

MARCH 2021 MENU	
MONDAY 1	ROASTED CHICKEN AND CARAMELIZED ONION RISOTTO
	ROASTED TOMATO, BASIL AND DAMBO CHEESE RISOTTO
	GREEN SALAD WITH CARROTS AND SWEET CORN
	SEASONAL FRUIT
TUESDAY 2	PENNE RIGATTE WITH BOLOGNESE SAUCE OR LEEK CREAMY SAUCE
	QUINOA WITH GRILLED VEGETABLES AND SALAD
	GREEN SALAD, BROCCOLI AND ROASTED TOMATOES
	MARBLED POUND CAKE
WEDNESDAY 3	CHICKEN IN GARLIC SAUCE WITH MASHED POTATOES
	BAKED FISH ROLLS, STUFFED WITH RED PEPPERS AND MOZZARELLA CHEESE
	ZUCCHINI STUFFED WITH VEGETABLES, BECHAMEL SAUCE AND PROVOLONE CHEESE, WITH SALAD
	GREEN SALAD, WITH GRILLED PUMPKIN AND SUNFLOWER SEEDS
THURSDAY 4	APPLE CRUMBLE
	ROSEMARY BRAISED TRI-TIP ROAST WITH "PRIMAVERA" RICE
	TOMATOES STUFFED WITH QUINOA AND VEGETABLES, WITH SALAD
	GREEN SALAD WITH QUINOA AND VEGETABLES
FRIDAY 5	CANNED SLICED PEACHES IN SYRUP
	PIZZA WITH MOZZARELLA FESTIVAL
	GREEN SALAD, WITH TOMATOES, CARROTS AND RED CABBAGE
	MINI CHOCOLATE CHIP COOKIES
MONDAY 8	VEGETABLE RAVIOLI WITH FILETTO SAUCE OR PINK SAUCE
	FRIED MOZZARELLA STICKS WITH CHOWFAN RICE
	GREEN SALAD WITH, TOMATOES, MOZZARELLA STICKS AND BASIL
	FRESH SEASONAL FRUIT
TUESDAY 9	CHICKEN CURRY WITH AROMATIC RICE
	SPINACH AND CARROT SOUFFLÉ
	GREEN SALAD WITH GRILLED SQUASH AND BEET
	GREEN APPLE JELLY
WEDNESDAY 10	FISH NUGGETS WITH MASHED POTATOES
	EGGPLANT AND GOAT CHEESE TART
	GREEN SALAD WITH CHICKPEAS AND TOMATOES
	FLAN WITH "DULCE DE LECHE"
THURSDAY 11	MEAT LASAGNA WITH ROASTED TOMATOES, MOZZARELLA AND BECHAMEL, WITH FILETTO SAUCE
	SWEET CORN CANNELLONI WITH CARAMELIZED ONIONS, DAMBO CHEESE AND BECHAMEL SAUCE
	GREEN SALAD WITH CARROT AND BROCCOLI
	PINEAPPLE SLICES IN SYRUP
FRIDAY 12	CHEESEBURGERS WITH RUSTIC FRENCH FRIES
	QUINOA BURGER WITH CHEESE AND RUSTIC FRENCH FRIES OR SALAD
	GREEN SALAD WITH TOMATO, GRATED CARROT AND EGGS
	DULCE DE LECHE AND CHOCOLATE ROLL
MONDAY 15	MEAT STROGONOFF WITH FRIED RICE
	MEDITERRANEAN PASTA SALAD, WITH EGGPLANT, OLIVES, ROASTED TOMATOES AND BASIL
	OLIVES, TOMATOES AND GRILLED EGGPLANTS SALAD
	SEASONAL FRUIT
TUESDAY 16	MAC & CHEESE
	SPRING ROLLS SERVED WITH CHOW FAN RICE
	GREEN SALAD WITH GRATED CARROTS AND PURPLE CABBAGE
	VANILLA CREME WITH COOKIES CRUST
WEDNESDAY 17	CHICKEN WOK WITH AROMATIC RICE
	TARTA GALLEGA (FISH) WITH SALAD
	GREEN SALAD WITH TOMATO, DAMBO CHEESE AND BASIL
	RICE PUDDING
THURSDAY 18	MEAT PIE
	CAPRESSE RISOTTO
	GREENS, TOMATO, BEET AND ORANGE SALAD
	FRUIT SALAD
FRIDAY 19	CHICKEN "MILANESA" WITH FRENCH FRIES
	VEGETABLE "MILANESA" WITH FRENCH FRIES
	GREENS, GRILLED PUMPKIN AND CARROT SALAD
	CHOCOTORTA
MONDAY 22	CHICKEN CURRY WITH BOILED POTATOES
	ROASTED VEGETABLES SOUFFLÉ WITH SALAD
	BROCCOLI, GREENS, AND TOMATO SALAD
	SEASONAL FRUIT
TUESDAY 23	MEAT CHOP SUEY WITH TERIYAKI SAUCE AND FRIED RICE
	MEDITERRANEAN SALAD WITH PENNE RIGATTE, DAMBO CHEESE, BASIL, TOMATOES AND OLIVES
	GREEN SALAD WITH GRILLED EGGPLANT AND ROASTED SWEET PEPPERS
	MINI BROWNIES
WEDNESDAY 24	FISH "MILANESAS" WITH MASHED POTATOES AND PUMPKIN
	SPINACH CREPES WITH ONION, SWEET PEPPERS AND DAMBO CHEESE WITH "SALSA ROSA"
	GREEN SALAD WITH CORN, TOMATO AND OLIVES
	GREEN APPLE JELLY
THURSDAY 25	PORK TENDERLOIN ROAST WITH MUSTARD SAUCE WITH BAKED WEDGE POTATOES
	ZUCCHINI PIE WITH ROASTED ONION, SWEET PEPPERS, BECHAMEL SAUCE AND MOZZARELLA CHEESE
	GREEN SALAD WITH QUINOA AND VEGETABLES
	FRUIT SALAD
FRIDAY 26	CHICKEN "CHIVITOS" WITH RUSTIC FRENCH FRIES
	VEGETARIAN "CHIVITOS" WITH RUSTIC FRENCH FRIES
	GREEN SALAD WITH TOMATO, DICED MOZZARELLA AND BASIL PESTO
	MINI CINNAMON ROLLS
MONDAY 29	EASTER/TOURISM WEEK
TUESDAY 30	EASTER/TOURISM WEEK
WEDNESDAY 31	EASTER/TOURISM WEEK
THURSDAY APRIL 1	EASTER/TOURISM WEEK
FRIDAY APRIL 2	EASTER/TOURISM WEEK

MENÚ MARZO 2021	
LUNES 1	RISOTTO DE POLLO ASADO Y CEBOLLA CARAMELIZADA
	RISOTTO DE TOMATES ASADOS, ALBAHACA Y QUESO DAMBO
	ENSALADA DE VERDES ZANAHORIA Y MAÍZ DULCE
	FRUTA DE ESTACIÓN
MARTES 2	PENNE RIGATTE CON SALSA BOLOGNESE O CREMA DE PUERROS
	QUINOA CON VEGETALES GRILLADOS CON ENSALADA
	ENSALADA DE VERDES, BROCOLI Y TOMATES ASADOS
	BUDÍN MARMOLADO
MIERCOLES 3	POLLO AL AJILLO CON DE PURÉ DE PAPAS
	ROLLS DE PESCADO AL HORNO, RELLENOS DE PIMIENTOS ROJOS Y MUZZARELLA
	ZAPALLITOS RELLENOS, DE VEGETALES, SALSA BLANCA Y QUESO PROVOLONE CON ENSALADA
	ENSALADA DE VERDES, CALABAZA GRILLADA Y SEMILLAS DE GIRASOL
JUEVES 4	CRUMBLE DE MANZANAS
	COLITA DE CUADRIL BRASEADA AL ROMERO ACOMPAÑADA DE ARROZ PRIMAVERA
	TOMATES RELLENOS CON QUINOA Y VEGETALES CON ENSALADA
	ENSALADA DE VERDES, QUINOA Y VEGETALES
VIERNES 5	DURAZNOS EN ALMÍBAR
	FESTIVAL DE PIZZAS CON MUZZARELLA
	ENSALADA DE VERDES CON TOMATES, ZANAHORIA Y REPOLLO COLORADO
	MINI COOKIES CON CHISPAS DE CHOCOLATE
LUNES 8	RAVIOLES DE VERDURA CON SALSA FILETTO O SALSA ROSA
	BASTONCITOS DE MUZZARELLA FRITOS CON ARROZ CHOWFAN
	ENSALDA DE VERDES, TOMATES, BASTONES DE MUZZARELLA Y ALBAHACA
	FRUTA FRESCA DE ESTACIÓN
MARTES 9	POLLO AL CURRY CON ARROZ AROMÁTICO
	SOUFFLÉ DE ESPINCACA Y ZANAHORIA
	ENSALADA DE VERDES, CALABAZA GRILLADA Y REMOLACHA
	GELATINA DE MANZANA VERDE
MIERCOLES 10	NUGGETS DE PESCADO ACOMPAÑADAS DE PURÉ DE PAPAS
	TARTA DE BERENJENAS Y QUESO DE CABRA
	ENSALADA DE VERDES, GARBANZOS Y TOMATES
	FLAN CON DULCE DE LECHE
JUEVES 11	LASAGNA DE CARNE, TOMATES ASADOS, MUZZARELLA Y SALSA BLANCA, CON SALSA FILETTO
	CANELONES DE MAÍZ DULCE, CEBOLLA CARAMELIZADA, QUESO DAMBO Y SALSA BLANCA
	ENSALADA DE VERDES, ZANAHORIA Y BRÓCOLI
	ANANÁ EN ALMIBAR
VIERNES 12	HAMBURGUESAS CON QUESO AL PAN CON PAPAS FRITAS RÚSTICAS
	HAMBURGUESA DE QUINOA CON QUESO Y PAPAS RÚSTICAS O ENSALADA
	ENSALADA DE VERDES, TOMATE, ZANAHORIA RALLADA Y HUEVO
	ARROLLADO DE DULCE DE LECHE Y CHOCOLATE
LUNES 15	STROGONOFF DE CARNE ACOMPAÑADO CON ARROZ FRITO
	ENSALADA DE PASTA MEDITERRÁNEA, BERENJENA, ACEITUNAS, TOMATE SALTADO Y ALBAHACA
	ENSALADA DE ACEITUNAS, TOMATES Y BERENJENAS GRILLADAS
	FRUTA DE ESTACIÓN
MARTES 16	MAC & CHEESE
	ARROLADITOS PRIMAVERA ACOMPAÑADOS DE ARROZ CHOW FAN
	ENSALADA DE VERDES, ZANAHORIA RALLADA Y REPOLLO MORADO
	CREMA DE VAINILLA ACOMPAÑADA DE CROCANTE DE GALLETITAS
MIERCOLES 17	WOK DE POLLO ACOMPAÑADO CON ARROZ AROMÁTICO
	TARTA GALLEGA CON ENSALADA
	ENSALADA DE VERDES, TOMATE, QUESO DAMBO Y ALBAHACA
	ARROZ CON LECHE
JUEVES 18	PASTEL DE CARNE
	RISOTTO CAPRESSE
	ENSALADA DE VERDES, TOMATE, REMOLACHA Y NARANJA
	ENSALADA DE FRUTAS
VIERNES 19	MILANESAS DE POLLO ACOMPAÑADAS DE PAPAS FRITAS
	MILANESAS DE VEGETALES CON PAPAS FRITAS
	ENSALADA DE VERDES, CALABAZA GRILLADA Y ZANAHORIA
	CHOCOTORTA
LUNES 22	POLLO AL CURRY ACOMPAÑADO DE PAPAS AL NATURAL
	SOUFFLÉ DE VEGETALES SALTEADOS CON ENSALADA
	ENSALADA DE VERDES BRÓCOLI Y TOMATES
	FRUTA DE ESTACIÓN
MARTES 23	CHOP SUEY DE CARNE CON SALSA TERIYAKI ACOMPAÑADO DE ARROZ FRITO
	ENSALADA MEDITERRÁNEA CON PENNE RIGATTE, QUESO DAMBO, ALBAHACA, TOMATES Y ACEITUNAS
	ENSALADA DE VERDES, BERENJENA GRILLADA Y MORRONES SALTEADOS
	MINI BROWNIES
MIERCOLES 24	MINIATURAS DE PESCADO CON PURÉ DE PAPAS Y CALABAZA
	CREPES DE ESPINCA, CEBOLLA, MORRON Y QUESO DAMBO CON SALSA ROSA
	ENSALADA DE VERDES, MAÍZ, TOMATE Y ACEITUNAS
	GELATINA DE MANZANA VERDE
JUEVES 25	BONDIOLA DE CERDO CON SALSA DE MOSTAZA ACOMPAÑADA DE PAPAS EN GAJOS
	TARTA DE ZAPALLITOS, CEBOLLA SALTEADA, MORRÓN, SALSA BLANCA Y QUESO MUZZARELLA
	ENSALADA DE VERDES, QUINOA Y VEGETALES
	ENSALADA DE FRUTAS
VIERNES 26	CHIVITOS DE POLLO CON PAPAS FRITAS RÚSTICAS
	CHIVITOS VEGETARIANOS CON PAPAS FRITAS RÚSTICAS
	ENSALADA DE VERDES, TOMATE, MUZZARELLA EN CUBOS Y PESTO DE ALBAHACA
	MINI ROLLS DE CANELA
LUNES 29	SEMANA SANTA O DE TURISMO
MARTES 30	SEMANA SANTA O DE TURISMO
MIERCOLES 31	SEMANA SANTA O DE TURISMO
JUEVES ABRIL 1º	SEMANA SANTA O DE TURISMO
VIERNES ABRIL 2	SEMANA SANTA O DE TURISMO