



DÍA DE LA MADRE
 4 Mayo



DÍA MUNDIAL DE LAS AVES MIGRATORIAS
 14 Mayo

MAYO 2014

C.E.I.P. LA ENCINA
Alérgicos Lácteos y Huevo

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<p>LUNES</p> <p>FIESTA DAY OFF</p>	<p>MARTES</p> <p>Espirales con tomate Spiral pasta with tomato sauce</p> <p>Merluza a la plancha con verduras Grilled hake with vegetables</p> <p>Pan integral Whole-grain bread Melocotón en almíbar Peach in syrup</p>	<p>MIÉRCOLES</p> <p>Lentejas guisadas Lentil stew</p> <p>Muslitos de pollo con ensalada de tomate Chicken drumsticks with tomato salad</p> <p>Pan Bread Fruta del tiempo Seasonal fruit</p>	<p>JUEVES</p> <p>Judías verdes salteadas Green bean sautéed</p> <p>Filete de ternera a la plancha con patatas fritas Grilled beef with French fries</p> <p>Pan Bread Fruta del tiempo Seasonal fruit</p>	<p>VIERNES</p> <p>Ensalada campera con patata, tomate y atún Potato salad with tomato and tuna</p> <p>Pollo asado con champiñones y zanahoria rehogados Roast chicken with mushrooms and carrot sautéed</p> <p>Pan Bread Fruta del tiempo Seasonal fruit</p>																																																																																
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<p>12 LUNES</p> <p>Tallarines con tomate y bacon Tagliatelle with tomato sauce and bacon</p> <p>Pescadilla al horno con cebolla y pimienta con ensalada de lechuga, tomate, zanahoria y maíz Roast young hake with onion and pepper with lettuce, tomato, carrot and corn salad</p> <p>Pan Bread Fruta del tiempo Seasonal fruit</p>	<p>13 MARTES</p> <p>Alubias blancas guisadas con zanahoria White bean stew with carrot</p> <p>Hamburguesa con rodaja de tomate natural Hamburger with slice of tomato</p> <p>Pan Bread Fruta del tiempo Seasonal fruit</p>	<p>14 MIÉRCOLES</p> <p>Sopa de picadillo: fideos y pollo Mince soup with vermicelli and chicken</p> <p>Pollo asado con ensalada de lechuga, tomate y maíz Roast chicken with lettuce, tomato and corn salad</p> <p>Pan integral Whole-grain bread Fruta del tiempo Seasonal fruit</p>	<p>15 JUEVES</p> <p>Patatas guisadas con calamares Potato stew with calamari</p> <p>Filete de ternera con ensalada de lechuga, zanahoria, maíz y manzana Veal fillet with lettuce, carrot, corn and apple salad</p> <p>Pan Bread Fruta del tiempo Seasonal fruit</p>	<p>16 VIERNES</p> <p>Menestra de verduras Vegetable stew</p> <p>Abadejo al horno con ensalada de lechuga, tomate y aceitunas Roast pollack with lettuce, tomato and olives salad</p> <p>Pan Bread Fruta del tiempo Seasonal fruit</p>																																																																																
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<p>19 LUNES</p> <p>Paella de pollo y verduras con guisantes, judías verdes y pimienta Chicken and vegetables Paella with peas, green beans and pepper</p> <p>Bacalao con tomate y ensalada de lechuga, tomate y zanahoria Cod with tomato sauce and lettuce, tomato and carrot salad</p> <p>Pan Bread Fruta del tiempo Seasonal fruit</p>	<p>20 MARTES</p> <p>Crema de calabaza Pumpkin cream</p> <p>Hamburguesa con ketchup y pisto Hamburger with ketchup and ratatouille</p> <p>Pan Bread Fruta del tiempo Seasonal fruit</p>	<p>21 MIÉRCOLES</p> <p>Sopa de cocido con fideos Vermicelli soup</p> <p>Garbanzos con repollo, zanahoria, puerro, carne de ternera, pollo y tocino Chickpeas with cabbage, carrot, leek, veal, chicken and fat</p> <p>Pan integral Whole-grain bread Fruta del tiempo Seasonal fruit</p>	<p>22 JUEVES</p> <p>Coditos con tomate Elbow pasta with tomato sauce</p> <p>Merluza en salsa verde con verduras salteadas Hake in green sauce with vegetable sautéed</p> <p>Pan Bread Fruta del tiempo Seasonal fruit</p>	<p>23 VIERNES</p> <p>Lentejas estofadas con zanahoria Lentil stew with carrot</p> <p>Muslitos de pollo con pimientos fritos Chicken drumsticks with fried pepper</p> <p>Pan integral Whole-grain bread Fruta del tiempo Seasonal fruit</p>																																																																																
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<p>26 LUNES</p> <p>Espirales con tomate Spiral pasta with tomato sauce</p> <p>Merluza a la plancha con ensalada de lechuga, zanahoria, maíz y tomate Grilled hake with lettuce, carrot, corn and tomato salad</p> <p>Pan integral Whole-grain bread Fruta del tiempo Seasonal fruit</p>	<p>27 MARTES</p> <p>Puré de verduras Vegetable purée</p> <p>Albóndigas en salsa con patatas dadas Veal meatballs in sauce with dice potatoes</p> <p>Pan Bread Fruta del tiempo Seasonal fruit</p>	<p>28 MIÉRCOLES</p> <p>Ensalada de patata con guisantes, zanahoria y atún Russian salad with potato, peas, carrot and tuna</p> <p>Muslitos de pollo con champiñones rehogados Chicken drumsticks with mushrooms sautéed</p> <p>Pan Bread Fruta del tiempo Seasonal fruit</p>	<p>29 JUEVES</p> <p>Arroz blanco con tomate White rice with tomato sauce</p> <p>Pez espada al ajillo con ensalada de lechuga, tomate, maíz y aceitunas Swordfish in garlic sauce with lettuce, tomato, corn and olives salad</p> <p>Pan integral Whole-grain bread Fruta del tiempo Seasonal fruit</p>	<p>30 VIERNES</p> <p>MENU TÍPICO DE LA COMUNIDAD DE MADRID Sopa de cocido madrileño con fideos Madridian vermicelli soup</p> <p>Garbanzos con repollo, zanahoria, puerro, carne de ternera, pollo y tocino Chickpeas with cabbage, carrot, leek, veal, chicken and fat</p> <p>Pan Bread Barquillo Wafer</p>																																																																																
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