# MENÚ - NOVIEMBRE 2020
# LUNCH MENU – NOVEMBER 2020

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | L | 9 | *FIESTA DE LA ALMUDENA*<br>*HOLIDAY* | L | 16 | *Caracolitos al horno*<br>*Salchichas frescas*<br>*con lechuga y zanahoria*<br>*Fruta*<br>*Baked pasta*<br>*Sausages with lettuce and carrots*<br>*Fruit* | L | 23 | *Espirales gratinados*<br>*Tortilla española*<br>*con lechuga*<br>*Fruta*<br>*Grilled pasta*<br>*Spanish omelette with lettuce*<br>*Fruit* | L | 30 | *Puré de zanahoria*<br>*San Jacobo con lechuga y tomate*<br>*Fruta*<br>*Carrot puree*<br>*Breadcrumbed fried ham & cheese with lettuce and tom.*<br>*Fruit* |
| M | 3 | *Lentejas estofadas*<br>*Cinta de lomo con lechuga y maíz*<br>*Fruta y leche*<br>*Stewed lentils*<br>*Roast pork steak with lettuce and corn*<br>*Fruit and milk* | M | 10 | *Puré de zanahoria*<br>*Lacón de Sajonia con espirales*<br>*Fruta y leche*<br>*Carrot puree*<br>*Pork chop steak with pasta*<br>*Fruit and milk* | M | 17 | *Arroz tres delicias*<br>*Albóndigas en salsa*<br>*con puré de patata*<br>*Fruta y leche*<br>*Fried rice*<br>*Meatballs with sauce and smashed potatoes*<br>*Fruit and milk* | M | 24 | *Judías verdes rehogadas*<br>*Filete de pollo con arroz blanco*<br>*Fruta y leche*<br>*Sauté green beans*<br>*Chicken steak with plain rice*<br>*Fruit and milk* | | | |
| X | 4 | *Espaguetis gratinados*<br>*Pollo al ajillo con patatas chips*<br>*Fruta*<br>*Grilled spaghetti*<br>*Garlic chicken with chips*<br>*Fruit* | X | 11 | *Sopa de cocido*<br>*Cocido completo*<br>*Fruta*<br>*Stew soup*<br>*Stewed chickpeas*<br>*Fruit* | X | 18 | *Judías blancas*<br>*Cinta de lomo con lechuga y tomate*<br>*Fruta*<br>*Beans*<br>*Roast pork steak with lettuce and tomatoes*<br>*Fruit* | X | 25 | *Sopa de cocido*<br>*Cocido completo*<br>*Fruta*<br>*Stew soup*<br>*Stewed chickpeas*<br>*Fruit* | | | |
| J | 5 | *Crema de verduras*<br>*Hamburguesas con lechuga y zanahoria*<br>*Fruta y leche*<br>*Vegetable cream*<br>*Burgers with lettuce and carrots*<br>*Fruit and milk* | J | 12 | *Paella mixta*<br>*Filete de pescadilla con lechuga y tomate*<br>*Fruta y leche*<br>*Paella*<br>*Haddock fillet with lettuce and tomatoes*<br>*Fruit and milk* | J | 19 | *Sopa de lluvia*<br>*Pollo asado con patatas dado*<br>*Fruta y leche*<br>*Soup*<br>*Roast chicken with diced potatoes*<br>*Fruit and milk* | J | 26 | *Crema de verduras*<br>*Ternera asada con patatas dado*<br>*Fruta y leche*<br>*Vegetable cream*<br>*Roast beef with diced potatoes*<br>*Fruit and milk* | | | |
| V | 6 | *Judías pintas*<br>*Filete de merluza con arroz blanco*<br>*Yogur*<br>*Pinto beans*<br>*Hake fillet wit plain rice*<br>*Yogurt* | V | 13 | *Guisantes rehogados*<br>*Tortilla española con lechuga y maíz*<br>*Yogur*<br>*Sauté green peas*<br>*Spanish omelette with lettuce and corn*<br>*Yogurt* | V | 20 | *Lentejas estofadas*<br>*Varitas de merluza con arroz blanco*<br>*Yogur*<br>*Stewed lentils*<br>*Breaded hake sticks with plain rice*<br>*Yogurt* | V | 27 | *Arroz blanco con tomate*<br>*Ventresca de bacalao con lechuga y zanahoria*<br>*Yogur*<br>*Plain rice with tomato sauce*<br>*Cod ventresca with lettuce and carrots*<br>*Yogurt* | | | |