



ARTESANIA GASTRONOMICA ALCARREÑA

MENUS DEL MES DE OCTUBRE SIN CERDO OCTOBER WITH OUT PIG MENUS



LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / TRURSDAY	VIERNES / FRIDAY
2 Paella marisco / Fish Paella Bacalao romana con ensalada / Battered cod with salad Yogur de fruta, pan / Fruit Yoghurt, bread	3 Crema calabacín / Courgette Puree Hamburguesa ternera con patata / Grilled veal burger with baked potatoes Fruta y leche, pan / Fruit and milk, bread	4 Judias blancas guisadas / Stew pinto beans with vegetables Tortilla de patata con pisto/ Potato omelette with pisto Fruta y leche, pan / Fruit and milk, bread	5 Sopa de fideo / Stew Soup Pavo plancha con lechuga,maiz y aceituna / Grilled turkey ham with salad Fruta y leche, pan / Fruit and milk, bread	6 Pasta con tomate / Pasta in tomato sauce Fte de merluza en salsa verde con guisantes / Hake in Green Sauce with peas Fruta y leche, pan / Fruit and milk, bread
9 Espaguetis con salsa de tomate / Spagetti in Tomato Sauce Tortilla De pavo con lechuga y zanahoria / Turkey Omelette with Salad Gelatina de frutas /Fruit gelatine	10 Crema de zanahoria / Carrot cream Escalope pollo con Patata frita / Battered chicken with chips Fruta y leche, pan / Fruit and milk, bread	11 Lentejas con patata y zanahoria / Stew lentils with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with salad Fruta y leche, pan / Fruit and milk, bread	12 FIESTA	13 FIESTA
16 Macarrones con tomate / Macaroni in tomato sauce Pavo asado con puré de manzana / Baked turkey with apple puree Yogur de fruta, pan / Fruit Yoghurt, bread	17 Sopa / Stew Soup Patata, Zanahoria, Carne de Ternera y Pollo / Potato, carrot, veal and chicken Fruta y leche, pan / Fruit and milk, bread	18 Arroz con verduras / Rice with vegetables Fte. Palometa con lechuga y maiz / Baked ray's bream with salad Fruta y leche, pan / Fruit and milk, bread	19 Judías verdes salteadas / Sauted Green Beans Estofado de pavo con cous cous / Turkey stew with cous cous Fruta y leche, pan / Fruit and milk, bread	20 Lentejas estofadas con verdura / Stewed lentils Pescadilla romana con lechuga y apio / Battered hake with salad Fruta y leche, pan / Fruit and milk, bread
23 Arroz con verduras / Rice with vegetables Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Yogur de fruta, pan / Fruit Yoghurt, bread	24 Judias blancas estofadas/ Stew pinto beans with vegetables Limanda romana con Ensalada Mixta / Battered limanda and Salad Fruta y leche, pan / Fruit and milk, bread	25 Coliflor Rebozada / Battered Cauliflower Tortilla de patata con york / Potato omelette with ham Fruta y leche, pan / Fruit and milk, bread	26 Patatas guisadas con pollo / Stewed potatoes with chicken Tronquito merluza horno con lechuga y maiz / Baked Hake with salad Fruta y leche, pan / Fruit and milk, bread	27 Garbanzos estofados / Chickpeas stew Filete pollo con ensalada mixta / Grilled chicken with mixed salad Fruta, leche (lacteo) pan (gluten) / fruit, milk, bread
30 Lentejas estofadas / Lentils stew Tortilla de patata con lechuga y maiz / Potato omelette with salad Yogur de fruta, pan / Fruit Yoghurt, bread	31 Crema de puerro / Leak puree Salmón al horno con patata / Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread			