

|                                    | Lunes/Monday<br>2/02                                                                                    | Martes/Tuesday<br>3/02                                                                                     | Miércoles/Wednesday<br>4/02                                                                                             | Jueves/Thursday<br>5/02                                                                       | Viernes / Friday<br>6/02                                                                                 |
|------------------------------------|---------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| <b>Primer Plato/<br/>First</b>     | ARROZ DE MONTAÑA (con salchichas y guisantes) ( 12 )<br>"MOUNTAIN" RICE (with sausages and peas) ( 12 ) | LENTEJAS ESTOFADAS CON HORTALIZAS (T1)<br>LENTILS & VEGETABLE STEW (T1)                                    | SOPA CASERA DE AVE Y CON PISTONES ( 1, 3, 9, T6, T10)<br>HOMEMADE POULTRY, VEGETABLES & PASTA SOUP ( 1, 3, 9, T6, T10 ) | MACARRONES A LA BOLOÑESA ( 1, 12, T6, T10 )<br>MACARONI IN BOLOGNESE SAUCE ( 1, 12, T6, T10 ) | CREMA DE ZANAHORIAS<br>CARROT CREAM                                                                      |
| Opción 2                           | JUDÍA VERDE SALTEADA<br>SAUTEED GREEN BEAN                                                              | MENESTRA DE VERDURAS<br>BOILED FRESH VEGETABLES                                                            | BRÓCOLI CON PATATA<br>BOILED BROCCOLI AND POTATOES                                                                      | CREMA DE VERDURAS<br>VEGETABLES CREAM                                                         | ESPAGUETIS CON SALSA DE CHAMPIÑONES ( 1, 7, T6, T10)<br>SPAGHETTI WITH MUSHROOMS SAUCE ( 1, 7, T6, T10 ) |
| <b>Segundo Plato/<br/>Second</b>   | MERLUZA AL HORNO ( 4 )<br>BAKED HAKE ( 4 )                                                              | PAVO A LA PLANCHA<br>GRILLED TURKEY                                                                        | HAMBURGUESAS DE TERNERA A LA PLANCHA ( 12 )<br>GRILLED BEEF BURGUER ( 12 )                                              | TORTILLA DE QUESO ( 3, 7 )<br>CHEESE OMELETTE ( 3, 7 )                                        | POLLO EN SALSA AGRIDULCE (opcional) ( 3, 12 )<br>CHICKEN WITH SWEET AND SOUR SAUCE (optional)( 3, 12 )   |
| Opción 2                           | FINGERS DE MOZZARELLA ( 1, 2, 3, 4, 6, 7, 8, 14 )<br>MOZZARELLA FINGERS ( 1, 2, 3, 4, 6, 7, 8, 14 )     | CINTA DE LOMO CON SALSA DE MOSTAZA Y MIEL ( 10, 12 )<br>PORK LOIN WITH MUSTARD SAUCE, AND HONEY ( 10, 12 ) | EMPANADILLAS DE ATÚN AL HORNO ( 1, 2, 3, 4, 6, 7, 9, 14 )<br>TUNA PATTIES ( 1, 2, 3, 4, 6, 7, 9, 14 )                   | PESCADO BLANCO A LA PLANCHA ( 4 )<br>GRILLED FISH ( 4 )                                       | BACALAO AL HORNO ( 4 )<br>BAKED COD ( 4 )                                                                |
| <b>Guarnición/<br/>Side dishes</b> | ENSALADA VARIADA<br>FRESH SALAD                                                                         | CUSCÚS ( 1, T6, T10 )<br>COUS COUS ( 1, T6, T10 )                                                          | AROS DE CEBOLLA<br>ONION RINGS                                                                                          | ENSALADA VARIADA<br>FRESH SALAD                                                               | PATATA AL CALIU<br>CALIU" POTATOES                                                                       |
| <b>Postre/ Desserts</b>            | FRUTA DEL TIEMPO<br>FRESH FRUIT                                                                         | FRUTA DEL TIEMPO<br>FRESH FRUIT                                                                            | YOGUR ( 7 )<br>YOGHURT ( 7 )                                                                                            | FRUTA DEL TIEMPO<br>FRESH FRUIT                                                               | FRUTA DEL TIEMPO<br>FRESH FRUIT                                                                          |



Gluten  
( 1 )



Crustáceos  
( 2 )



Huevo  
( 3 )



Pescado  
( 4 )



Cacahuete  
( 5 )



Soja  
( 6 )



Leche  
( 7 )



Fruitos secos  
( 8 )



Apio  
( 9 )



Mostaza  
( 10 )



Sésamo  
( 11 )



Sulfitos  
( 12 )



Altramuces  
( 13 )



Moluscos  
( 14 )



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|                                    | Lunes/Monday<br>09/02                                                                                                                                       | Martes/Tuesday<br>10/02                                            | Miércoles/Wednesday<br>11/02                                | Jueves/Thursday<br>12/02                                                                              | Viernes / Friday<br>13/02                                                                                                   |
|------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| <b>Primer Plato/<br/>First</b>     | ARROZ CON SALSA DE TOMATE CASERA<br>RICE WITH HOMEMADE TOMATO SAUCE                                                                                         | GARBANZOS CON ESPINACAS<br>CHICKPEAS & SPINACH STEW                | CREMA DE CALABAZA<br>PUMPKIN CREAM                          | CUSCUS CON VERDURAS ( 1 T6, T10)<br>COUSCOUS WITH VEGETABLES ( 1 T6, T10)                             | SOPA CASERA DE AVE Y VERDURAS CON PISTONES ( 1, 3, 9 T6, T10)<br>HOMEMADE POULTRY, VEGETABLES & PASTA SOUP ( 1, 9, T6, T10) |
| Opción 2                           | CREMA DE VERDURAS<br>VEGETABLE CREAM                                                                                                                        | FUSSILIS A LA CARBONARA ( 1, 3, 7 )<br>CARBONARA PASTA ( 1, 3, 7 ) | ARROZ CINCO DELCIAS<br>SAUTEED RICE                         | TRINCHADO DE LA CERDAÑA<br>"TRINCHADO DE LA CERDAÑA"                                                  | ARROZ A LA CAZUELA<br>RICE CASSEROLE                                                                                        |
| <b>Segundo Plato/<br/>Second</b>   | SALCHICHAS DE CERDO AL HORNO (12)<br>GRILLED PORK SAUSAGES ( 12 )                                                                                           | TORTILLA DE QUESO ( 3, 7 )<br>CHEESE OMELLETE ( 3, 7 )             | POLLO REBOZADO ( 1, 3, 10 )<br>BREADED CHICKEN ( 1, 3, 10 ) | FRICANDÓ DE TERNERA<br>BEEF STEW                                                                      | PESCADO FRESCO DE MERCADO ( 4 )<br>FRESH FISH ( 4 )                                                                         |
| Opción 2                           | CANELONES DE CARNE GRATINADOS CON BECHAMEL ( 1, 2, 3, 4, 6, 7, 8, 9, 10, 14 )<br>AU GRATIN MEAT CANNELLONI WITH BECHAMEL ( 1, 2, 3, 4, 6, 7, 8, 9, 10, 14 ) | PECHUGA DE POLLO A LA PLANCHA<br>GRILLED CHICKEN                   | ATÚN A LA PLANCHA ( 1, 4, 6 )<br>GRILLED TUNA ( 1, 4, 6 )   | ROLLITO PRIMAVERA CON SALSA AGRIDULCE ( 1, 6, 12 )<br>SPRING ROLLS WITH SWEET SOUR SAUCE ( 1, 6, 12 ) | LOMO A LA PLANCHA A LAS FINAS HIERBAS<br>GRILLED LOIN ON THE FINE HERBS                                                     |
| <b>Guarnición/<br/>Side dishes</b> | ENSALADA VARIADA<br>FRESH SALAD                                                                                                                             | CHIPS DE BONIATO<br>SWEET POTATO CHIPS                             | PATATAS SALTEADAS<br>SAUTEED POTATOES                       | GUISANTES SALTEADO<br>SAUTEED PEAS                                                                    | WOK DE VERDURAS<br>VEGETABLE WOK                                                                                            |
| <b>Postre/ Desserts</b>            | FRUTA DEL TIEMPO<br>FRESH FRUIT                                                                                                                             | FRUTA DEL TIEMPO<br>FRESH FRUIT                                    | FRUTA DEL TIEMPO<br>FRESH FRUIT                             | FRUTA DEL TIEMPO<br>FRESH FRUIT                                                                       | YOGUR ( 7 )<br>YOGURT ( 7 )                                                                                                 |

|               | Lunes<br>DIA 16/02                                                                | Martes<br>DIA 17/02                                                               | Miercoles<br>DIA 18/02                                                              | Jueves<br>DIA 19/02                                                                 | Viernes<br>DIA 20/02                                                                |
|---------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Primer Plato  |                                                                                   |                                                                                   |                                                                                     |                                                                                     |                                                                                     |
| Opción 2      |                                                                                   |                                                                                   |                                                                                     |                                                                                     |                                                                                     |
| Segundo Plato |                                                                                   |                                                                                   |                                                                                     |                                                                                     |                                                                                     |
| Opción 2      |  |  |  |  |  |
| Guarnición    |                                                                                   |                                                                                   |                                                                                     |                                                                                     |                                                                                     |
| Postre        |                                                                                   |                                                                                   |                                                                                     |                                                                                     |                                                                                     |



|                                    | Lunes/Monday<br>23/02                                                                        | Martes/Tuesday<br>24/02                                                                                                 | Miércoles/Wednesday<br>25/02                                                    | Jueves/Thursday<br>26/02                                                                                                    | Viernes / Friday<br>27/02                                                           |
|------------------------------------|----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| <b>Primer Plato/<br/>First</b>     | ARROZ CON SALSA DE TOMATE<br>RICE WITH HOMEMADE TOMATO SAUCE                                 | SOPA CASERA DE AVE Y CON PISTONES ( 1, 3, 9, T6, T10)<br>HOMEMADE POULTRY, VEGETABLES & PASTA SOUP ( 1, 3, 9, T6, T10 ) | CREMA DE CALABACÍN<br>ZUCCHINI CREAM                                            | LENTEJAS ESTOFADAS CON HORTALIZAS (T1)<br>LENTILS & VEGETABLE STEW (T1)                                                     | FUSSILIS A LA NAPOLITANA (1, 7, T3, T6, T10)<br>NAPOLITAN PASTA (1, 7, T3, T6, T10) |
| Opción 2                           | GUISANTES CON JAMÓN<br>SAUTEED PEAS WITH HAM                                                 | COLIFLOR GRATINADA CON BECHAMEL ( 1, 3, 6, 7 )<br>CAULIFLOWER AU GRATIN WITH "BECHAMEL" SAUCE AND CHEESE ( 1, 3, 6, 7 ) | CUSCÚS ( 1 )<br>COUS COUS ( 1 )                                                 | LACITOS CON SALSA DE CALABACÍN Y QUESO ( 1, 3, 7 T6, T10)<br>PASTA WITH PEAR SAUCE, ZUCCHINI AND CHEESE ( 1, 3, 7 T6, T10 ) | VERDURAS AL VAPOR<br>BOILED VEGETABLES                                              |
| <b>Segundo Plato/<br/>Second</b>   | CROQUETAS DE COCIDO ( 1, 7, 14, T2, T3, T4, T6 )<br>MEAT CROQUETTES 1, 7, 14, T2, T3, T4, T6 | TORTILLA CASERA DE PATATAS ( 3 )<br>POTATOES OMELETTE ( 3 )                                                             | FRICANDÓ DE LOMO CON SALSA DE TOMATE<br>PORK LOIN STEW IN TOMATO SAUCE          | SALMÓN AL HORNO CON SALSA DE CÍTRICOS ( 4, 12 )<br>ROASTED SALMON IN CITRUS SAUCE ( 4, 12 )                                 | PIZZA CASERA DE JAMÓN ( 1, 7, T6 )<br>HOMEMADE HAM PIZZA ( 1, 7, T6 )               |
| Opción 2                           | PESCADO BLANCO AL HORNO ( 4 )<br>BAKED FISH ( 4 )                                            | POLLO A LA PLANCHA<br>GRILLED CHICKEN                                                                                   | SALCHICHAS VEGETARIANAS A LA PLANCHA (1, 6)<br>GRILLED VEGAN SAUSAGES ( 1 , 6 ) | POLLO AL HORNO CON MANZANA ( 12 )<br>BAKED CHICKEN WITH APPLE ( 12 )                                                        | PAVO A LA PLANCHA<br>GRILLED TURKEY                                                 |
| <b>Guarnición/<br/>Side dishes</b> | CUSCÚS ( 1, T6, T10 )<br>COUS COUS ( 1, T6, T10 )                                            | ENSALADA VARIADA<br>FRESH SALAD                                                                                         | JARDINERA<br>BOILED VEGETALBES                                                  | PATATA AL CALIU<br>CALIU" POTATOES                                                                                          | ENSALADA CAPRESE ( 7 )<br>CAPRESE SALAD ( 7 )                                       |
| <b>Postre/<br/>Desserts</b>        | FRUTA DEL TIEMPO<br>FRESH FRUIT                                                              | FRUTA DEL TIEMPO<br>FRESH FRUIT                                                                                         | YOGUR ( 7 )<br>YOGURT ( 7 )                                                     | FRUTA DEL TIEMPO<br>FRESH FRUIT                                                                                             | PANNA COTTA ( 7 )<br>PANNA COTTA ( 7 )                                              |

