

**MENÚ SIN GLUTEN OCTUBRE 2024**

Lunes	Martes	Miércoles	Jueves	Viernes
<p><b>DEL 7 AL 11 DE OCTUBRE SEMANA DE LA HISPANIDAD</b></p>	<p><b>1</b> ARROZ A LA CATALANA PESCADILLA EN SALSA DE MEJILLONES FRUTA DEL TIEMPO A ELEGIR Y PAN (sin gluten) <b>CATALAN RICE</b> WHITING IN MUSSELS SAUCE SEASONAL FRUIT CHOICE AND BREAD (without gluten)</p>	<p><b>2</b> BRÓCOLI REHOGADO CON JAMÓN ALBÓNDIGAS A LA JARDINERA CON CHAMPIÑÓN Y PATATAS FRUTA DEL TIEMPO A ELEGIR Y PAN (sin gluten) <b>BRAISED BROCCOLI WITH HAM</b> MEATBALLS TO THE JARDINIÈRE WITH MUSHROOMS AND POTATOES SEASONAL FRUIT CHOICE AND BREAD (without gluten)</p>	<p><b>3</b> TALLARINES I (sin gluten) <b>INTEGRALES</b> A LA BOLAÑESA HUEVOS COCIDOS EN SALSA VERDE CON GUIANTES FRUTA DEL TIEMPO A ELEGIR Y PAN (sin gluten) <b>INTEGRAL BOLOGNESE TAGLIATELLE</b> (without gluten) EGGS COOKED IN GREEN SAUCE WITH PEAS SEASONAL FRUIT CHOICE AND BREAD (without gluten)</p>	<p><b>4</b> PATATAS GUIADAS CON CARNE DE TERNERA ABADEJO CON ENSALADA DE LECHUGA Y TOMATE FRUTA DEL TIEMPO A ELEGIR, LECHE Y PAN (sin gluten) <b>STEWED POTATOES WITH VEAL</b> HADDOCK WITH LETTUCE AND TOMATO SALAD SEASONAL FRUIT CHOICE, MILK AND BREAD (without gluten)</p>
	<p><b>7</b> LENTEJAS CON VERDURAS BIENMESABE CON ENSALADA DE LECHUGA YOGUR Y PAN (sin gluten) <b>LENTILS WITH VEGETABLES</b> FISH MARINATED WITH LETTUCE SALAD YOGURT AND BREAD (without gluten)</p>	<p><b>8</b> SOPA (sin gluten) DE MENUJILLOS HAMBURGUESA DE TERNERA CON PATATAS FRUTA DEL TIEMPO A ELEGIR Y PAN (sin gluten) <b>GIBLET SOUP</b> (without gluten) BEEF BURGER WITH POTATOES SEASONAL FRUIT CHOICE AND BREAD</p>	<p><b>9</b> MACARRONES (sin gluten) A LA ITALIANA CON CHORIZO TORTILLA FRANCESA CON YORK, QUESO Y ENSALADA DE LECHUGA FRUTA DEL TIEMPO A ELEGIR Y PAN (sin gluten) ITALIAN MACARONI (without gluten) WITH CHORIZO FRENCH OMELETTE WITH HAM, CHEESE AND LETTUCE SALAD SEASONAL FRUIT CHOICE AND BREAD</p>	<p><b>10</b> CREMA HORTELANA POLLO ASADO CON PATATAS PANADERAS FRUTA DEL TIEMPO A ELEGIR Y PAN (sin gluten) <b>VEGETABLES CREAM</b> GRILLED CHICKEN WITH POTATOES SEASONAL FRUIT CHOICE AND BREAD (without gluten)</p>
<p><b>14</b> ARROZ A LA CUBANA CINTA DE LOMO CON ENSALADA DE LECHUGA Y ATÚN YOGUR Y PAN (sin gluten) <b>RICE WITH TOMATO SAUCE</b> PORK STEAK WITH LETTUCE AND TUNA SALAD YOGURT AND BREAD (without gluten)</p>	<p><b>15</b> ESPAGUETIS (sin gluten) A LA CARBONARA PESCADILLA CON GUIANTES REHOGADOS FRUTA DEL TIEMPO A ELEGIR Y PAN (sin gluten) <b>CARBONARA ESPAGUETTI</b> (without gluten) WHITING WITH SAUTEED PEAS SEASONAL FRUIT CHOICE AND BREAD (without gluten)</p>	<p><b>16</b> CREMA DE PUERROS ESCALOPE DE CONTRAMUSLO CON PATATAS FRUTA DEL TIEMPO A ELEGIR Y PAN (sin gluten) <b>LEEKS CREAM</b> THIGH CHICKEN ESCALOPE WITH BAKED POTATOES SEASONAL FRUIT CHOICE AND BREAD (without gluten)</p>	<p><b>17</b> SOPA DE MARISCO TORTILLA ESPAÑOLA CON ENSALADA DE LECHUGA Y TOMATE FRUTA DEL TIEMPO A ELEGIR Y PAN (sin gluten) SEAFOOD SOUP POTATOES OMELETTE WITH LETTUCE AND TOMATO SALAD SEASONAL FRUIT CHOICE AND BREAD (without gluten)</p>	<p><b>18</b> JUDÍAS BLANCAS ESTOFADAS LOMOS DE BACALAO A LA ANDALUZA CON ENSALADA DE LECHUGA Y ACEITUNAS FRUTA DEL TIEMPO A ELEGIR, LECHE Y PAN (sin gluten) <b>WHITE BEANS STEW</b> ANDALUSIAN COD WITH LETTUCE AND OLIVES SALAD SEASONAL FRUIT CHOICE, MILK AND BREAD (without gluten)</p>
<p><b>21</b> ESPIRALES (sin gluten) PROSCIUTTO CALAMARES A LA ROMANA Y EMPANADILLAS CON ENSALADA DE LECHUGA YOGUR Y PAN (sin gluten) <b>PROSCIUTTO SPIRALS</b> (without gluten) ROMAN SQUID AND DUMPLINGS WITH LETTUCE SALAD YOGURT AND BREAD (without gluten)</p>	<p><b>22</b> JUDÍAS VERDES REHOGADAS CON JAMÓN RAGOUT DE TERNERA CON ZANAHORIA Y PATATAS FRUTA DEL TIEMPO A ELEGIR Y PAN (sin gluten) <b>GREEN BEANS SAUTE WITH HAM</b> VEAL RAGOUT WITH CARROT AND POTATOES SEASONAL FRUIT CHOICE AND BREAD (without gluten)</p>	<p><b>23</b> PAELLA MIXTA FILETE DE PERCA CON ENSALADA DE LECHUGA FRUTA DEL TIEMPO A ELEGIR Y PAN (sin gluten) <b>MIXED PAELLA</b> PERCH FILLET WITH LETTUCE SALAD SEASONAL FRUIT CHOICE AND BREAD (without gluten)</p>	<p><b>24</b> SOPA (sin gluten) DE COCIDO COCIDO de garbanzos, repollo, patatas, zanahorias, tocino, chorizo y carne. FRUTA DEL TIEMPO A ELEGIR Y PAN (sin gluten) <b>STEW COOKED SOUP</b> (without gluten) STEW of chickpeas, potatoes, cabbage, bacon, chorizo and beef SEASONAL FRUIT CHOICE AND BREAD (without gluten)</p>	<p><b>25</b> PATATAS A LA MARINERA HUEVOS A LA TOLEDANA CON PISTO MANCHEGO FRUTA DEL TIEMPO A ELEGIR, LECHE Y PAN (sin gluten) <b>MARINARA STEWED POTATOES</b> BAKED EGGS WITH RATATOUILLE SEASONAL FRUIT CHOICE, MILK AND BREAD (without gluten)</p>
<p><b>28</b> FIDEUÀ (sin gluten) VALENCIANA SAN JACOBO CON ENSALADA DE LECHUGA Y MAIZ YOGUR Y PAN (sin gluten) <b>VALENCIAN FIDEUA</b> (without gluten) ST. JACOB WITH LETTUCE AND CORN SALAD YOGURT AND BREAD (without gluten)</p>	<p><b>29</b> JUDÍAS PINTAS CON ARROZ MUSLITOS DE POLLO EN PEPITORIA CON PATATAS FRUTA DEL TIEMPO A ELEGIR Y PAN (sin gluten) <b>PINTO BEANS WITH RICE</b> PEPITORIAN CHICKEN WITH POTATOES SEASONAL FRUIT CHOICE AND BREAD (without gluten)</p>	<p><b>30</b> ESPAGUETIS (sin gluten) AL ESTILO WOK PESCADILLA EN SALSA VERDE CON GUIANTES FRUTA DEL TIEMPO A ELEGIR, LECHE Y PAN (sin gluten) <b>WOK STYLE SPAGHETTI</b> (without gluten) WHITING IN GREEN SAUCE WITH PEAS SEASONAL FRUIT CHOICE, MILK AND BREAD (without gluten)</p>	<p><b>31</b> CREMA DE LA HUERTA MURCIANA CARNE ESTOFADA CON PATATAS FRUTA DEL TIEMPO A ELEGIR Y PAN (sin gluten) <b>MURCIAN ORCHARD CREAM</b> STEWED MEAT WITH POTATOES SEASONAL FRUIT CHOICE AND BREAD (without gluten)</p>	

