

Colegio SAN PEDRO APOSTOL

LUNES
MONDAY

MARTES
TUESDAY

MIÉRCOLES
WEDNESDAY

JUEVES
THURSDAY

VIERNES
FRIDAY

1st



**¡ALCOIN
OS DA LA
BIENVENIDA!**

Información sobre la presencia de alérgenos: www.alcoi.es/calidad/declaracion-alergenos - Reglamento (UE) Nº 1169/11

Paella de pollo
(c/ Verduras)
Mixed Paella
(With vegetables and chicken)

Merluza a la Riojana (4)
(c/Verduras y Tomate)
Ensalada con Tomate
Rioja style Hake
(with vegetables and tomato)

Tomato Salad
Fruta de Primavera
Fruit

4th

5th

6th

7th

8th

Crema de Espinacas (14)
(Espinaca, patata, zanahoria)
Spinach Cream
(Spinach, potatoes, carrot)

Filete de atún(1,3,4,7,13)
empanado

Ensalada con Maíz
Tuna fillet
in breaded

Sweet Corn Salad

Fruta de Verano
Fruit

11th

18th

Ensalada Campera*(4,14)
(c/Atún, tomate)
*Cold Potato Salad**
(with tuna, tomato..)

Cinta de lomo adobada
a la plancha
Ensalada con Remolacha
Marinated tenderloin
grilled

Beet Salad

Fruta de Primavera
Fruit

12th

Paella de pollo
(c/ Verduras)
Mixed Paella
(With vegetables and chicken)

Tortilla (3)
(Francesa)

Ensalada Tropical c/piña
Omelette
(with egg)

Tropical sald con pineapple

Fruta de Verano
Fruit

19th

Judías Pintas (14)
(Guisadas c/Verduras)
Pinto Beans Stewed
(with Vegetables)

Pescadilla a la Vasca (4)
(Salsa verde)

Guisantes Salteados
Basque style Haddock
(green sauce)

Sauted Peas

Fruta de Primavera
Fruit

13th

Sopa de Cocido (1,3,10)
(c/Fideos)
Stew Soup
(with Noodles)

Compl. del cocido (10,14)
(Garbanzo, Chorizo, Ternera)

Rep., Pat. y Zanah. (14)
Madrid stew
(Chickpeas, Chorizo and beef)

Cabbage, potato and carrot

Fruta de Verano
Fruit

20th

Crema de Calabaza (14)
(Calabaza, patata)
Pumpkin cream
(Pumpkin, potatoes)

Escalope de pollo (1,3)
empanado

Ensalada con Zanahoria
Breaded Chicken cutlet
with accompaniment of
Carrot Salad

Fruta de Primavera
Fruit

14th

Judías Verdes Rehogadas
c/bacon
Sauteed Green Beans
with bacon

Pollo Asado
en su jugo

Patata Cuadro (14)
Roast Chicken
With accompaniment of
Chip

Fruta de Verano
Fruit

21st

Sopa de Ave (1,3,10)
(c/Fideos)
Soup bird
(With noodle)

Pollo Asado
en su jugo

Patatas Fritas (14)
Roast Chicken
With accompaniment of
Chip

Yogurt (7)
Yoghurt

Espaguetti con pavo (1,3,6)
y salsa de tomate
Spaguetti with turkey
and tomato sauce

Tortilla Paisana (3,6,14)
(c/Verduras y chorizo)

Ensalada con York (6)
Vegetables omelette
(with vegetables and sausage)

Cooked Ham Salad

Yogurt (7)
Yoghurt

15th

Lentejas burgalesa (14)
(c/verduras y chorizo)
Burgos Style Lentils
(with vegetables and sausage)

Merluza a la Gallega (4,14)
(c/ Aceíte y pimentón)

Ensalada con Remolacha
Galician style Hake
With accompaniment of
Beet Salad

Helado (3.5.7)
Ice Cream

22nd

DÍA SIN COCHES

Crema de Verduras (14)
(Judías verdes, zanahoria, puerro..)
Puree vegetables
(With mixed vegetables)

Albóndigas de carne (1,6)
(quisadas con verduras)

Patatas Fritas (14)
Meatballs
(stewed with vegetables)

Chip

Fruta de Verano
Fruit

25th

Judías Blancas (14)
(quisadas c/Verduras)
White bean stew
(with Vegetables)

Cazón a la Romana (1,3,4)
(c/Harina y huevo)

Tomate aliñado
Dogfish to roman
(With Flour and egg)

Spiced tomato

Fruta de Verano
Fruit

26th

Ensalada de pasta (1,3,4)
(c/atún, huevo y maíz)
Pasta Salad
(with tuna, egg and corn)

Ragout de pavo(14)
(c/verduras)

Ensalada con Soja (6)
Stewed Turkey Ragout
(With Flour and carrot)

Soy Salad

Fruta de Verano
Fruit

27th

Brócoli Rehogado
(c/ Bacon)
Braised Broccoli
(with bacon)

Tortilla Española (3,14)
(c/ Patata)

Ensalada con Edam (7)
Spanish omelette
(With potato)

Edam Salad

Fruta de Verano
Fruit

28th

Arroz Tres Delicias (2,3)
(c/Tortilla, York y Guisantes)
Three Delights Fried Rice
(With Omelette, Jam ...)

Bacalao a la Riojana (4)
(c/Verduras y Tomate)

Ensalada con Aceitunas
Rioja style cod
(with vegetables and tomato)

Salad with olives

Yogurt (7)
Yoghurt

29th

Menestra de Verduras (14)
con bacon
Vegetable stew
with bacon

Calam., Croq. y Empa.
(1,2,3,4,6,7,9,10,13,14)

Ensalada con Zanahoria
Varied frying
(Squid, Croquettes, Tuna Pasty)

Carrot Salad

Fruta de Verano
Fruit

Ensalada Campera (3,4,14)
(c/Huevo, atún, tomate..)
Cold Potato Salad
(with egg, tuna, tomato..)

Hamburguesa (1,6)
de carne a la plancha

Champiñón al ajillo (14)
Burguer
With accompaniment of
Mushroom with garlic

Fruta de Verano
Fruit

Sopa de Cocido (1,3,10)
(c/Fideos)
Stew Soup
(with Noodles)

Compl. del cocido (10,14)
(Garbanzo, Chorizo, Ternera)

Rep., Pat. y Zanah. (14)
Madrid stew
(Chickpeas, Chorizo and beef)

Cabbage, potato and carrot

Fruta de Verano
Fruit

Arroz con tomate
(c/ Salsa de Tomate)
Cuban Style Rice
(with tomato)

Fogonero (4)
al horno

Ensalada con Maíz
Pollack Fish Fillet
Grilled

Sweet Corn Salad

Fruta de Verano
Fruit

Judías Pintas (14)
(Guisadas c/Verduras)
Pinto Beans Stewed
(with Vegetables)

Muslitos de pollo
en salsa

Patata Cuadro (14)
Chicken thighs
in sauce

Chip

Yogurt (7)
Yoghurt



Todos los menús incluyen PAN BLANCO e INTEGRAL y AGUA.
All menus include WHITE BREAD, WHOLEMEAL BREAD and WATER.

Nuestro menú basal está supervisado y rectificado por la Dirección del Centro.
Our menus is supervised and rectified by the the school management.

Consulte el menú en www.alcoi.es/sanpedroapostolbarajas
See the menu in



Nuestras Alubias y Lentejas son Ecológicas

Fruta de verano

Sandía	Pera
Melón	Plátano
Manzana	Albaricoque

Alérgenos	5-F. Cáscara	10- Apio
1-Gluten	6-Soja	11-Sésamo
2-Crustáceos	7-Leche	12-Altramuces
3-Huevo	8-Cacahuets	13-Moluscos
4-Pescado	9-Mostaza	14-Sulfitos