

LUNES 2

BUFFET DE ENSALADA
LAZOS DE PASTA CON SALSA DE
TOMATE GRATINADOS
LASAÑA DE CARNE
CON BECHAMEL GRATINADA
CINTA DE LOMO ADOBADA A LA
PLANCHA
FLAMENQUINES ESTILO
CORDOBÉS
CALABAZA ASADA CON
TOQUE DE PIMIENTA
FRUTA FRESCA DE TEMPORADA
O HELADO DE SABORES
SURTIDO DE PANES
(PAN BLANCO, INTEGRAL O
CHAPATA)

MARTES 3

BUFFET DE ENSALADA
CREMA DE VERDURAS Y
HORTALIZAS DE TEMPORADA
POZOLE ROJO (GUIZO DE MAIZ
CON TOMATE)
REVUELTO DE HUEVO, JAMON
CURADO Y PATATA
TORTILLA ESPAÑOLA
VERDURAS AL GRILL
FRUTA FRESCA DE TEMPORADA
SURTIDO DE PANES (PAN
BLANCO, INTEGRAL O
CHAPATA)

MIERCOLES 4

BUFFET DE ENSALADA
LENTEJAS GUIADAS CON
CHORIZO
GUISANTES SALTEADOS CON
JAMON DULCE
GALLINETA A LA SICILIANA
GALLINETA A LA ANDALUZA
PURE DE PATATAS CASERO
YOGUR SABORES VARIADOS
SURTIDO DE PANES
(PAN BLANCO, INTEGRAL O
CHAPATA)

JUEVES 5

COMIDA

BUFFET DE ENSALADA
ARROZ A LA CAZUELA
ALBONDIGAS DE POLLO AL
CHILINDRON
FILETE DE POLLO A LA
PLANCHA
AL LIMÓN
CUSCÚS
FRUTA FRESCA DE
TEMPORADA
SURTIDO DE PANES (PAN
BLANCO,
INTEGRAL O CHAPATA)

VIERNES 6

BUFFET DE ENSALADA
SOPA DE ESTRELLITAS CON
CALDO CASERO
CONSOME DE AVE CASERO
FRITURA DE EMPANADILLAS Y
CROQUETAS ARTESANAS
FILETE DE LOMO A LA PLANCHA
PATATAS FRITAS CASERAS
NATILLAS CASERAS O FRUTA
FRESCA
SURTIDO DE PANES (PAN
BLANCO, INTEGRAL O CHAPATA)

SABADO 7

BRUNCH:
*PANES Y UNTABLES VARIADOS
*EMBUTIDOS
*CEREALES Y BOLLERIA
HORNEADA
BUFFET DE ENSALADAS
GRATÉN DE PATATA
PASTA SALTEADA AL WOK
CINTA DE LOMO EN SALSA DE
ALMENDRAS
FRUTA FRESCA DE
TEMPORADA-YOGUR NATURAL
CON TOPPING
SURTIDO DE PANES
(PAN BLANCO, INTEGRAL O
CHAPATA)

DOMINGO 8

BRUNCH:
*PANES Y UNTABLES
VARIADOS
*EMBUTIDOS
*CEREALES Y BOLLERIA
HORNEADA
BUFFET DE ENSALADAS
ENSALADA CÉSAR
REVUELTO CAMPERO DE
HUEVO Y CHORIZO
FILETE DE POLLO A LA
PLANCHA
FRUTA FRESCA DE
TEMPORADA-YOGUR
NATURAL CON TOPPING
SURTIDO DE PANES (PAN
BLANCO, INTEGRAL O
CHAPATA)

SOPA CASERA CON PICADILLO
DE HUEVO Y ARROZ
CROQUE MONSIEUR
TAQUITOS DE ATÚN A LA
VIZCAINA
PATATAS PANADERA AL HORNO
FRUTA FRESCA DE
TEMPORADA-YOGUR NATURAL
CON TOPPING
SURTIDO DE PANES (PAN
BLANCO, INTEGRAL O
CHAPATA)

TABOULEH
CAZON EN ADOBO
CASERO
ALITAS DE POLLO CON
SALSA BBQ
PATATAS FRITAS CASERAS
FRUTA FRESCA DE
TEMPORADA-YOGUR
NATURAL CON TOPPING
SURTIDO DE PANES (PAN
BLANCO, INTEGRAL O
CHAPATA)

SOPA CASERA CON PICADILLO
DE VERDURAS Y FIDEOS
HUEVOS ROTOS CON BACON Y
PATATAS
PEPITO DE TERNERA CON PAN
CHAPATA
ASADILLO DE PIMIENTOS
VERDES
FRUTA FRESCA DE TEMPORADA-
YOGUR
NATURAL CON TOPPING
SURTIDO DE PANES
(PAN BLANCO, INTEGRAL O
CHAPATA)

CENA

ENSALADA DE PASTA
CON VIRUTAS
DE HUEVO
EMPANADA CASERA
BOLOÑESA
MERLUZA EN SALSA DE
PIQUILLOS
PATATAS DADO AL
AJILLO
FRUTA FRESCA DE
TEMPORADA-YOGUR
NATURAL CON TOPPING
SURTIDO DE PANES (PAN
BLANCO, INTEGRAL O
CHAPATA)

ENSALADA DE QUINOA CON
QUESO
TORTILLA FRANCESA DE
CALABACIN
BROCHETA DE PINCHO
MORUNO
ARROZ SALTEADO THAI
FRUTA FRESCA DE
TEMPORADA-YOGUR NATURAL
CON TOPPING
SURTIDO DE PANES (PAN
BLANCO, INTEGRAL O
CHAPATA)

ENSALADA DE PASTA
TRICOLOR
HAMBURGUESA COMPLETA
CON CARNE, QUESO GOUDA Y
TOMATE FRESCO
POLLO FRITO AL ESTILO
BROASTER
FRUTA FRESCA DE
TEMPORADA-YOGUR
NATURAL CON TOPPING
SURTIDO DE PANES (PAN
BLANCO, INTEGRAL O
CHAPATA)

CREMA DE VERDURAS Y
HORTALIZAS DE TEMPORADA
JUREL EN SALSA DE CÍTRICOS
CHULETA DE CERDO A LA
PLANCHA
FRUTA FRESCA DE
TEMPORADA-YOGUR
NATURAL CON TOPPING
SURTIDO DE PANES (PAN
BLANCO, INTEGRAL O
CHAPATA)

LUNES 9

BUFFET DE ENSALADA
ARROZ CON SALSA DE
TOMATE CASERA
ARROZ TRES DELICIAS
HUEVOS FRITOS Y
SALCHICHAS FRESCAS
REVUELTO DE HUEVO Y
BACON
ASADILLO DE PIMIENTOS
ROJOS
FRUTA FRESCA DE
TEMPORADA O FLAN DE
VAINILLA
SURTIDO DE PANES (PAN
BLANCO, INTEGRAL O
CHAPATA)

MARTES 10

BUFFET DE ENSALADA
GUIISO DE ALUBIAS PINTAS
CON PATATAS
ESPINACAS CON
GARBANZOS
FILETE DE CONTRAMUSLO
DE POLLO AL HORNO CON
FINAS HIERBAS
FILETE DE CONTRAMUSLO
DE POLLO EN SALSA
TOMATE FRESCO ALIÑADO
CON VINAGRETA DE
ALBAHACA
FRUTA FRESCA DE
TEMPORADA
SURTIDO DE PANES (PAN
BLANCO, INTEGRAL O
CHAPATA)

MIERCOLES 11

BUFFET DE ENSALADA
CREMA DE BONIATO,
CALABAZA Y PUERRO
SALTEADO DE JUDÍAS VERDES
CON PATATAS Y AJITOS
BACALAO CON MUSELINA DE
AJO
BACALAO EN REBOZADO
CRUJIENTE
PATATAS A LO POBRE
FRUTA FRESCA DE
TEMPORADA
SURTIDO DE PANES (PAN
BLANCO, INTEGRAL O
CHAPATA)

JUEVES 12

COMIDA

BUFFET DE ENSALADA
SOPA CASERA DE PUCHERO
CON ESTRELLAS
SOPA CASERA DE VERDURAS
CON ESTRELLAS
RAGOUT DE CERDO A LA
JARDINERA
MAGRO DE CERDO EN SALSA
DE MANZANA
PURÉ DE PATATAS CASERO
YOGUR SABORES VARIADOS
SURTIDO DE PANES (PAN
BLANCO, INTEGRAL O
CHAPATA)

VIERNES 13

BUFFET DE ENSALADA
JORNADA ITALIA
TAGLIATELLE CON SALSA
ALFREDO 🇮🇹🇮🇹
CANELONES DE CARNE
CON BECHAMEL 🇮🇹🇮🇹
PIZZA PROSCIUTTO 🇮🇹🇮🇹
ESCALOPE DE POLLO
EMPANADO 🇮🇹🇮🇹
CALABAZA ASADA
CARAMELIZADA 🇮🇹🇮🇹
PANNA COTTA 🇮🇹🇮🇹 **FRUTA**
DE TEMPORADA
SURTIDO DE PANES (PAN
BLANCO, INTEGRAL O
CHAPATA)

SABADO 14

BRUNCH:
*PANES Y UNTABLES
VARIADOS
*EMBUTIDOS
*CEREALES Y BOLLERIA
HORNEADA
BUFFET DE ENSALADAS
SALCHICHAS FRESCAS AL
HORNO
GRATÉN DE PATATA
COSTILLAS DE CERDO ASADAS
FRUTA FRESCA DE
TEMPORADA-YOGUR
NATURAL CON TOPPING
SURTIDO DE PANES (PAN
BLANCO, INTEGRAL O
CHAPATA)

DOMINGO 15

BRUNCH:
*PANES Y UNTABLES VARIADOS
*EMBUTIDOS
*CEREALES Y BOLLERIA
HORNEADA
BUFFET DE ENSALADAS
BACON CRISPY
ARROZ DORADO CON POLLO
CAZÓN EN ADOBO
FRUTA FRESCA DE TEMPORADA-
YOGUR NATURAL CON TOPPING
SURTIDO DE PANES (PAN
BLANCO, INTEGRAL O CHAPATA)

CENA

SOPA CASTELLANA CON
PICADILLO DE HUEVO Y JAMON
GALLO AL HORNO CON
CRUMBLE DE CEBOLLA
PECHUGA DE POLLO MARINADA
CON TOMILLO Y LIMON
PATATAS FRITAS CASERAS
FRUTA FRESCA DE TEMPORADA-
YOGUR NATURAL
CON TOPPING
SURTIDO DE PANES
(PAN BLANCO, INTEGRAL O
CHAPATA)

GNOCCHIS EN SALSA DE
QUESO
MAGRO DE CERDO A LA
RIOJANA
MERLUZA ORLY
CUSCÚS CON HIERBABUENA
FRUTA FRESCA DE
TEMPORADA-YOGUR
NATURAL CON TOPPING
SURTIDO DE PANES (PAN
BLANCO, INTEGRAL O
CHAPATA)

ENSALADA DE PASTA
TROPICAL
TORTILLA ESPAÑOLA
SANDWICH CLUB (POLLO,
YORK, QUESO, BACON,
LECHUGA Y TOMATE)
ARITOS DE CEBOLLA
FRUTA FRESCA DE
TEMPORADA-YOGUR
NATURAL CON TOPPING
SURTIDO DE PANES (PAN
BLANCO, INTEGRAL O
CHAPATA)

ENSALADA CAMPERA
FILETE DE RAPE A LA ROMANA
BISTEC DE TERNERA A LA
PLANCHA
ARROZ TRES DELICIAS
FRUTA FRESCA DE
TEMPORADA-YOGUR NATURAL
CON TOPPING
SURTIDO DE PANES (PAN
BLANCO, INTEGRAL O CHAPATA)

CREMA DE VERURAS Y
HORTALIZAS DE
TEMPORADA
EMPANADA DE CARNE
CASERA
TORTILLA FRANCESA CON
PAVO
CHAMPIÑONES SALTEADOS
CON JAMÓN SERRANO Y
AJITOS
FRUTA FRESCA DE
TEMPORADA-YOGUR
NATURAL CON TOPPING
SURTIDO DE PANES (PAN
BLANCO, INTEGRAL O
CHAPATA)

ENSALADA CÉSAR
TACOS DE TENERA PICADA
SALMÓN AL HORNO CON SALSA
TÁRTARA
BONIATO ASADO
FRUTA FRESCA DE
TEMPORADA-YOGUR NATURAL
CON TOPPING
SURTIDO DE PANES (PAN
BLANCO, INTEGRAL O CHAPATA)

SOPA DE FIDEO CON CALDO
CASERO
CHULETA DE PAVO A LA
PLANCHA
ARTISAN PIZZA
PATATAS FRITAS CASERAS
TEX-MEX
FRUTA FRESCA DE
TEMPORADA-YOGUR
NATURAL CON TOPPING
SURTIDO DE PANES (PAN
BLANCO, INTEGRAL O
CHAPATA)

LUNES 16

BUFFET DE ENSALADA
 COCIDO DE GARBANZOS CON
 VERDURAS
 CREMA DE GARBANZOS CON
 ESPECIAS
 HAMBURGUESA AL HORNO EN
 SU JUGO
 HAMBURGUESA CON SALSA
 DE MOSTAZA ANTIGUA
 DELICIAS DE BERENJENA
 REBOZADA
 FRUTA FRESCA DE
 TEMPORADA O NATILLAS
 SURTIDO DE PANES (PAN
 BLANCO, INTEGRAL O
 CHAPATA)

CREMA SUAVE DE BROCOLI
 REVUELTO DE CHAMPIÑONES
 Y PAVO
 ALITAS DE POLLO KENTUCKY
 PATATAS DADO
 FRUTA FRESCA DE
 TEMPORADA-YOGUR
 NATURAL
 CON TOPPING
 SURTIDO DE PANES
 (PAN BLANCO, INTEGRAL O
 CHAPATA)

MARTES 17

BUFFET DE ENSALADA
 WOK DE PASTA CON
 VERDURAS Y BACON
 CODITOS CON PESTO DE
 ESPINACAS Y TOMATE SECO
 CABALLA CON SALSA
 NAPOLITANA
 EMPANADILLAS DE ATUN
 PATATAS PANADERA AL
 HORNO
 FRUTA FRESCA DE
 TEMPORADA
 SURTIDO DE PANES (PAN
 BLANCO, INTEGRAL O
 CHAPATA)

ENSALADILLA RUSA
 CHULETA DE SAJONIA A LA
 PLANCHA
 TOSTA DE QUESO CREMA,
 YORK, MOZZARELLA Y
 AGUACATE
 PURÉ DE MANZANA
 FRUTA FRESCA DE
 TEMPORADA-YOGUR
 NATURAL CON TOPPING
 SURTIDO DE PANES (PAN
 BLANCO, INTEGRAL O
 CHAPATA)

MIERCOLES 18

BUFFET DE ENSALADA
 CREMA DE VERDURAS Y
 HORTALIZAS DE TEMPORADA
 JUDÍAS VERDES CON
 TAQUITOS DE JAMÓN Y
 TOMATE
 ESTOFADO DE POLLO AL
 CURRY
 BOCADITOS DE POLLO
 SALTEADO C/MANGO Y SOJA
 ARROZ SALTEADO CON AJO
 CEBOLLA
 FRUTA FRESCA DE
 TEMPORADA
 SURTIDO DE PANES (PAN
 BLANCO, INTEGRAL O
 CHAPATA)

SOPA MARINERA CON PASTA
 RABAS DE CALAMAR
 REBOZADAS CASERAS
 BROCHETA DE PINCHO
 MORUNO EN ADOBO
 PATATAS FRITAS CASERAS
 FRUTA FRESCA DE
 TEMPORADA-YOGUR
 NATURAL CON TOPPING
 SURTIDO DE PANES (PAN
 BLANCO, INTEGRAL O
 CHAPATA)

JUEVES 19

COMIDA

BUFFET DE ENSALADA
 PAELLA MIXTA
 ENSALADA DE ARROZ CON
 PIÑA Y SALSA ROSA
 TORTILLA FRANCESA
 TORTILLA DE PATATAS
 GRATINADA
 TOMATE FRESCO ALIÑADO
 CON VINAGRETA DE AJO Y
 PEREJIL
 YOGUR SABORES VARIADOS
 SURTIDO DE PANES (PAN
 BLANCO, INTEGRAL O
 CHAPATA)

CENA

ENSALADA DE PASTA CON
 VERDURAS
 FLAMENQUÍN AL ESTILO
 CORDOBÉS
 EMPANADA CASERA DE
 SALMON, QUESO Y CEBOLLA
 CARAMELIZADA
 ARITOS DE CEBOLLA
 FRUTA FRESCA DE
 TEMPORADA-YOGUR
 NATURAL CON TOPPING
 SURTIDO DE PANES (PAN
 BLANCO, INTEGRAL O
 CHAPATA)

VIERNES 20

BUFFET DE ENSALADA
 SOPA CASERA DE LLUVIA CON
 PICADILLO
 SOPA CASERA DE VERDURAS
 CON FIDEOS
 ESCALOPE DE CERDO
 EMPANADO
 LOMO ADOBADO A LA
 PLANCHA
 PATATAS FRITAS CASERAS
 ESPECIALIZADAS
 MOUSSE DE CHOCOLATE O
 FRUTA FRESCA DE
 TEMPORADA
 SURTIDO DE PANES (PAN
 BLANCO, INTEGRAL O
 CHAPATA)

MUSAKA DE VERDURAS
 POLLO EN SALSA CON
 ALMENDRAS
 TORTILLA PAISANA CON
 CHORIZO
 ASADILLO DE PIMIENTOS
 VERDES FRUTA FRESCA DE
 TEMPORADA-YOGUR
 NATURAL CON TOPPING
 SURTIDO DE PANES (PAN
 BLANCO, INTEGRAL O
 CHAPATA)

SABADO 21

BRUNCH:
 *PANES Y UNTABLES
 VARIADOS
 *EMBUTIDOS
 *CEREALES Y BOLLERIA
 HORNEADA
 BUFFET DE ENSALADAS
 BACON CRISPY
 PASTA A LA CARBONARA
 ALBÓNDIGAS EN SALSA AL
 ESTILO TRADICIONAL
 FRUTA FRESCA DE
 TEMPORADA-YOGUR
 NATURAL CON TOPPING
 SURTIDO DE PANES (PAN
 BLANCO, INTEGRAL O
 CHAPATA)

CREMA DE VERDURAS Y
 HORTALIZAS DE TEMPORADA
 HOT DOG ESTILO NY
 FILETE DE POLLO A LA PLANCHA
 PATATAS FRITAS CASERAS
 FRUTA FRESCA DE
 TEMPORADA-YOGUR NATURAL
 CON TOPPING
 SURTIDO DE PANES (PAN
 BLANCO, INTEGRAL O CHAPATA)

DOMINGO 22

BRUNCH:
 *PANES Y UNTABLES VARIADOS
 *EMBUTIDOS
 *CEREALES Y BOLLERIA
 HORNEADA
 BUFFET DE ENSALADAS
 HUEVOS REVUELTOS CON
 QUESO
 ARROZ CON POLLO Y CURRY
 CINTA DE LOMO EN SALSA A LA
 PIMIENTA
 YOGUR NATURAL CON TOPPING
 SURTIDO DE PANES (PAN
 BLANCO, INTEGRAL O
 CHAPATA)

ENSALADA DE TRIGO TIERNO
 CON VINAGRETA DE MIEL Y
 MOSTAZA
 ENCHILADAS DE POLLO
 MERLUZA AL HORNO CON
 INFUSIÓN DE AJO Y PEREJIL
 CUSCÚS
 FRUTA FRESCA DE
 TEMPORADA-YOGUR
 NATURAL CON TOPPING
 SURTIDO DE PANES (PAN
 BLANCO, INTEGRAL O
 CHAPATA)

LUNES 23

BUFFET DE ENSALADA
 CODITOS CARBONARA
 CODITOS AL POMODORO CON
 ACEITUNAS NEGRAS
 REVUELTO DE PATATAS CON
 JAMÓN SERRANO
 HUEVOS A LA MALLORQUINA
 VERDURAS AL GRILL
 FRUTA FRESCA DE
 TEMPORADA O HELADO DE
 SABORES
 SURTIDO DE PANES (PAN
 BLANCO, INTEGRAL O
 CHAPATA)

MARTES 24

BUFFET DE ENSALADA
 SOPA DE ESTRELLAS CON
 CALDO CASERO
 CHAMPIÑONES SALTEADOS AL
 AJILLO
 LOMO DE MERLUZA EN SALSA
 AMERICANA
 PALITOS DE MERLUZA
 ARROZ EN BLANCO SALTEADO
 YOGUR SABORES VARIADOS
 SURTIDO DE PANES (PAN
 BLANCO, INTEGRAL O
 CHAPATA)

MIERCOLES 25

BUFFET DE ENSALADA
 GUISO DE ALUBIAS BLANCAS
 CON ZANAHORIAS
 ALUBIAS BLANCAS ALIÑADAS
 ALBÓNDIGAS EN SALSA
 ESPAÑOLA
 KEFTEDES CON SALSA TZATZIKI
 CALABACÍN ASADO
 FRUTA FRESCA DE TEMPORADA
 SURTIDO DE PANES (PAN
 BLANCO, INTEGRAL O
 CHAPATA)

JUEVES 26

COMIDA
 BUFFET DE ENSALADA
 CREMA DE VERDURAS Y
 HORTALIZAS
 JUDIAS VERDES A LA
 PORTUGUESA
 BLANQUETA DE PAVO
 PASTEL DE CARNE
 PATATAS DADO
 FRUTA FRESCA DE
 TEMPORADA
 SURTIDO DE PANES (PAN
 BLANCO, INTEGRAL O
 CHAPATA)

VIERNES 27

BUFFET DE ENSALADA
JORNADA MEJICANA
 ARROZ A LA MEJICANA
 FRIJOLIOS REFRITOS
 FAJITAS MIXTA
 BURRITOS DE CARNE
 NACHOS CON GUACAMOLE
 FRUTA FRESCA TEMP. O
 TORTA ELOTE
 SURTIDO DE PANES (PAN
 BLANCO, INTEGRAL O
 CHAPATA)

SABADO 28

BRUNCH:
 *PANES Y UNTABLES
 VARIADOS
 *EMBUTIDOS
 *CEREALES Y BOLLERIA
 HORNEADA
 BUFFET DE ENSALADAS
 SALCHICHAS FRESCAS AL
 HORNO
 PATATAS CHEESE BACON
 FILETE DE POLLO A LA
 PLANCHA
 FRUTA FRESCA DE
 TEMPORADA-YOGUR
 NATURAL CON TOPPING
 SURTIDO DE PANES (PAN
 BLANCO, INTEGRAL O
 CHAPATA)

DOMINGO 29

BRUNCH:
 *PANES Y UNTABLES VARIADOS
 *EMBUTIDOS
 *CEREALES Y BOLLERIA
 HORNEADA
 BUFFET DE ENSALADAS
 HUEVOS REVUELTOS CON
 PIMIENTOS
 ARROZ SALTEADO CON SETAS
 CHULETAS DE CERDO AL AJILLO
 FRUTA FRESCA DE
 TEMPORADA-YOGUR NATURAL
 CON TOPPING
 SURTIDO DE PANES (PAN
 BLANCO, INTEGRAL O
 CHAPATA)

CREMA DE PATATAS Y
 ZANAHORIA CON CROUTONS
 BOLITAS DE POLLO COREANO
 CON MIEL Y SOJA
 JUREL EN SALSA DE TOMATE
 CASERA
 REPOLLO ESTILO KIMCHI
 FRUTA FRESCA DE
 TEMPORADA-YOGUR
 NATURAL
 CON TOPPING
 SURTIDO DE PANES
 (PAN BLANCO, INTEGRAL O
 CHAPATA)

ENSALADA CESAR
 SERRANITO
 HUEVOS A LA FLORENTINA
 PATATAS FRITAS CASERAS
 FRUTA FRESCA DE
 TEMPORADA-YOGUR
 NATURAL CON TOPPING
 SURTIDO DE PANES (PAN
 BLANCO, INTEGRAL O
 CHAPATA)

ENSALADA DE ARROZ CON
 HUEVO,
 ACEITUNAS, YORK Y MAIZ
 CROQUETAS ARTESANAS
 FOGONERO EN SALSA VERDE
 GUISANTES SALTEADOS CON
 CEBOLLA
 FRUTA FRESCA DE
 TEMPORADA-YOGUR
 NATURAL CON TOPPING
 SURTIDO DE PANES (PAN
 BLANCO, INTEGRAL O
 CHAPATA)

CENA
 SOPA DE FIDEOS CON CALDO
 CASERO Y PICADILLO DE
 JAMON CURADO
 TORTILLA ESPAÑOLA
 FILETE DE JAMON ASADO
 SALTEADO MEDITERRANEO
 FRUTA FRESCA DE
 TEMPORADA-YOGUR
 NATURAL CON TOPPING
 SURTIDO DE PANES (PAN
 BLANCO, INTEGRAL O
 CHAPATA)

KARTOFFELSALAT
 GALLO EN ADOBO DE LIMÓN
 FRITO
 CHULETA DE CERDO A LA
 PLANCHA
 CUSCÚS DE CILANTRO
 VERDES FRUTA FRESCA DE
 TEMPORADA-YOGUR
 NATURAL CON TOPPING
 SURTIDO DE PANES (PAN
 BLANCO, INTEGRAL O
 CHAPATA)

ENSALADA DE QUINOA CON
 QUESO FRESCO Y RABANITOS
 BROCHETA DE POLLO CON
 SALSA TERIYAKI
 CHOP SUEY DE TERNERA
 PATATAS ASADAS
 FRUTA FRESCA DE
 TEMPORADA-YOGUR NATURAL
 CON TOPPING
 SURTIDO DE PANES (PAN
 BLANCO, INTEGRAL O CHAPATA)

CREMA SUAVE DE CALABAZA
 HAMBURGUESA COMPLETA
 CON CARNE, QUESO GOUDA,
 TOMATE FRESCO, CEBOLLA
 CAMELIZADA Y LECHUGA
 FRITURA DE PESCADO CASERA
 ARITOS DE CEBOLLA
 FRUTA FRESCA DE
 TEMPORADA-YOGUR
 NATURAL CON TOPPING
 SURTIDO DE PANES (PAN
 BLANCO, INTEGRAL O
 CHAPATA)

MONDAY 2

SALAD BUFFET
 FARFALLE WITH TOMATO SAUCE, AU GRATIN WITH CHEESE
MEAT LASAGNA WITH BÉCHAMEL SAUCE, AU GRATIN
 GRILLED MARINATED PORK LOIN
CORDOBAN-STYLE FLAMENQUINES
 ROASTED PUMPKIN WITH A TOUCH OF PEPPER
 FRESH FRUIT OR ICE CREAM
 ASSORTED BREADS (WHITE, WHOLE WHEAT OR CIABATTA)

HOMEMADE SOUP WITH SCRAMBLED EGG AND RICE
 CROQUE MONSIEUR
 TUNA TACOS VIZCAINA STYLE
 BAKED POTATOES
 FRESH FRUIT-PLAIN YOGURT WITH TOPPING
 ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

TUESDAY 3

SALAD BUFFET
 CREAM OF SEASONAL VEGETABLE SOUP
RED POZOLE (CORN AND TOMATO STEW)
 SCRAMBLED EGGS WITH CURED HAM AND POTATO
SPANISH TORTILLA
 GRILLED VEGETABLES
 FRESH FRUIT
 ASSORTED BREADS (WHITE, WHOLE WHEAT OR CIABATTA)

TABBOULEH FISH (CAZÓN) IN HOMEMADE MARINADE
 CHICKEN WINGS WITH BBQ SAUCE
 HOMEMADE FRIED POTATOES
 FRESH FRUIT-PLAIN YOGURT WITH TOPPING
 ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

WEDNESDAY 4

SALAD BUFFET
 LENTIL STEW WITH CHORIZO
SAUTÉED PEAS WITH HAM
 SICILIAN-STYLE FISH (GALLINETA)
ANDALUSIAN-STYLE FISH (GALLINETA)
 HOMEMADE MASHED POTATOES
 YOGURT ASSORTED FLAVORS
 ASSORTED BREADS (WHITE, WHOLE WHEAT OR CIABATTA)

HOMEMADE SOUP WITH VEGETABLES
 PICADILLO AND NOODLES
 SCRAMBLED EGGS WITH BACON AND POTATOES
 BEEF SANDWICH WITH CIABATTA BREAD
 GREEK PEPPER SAUTEED
 FRESH FRUIT-PLAIN YOGURT WITH TOPPING
 ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

THURSDAY 5

COMIDA

SALAD BUFFET
 HOT POKE
RICE CASSEROLE
 CHICKEN MEATBALLS IN CHILINDRON SAUCE
GRILLED CHICKEN FILLET WITH LEMON
 COUSCOUS
 FRESH FRUIT
 ASSORTED BREADS (WHITE, WHOLE WHEAT OR CIABATTA)

CENA

PASTA SALAD WITH EGG
 HOMEMADE BOLOGNESE
 EMPANADA
 FISH (HAKE) IN PIQUILLO
 PEPPER SAUCE
 DICED POTATOES WITH GARLIC
 FRESH FRUIT-PLAIN YOGURT WITH TOPPING
 ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

FRIDAY 6

SALAD BUFFET
 PASTA SOUP WITH HOMEMADE BROTH
HOMEMADE CHICKEN CONSOMMÉ
 FRIED TUNA PASTRIES AND ARTISAN CROQUETTES
GRILLED PORK LOIN STEAK
 HOMEMADE FRIED POTATOES
 CUSTARDS OR FRESH FRUIT
 ASSORTED BREADS (WHITE, WHOLE WHEAT OR CIABATTA))

QUINOA SALAD WITH CHEESE
 ZUCCHINI OMELET
 SPICED CHICKEN
 THAI FRIED RICE
 FRESH FRUIT-PLAIN YOGURT WITH TOPPING
 ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

SATURDAY 7

BRUNCH:
 *ASSORTED BREADS AND SPREADS
 *COLD CUTS
 *CEREALS AND BAKED PASTRIES
 SALAD BAR
 POTATO GRATEN
 WOK-SAUTEED PASTA
 PORK LOIN IN ALMOND SAUCE
 FRESH SEASONAL FRUIT
 PLATURAL YOGURT WITH TOPPING
 ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

TRICOLOR PASTA SALAD
 COMPLETE HAMBURGER WITH BEEF, GOUDA CHEESE, AND FRESH TOMATO
 BROASTER-STYLE FRIED CHICKEN
 FRESH SEASONAL FRUIT - PLAIN YOGURT WITH TOPPING
 ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

SUNDAY 8

BRUNCH:
 *ASSORTED BREADS AND SPREADS
 *COLD CUTS
 *CEREALS AND BAKED PASTRIES
 SALAD BAR
 CAESAR SALAD
 COUNTRY-STYLE SCRAMBLED EGGS WITH CHORIZO
 GRILLED CHICKEN FILLET
 FRESH SEASONAL FRUIT - PLAIN YOGURT WITH TOPPING
 ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

SEASONAL VEGETABLE CREAM SOUP
 MASTER IN CITRUS SAUCE
 GRILLED PORK CHOP
 FRESH SEASONAL FRUIT - PLAIN YOGURT WITH TOPPING
 ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

MONDAY 9

SALAD BUFFET
RICE WITH HOMEMADE
TOMATO SAUCE
THREE-DELIGHT RICE
FRIED EGGS AND FRESH
SAUSAGES
**SCRAMBLED EGGS WITH
BACON**
ROASTED RED PEPPERS
FRESH FRUIT OR CREAM
CARAMEL
ASSORTED BREADS (WHITE,
WHOLE WHEAT OR CIABATTA)

CASTELLANA SOUP (EGG AND
HAM)
ROAST FISH (GALLO) WITH
ONION CRUMBLE
MARINATED CHICKEN BREAST
WITH THYME AND LEMON
HOMEMADE FRIED POTATOES
FRESH FRUIT-PLAIN YOGURT
WITH TOPPING
ASSORTED BREADS
(WHITE, WHOLE WHEAT, OR
CIABATTA)

TUESDAY 10

SALAD BUFFET
PINTO BEAN STEW WITH
POTATOES
SPINACH WITH CHICKPEAS
BAKED CHICKEN THIGH
FILLET WITH HERBS
CHICKEN FILLET IN SAUCE
FRESH TOMATO DRESSED
WITH BASIL VINAIGRETTE
FRESH FRUIT
ASSORTED BREADS (WHITE,
WHOLE WHEAT OR
CIABATTA)

GNOCCHI IN CHEESE SAUCE
PORK LEAN RIOJA STYLE
FISH (HAKE) ONLY
COUSCOUS WITH MINT
FRESH FRUIT-PLAIN YOGURT
WITH TOPPING
ASSORTED BREADS
(WHITE, WHOLE WHEAT, OR
CIABATTA)

WEDNESDAY 11

SALAD BUFFET
SWEET POTATO, PUMPKIN,
AND LEEK CREAM SOUP
**SAUTÉED GREEN BEANS WITH
POTATOES AND GARLIC**
COD WITH GARLIC
MOUSSELINE
CRISPY BREADED COD
SAUTÉED POTATOES
FRESH FRUIT
ASSORTED BREADS (WHITE,
WHOLE WHEAT OR CIABATTA)

TROPICAL PASTA SALAD
SPANISH OMELETTE
CLUB SANDWICH (CHICKEN,
HAM, CHEESE, BACON,
LETTUCE, AND TOMATO)
ONION RINGS
FRESH FRUIT-PLAIN YOGURT
WITH TOPPING
ASSORTED BREADS
(WHITE, WHOLE WHEAT, OR
CIABATTA)

THURSDAY 12

COMIDA
SALAD BUFFET
HOMEMADE STEW SOUP
WITH PASTA
**HOMEMADE VEGETABLE
SOUP WITH PASTA**
PORK RAGOUT WITH
VEGETABLES
**LEAN PORK WITH APPLE
SAUCE**
HOMEMADE MASHED
POTATOES
YOGURT ASSORTED FLAVORS
ASSORTED BREADS (WHITE,
WHOLE WHEAT OR CIABATTA)

CENA
POTATOES SALAD
FRIED FISH (RAPE) FILLET
GRILLED BEEF STEAK
THREE DELIGHTS RICE
FRESH FRUIT-PLAIN YOGURT
WITH TOPPING
ASSORTED BREADS
(WHITE, WHOLE WHEAT, OR
CIABATTA)

FRIDAY 13

SALAD BUFFET
ITALY GASTRONOMIC DAY
TAGLIATELLE ALFREDO
SAUCE 🇮🇹 🇮🇹
**MEAT CANNELONI WITH
BÉCHAMEL SAUCE 🇮🇹 🇮🇹**
PIZZA PROSCIUTTO 🇮🇹 🇮🇹
BREADED CHICKEN
ESCALOPE 🇮🇹 🇮🇹
**CARAMELIZED ROASTED
PUMPKIN 🇮🇹 🇮🇹**
PANNA COTTA 🇮🇹 🇮🇹
FRESH FRUIT
ASSORTED BREADS
(WHITE, WHOLE WHEAT
OR CIABATTA)

CREAM OF SEASONAL
VEGETABLE SOUP
HOMEMADE MEAT PIE
FRENCH OMELET WITH
TURKEY
SAUTÉED MUSHROOMS
WITH SERRANO HAM AND
GARLIC
FRESH FRUIT-PLAIN YOGURT
WITH TOPPING
ASSORTED BREADS
(WHITE, WHOLE WHEAT, OR
CIABATTA)

SATURDAY 14

BRUNCH:
***ASSORTED BREADS AND
SPREADS**
***COLD CUTS**
***CEREALS AND BAKED
PASTRIES**
SALAD BAR
FRESH BAKED SAUSAGES
POTATO GRATEN
ROASTED PORK RIBS
FRESH SEASONAL FRUIT -
PLAIN YOGURT WITH
TOPPING
ASSORTED BREADS (WHITE,
WHOLE WHEAT, OR
CIABATTA)

CAESAR SALAD
MINCED BEEF TACOS
BAKED SALMON WITH TARTARE
SAUCE
ROASTED SWEET POTATO
FRESH SEASONAL FRUIT -
PLAIN YOGURT WITH TOPPING
ASSORTED BREADS (WHITE,
WHOLE WHEAT, OR CIABATTA)

SUNDAY 15

BRUNCH:
***ASSORTED BREADS AND
SPREADS**
***COLD CUTS**
***CEREALS AND BAKED PASTRIES**
SALAD BAR
CRISPY BACON
GOLDEN RICE WITH CHICKEN
MARINATED DOG
FRESH SEASONAL FRUIT -
PLAIN YOGURT WITH TOPPING
ASSORTED BREADS (WHITE,
WHOLE WHEAT, OR CIABATTA)

NOODLE SOUP WITH
HOMEMADE BROTH
GRILLED TURKEY CUTLET
ARTISAN PIZZA
HOMEMADE TEX-MEX FRIES
FRESH SEASONAL FRUIT -
PLAIN YOGURT WITH
TOPPING
ASSORTED BREADS (WHITE,
WHOLE WHEAT, OR
CIABATTA)

MONDAY 16

SALAD BUFFET
CHICKPEA STEW WITH VEGETABLES
CHICKPEA CREAM WITH SPICES
BAKED HAMBURGER COOKED IN ITS OWN JUICES
HAMBURGER WITH WHOLE-GRAIN MUSTARD SAUCE
BREADED EGGPLANT DELIGHTS
FRESH FRUIT OR CUSTARD
ASSORTED BREADS (WHITE, WHOLE WHEAT OR CIABATTA)

TUESDAY 17

SALAD BUFFET
PASTA STIR-FRY WITH VEGETABLES AND BACON
PASTA WITH SPINACH AND SUN-DRIED TOMATO PESTO
FISH (MACKEREL) WITH NEAPOLITAN SAUCE
TUNA PASTRIES
BAKED POTATOES
FRESH FRUIT
ASSORTED BREADS (WHITE, WHOLE WHEAT OR CIABATTA)

WEDNESDAY 18

SALAD BUFFET
CREAM OF SEASONAL VEGETABLE SOUP
GREEN BEANS WITH DICED HAM AND TOMATO
CHICKEN CURRY STEW
SAUTÉED CHICKEN BITES WITH MANGO AND SOY SAUCE
SAUTEED RICE WITH GARLIC AND ONION
FRESH FRUIT
ASSORTED BREADS (WHITE, WHOLE WHEAT OR CIABATTA)

THURSDAY 19

COMIDA

SALAD BUFFET
MIXED PAELLA
RICE SALAD WITH PINEAPPLE AND SAUCE
FRENCH OMELETTE
GRATINATED POTATO OMELET
FRESH TOMATO DRESSED WITH GARLIC AND PARSLEY
VINAIGRETTE
YOGURT ASSORTED FLAVORS
ASSORTED BREADS (WHITE, WHOLE WHEAT OR CIABATTA)

FRIDAY 20

SALAD BUFFET
HOMEMADE PASTA SOUP WITH PICADILLO
HOMEMADE VEGETABLE NOODLE SOUP
BREADED PORK ESCALOPE
GRILLED MARINATED PORK LOIN
HOMEMADE SPICED FRIED POTATOES
CHOCOLATE MOUSSE OR FRESH FRUIT
ASSORTED BREADS (WHITE, WHOLE WHEAT OR CIABATTA)

SATURDAY 21

BRUNCH:
*ASSORTED BREADS AND SPREADS
*COLD CUTS
*CEREALS AND BAKED PASTRIES
SALAD BAR
CRISPY BACON
PASTA CARBONARA
MEATBALLS IN TRADITIONAL SAUCE
FRESH SEASONAL FRUIT - PLAIN YOGURT WITH TOPPING
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

SUNDAY 22

BRUNCH:
*ASSORTED BREADS AND SPREADS
*COLD CUTS
*CEREALS AND BAKED PASTRIES
SALAD BAR
SCRAMBLED EGGS WITH CHEESE
CHICKEN, RICE, AND CURRY PORK LOIN IN PEPPER SAUCE
PLAIN YOGURT WITH TOPPING
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

CREAM OF BROCCOLI SOUP
MUSHROOM AND TURKEY SCRAMBLE
KENTUCKY CHICKEN WINGS
DICED POTATOES
FRESH FRUIT-PLAIN YOGURT WITH TOPPING
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

RUSSIAN SALAD
GRILLED PORK CHOP
TOASTED SANDWICH WITH CREAM CHEESE, HAM, MOZZARELLA, AND AVOCADO
APPLE PUREE
FRESH FRUIT-PLAIN YOGURT WITH TOPPING
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

SEAFOOD SOUP WITH PASTA
HOMEMADE BREADED CALAMARI RINGS
MARINATED PORK SKEWERS
HOMEMADE FRENCH FRIES
FRESH FRUIT-PLAIN YOGURT WITH TOPPING
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

CENA

PASTA SALAD WITH VEGETABLES
CORDOBAN-STYLE FLAMENQUÍN
HOMEMADE EMPANADA WITH SALMON, CHEESE, AND CARAMELIZED ONION
ONION RINGS
FRESH FRUIT-PLAIN YOGURT WITH TOPPING
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

VEGETABLE MOUSSAKA
CHICKEN IN ALMOND SAUCE
COUNTRY-STYLE OMELETTE WITH CHORIZO
GREEN PEPPER ROAST
FRESH FRUIT-PLAIN YOGURT WITH TOPPING
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

SEASONAL VEGETABLE CREAM SOUP
NY-STYLE HOT DOG
GRILLED CHICKEN FILLET
HOMEMADE FRIES
FRESH SEASONAL FRUIT - PLAIN YOGURT WITH TOPPING
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

WHEAT SALAD WITH HONEY MUSTARD VINAIGRETTE
CHICKEN ENCHILADAS
BAKED HAKE WITH GARLIC AND PARSLEY INFUSION
COUSCOUS
FRESH SEASONAL FRUIT - PLAIN YOGURT WITH TOPPING
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

MONDAY 23

SALAD BUFFET
 PASTA CARBONARA
PASTA WITH TOMATO SAUCE AND BLACK OLIVES
 SCRAMBLED EGGS WITH POTATOES AND SERRANO HAM
MALLORCAN-STYLE EGGS
 GRILLED VEGETABLES
 FRESH FRUIT OR ICE CREAM
 ASSORTED BREADS (WHITE, WHOLE WHEAT OR CIABATTA)

TUESDAY 24

SALAD BUFFET
 PASTA SOUP WITH HOMEMADE BROTH
SAUTÉED MUSHROOMS WITH GARLIC
 FISH (HAKE) FILLET IN AMERICAN SAUCE
HAKE FINGERS
 SAUTÉED WHITE RICE
 YOGURT ASSORTED FLAVORS
 ASSORTED BREADS (WHITE, WHOLE WHEAT OR CIABATTA)

WEDNESDAY 25

SALAD BUFFET
 WHITE BEAN STEW WITH CARROT
SPICED WHITE BEANS
 MEATBALLS WITH TOMATO SAUCE
KEFTEDES WITH TZATZIKI SAUCE
 ROASTED ZUCCHINI
 FRESH FRUIT
 ASSORTED BREADS (WHITE, WHOLE WHEAT OR CIABATTA)

THURSDAY 26

COMIDA
 SALAD BUFFET
 CREAM OF SEASONAL VEGETABLES
PORTUGUESE-STYLE GREEN BEANS
 TURKEY BLANQUETTE
MEAT PIE
 DICED POTATOES
 FRESH FRUIT
 ASSORTED BREADS (WHITE, WHOLE WHEAT OR CIABATTA)

FRIDAY 27

SALAD BUFFET
MEXICO GASTRONOMIC DAY
MEXICAN RICE 🇲🇽
FRIED BEANS 🇲🇽
MIXED FAJITAS 🇲🇽
MEAT BURRITOS 🇲🇽
NACHOS WITH GUACAMOLE
 🇲🇽
ELOTE PIE 🇲🇽 **OR FRESH FRUIT**
ASSORTED BREADS (WHITE, WHOLE WHEAT OR CIABATTA)

SATURDAY 28

BRUNCH:
 *ASSORTED BREADS AND SPREADS
 *COLD CUTS
 *CEREALS AND BAKED PASTRIES
 SALAD BAR
 FRESH BAKED SAUSAGES
 POTATOES WITH CHEESE AND BACON
 GRILLED CHICKEN FILLET
 FRESH SEASONAL FRUIT - PLAIN
 YOGURT WITH TOPPING
 ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

SUNDAY 29

BRUNCH:
 *ASSORTED BREADS AND SPREADS
 *COLD CUTS
 *CEREALS AND BAKED PASTRIES
 SALAD BAR
 SCRAMBLED EGGS WITH PEPPERS
 SAUTÉED RICE WITH MUSHROOMS
 GARLIC PORK CHOPS
 FRESH SEASONAL FRUIT - PLAIN
 YOGURT WITH TOPPING
 ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

CENA

CREAM OF POTATO AND CARROT SOUP WITH CROUTONS
 KOREAN CHICKEN BALLS WITH HONEY AND SOY SAUCE
 FISH (JUREL) IN HOMEMADE TOMATO SAUCE
 KIMCHI-STYLE CABBAGE
 FRESH FRUIT-PLAIN YOGURT WITH TOPPING
 ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

CAESAR SALAD
 SERRANITO SANDWICH
 EGGS FLORENTINE
 HOMEMADE FRIED POTATOES
 FRESH FRUIT-PLAIN YOGURT WITH TOPPING
 ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

RICE SALAD WITH EGG, OLIVES, HAM, AND CORN
 HOMEMADE CROQUETTES
 FISH (FOGONERO) IN GREEN SAUCE
 SAUTÉED PEAS WITH ONION
 FRESH FRUIT-PLAIN YOGURT WITH TOPPING
 ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

NOODLE SOUP WITH HOMEMADE BROTH AND HAM PICADILLO
 SPANISH OMELET
 ROASTED HAM STEAK
 MEDITERRANEAN STIR-FRY VEGETABLES
 FRESH FRUIT-PLAIN YOGURT WITH TOPPING
 ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

KARTOFFELSALAT
 FRIED FISH (GALLO) IN LEMON MARINADE
 GRILLED PORK CHOP
 CILANTRO COUSCOUS
 FRESH FRUIT-PLAIN YOGURT WITH TOPPING
 ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

QUINOA SALAD WITH FRESH CHEESE AND RADISHES
 CHICKEN SKEWER WITH TERIYAKI SAUCE
 BEEF CHOP SUEY
 ROASTED POTATOES
 FRESH SEASONAL FRUIT - PLAIN
 YOGURT WITH TOPPING
 ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

BRUNCH
 SMOOTH PUMPKIN SOUP
 COMPLETE HAMBURGER WITH BEEF, GOUDA CHEESE, FRESH TOMATO, CARAMELIZED ONIONS, AND LETTUCE
 HOMEMADE FRIED FISH
 ONION RINGS
 FRESH SEASONAL FRUIT - PLAIN
 YOGURT WITH TOPPING
 ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)