

Octubre 2025

Menú General

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
		1	2	3
		Arroz con Tomate  Salchichas con Pure de Patatas     Fruta - Vaso de leche 	Crema Solferino     Escalope de Ternera con Patatas   Fruta - Vaso de leche 	Ensalada de Pasta     Merluza al horno con Ensalada  Fruta - Vaso de leche 
6	7	8	9	10
Arroz con Pollo y verduras  Tortilla de Jamón con Ensalada  Fruta - Vaso de leche 	Patatas con Carne  Buñuelos de Bacalao / Ensalada       Fruta - Vaso de leche 	Espagueti con Atún    Filete de Pavo con Ensalada — Fruta - Yogurt 	Judías Verdes rehogadas  Hamburguesa de Pollo / Patatas   Fruta - Vaso de leche 	Sopa de cocido   Cocido completo  Fruta - Vaso de leche 
13	14	15	16	17
Lentejas a la Jardinera   Salmon al Horno con Ensalada         Fruta - Vaso de leche 	Fideuá de Marisco (Inf. Arroz con Pollo)       Croquetas con Ensalada         Fruta - Vaso de leche 	Crema de Verduras — Lacon a la plancha con Patatas — Fruta - Yogurt 	Paella     Cinta de lomo con Ensalada — Fruta - Vaso de leche 	Guisantes con Jamón — Lomos de Bacalao con tomate / Ensalada   Fruta - Vaso de leche 
20	21	22	23	24
Macarrones con Tomate    Merluza al horno con Ensalada  Fruta - Vaso de leche 	Arroz Tres Delicias   Escalope de Pollo con Ensalada   Fruta - Vaso de leche 	Judías Verdes con Jamón  Albondigas con Patatas   Fruta - Yogurt 	Crema de calabaza — Pollo al Ajillo con Patatas — Fruta - Vaso de leche 	Patatas a la Riojana — Limanda rebozada con Ensalada         Fruta - Vaso de leche 
27	28	29	30	31
Fideuá de Pollo (Inf. Arroz con Pollo)   Cinta de lomo con Ensalada — Fruta - Vaso de leche 	Fabada Asturiana   Empanadillas con Ensalada       Fruta - Vaso de leche 	Arroz con Tomate  Salchichas con Pure de Patatas     Fruta - Yogurt 	Puré de Verduras — Merluza rebozada con Ensalada         Fruta - Vaso de leche 	Sopa de cocido   Cocido completo  Fruta - Vaso de leche 

October

2025

General Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Rice with Tomato Sauce 	Solferino Cream Soup    	Pasta Salad    
		Sausages and Mashed Potatoes    	Breaded Beef and Salad  	Baked Hake and Salad 
		Fruit - Milk 	Fruit - Milk 	Fruit - Milk 
6	7	8	9	10
Chicken Rice and Vegetables 	Potatoes and Meat Stew 	Spaghetti with Tuna   	Sauteed Green Beans 	"Cocido" soup  
Ham Omelette and Salad 	Cod Fritters and Salad     	Turkey Fillet and Salad —	Chicken Hamburger and French Fries  	"Cocido" Meat, Cabbage and Chickpeas 
Fruit - Milk 	Fruit - Milk 	Fruit - Yogurt 	Fruit - Milk 	Fruit - Milk 
13	14	15	16	17
Vegetable and Lentil Soup  	Seafood Fideuá (Pre-primary: Rice with Chicken)     	Cream of Vegetables Soup —	Seafood Rice   	Sauteed Peas with Ham 
Baked Salmon and Salad      	Croquettes and Salad     	Grilled Lacon and Potatoes —	Pork Loin and Potatoes —	Cod Fillet with Tomato and Salad  
Fruit - Milk 	Fruit - Milk 	Fruit - Yogurt 	Fruit - Milk 	Fruit - Milk 
20	21	22	23	24
Macaroni with Tomato Sauce   	Rice Three Delights  	Sauteed Green Beans With Ham 	Cream of Pumpkin Soup —	Chorizo and Potato Stew —
Baked Hake and Salad      	Breaded Chicken and Salad  	Meatballs and French Fries  	Garlic Chicken and Potatoes —	Breaded Yellowtail Flounder and Salad      
Fruit - Milk 	Fruit - Milk 	Fruit - Yogurt 	Fruit - Milk 	Fruit - Milk 
27	28	29	30	31
Chicken Fideuá (Pre-primary: Rice with Chicken)  	White Bean Stew  	Rice with Tomato Sauce 	Cream of Vegetables Soup —	"Cocido" soup  
Pork Loin and Potatoes —	Patties and Salad     	Sausages and Mashed Potatoes    	Breaded Hake and Salad      	"Cocido" Meat, Cabbage and Chickpeas 
Fruit - Milk 	Fruit - Milk 	Fruit - Yogurt 	Fruit - Milk 	Fruit - Milk 

