



# ARTESANIA GASTRONOMICA ALCARREÑA

## MENUS DEL MES DE JUNIO SIN CERDO JUNE WITHOUT PIG MENUS



LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / TRURSDAY	VIERNES / FRIDAY
				1  Fideua / Fideua Ventresca merluza con ensalada / Hake fillet with salad Fruta, Leche / Fruit, Milk
4 Alubias blancas estofadas / Beans stew Tortilla de patata con lechuga y tomate / Potato omelette with lettuce and tomato Helado/ Ice cream	5 Caracolas con tomate / Pasta shells in tomato sauce Fte. Merluza albardada con ensalada mixta / Breaded hake with salad Fruta, Leche / Fruit, Milk	6 Ensalada de garbanzos / Chickpeas salad Pollo con ensalada / Grilled chicken with salad Fruta, Leche / Fruit, Milk	7 Patatas Guisadas / Potato stew Bacalao asado con verduras / Baked Cod with vegetables Fruta, Leche / Fruit, Milk	8 Puré de calabaza / Vegetables puree Hamburguesa ternera con patatas / Grilled veal burger with potatoes Fruta, Leche / Fruit, Milk
11 Espirales en ensalada / Pasta salad Pescadilla al horno con ensalada / Baked hake with salad Helado/ Ice cream	12 Judías verdes con tomate / Green beans stew in tomato sauce Filete de pollo empanado con patatas / Baked chicken breast with potatoes Fruta, Leche / Fruit, Milk	13 Ensalada campera / Mediterranean salad Tortilla de york y ensalada / Ham omelette with salad Fruta, Leche / Fruit, Milk	14 Crema de verdura con picatostes / Vegetables cream with croutons Lacón horno con patata / Baked smoke ham with potaoes Fruta, Leche / Fruit, Milk	15 Garbanzos estofados /Stew chickpeas with vegetables Bacalao con tomate / Battered cod in tomato sauce Fruta, Leche / Fruit, Milk
18 Coliflor rebozada / Battered cauliflower Pavo guisado con patatas / Turkey stew in sauce with potatoes Fruta, Leche / Fruit, Milk	19 Lentejas estofadas / Lentils stew Tortilla con ensalada / Omelette with salad Fruta, Leche / Fruit, Milk	20 Fideua pollo / Chicken Fideua Abadejo romana con ensalada / Battered cod with salad Fruta, Leche / Fruit, Milk	21 Puré de puerro / Leek puree Albondigas ternera salsa con cous cous / Meatballs in sauce with cous cous Fruta, Leche y pan	22 Pavo y queso / Turkey and chesse Perrito Salchcha de pavo con cebolla crujiente / Hot dog Batido y postre especial / Milkshake and special dessert