rolls                                                            |
| Empanada casera atún claro al horno con ens. mediterránea de lechuga, tomate, cebolla y maíz (1,3,4,7) |                                                                                                                        | Fil. De pollo (*) a las finas hierbas con ens. De tomate aderezado al AOVE y orégano                |                                                                                             | Arroz Tres Delicias con verduritas (3)                                         |
| Homemade tuna empanada & salad (lettuce, tomato, onion, and corn)                                      |                                                                                                                        | Herby chicken & fresh tomato salad tossed with AOVE and oregano                                     |                                                                                             | Chinese fried rice and veggies                                                 |
| Fruta de temporada / Seasonal fruit                                                                    |                                                                                                                        | Fruta de temporada / Seasonal fruit                                                                 |                                                                                             | Yogures surtidos/ Dairy desserts                                               |
| 12                                                                                                     | 13                                                                                                                     | 14                                                                                                  | 15                                                                                          | 16 - U.S.A FRIDAY                                                              |
| Coliflor Orly casera (con harina de maíz)                                                              | Arroz alicantino con verduras                                                                                          | Sopa de verduras en juliana (1,3,6,9,10)                                                            | Crema de verduras de temporada (12)                                                         | Mac & cheese (1,3,6,7,10)                                                      |
| Battered Cauliflower                                                                                   | Spanish veggie rice                                                                                                    | Vegetables soup                                                                                     | Creamy seasonal vegetable soup                                                              | American mac & cheese                                                          |
| Taquitos de tofu con jardinera (guisantes, i.verde, zanahoria, alcachofa) y patata asada (6,12)        | Fil. merluza al ajillo con ratatouille de verduras al horno (rodaja de calabacín, berenjena, pimientos, cebolla) (1,4) | Garbanzos ecológicos, ave, zanahoria, patata, puerro (12)                                           | Wok de pollo (*) con vegetales (calabacín, cebolla, apio, pimientos) y patata al vapor (12) | Fish & chips con ensalada de col americana (col, zanahoria, manzana) (1,3,4,6) |
| Diced tofu "jardinière" (green beans, carrots and baked potatoes)                                      | Garlic hake & ratatouille                                                                                              | Organic chickpeas & vegetable stew                                                                  | Chicken & vegetable wok with steamed potatoes on the side                                   | Fish & chips with American coleslaw salad (coleslaw, carrots and apple)        |
| Fruta de temporada / Seasonal fruit                                                                    | Fruta de temporada / Seasonal fruit                                                                                    | Fruta de temporada / Seasonal fruit                                                                 | Fruta de temporada / Seasonal fruit                                                         | Yogures surtidos/ Dairy desserts                                               |
| 19                                                                                                     | 20                                                                                                                     | 21                                                                                                  | 22 SPECIAL MENU                                                                             | 23                                                                             |
| Sopa de pescado y verduras c/estrellitas (1,2,3,4,6,10,14)                                             | Lentejas ecológicas estofadas con verduras                                                                             | Puré de zanahorias, calabaza y boniato (1,7)                                                        | Nuggets de prot. Vegetal y pizza casera vegetal (espinaca, berenjena, maíz, tofu) (1,6)     | MERRY CHRISTMAS                                                                |
| Homemade fish and vegetable soup                                                                       | Organic lentil veggie soup                                                                                             | Pumpkin, sweet potato and carrot purée                                                              | Vegetables nuggets and homemade pizza                                                       |                                                                                |
| Croquetas surtidas con ens. de tomate aderezado con AOVE y orégano (1,3,4,6,7)                         | Tortilla de calabacín y patata con ens. De lechuga, pepino, tomate y cebolla (3,12)                                    | Lagrimitas de pavo (*) en salsa de manzana y zanahorias con patata risolada a la mantequilla (7,12) |                                                                                             |                                                                                |
| Assorted croquettes & fresh tomato salad tossed with AOVE & oregano                                    | Zucchini potato omelette and house salad (lettuce, tomato, onion and cucumber)                                         | Turkey goujons in apple & carrot sauce with baked potatoes                                          |                                                                                             |                                                                                |
| Fruta de temporada / Seasonal fruit                                                                    | Fruta de temporada / Seasonal fruit                                                                                    | Biscocho marmolado con cacao /Cocoa marbled cake (1,3,7)                                            |                                                                                             |                                                                                |
| 12                                                                                                     | 28                                                                                                                     | 29                                                                                                  | 30                                                                                          | 31                                                                             |
| CHRISTMAS HOLIDAYS                                                                                     | CHRISTMAS HOLIDAYS                                                                                                     | CHRISTMAS HOLIDAYS                                                                                  | CHRISTMAS HOLIDAYS                                                                          | CHRISTMAS HOLIDAYS                                                             |



# Menú Primaria sin huevo ni berenjena - DICIEMBRE/ DECEMBER 2022

Fruta de temporada en función de su estado de maduración: manzana, pera, naranja, plátano, mandarinas...



| 1                 | 2          | 3       | 4       | 5         | 6          | 7        |
|-------------------|------------|---------|---------|-----------|------------|----------|
| Gluten            | Crustáceos | Huevos  | Pescado | Cacahuete | Soja       | Leche    |
| 8                 | 9          | 10      | 11      | 12        | 13         | 14       |
| Frutos de cáscara | Apio       | Mostaza | Sésamo  | Sulfitos  | Altramucos | Moluscos |

| LUNES / MONDAY                                                                              | MARTES / TUESDAY                                                                                            | MIÉRCOLES / WEDNESDAY                                                                           | Fruta de temporada / Seasonal fruit                                                                      | Yogures surtidos/ Dairy desserts                                                                     |
|---------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| 5                                                                                           | 6                                                                                                           | 7                                                                                               | 8                                                                                                        | 9 - CHINESE FRIDAY                                                                                   |
| Judías verdes con tomate natural                                                            | HOLIDAY                                                                                                     | Crema de calabacín y puerros (12)                                                               | HOLIDAY                                                                                                  | Rollitos de primavera de verduras (1,6)                                                              |
| Green beans & homemade tomato sauce                                                         |                                                                                                             | Creamy zucchini and leek soup                                                                   |                                                                                                          | Veggie spring rolls                                                                                  |
| Tortilla española elaborada con harina de garbanzo con ende lechuga, tomate, cebolla y maíz |                                                                                                             | Fil. De pollo a las finas hierbas con ens. De tomate aderezado al AOVE y orégano                |                                                                                                          | Arroz Tres Delicias con verduritas (con tortilla vegana elaborada con harina de garbanzos)           |
| Spanish potatoe "tortilla" (chickpeas flour) & salad (lettuce, tomato, onion, and corn)     |                                                                                                             | Herby chicken & fresh tomato salad tossed with AOVE and oregano                                 |                                                                                                          | Chinese fried rice (veggie "tortilla" with chickpeas flour) and veggies                              |
| Fruta de temporada / Seasonal fruit                                                         |                                                                                                             | Fruta de temporada / Seasonal fruit                                                             |                                                                                                          | Yogures surtidos/ Dairy desserts                                                                     |
| 12                                                                                          | 13                                                                                                          | 14                                                                                              | 15                                                                                                       | 16 - american FRIDAY                                                                                 |
| Coliflor Orly casera (con harina de maíz)                                                   | Arroz alicantino con verduras                                                                               | Sopa de cocido (pasta sin alérgenos)                                                            | Crema de verduras de temporada (12)                                                                      | Mac & tomato (pasta sin gluten)                                                                      |
| Battered Cauliflower                                                                        | Spanish veggie rice                                                                                         | Spanish cocido soup                                                                             | Creamy seasonal vegetable soup                                                                           | American mac (gluten free) & tomato sauce                                                            |
| Ternera con jardinera (guisantes, j.verde, zanahoria, alcachofa) y patata asada (12)        | Fil. merluza al ajillo con ratatouille de verduras al horno (rodaja de calabacín, pimientos, cebolla) (1,4) | Complemento del cocido: garbanzos ecológicos, ave, zanahoria, patata, puerro, chorizo (12)      | Wok de pollo con vegetales (calabacín, cebolla, apio, pimientos) y patata al vapor (12)                  | Fish (sin pasar por huevo) & chips c/ens .de col americana (col, zanahoria, manzana sin salsa) (4,6) |
| Beef "jardinière" (green beans, carrots and baked potatoes)                                 | Garlic hake & ratatouille                                                                                   | Organic chickpeas, vegetable and meat stew                                                      | Chicken & vegetable wok with steamed potatoes on the side                                                | Fish (con breaded) & chips with American coleslaw salad (coleslaw, carrots and apple)                |
| Fruta de temporada / Seasonal fruit                                                         | Fruta de temporada / Seasonal fruit                                                                         | Fruta de temporada / Seasonal fruit                                                             | Fruta de temporada / Seasonal fruit                                                                      | Yogures surtidos/ Dairy desserts                                                                     |
| 19                                                                                          | 20                                                                                                          | 21                                                                                              | 22 SPECIAL MENU                                                                                          | 23                                                                                                   |
| Sopa de pescado y verduras con pasta sin alérgenos (2,4,14)                                 | Lentejas ecológicas estofadas con verduras                                                                  | Puré de zanahorias, calabaza y boniato (12)                                                     | Fingers caseros de pollo (no huevo) y pizza casera (tomate, maíz, cebolla, pimienta, fiambre pavo) (1,6) | MERRY CHRISTMAS                                                                                      |
| Homemade fish and vegetable soup                                                            | Organic lentil veggie soup                                                                                  | Pumpkin, sweet potato and carrot purée                                                          | Homemade chicken fingers and pizza (tomato, corn, onion, pepper, turkey)                                 |                                                                                                      |
| Bacalao al horno con ens. de tomate aderezado con AOVE y orégano (4)                        | Tortilla de calabacín y patata (harina de garbanzos) con ens. De lechuga, pepino, tomate y cebolla (12)     | Lagrimitas de pavo en salsa de manzana y zanahorias con patata risolada a la mantequilla (7,12) |                                                                                                          |                                                                                                      |
| Codfish & fresh tomato salad tossed with AOVE & oregano                                     | Zucchini potato omelette (chickpeas flour) and house salad (lettuce, tomato, onion and cucumber)            | Turkey goujons in apple & carrot sauce with baked potatoes                                      |                                                                                                          |                                                                                                      |
| Fruta de temporada / Seasonal fruit                                                         | Fruta de temporada / Seasonal fruit                                                                         | Bizcocho marmolado casero sin alérgenos con cacao / marbled cake (6)                            |                                                                                                          |                                                                                                      |
| 12                                                                                          | 28                                                                                                          | 29                                                                                              | 30                                                                                                       | 31                                                                                                   |
| CHRISTMAS HOLIDAYS                                                                          | CHRISTMAS HOLIDAYS                                                                                          | CHRISTMAS HOLIDAYS                                                                              | CHRISTMAS HOLIDAYS                                                                                       | CHRISTMAS HOLIDAYS                                                                                   |

# Menú Primaria ovolacteo vegetariano - DICIEMBRE/ DECEMBER 2022

Fruta de temporada en función de su estado de maduración: manzana, pera, naranja, plátano, mandarinas...



|                   |            |         |         |           |            |          |
|-------------------|------------|---------|---------|-----------|------------|----------|
| 1                 | 2          | 3       | 4       | 5         | 6          | 7        |
| Gluten            | Crustáceos | Huevos  | Pescado | Cacahuete | Soja       | Leche    |
| 8                 | 9          | 10      | 11      | 12        | 13         | 14       |
| Frutos de cáscara | Apio       | Mostaza | Sésamo  | Sulfitos  | Altramuces | Moluscos |

| LUNES / MONDAY                                                                                                  | MARTES / TUESDAY                                                                                                      | MIÉRCOLES / WEDNESDAY                                                                                  | JUEVES / THURSDAY                                                                                                  | VIERNES / FRIDAY                                                                                                      |
|-----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| 5                                                                                                               | 6                                                                                                                     | 7                                                                                                      | 1                                                                                                                  | 2 - ISRAELI DAY                                                                                                       |
| <b>Judías verdes con tomate natural</b>                                                                         | <b>HOLIDAY</b>                                                                                                        | <b>Crema de calabacín y puerros</b> (12)                                                               | <b>Crema de brócoli con quesito</b> (3, 7, 12)                                                                     | <b>Hamin de verduras y judías blancas</b>                                                                             |
| Green beans & homemade tomato sauce                                                                             |                                                                                                                       | Creamy zucchini and leek soup                                                                          | Creamy broccoli soup & cheese                                                                                      | Vegetarian Hamin (Shabbat Stew)                                                                                       |
| <b>Tortilla española elaborada con harina de garbanzo con ensalada de lechuga, tomate, cebolla y maíz</b>       |                                                                                                                       | <b>Fil. De seitan a las finas hierbas</b> con ens. De tomate aderezado al AOVE y orégano (1)           | <b>Tofu al limón c/salteado de verduras</b> (pimiento verde y rojo, cebolla, calabacín) <b>y patatitas</b> (6, 12) | <b>Schnitzel de seitan con ens. israelí</b> (tomate, pepino, pimiento, cebolla, perejil, zumo de limón y AOVE) (1, 7) |
| Spanish potato "tortilla" (chickpeas flour) & salad (lettuce, tomato, onion, and corn)                          |                                                                                                                       | Herby seitan & fresh tomato salad tossed with AOVE and oregano                                         | Roasted tofu with lemon & sautéed vegetables                                                                       | Seitan Schnitzel with Israeli salad                                                                                   |
| <b>Fruta de temporada</b> / Seasonal fruit                                                                      |                                                                                                                       | <b>Fruta de temporada</b> / Seasonal fruit                                                             | <b>Fruta de temporada</b> / Seasonal fruit                                                                         | <b>Yogures surtidos/ Dairy desserts</b>                                                                               |
| 12                                                                                                              | 13                                                                                                                    | 14                                                                                                     | 8                                                                                                                  | 9 - CHINESE FRIDAY                                                                                                    |
| <b>Coliflor Orly casera</b> (con harina de maíz)                                                                | <b>Arroz alicantino con verduras</b>                                                                                  | <b>Sopa minestrone de verduras</b> (9)                                                                 | <b>HOLIDAY</b>                                                                                                     | <b>Rollitos de primavera de verduras</b> (1, 6)                                                                       |
| Battered Cauliflower                                                                                            | Spanish veggie rice                                                                                                   | Minestrone soup                                                                                        |                                                                                                                    | Veggie spring rolls                                                                                                   |
| <b>Taquitos de tofu con jardinera</b> (guisantes, j. verde, zanahoria, alcachofa) <b>y patata asada</b> (6, 12) | <b>Tortilla francesa con ratatouille de verduras</b> (calabacín, berenjena, pimientos, cebolla) (harina de garbanzos) | <b>Garbanzos ecológicos, salteados con verduras</b> (patata, zanahoria, puerro, apio, repollo) (9, 12) |                                                                                                                    | <b>Arroz Tres Delicias con verduritas</b> (3)                                                                         |
| Diced tofu "jardinière" (green beans, carrots and baked potatoes)                                               | Veggie omelette (chickpeas flour) & ratatouille                                                                       | Organic chickpeas and vegetable stew                                                                   |                                                                                                                    | Chinese fried rice and veggies                                                                                        |
| <b>Fruta de temporada</b> / Seasonal fruit                                                                      | <b>Fruta de temporada</b> / Seasonal fruit                                                                            | <b>Fruta de temporada</b> / Seasonal fruit                                                             |                                                                                                                    | <b>Yogures surtidos/ Dairy desserts</b>                                                                               |
| 19                                                                                                              | 20                                                                                                                    | 21                                                                                                     | 15                                                                                                                 | 16 - AMERICAN FRIDAY                                                                                                  |
| <b>Sopa de pescado y verduras con estrellitas</b> (1, 3, 6, 10)                                                 | <b>Lentejas ecológicas</b> estofadas con verduras                                                                     | <b>Puré de zanahorias, calabaza y boniato</b> (12)                                                     | <b>Crema de verduras de temporada</b> (12)                                                                         | <b>Macarrones con salsa de tomate casera</b> (1, 6, 10)                                                               |
| Organic macaroni aglio e olio                                                                                   | Organic lentil veggie soup                                                                                            | Pumpkin, sweet potato and carrot purée                                                                 | Creamy seasonal vegetable soup                                                                                     | Maccaroni with homemade tomato sauce                                                                                  |
| <b>Croquetas caseras de espinacas y ens. de tomate aderezado con AOVE y orégano</b> (con bebida vegetal) (6)    | <b>Tortilla de calabacín y patata con ens. De lechuga, pepino, tomate y cebolla</b> (3, 12)                           | <b>Lagrimitas de seitan en salsa de manzana y zanahorias con patata risolada al AOVE</b> (1)           | <b>Wok de seitan con vegetales</b> (calabacín, cebolla, apio, pimientos) y patata al vapor (6, 12)                 | <b>Nuggets vegetales &amp; chips con ensalada de col americana</b> (col, zanahoria, manzana) (1, 6, 8, 10)            |
| Spinach croquettes & fresh tomato salad tossed with AOVE & oregano                                              | Zucchini potato omelette and house salad (lettuce, tomato, onion and cucumber)                                        | Baked seitan goujons in apple & carrot sauce with baked potatoes                                       | Seitan & vegetable wok with steamed potatoes on the side                                                           | Veggie nuggets & chips with American coleslaw salad (coleslaw, carrots and apple)                                     |
| <b>Fruta de temporada</b> / Seasonal fruit                                                                      | <b>Fruta de temporada</b> / Seasonal fruit                                                                            | <b>Bizcocho marmolado sin alérgeno con cacao / marbled cake</b> (6)                                    | <b>Fruta de temporada</b> / Seasonal fruit                                                                         | <b>Yogures surtidos/ Dairy desserts</b>                                                                               |
| 12                                                                                                              | 28                                                                                                                    | 29                                                                                                     | 22 SPECIAL MENU                                                                                                    | 23                                                                                                                    |
| <b>CHRISTMAS HOLIDAYS</b>                                                                                       | <b>CHRISTMAS HOLIDAYS</b>                                                                                             | <b>CHRISTMAS HOLIDAYS</b>                                                                              | <b>Nuggets de prot. Vegetal y pizza casera vegetal</b> (espinaca, berenjena, maíz, tofu) (1, 6)                    | <b>MERRY CHRISTMAS</b>                                                                                                |
|                                                                                                                 |                                                                                                                       |                                                                                                        | Vegetables nuggets and homemade pizza                                                                              |                                                                                                                       |
|                                                                                                                 |                                                                                                                       |                                                                                                        |                                                                                                                    |                                                                                                                       |
|                                                                                                                 |                                                                                                                       |                                                                                                        |                                                                                                                    |                                                                                                                       |
|                                                                                                                 |                                                                                                                       |                                                                                                        | 30                                                                                                                 | 31                                                                                                                    |
| <b>CHRISTMAS HOLIDAYS</b>                                                                                       | <b>CHRISTMAS HOLIDAYS</b>                                                                                             | <b>CHRISTMAS HOLIDAYS</b>                                                                              | <b>CHRISTMAS HOLIDAYS</b>                                                                                          | <b>CHRISTMAS HOLIDAYS</b>                                                                                             |



# Menú Primaria sin ternera ni cerdo - DICIEMBRE/ DECEMBER 2022

Fruta de temporada en función de su estado de maduración: manzana, pera, naranja, plátano, mandarinas...



| 1                 | 2          | 3       | 4       | 5         | 6          | 7        |
|-------------------|------------|---------|---------|-----------|------------|----------|
| Gluten            | Crustáceos | Huevos  | Pescado | Cacahuete | Soja       | Leche    |
| 8                 | 9          | 10      | 11      | 12        | 13         | 14       |
| Frutos de cáscara | Apio       | Mostaza | Sésamo  | Sulfitos  | Altramucos | Moluscos |

| LUNES / MONDAY                                                                                                | MARTES / TUESDAY                                                                                                              | MIÉRCOLES / WEDNESDAY                                                                                  | JUEVES / THURSDAY                                                                                                | VIERNES / FRIDAY                                                                                                 |
|---------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
| 5                                                                                                             | 6                                                                                                                             | 7                                                                                                      | 1                                                                                                                | 2 - ISRAELI DAY                                                                                                  |
| <b>Judías verdes con tomate natural</b>                                                                       | <b>HOLIDAY</b>                                                                                                                | <b>Crema de calabacín y puerros</b> (12)                                                               | <b>Crema de brócoli con queso</b> (3, 7, 12)                                                                     | <b>Hamin de verduras y judías blancas</b>                                                                        |
| Green beans & homemade tomato sauce                                                                           |                                                                                                                               | Creamy zucchini and leek soup                                                                          | Creamy broccoli soup & cheese                                                                                    | Vegetarian Hamin (Shabbat Stew)                                                                                  |
| <b>Empanada casera atún claro al horno</b> con ens. mediterránea de lechuga, tomate, cebolla y maíz (1,3,4,7) |                                                                                                                               | <b>Fil. De pollo a las finas hierbas</b> con ens. De tomate aderezado al AOVE y orégano                | <b>Pollo al limón c/salteado de verduras</b> (pimiento verde y rojo, cebolla, calabacín) <b>y patatitas</b> (12) | <b>Schnitzel de pavo con ens. israelí</b> (tomate, pepino, pimiento, cebolla, perejil, zumo de limón y AOVE) (7) |
| Homemade tuna empanada & salad (lettuce, tomato, onion, and corn)                                             |                                                                                                                               | Herby chicken & fresh tomato salad tossed with AOVE and oregano                                        | Roasted chicken with lemon & sautéed vegetables                                                                  | Turkey Schnitzel with Israeli salad                                                                              |
| <b>Fruta de temporada</b> / Seasonal fruit                                                                    |                                                                                                                               | <b>Fruta de temporada</b> / Seasonal fruit                                                             | <b>Fruta de temporada</b> / Seasonal fruit                                                                       | <b>Yogures surtidos</b> / Dairy desserts                                                                         |
| 12                                                                                                            | 13                                                                                                                            | 14                                                                                                     | 8                                                                                                                | 9 - CHINESE FRIDAY                                                                                               |
| <b>Coliflor Orly casera</b> (con harina de maíz)                                                              | <b>Arroz alicantino con verduras</b>                                                                                          | <b>Sopa de verduras en juliana</b> (1,3,6,9,10)                                                        | <b>HOLIDAY</b>                                                                                                   | <b>Rollitos de primavera de verduras</b> (1,6)                                                                   |
| Cauliflower Orly                                                                                              | Spanish veggie rice                                                                                                           | Vegetable soup                                                                                         |                                                                                                                  | Veggie spring rolls                                                                                              |
| <b>Taquitos de tofu con jardinera</b> (guisantes, i.verde, zanahoria, alcachofa) <b>y patata asada</b> (6,12) | <b>Fil. merluza al ajillo con ratatouille de verduras al horno</b> (rodaja de calabacín, berenjena, pimientos, cebolla) (1,4) | <b>Garbanzos ecológicos, ave, zanahoria, patata, puerro</b> (12)                                       |                                                                                                                  | <b>Arroz Tres Delicias con verduritas</b> (3)                                                                    |
| Diced tofu "jardinière" (green beans, carrots and baked potatoes)                                             | Garlic hake & ratatouille                                                                                                     | Organic chickpeas, and vegetable stew                                                                  |                                                                                                                  | Chinese fried rice and veggies                                                                                   |
| <b>Fruta de temporada</b> / Seasonal fruit                                                                    | <b>Fruta de temporada</b> / Seasonal fruit                                                                                    | <b>Fruta de temporada</b> / Seasonal fruit                                                             | <b>Fruta de temporada</b> / Seasonal fruit                                                                       | <b>Yogures surtidos</b> / Dairy desserts                                                                         |
| 19                                                                                                            | 20                                                                                                                            | 21                                                                                                     | 15                                                                                                               | 16 - U.S.A FRIDAY                                                                                                |
| <b>Sopa de pescado y verduras c/estrellitas</b> (1,2,3,4,6,10,14)                                             | <b>Lentejas ecológicas estofadas con verduras</b>                                                                             | <b>Puré de zanahorias, calabaza y boniato</b> (12)                                                     | <b>Crema de verduras de temporada</b> (12)                                                                       | <b>Mac &amp; cheese</b> (1,3,6,7,10)                                                                             |
| Homemade fish and vegetable soup                                                                              | Organic lentil veggie soup                                                                                                    | Pumpkin, sweet potato and carrot purée                                                                 | Creamy seasonal vegetable soup                                                                                   | American mac & cheese                                                                                            |
| <b>Croquetas surtidas con ens. de tomate aderezado con AOVE y orégano</b> (1,3,4,6,7)                         | <b>Tortilla de calabacín y patata con ens. De lechuga, pepino, tomate y cebolla</b> (3,12)                                    | <b>Lagrimitas de pavo en salsa de manzana y zanahorias</b> con patata risolada a la mantequilla (7,12) | <b>Wok de pollo con vegetales</b> (calabacín, cebolla, apio, pimientos) y patata al vapor (12)                   | <b>Fish &amp; chips con ensalada de col americana</b> (col, zanahoria, manzana) (1,3,4,6)                        |
| Assorted croquettes & fresh tomato salad tossed with AOVE & oregano                                           | Zucchini potato omelette and house salad (lettuce, tomato, onion and cucumber)                                                | Turkey goujons in apple & carrot sauce with baked potatoes                                             | Chicken & vegetable wok with steamed potatoes on the side                                                        | Fish & chips with American coleslaw salad (coleslaw, carrots and apple)                                          |
| <b>Fruta de temporada</b> / Seasonal fruit                                                                    | <b>Fruta de temporada</b> / Seasonal fruit                                                                                    | <b>Bizcocho marmolado con cacao</b> /Cocoa marbled cake (1,3,7)                                        | <b>Fruta de temporada</b> / Seasonal fruit                                                                       | <b>Yogures surtidos</b> / Dairy desserts                                                                         |
| 12                                                                                                            | 28                                                                                                                            | 29                                                                                                     | 22 SPECIAL MENU                                                                                                  | 23                                                                                                               |
|                                                                                                               |                                                                                                                               |                                                                                                        | <b>Nuggets de pollo y pizzas variadas</b> (1,3,4,6,7,10)                                                         | <b>MERRY CHRISTMAS</b>                                                                                           |
|                                                                                                               |                                                                                                                               |                                                                                                        | Chicken nuggets & assorted pizzas                                                                                |                                                                                                                  |
|                                                                                                               |                                                                                                                               |                                                                                                        |                                                                                                                  |                                                                                                                  |
|                                                                                                               |                                                                                                                               |                                                                                                        |                                                                                                                  |                                                                                                                  |
| <b>CHRISTMAS HOLIDAYS</b>                                                                                     | <b>CHRISTMAS HOLIDAYS</b>                                                                                                     | <b>CHRISTMAS HOLIDAYS</b>                                                                              | <b>CHRISTMAS HOLIDAYS</b>                                                                                        | <b>CHRISTMAS HOLIDAYS</b>                                                                                        |

# Menú Primaria sin ternera, cerdo ni pescado - DICIEMBRE/ DECEMBER 2022

Fruta de temporada en función de su estado de maduración: manzana, pera, naranja, plátano, mandarinas...



| 1                 | 2          | 3       | 4       | 5         | 6          | 7        |
|-------------------|------------|---------|---------|-----------|------------|----------|
| Gluten            | Crustáceos | Huevos  | Pescado | Cacahuete | Soja       | Leche    |
| 8                 | 9          | 10      | 11      | 12        | 13         | 14       |
| Frutos de cáscara | Apio       | Mostaza | Sésamo  | Sulfitos  | Altramucos | Moluscos |

| JUEVES / THURSDAY                                                                                                                 | VIERNES / FRIDAY                                                                                                 |
|-----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
| 1                                                                                                                                 | 2 - ISRAELI DAY                                                                                                  |
| <b>Crema de brócoli con queso</b> (3, 7, 12)                                                                                      | <b>Hamin de verduras y judías blancas</b>                                                                        |
| Creamy broccoli soup & cheese                                                                                                     | Vegetarian Hamin (Shabbat Stew)                                                                                  |
| <b>Pollo al limón c/salteado de verduras</b> (pimiento verde y rojo, cebolla, calabacín) <b>y patatitas</b> (12)                  | <b>Schnitzel de pavo con ens. israelí</b> (tomate, pepino, pimiento, cebolla, perejil, zumo de limón y AOVE) (7) |
| Roasted chicken with lemon & sautéed vegetables                                                                                   | Turkey Schnitzel with Israeli salad                                                                              |
| <b>Fruta de temporada / Seasonal fruit</b>                                                                                        | <b>Yogures surtidos/ Dairy desserts</b>                                                                          |
| 8                                                                                                                                 | 9 - CHINESE FRIDAY                                                                                               |
| <b>HOLIDAY</b>                                                                                                                    | <b>Rollitos de primavera de verduras</b> (1, 6)                                                                  |
|                                                                                                                                   | Veggie spring rolls                                                                                              |
|                                                                                                                                   | <b>Arroz Tres Delicias con verduritas</b> (3)                                                                    |
|                                                                                                                                   | Chinese fried rice and veggies                                                                                   |
|                                                                                                                                   | <b>Yogures surtidos/ Dairy desserts</b>                                                                          |
| 15                                                                                                                                | 16 - AMERICAN FRIDAY                                                                                             |
| <b>Crema de verduras de temporada</b> (12)                                                                                        | <b>Mac &amp; cheese</b> (1, 3, 6, 7, 10)                                                                         |
| Creamy seasonal vegetable soup                                                                                                    | American mac & cheese                                                                                            |
| <b>Wok de pollo con vegetales</b> (calabacín, cebolla, apio, pimientos) y patata al vapor (12)                                    | <b>Nuggets vegetales &amp; chips con ensalada de col americana</b> (col, zanahoria, manzana) (1, 6, 8, 10)       |
| Chicken & vegetable wok with steamed potatoes on the side                                                                         | Veggie nuggets & chips with American coleslaw salad (coleslaw, carrots and apple)                                |
| <b>Fruta de temporada / Seasonal fruit</b>                                                                                        | <b>Yogures surtidos/ Dairy desserts</b>                                                                          |
| 22 SPECIAL MENU                                                                                                                   | 23                                                                                                               |
| <b>Fingers caseros de pollo</b> (harina de maíz) <b>y pizza caseros</b> (tomate, maíz, cebolla, pimiento, fiambre de pavo) (1, 6) | <b>MERRY CHRISTMAS</b>                                                                                           |
| <b>Homemade chicken fingers and pizza</b> (tomato, corn, onion, pepper, turkey)                                                   |                                                                                                                  |
| 30                                                                                                                                | 31                                                                                                               |
| <b>CHRISTMAS HOLIDAYS</b>                                                                                                         | <b>CHRISTMAS HOLIDAYS</b>                                                                                        |

| LUNES / MONDAY                                                                                                 | MARTES / TUESDAY                                                                                                       | MIÉRCOLES / WEDNESDAY                                                                                   |
|----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| 5                                                                                                              | 6                                                                                                                      | 7                                                                                                       |
| <b>Judías verdes con tomate natural</b>                                                                        | <b>HOLIDAY</b>                                                                                                         | <b>Crema de calabacín y puerros</b> (12)                                                                |
| Green beans & homemade tomato sauce                                                                            |                                                                                                                        | Creamy zucchini and leek soup                                                                           |
| <b>Empanada casera prot. De guisante o soja al horno c/ens. de lechuga, tomate, cebolla y maíz</b> (1, 3, 6)   |                                                                                                                        | <b>Fil. De pollo a las finas hierbas</b> con ens. De tomate aderezado al AOVE y orégano                 |
| Homemade vegetable empanada & salad (lettuce, tomato, onion, and corn)                                         |                                                                                                                        | Herby chicken & fresh tomato salad tossed with AOVE and oregano                                         |
| <b>Fruta de temporada / Seasonal fruit</b>                                                                     |                                                                                                                        | <b>Fruta de temporada / Seasonal fruit</b>                                                              |
| 12                                                                                                             | 13                                                                                                                     | 14                                                                                                      |
| <b>Coliflor Orly casera</b> (con harina de maíz)                                                               | <b>Arroz alicantino con verduras</b>                                                                                   | <b>Sopa de verduras en juliana</b> (1, 3, 6, 9, 10)                                                     |
| Battered Cauliflower                                                                                           | Spanish veggie rice                                                                                                    | Vegetables soup                                                                                         |
| <b>Taquitos de tofu con jardinera</b> (guisantes, i.verde, zanahoria, alcachofa) <b>y patata asada</b> (6, 12) | <b>Tortilla francesa con ratatouille de verduras al horno</b> (rodaja de calabacín, berenjena, pimientos, cebolla) (3) | <b>Garbanzos ecológicos, ave, zanahoria, patata, puerro</b> (12)                                        |
| Diced tofu "jardinière" (green beans, carrots and baked potatoes)                                              | French omelette & ratatouille                                                                                          | Organic chickpeas, and vegetable stew                                                                   |
| <b>Fruta de temporada / Seasonal fruit</b>                                                                     | <b>Fruta de temporada / Seasonal fruit</b>                                                                             | <b>Fruta de temporada / Seasonal fruit</b>                                                              |
| 19                                                                                                             | 20                                                                                                                     | 21                                                                                                      |
| <b>Sopa de verduras con estrellitas</b> (1, 3, 6, 10)                                                          | <b>Lentejas ecológicas estofadas con verduras</b>                                                                      | <b>Puré de zanahorias, calabaza y boniato</b> (12)                                                      |
| Homemade vegetable soup                                                                                        | Organic lentil veggie soup                                                                                             | Pumpkin, sweet potato and carrot purée                                                                  |
| <b>Croquetas caseras de espinacas y ens. de tomate aderezado con AOVE y orégano</b> (con bebida vegetal) (6)   | <b>Tortilla de calabacín y patata con ens. De lechuga, pepino, tomate y cebolla</b> (3, 12)                            | <b>Lagrimitas de pavo en salsa de manzana y zanahorias</b> con patata risolada a la mantequilla (7, 12) |
| Spinach croquettes & fresh tomato salad tossed with AOVE & oregano                                             | Zucchini potato omelette and house salad (lettuce, tomato, onion and cucumber)                                         | Turkey goujons in apple & carrot sauce with baked potatoes                                              |
| <b>Fruta de temporada / Seasonal fruit</b>                                                                     | <b>Fruta de temporada / Seasonal fruit</b>                                                                             | <b>Bizcocho con cacao</b> /Cocoa marbled cake (1, 3, 7)                                                 |
| 12                                                                                                             | 28                                                                                                                     | 29                                                                                                      |
| <b>CHRISTMAS HOLIDAYS</b>                                                                                      | <b>CHRISTMAS HOLIDAYS</b>                                                                                              | <b>CHRISTMAS HOLIDAYS</b>                                                                               |

# Menú Primaria sin ternera, cerdo ni tomate - DICIEMBRE/ DECEMBER 2022

Fruta de temporada en función de su estado de maduración: manzana, pera, naranja, plátano, mandarinas...



| 1                 | 2          | 3       | 4       | 5         | 6          | 7        |
|-------------------|------------|---------|---------|-----------|------------|----------|
| Gluten            | Crustáceos | Huevos  | Pescado | Cacahuete | Soja       | Leche    |
| 8                 | 9          | 10      | 11      | 12        | 13         | 14       |
| Frutos de cáscara | Apio       | Mostaza | Sésamo  | Sulfitos  | Altramucos | Moluscos |

| JUEVES / THURSDAY                                                                                                | VIERNES / FRIDAY                                                                                         |
|------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| 1                                                                                                                | 2 - ISRAELI FRIDAY                                                                                       |
| <b>Crema de brócoli con queso</b> (3, 7, 12)                                                                     | <b>Hamin de verduras y judías blancas</b>                                                                |
| Creamy broccoli soup & cheese                                                                                    | Vegetarian Hamin (Shabbat Stew)                                                                          |
| <b>Pollo al limón c/salteado de verduras</b> (pimiento verde y rojo, cebolla, calabacín) <b>y patatitas</b> (12) | <b>Schnitzel de pavo con ens. israelí</b> (pepino, pimiento, cebolla, perejil, zumo de limón y AOVE) (7) |
| Roasted chicken with lemon & sautéed vegetables                                                                  | Turkey Schnitzel with Israeli salad                                                                      |
| <b>Fruta de temporada</b> / Seasonal fruit                                                                       | <b>Yogures surtidos</b> / Dairy desserts                                                                 |
| 8                                                                                                                | 9 - CHINESE FRIDAY                                                                                       |
| <b>HOLIDAY</b>                                                                                                   | <b>Rollitos de primavera de verduras</b> (1,6)                                                           |
|                                                                                                                  | Veggie spring rolls                                                                                      |
|                                                                                                                  | <b>Arroz Tres Delicias con verduritas</b> (3)                                                            |
|                                                                                                                  | Chinese fried rice and veggies                                                                           |
|                                                                                                                  | <b>Yogures surtidos</b> / Dairy desserts                                                                 |
| 15                                                                                                               | 16 - AMERICAN FRIDAY                                                                                     |
| <b>Crema de verduras de temporada</b> (12)                                                                       | <b>Mac &amp; cheese</b> (1,3,6,7,10).                                                                    |
| Creamy seasonal vegetable soup                                                                                   | American mac & cheese                                                                                    |
| <b>Wok de pollo con vegetales</b> (calabacín, cebolla, apio, pimientos) y patata al vapor (12)                   | <b>Fish &amp; chips con ensalada de col americana</b> (col, zanahoria, manzana) (1,3,4,6)                |
| Chicken & vegetable wok with steamed potatoes on the side                                                        | Fish & chips with American coleslaw salad (coleslaw, carrots and apple)                                  |
| <b>Fruta de temporada</b> / Seasonal fruit                                                                       | <b>Yogures surtidos</b> / Dairy desserts                                                                 |
| 22 SPECIAL MENU                                                                                                  | 23                                                                                                       |
| <b>Nuggets de pollo y pizza casera sin tomate</b> (1,3,4,6,7,10)                                                 | <b>MERRY CHRISTMAS</b>                                                                                   |
| Chicken nuggets & assorted pizzas (no tomato)                                                                    |                                                                                                          |
| 30                                                                                                               | 31                                                                                                       |
| <b>CHRISTMAS HOLIDAYS</b>                                                                                        | <b>CHRISTMAS HOLIDAYS</b>                                                                                |

| LUNES / MONDAY                                                                                                | MARTES / TUESDAY                                                                                                              | MIÉRCOLES / WEDNESDAY                                                                                         |
|---------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
| 5                                                                                                             | 6                                                                                                                             | 7                                                                                                             |
| <b>Judías verdes salteadas con AOVE y ajitos</b>                                                              | <b>HOLIDAY</b>                                                                                                                | <b>Crema de calabacín y puerros</b> (12)                                                                      |
| Sautéed green beans                                                                                           |                                                                                                                               | Creamy zucchini and leek soup                                                                                 |
| <b>Empanada casera atún claro al horno (no tomate) con ens. lechuga, cebolla y maíz</b> (1,3,4,7)             |                                                                                                                               | <b>Fil. De pollo a las finas hierbas</b> con ens. De lechuga, maíz y col lombarda aderezado al AOVE y orégano |
| Homemade tuna empanada & salad (lettuce, onion, and corn)                                                     |                                                                                                                               | Herby chicken & fresh salad tossed with AOVE and oregano                                                      |
| <b>Fruta de temporada</b> / Seasonal fruit                                                                    |                                                                                                                               | <b>Fruta de temporada</b> / Seasonal fruit                                                                    |
| 12                                                                                                            | 13                                                                                                                            | 14                                                                                                            |
| <b>Coliflor Orly casera</b> (con harina de maíz)                                                              | <b>Arroz alicantino con verduras</b>                                                                                          | <b>Sopa de verduras en juliana</b> (1,3,6,9,10)                                                               |
| Battered Cauliflower                                                                                          | Spanish veggie rice                                                                                                           | Vegetable soup                                                                                                |
| <b>Taquitos de tofu con jardinera</b> (guisantes, i.verde, zanahoria, alcachofa) <b>y patata asada</b> (6,12) | <b>Fil. merluza al ajillo con ratatouille de verduras al horno</b> (rodaja de calabacín, berenjena, pimientos, cebolla) (1,4) | <b>Garbanzos ecológicos, ave, zanahoria, patata, puerro</b> (12)                                              |
| Diced tofu "jardinière" (green beans, carrots and baked potatoes)                                             | Garlic hake & ratatouille                                                                                                     | Organic chickpeas, and vegetable stew                                                                         |
| <b>Fruta de temporada</b> / Seasonal fruit                                                                    | <b>Fruta de temporada</b> / Seasonal fruit                                                                                    | <b>Fruta de temporada</b> / Seasonal fruit                                                                    |
| 19                                                                                                            | 20                                                                                                                            | 21                                                                                                            |
| <b>Sopa de pescado y verduras c/estrellitas</b> (1,2,3,4,6,10,14)                                             | <b>Lentejas ecológicas estofadas con verduras</b>                                                                             | <b>Puré de zanahorias, calabaza y boniato</b> (12)                                                            |
| Homemade fish and vegetable soup                                                                              | Organic lentil veggie soup                                                                                                    | Pumpkin, sweet potato and carrot purée                                                                        |
| <b>Croquetas de bacalao con ens. Lechuga y maíz aderezada con AOVE y orégano</b> (1,3,4,6,7)                  | <b>Tortilla de calabacín y patata con ens. De lechuga, pepino y cebolla</b> (3,12)                                            | <b>Lagrimitas de pavo en salsa de manzana</b> con patata risolada a la mantequilla (7,12)                     |
| Cod croquettes & salad tossed with AOVE & oregano                                                             | Zucchini potato omelette and house salad (lettuce, onion and cucumber)                                                        | Turkey goujons in apple & carrot sauce with baked potatoes                                                    |
| <b>Fruta de temporada</b> / Seasonal fruit                                                                    | <b>Fruta de temporada</b> / Seasonal fruit                                                                                    | <b>Biscocho marmolado con cacao</b> /Cocoa marbled cake (1,3,7)                                               |
| 12                                                                                                            | 28                                                                                                                            | 29                                                                                                            |
| <b>CHRISTMAS HOLIDAYS</b>                                                                                     | <b>CHRISTMAS HOLIDAYS</b>                                                                                                     | <b>CHRISTMAS HOLIDAYS</b>                                                                                     |

# Menú Primaria sin ternera ni pavo - DICIEMBRE/ DECEMBER 2022

Fruta de temporada en función de su estado de maduración: manzana, pera, naranja, plátano, mandarinas...



| 1                 | 2          | 3       | 4       | 5         | 6          | 7        |
|-------------------|------------|---------|---------|-----------|------------|----------|
| Gluten            | Crustáceos | Huevos  | Pescado | Cacahuete | Soja       | Leche    |
| 8                 | 9          | 10      | 11      | 12        | 13         | 14       |
| Frutos de cáscara | Apio       | Mostaza | Sésamo  | Sulfitos  | Altramucos | Moluscos |

| LUNES / MONDAY                                                                                                | MARTES / TUESDAY                                                                                                              | MIÉRCOLES / WEDNESDAY                                                                        | JUEVES / THURSDAY                                                                                                | VIERNES / FRIDAY                                                                                                     |
|---------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| 5                                                                                                             | 6                                                                                                                             | 7                                                                                            | 1                                                                                                                | 2 - ISRAELI FRIDAY                                                                                                   |
| <b>Judías verdes con tomate natural</b>                                                                       | <b>HOLIDAY</b>                                                                                                                | <b>Crema de calabacín y puerros</b> (12)                                                     | <b>Crema de brócoli con queso</b> (3, 7, 12)                                                                     | <b>Hamin de verduras y judías blancas</b>                                                                            |
| Green beans & homemade tomato sauce                                                                           |                                                                                                                               | Creamy zucchini and leek soup                                                                | Creamy broccoli soup & cheese                                                                                    | Vegetarian Hamin (Shabbat Stew)                                                                                      |
| <b>Empanada casera atún claro al horno</b> con ens. mediterránea de lechuga, tomate, cebolla y maíz (1,3,4,7) |                                                                                                                               | <b>Fil. De pollo a las finas hierbas</b> con ens. De tomate aderezado al AOVE y orégano      | <b>Pollo al limón c/salteado de verduras</b> (pimiento verde y rojo, cebolla, calabacín) <b>y patatitas</b> (12) | <b>Schnitzel de seitan con ens. israelí</b> (tomate, pepino, pimiento, cebolla, perejil, zumo de limón y AOVE) (1,7) |
| Homemade tuna empanada & salad (lettuce, tomato, onion, and corn)                                             |                                                                                                                               | Herby chicken & fresh tomato salad tossed with AOVE and oregano                              | Roasted chicken with lemon & sautéed vegetables                                                                  | Seitan Schnitzel with Israeli salad                                                                                  |
| <b>Fruta de temporada</b> / Seasonal fruit                                                                    |                                                                                                                               | <b>Fruta de temporada</b> / Seasonal fruit                                                   | <b>Fruta de temporada</b> / Seasonal fruit                                                                       | <b>Yogures surtidos</b> / Dairy desserts                                                                             |
| 12                                                                                                            | 13                                                                                                                            | 14                                                                                           | 8                                                                                                                | 9 - CHINESE FRIDAY                                                                                                   |
| <b>Coliflor Orly casera</b> (con harina de maíz)                                                              | <b>Arroz alicantino con verduras</b>                                                                                          | <b>Sopa de verduras en juliana</b> (1,3,6,9,10)                                              | <b>HOLIDAY</b>                                                                                                   | <b>Rollitos de primavera de verduras</b> (1,6)                                                                       |
| Battered Cauliflower                                                                                          | Spanish veggie rice                                                                                                           | Vegetables soup                                                                              |                                                                                                                  | Veggie spring rolls                                                                                                  |
| <b>Taquitos de tofu con jardinera</b> (guisantes, i.verde, zanahoria, alcachofa) <b>y patata asada</b> (6,12) | <b>Fil. merluza al ajillo con ratatouille de verduras al horno</b> (rodaja de calabacín, berenjena, pimientos, cebolla) (1,4) | <b>Garbanzos ecológicos, ave, zanahoria, patata, puerro</b> (12)                             |                                                                                                                  | <b>Arroz Tres Delicias con verduritas</b> (3)                                                                        |
| Diced tofu "jardinière" (green beans, carrots and baked potatoes)                                             | Garlic hake & ratatouille                                                                                                     | Organic chickpeas, and vegetable stew                                                        |                                                                                                                  | Chinese fried rice and veggies                                                                                       |
| <b>Fruta de temporada</b> / Seasonal fruit                                                                    | <b>Fruta de temporada</b> / Seasonal fruit                                                                                    | <b>Fruta de temporada</b> / Seasonal fruit                                                   | <b>Fruta de temporada</b> / Seasonal fruit                                                                       | <b>Yogures surtidos</b> / Dairy desserts                                                                             |
| 19                                                                                                            | 20                                                                                                                            | 21                                                                                           | 15                                                                                                               | 16 - AMERICAN FRIDAY                                                                                                 |
| <b>Sopa de pescado y verduras c/estrellitas</b> (1,2,3,4,6,10,14)                                             | <b>Lentejas ecológicas estofadas con verduras</b>                                                                             | <b>Puré de zanahorias, calabaza y boniato</b> (12)                                           | <b>Crema de verduras de temporada</b> (12)                                                                       | <b>Mac &amp; cheese</b> (1,3,6,7,10)                                                                                 |
| Homemade fish and vegetable soup                                                                              | Organic lentil veggie soup                                                                                                    | Pumpkin, sweet potato and carrot purée                                                       | Creamy seasonal vegetable soup                                                                                   | American mac & cheese                                                                                                |
| <b>Croquetas surtidas con ens. de tomate aderezado con AOVE y orégano</b> (1,3,4,6,7)                         | <b>Tortilla de calabacín y patata con ens. De lechuga, pepino, tomate y cebolla</b> (3,12)                                    | <b>Lagrimitas de seitan en salsa de manzana y zanahorias con patata risolada al AOVE</b> (1) | <b>Wok de pollo con vegetales</b> (calabacín, cebolla, apio, pimientos) y patata al vapor (12)                   | <b>Fish &amp; chips con ensalada de col americana</b> (col, zanahoria, manzana) (1,3,4,6)                            |
| Assorted croquettes & fresh tomato salad tossed with AOVE & oregano                                           | Zucchini potato omelette and house salad (lettuce, tomato, onion and cucumber)                                                | Baked seitan goujons in apple & carrot sauce with baked potatoes                             | Chicken & vegetable wok with steamed potatoes on the side                                                        | Fish & chips with American coleslaw salad (coleslaw, carrots and apple)                                              |
| <b>Fruta de temporada</b> / Seasonal fruit                                                                    | <b>Fruta de temporada</b> / Seasonal fruit                                                                                    | <b>Bizcocho marmolado con cacao</b> /Cocoa marbled cake (1,3,7)                              | <b>Fruta de temporada</b> / Seasonal fruit                                                                       | <b>Yogures surtidos</b> / Dairy desserts                                                                             |
| 12                                                                                                            | 28                                                                                                                            | 29                                                                                           | 22 SPECIAL MENU                                                                                                  | 23                                                                                                                   |
| <b>CHRISTMAS HOLIDAYS</b>                                                                                     | <b>CHRISTMAS HOLIDAYS</b>                                                                                                     | <b>CHRISTMAS HOLIDAYS</b>                                                                    | <b>Nuggets de pollo y pizzas variadas</b> (1,3,4,6,7,10)                                                         | <b>MERRY CHRISTMAS</b>                                                                                               |
|                                                                                                               |                                                                                                                               |                                                                                              | <b>Chicken nuggets &amp; assorted pizzas</b>                                                                     |                                                                                                                      |
|                                                                                                               |                                                                                                                               |                                                                                              |                                                                                                                  |                                                                                                                      |
|                                                                                                               |                                                                                                                               |                                                                                              |                                                                                                                  |                                                                                                                      |
|                                                                                                               |                                                                                                                               |                                                                                              | 30                                                                                                               | 31                                                                                                                   |
| <b>CHRISTMAS HOLIDAYS</b>                                                                                     | <b>CHRISTMAS HOLIDAYS</b>                                                                                                     | <b>CHRISTMAS HOLIDAYS</b>                                                                    | <b>CHRISTMAS HOLIDAYS</b>                                                                                        | <b>CHRISTMAS HOLIDAYS</b>                                                                                            |

# Menú Primaria sin trigo ni lactosa - DICIEMBRE/ DECEMBER 2022

Fruta de temporada en función de su estado de maduración: manzana, pera, naranja, plátano, mandarinas...



| 1                 | 2          | 3       | 4       | 5         | 6          | 7        |
|-------------------|------------|---------|---------|-----------|------------|----------|
| Gluten            | Crustáceos | Huevos  | Pescado | Cacahuete | Soja       | Leche    |
| 8                 | 9          | 10      | 11      | 12        | 13         | 14       |
| Frutos de cáscara | Apio       | Mostaza | Sésamo  | Sulfitos  | Altramucos | Moluscos |

| LUNES / MONDAY                                                                                     | MARTES / TUESDAY                                                                                                              | MIÉRCOLES / WEDNESDAY                                                                             | JUEVES / THURSDAY                                                                                                                | VIERNES / FRIDAY                                                                                                             |
|----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| 5                                                                                                  | 6                                                                                                                             | 7                                                                                                 | 1                                                                                                                                | 2 - ISRAEL DAY                                                                                                               |
| <b>Judías verdes con tomate natural</b>                                                            | <b>HOLIDAY</b>                                                                                                                | <b>Crema de calabacín y puerros</b> (12)                                                          | <b>Crema de brócoli</b> (12)                                                                                                     | <b>Hamin de verduras y judías blancas</b>                                                                                    |
| Green beans & homemade tomato sauce                                                                |                                                                                                                               | Creamy zucchini and leek soup                                                                     | Creamy broccoli soup                                                                                                             | Vegetarian Hamin (Shabbat Stew)                                                                                              |
| <b>Tortilla española con ens. mediterránea de lechuga, tomate, cebolla y maíz</b> (3,12)           |                                                                                                                               | <b>Fil. De pollo a las finas hierbas con ens. De tomate aderezado al AOVE y orégano</b>           | <b>Pollo al limón c/salteado de verduras</b> (pimiento verde y rojo, cebolla, calabacín) <b>y patatitas</b> (12)                 | <b>Schnitzel de pavo con ens. israelí</b> (tomate, pepino, pimiento, cebolla, perejil, zumo de limón y AOVE) (sin nata)      |
| Spanish potato "tortilla" & salad (lettuce, tomato, onion, and corn)                               |                                                                                                                               | Herby chicken & fresh tomato salad tossed with AOVE and oregano                                   | Roasted chicken with lemon & sautéed vegetables                                                                                  | Turkey Schnitzel with Israeli salad                                                                                          |
| <b>Fruta de temporada / Seasonal fruit</b>                                                         |                                                                                                                               | <b>Fruta de temporada / Seasonal fruit</b>                                                        | <b>Fruta de temporada / Seasonal fruit</b>                                                                                       | <b>Postre de soja/ soya desserts</b>                                                                                         |
| 12                                                                                                 | 13                                                                                                                            | 14                                                                                                | 8                                                                                                                                | 9 - CHINESE FRIDAY                                                                                                           |
| <b>Coliflor Orly casera</b> (con harina de maíz)                                                   | <b>Arroz alicantino con verduras</b>                                                                                          | <b>Sopa de cocido</b> (pasta sin alérgenos)                                                       | <b>HOLIDAY</b>                                                                                                                   | <b>Sopa de verduras en juliana</b> (9)                                                                                       |
| Battered Cauliflower                                                                               | Spanish veggie rice                                                                                                           | Spanish cocido soup                                                                               |                                                                                                                                  | Vegetables soup                                                                                                              |
| <b>Ternera con jardinera</b> (guisantes, j.verde, zanahoria, alcachofa) <b>y patata asada</b> (12) | <b>Fil. merluza al ajillo con ratatouille de verduras al horno</b> (rodaja de calabacín, berenjena, pimientos, cebolla) (1,4) | <b>Complemento del cocido: garbanzos ecológicos, ave, zanahoria, patata, puerro, chorizo</b> (12) |                                                                                                                                  | <b>Arroz Tres Delicias con verduritas</b> (3)                                                                                |
| Beef "jardinière" (green beans, carrots and baked potatoes)                                        | Garlic hake & ratatouille                                                                                                     | Organic chickpeas, vegetables, meat stew                                                          |                                                                                                                                  | Chinese fried rice and veggies                                                                                               |
| <b>Fruta de temporada / Seasonal fruit</b>                                                         | <b>Fruta de temporada / Seasonal fruit</b>                                                                                    | <b>Fruta de temporada / Seasonal fruit</b>                                                        |                                                                                                                                  | <b>Postre de soja/ soya desserts</b>                                                                                         |
| 19                                                                                                 | 20                                                                                                                            | 21                                                                                                | 15                                                                                                                               | 16 - U.S.A FRIDAY                                                                                                            |
| <b>Sopa de pescado y verduras con pasta sin alérgenos</b> (2,4,14)                                 | <b>Lentejas ecológicas estofadas con verduras</b>                                                                             | <b>Puré de zanahorias, calabaza y boniato</b> (12)                                                | <b>Crema de verduras de temporada</b> (12)                                                                                       | <b>Mac &amp; tomato</b> (pasta sin gluten)                                                                                   |
| Homemade fish and vegetable soup                                                                   | Organic lentil veggie soup                                                                                                    | Pumpkin, sweet potato and carrot purée                                                            | Creamy seasonal vegetable soup                                                                                                   | American mac (gluten free) & tomato sauce                                                                                    |
| <b>Bacalao al horno con ens. de tomate aderezado con AOVE y orégano</b> (4)                        | <b>Tortilla de calabacín y patata con ens. De lechuga, pepino, tomate y cebolla</b> (3,12)                                    | <b>Lagrimitas de pavo en salsa de manzana y zanahorias con patata risolada con AOVE</b> (12)      | <b>Wok de pollo con vegetales</b> (calabacín, cebolla, apio, pimientos) y patata al vapor (12)                                   | <b>Fish</b> (rebozado con harina de maíz) <b>&amp; chips con ensalada de col americana</b> (col, zanahoria, manzana) (3,4,6) |
| Codfish & fresh tomato salad tossed with AOVE & oregano                                            | Zucchini potato omelette and house salad (lettuce, tomato, onion and cucumber)                                                | Turkey goujons in apple & carrot sauce with baked potatoes                                        | Chicken & vegetable wok with steamed potatoes on the side                                                                        | Fish (corn flour) & chips with American coleslaw salad (coleslaw, carrots and apple)                                         |
| <b>Fruta de temporada / Seasonal fruit</b>                                                         | <b>Fruta de temporada / Seasonal fruit</b>                                                                                    | <b>Bizcocho casero sin alérgenos con cacao / cake</b> (6)                                         | <b>Fruta de temporada / Seasonal fruit</b>                                                                                       | <b>Postre de soja/ soya desserts</b>                                                                                         |
| 12                                                                                                 | 28                                                                                                                            | 29                                                                                                | 22 SPECIAL MENU                                                                                                                  | 23                                                                                                                           |
|                                                                                                    |                                                                                                                               |                                                                                                   | <b>Fingers caseros de pollo</b> (harina de maíz) <b>y pizza sin gluten</b> (tomate, maíz, cebolla, pimiento, fiambre pavo) (1,6) | <b>MERRY CHRISTMAS</b>                                                                                                       |
|                                                                                                    |                                                                                                                               |                                                                                                   | <b>Homemade chicken fingers and pizza</b> (tomato, corn, onion, pepper, turkey)                                                  |                                                                                                                              |
|                                                                                                    |                                                                                                                               |                                                                                                   |                                                                                                                                  |                                                                                                                              |
|                                                                                                    |                                                                                                                               |                                                                                                   |                                                                                                                                  |                                                                                                                              |
| <b>CHRISTMAS HOLIDAYS</b>                                                                          | <b>CHRISTMAS HOLIDAYS</b>                                                                                                     | <b>CHRISTMAS HOLIDAYS</b>                                                                         | <b>CHRISTMAS HOLIDAYS</b>                                                                                                        | <b>CHRISTMAS HOLIDAYS</b>                                                                                                    |

# Menú Primaria ovolacteo vegano - DICIEMBRE/ DECEMBER 2022

Fruta de temporada en función de su estado de maduración: manzana, pera, naranja, plátano, mandarinas...



| 1                 | 2          | 3       | 4       | 5         | 6          | 7        |
|-------------------|------------|---------|---------|-----------|------------|----------|
| Gluten            | Crustáceos | Huevos  | Pescado | Cacahuete | Soja       | Leche    |
| 8                 | 9          | 10      | 11      | 12        | 13         | 14       |
| Frutos de cáscara | Apio       | Mostaza | Sésamo  | Sulfitos  | Altramucos | Moluscos |

| LUNES / MONDAY                                                                                              | MARTES / TUESDAY                                                                                         | MIÉRCOLES / WEDNESDAY                                                                                 | JUEVES / THURSDAY                                                                                          | VIERNES / FRIDAY                                                                                                             |
|-------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| 5                                                                                                           | 6                                                                                                        | 7                                                                                                     | 1                                                                                                          | 2 - ISRAELI FRIDAY                                                                                                           |
| <b>Judías verdes con tomate natural</b>                                                                     | <b>HOLIDAY</b>                                                                                           | <b>Crema de calabacín y puerros (1,2)</b>                                                             | <b>Crema de brócoli (1,2)</b>                                                                              | <b>Hamin de verduras y judías blancas</b>                                                                                    |
| Green beans & homemade tomato sauce                                                                         |                                                                                                          | Creamy zucchini and leek soup                                                                         | Creamy broccoli soup                                                                                       | Vegetarian Hamin (Shabbat Stew)                                                                                              |
| <b>Tortilla española elaborada con harina de garbanzo con ende lechuga, tomate, cebolla y maíz</b>          |                                                                                                          | <b>Fil. De seitán a las finas hierbas con ens. De tomate aderezado al AOVE y orégano (1)</b>          | <b>Tofu al limón c/salteado de verduras (pimiento verde y rojo, cebolla, calabacín) y patatitas (6,12)</b> | <b>Schnitzel de seitán con ens. israelí (tomate, pepino, pimiento, cebolla, perejil, zumo de limón y AOVE) (1) Sin nata.</b> |
| Spanish potato "tortilla" (chickpeas flour) & salad (lettuce, tomato, onion, and corn)                      |                                                                                                          | Herby seitan & fresh tomato salad tossed with AOVE and oregano                                        | Roasted tofu with lemon & sautéed vegetables                                                               | Seitan Schnitzel (no cream) with Israeli salad                                                                               |
| <b>Fruta de temporada / Seasonal fruit</b>                                                                  |                                                                                                          | <b>Fruta de temporada / Seasonal fruit</b>                                                            | <b>Fruta de temporada / Seasonal fruit</b>                                                                 | <b>Yogures surtidos/ Dairy desserts</b>                                                                                      |
| 12                                                                                                          | 13                                                                                                       | 14                                                                                                    | 8                                                                                                          | 9 - CHINESE FRIDAY                                                                                                           |
| <b>Coliflor Orly casera (con harina de maíz)</b>                                                            | <b>Arroz alicantino con verduras</b>                                                                     | <b>Sopa minestrone de verduras (9)</b>                                                                | <b>HOLIDAY</b>                                                                                             | <b>Rollitos de primavera de verduras (1,6)</b>                                                                               |
| Cauliflower Orly                                                                                            | Spanish veggie rice                                                                                      | Minestrone soup                                                                                       |                                                                                                            | Veggie spring rolls                                                                                                          |
| <b>Taquitos de tofu con jardinera (guisantes, i.verde, zanahoria, alcachofa) y patata asada (6,12)</b>      | <b>Tortilla francesa con ratatouille de verduras (calabacín, berenjena, pimientos, cebolla) (3)</b>      | <b>Garbanzos ecológicos, salteados con verduras (patata, zanahoria, puerro, apio, repollo) (9,12)</b> |                                                                                                            | <b>Arroz Tres Delicias con verduritas (con tortilla vegana elaborada con harina de garbanzos).</b>                           |
| Diced tofu "jardinière" (green beans, carrots and baked potatoes)                                           | Veggie omelette (chickpeas flour) & ratatouille                                                          | Organic chickpeas and vegetables stew                                                                 |                                                                                                            | Chinese fried rice (veggie "tortilla" with chickpeas flour) and veggies                                                      |
| <b>Fruta de temporada / Seasonal fruit</b>                                                                  | <b>Fruta de temporada / Seasonal fruit</b>                                                               | <b>Fruta de temporada / Seasonal fruit</b>                                                            | <b>Fruta de temporada / Seasonal fruit</b>                                                                 | <b>Yogures surtidos/ Dairy desserts</b>                                                                                      |
| 19                                                                                                          | 20                                                                                                       | 21                                                                                                    | 15                                                                                                         | 16 - U.S.A FRIDAY                                                                                                            |
| <b>Sopa de verduras con estrellitas (1,3,6,10)</b>                                                          | <b>Lentejas ecológicas estofadas con verduras</b>                                                        | <b>Puré de zanahorias, calabaza y boniato (1,2)</b>                                                   | <b>Crema de verduras de temporada (1,2)</b>                                                                | <b>Macarrones con salsa de tomate casera (1,6,10)</b>                                                                        |
| Homemade vegetables soup                                                                                    | Organic lentil veggie soup                                                                               | Pumpkin, sweet potato and carrot purée                                                                | Creamy seasonal vegetable soup                                                                             | Maccaroni with homemade tomato sauce                                                                                         |
| <b>Croquetas caseras de espinacas y ens. de tomate aderezado con AOVE y orégano (con bebida vegetal)(6)</b> | <b>Tortilla de calabacín y patata con ens. De lechuga, pepino, tomate y cebolla (harina de garbanzo)</b> | <b>Lagrimitas de seitán en salsa de manzana y zanahorias con patata risolada al AOVE (1)</b>          | <b>Wok de seitán con vegetales (calabacín, cebolla, apio, pimientos) y patata al vapor (6,12)</b>          | <b>Nuggets vegetales &amp; chips con ensalada de col americana (col, zanahoria, manzana) (1,6,8,10)</b>                      |
| Spinach croquettes & fresh tomato salad tossed with AOVE & oregano                                          | Zucchini potato omelette (chickpeas flour) and house salad (lettuce, tomato, onion and cucumber)         | Baked seitan goujons in apple & carrot sauce with baked potatoes                                      | Seitan & vegetable wok with steamed potatoes on the side                                                   | Veggie nuggets & chips with American coleslaw salad (coleslaw, carrots and apple)                                            |
| <b>Fruta de temporada / Seasonal fruit</b>                                                                  | <b>Fruta de temporada / Seasonal fruit</b>                                                               | <b>Bizcocho casero sin alérgenos con cacao / marbled cake (6)</b>                                     | <b>Fruta de temporada / Seasonal fruit</b>                                                                 | <b>Yogures surtidos/ Dairy desserts</b>                                                                                      |
| 12                                                                                                          | 28                                                                                                       | 29                                                                                                    | 22 SPECIAL MENU                                                                                            | 23                                                                                                                           |
| <b>CHRISTMAS HOLIDAYS</b>                                                                                   | <b>CHRISTMAS HOLIDAYS</b>                                                                                | <b>CHRISTMAS HOLIDAYS</b>                                                                             | <b>Nuggets de prot. Vegetal y pizza casera vegetal (espinaca, berenjena, maíz, tofu) (1,6)</b>             | <b>MERRY CHRISTMAS</b>                                                                                                       |
|                                                                                                             |                                                                                                          |                                                                                                       | Vegetables nuggets and homemade pizza                                                                      |                                                                                                                              |
|                                                                                                             |                                                                                                          |                                                                                                       |                                                                                                            |                                                                                                                              |
|                                                                                                             |                                                                                                          |                                                                                                       |                                                                                                            |                                                                                                                              |
|                                                                                                             |                                                                                                          |                                                                                                       | 30                                                                                                         | 31                                                                                                                           |
| <b>CHRISTMAS HOLIDAYS</b>                                                                                   | <b>CHRISTMAS HOLIDAYS</b>                                                                                | <b>CHRISTMAS HOLIDAYS</b>                                                                             | <b>CHRISTMAS HOLIDAYS</b>                                                                                  | <b>CHRISTMAS HOLIDAYS</b>                                                                                                    |