

MES: Septiembre 2026

LOS ROSALES

| Lunes                                                                                                                                                                                                                                                                                                                                                                      | Martes                                                                                                                                                                                                                                                                                                                                      | Miércoles                                                                                                                                                                                                                                                                                                                                        | Jueves                                                                                                                                                                                                                                                                                                                                                                                                | Viernes                                                                                                                                                                                                                                                                                                                                                               |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Las frutas servidas serán manzana, pera, plátano, sandía y melón en función a su grado de maduración.</p>                                                                                                                                                                                                                                                               | 1                                                                                                                                                                                                                                                                                                                                           | 2                                                                                                                                                                                                                                                                                                                                                | 3                                                                                                                                                                                                                                                                                                                                                                                                     | 4                                                                                                                                                                                                                                                                                                                                                                     |
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| <p>Arroz con salsa de tomate<br/>Lacón al horno con ensalada fresca con lechuga y zanahoria<br/>Fruta y pan (sin gluten)<br/>Rice with tomato sauce<br/>Baked lacón pork with lettuce &amp; carrot<br/>Fruit and bread (gluten free)</p> <p>VE:3.524/843 GT:30 GS:7 HC:124 AZ:24 PROT:30 SAL:3</p>                                                                         | <p>Crema de zanahoria fresca<br/>Tortilla de patatas con ensalada verde (lechuga, pimiento verde y aceituna)<br/>Fruta y pan (sin gluten)<br/>Fresh carrot cream<br/>Spanish omelette with green salad (lettuce, green peppers &amp; olives)<br/>Fruit and bread (gluten free)</p> <p>VE:2.859/684 GT:28 GS:6 HC:91 AZ:32 PROT:21 SAL:2</p> | <p>Sopa casera de fideos con pasta (sin gluten)<br/>Pollo asado con salsa barbacoa con salteado de verduras<br/>Fruta y pan (sin gluten)<br/>Noodle soup with pasta (gluten free)<br/>Roasted chicken with barbecue sauce with sautéed vegetables<br/>Fruit and bread (gluten free)</p> <p>VE:3.005/719 GT:22 GS:6 HC:94 AZ:35 PROT:40 SAL:1</p> | <p>Salteado de garbanzos con tomate y huevo duro<br/>Lenguadina a la romana (sin gluten) con ensalada fresca con maíz dulce<br/>Fruta y pan (sin gluten)<br/>Sautéed chickpeas with tomato and hard-boiled egg<br/>Battered &amp; fried yellowfin sole (gluten free) with fresh salad with sweetcorn<br/>Fruit and bread (gluten free)</p> <p>VE:3.740/895 GT:35 GS:14 HC:105 AZ:28 PROT:46 SAL:1</p> | <p>Crema de calabacín (eco.)<br/><b>Pasta (sin gluten) con boloñesa de soja</b><br/>Yogur y pan (sin gluten)<br/>Courgette cream (eco.)<br/><b>Pasta (gluten free) with say bolognese</b><br/>Yoghurt and bread (gluten free)</p> <p>VE:2.901/694 GT:25 GS:7 HC:90 AZ:30 PROT:23 SAL:1</p>                                                                            |
| 14                                                                                                                                                                                                                                                                                                                                                                         | 15                                                                                                                                                                                                                                                                                                                                          | 16                                                                                                                                                                                                                                                                                                                                               | 17                                                                                                                                                                                                                                                                                                                                                                                                    | 18                                                                                                                                                                                                                                                                                                                                                                    |
| <p>Salteado de judías verdes con zanahoria y calabacín<br/>Jamoncitos de pollo asados al romero con patatas fritas<br/>Yogur y pan (sin gluten)<br/>Sautéed green beans with carrot &amp; zucchini squash<br/>Roasted chicken drumsticks with rosemary with french fries<br/>Yoghurt and bread (gluten free)</p> <p>VE:3.709/887 GT:52 GS:12 HC:78 AZ:17 PROT:26 SAL:1</p> | <p>Paella mixta<br/>Tortilla francesa de queso con ensalada fresca con maíz dulce<br/>Fruta y pan (sin gluten)<br/>Mixed paella<br/>Cheese omelette with fresh salad with sweetcorn<br/>Fruit and bread (gluten free)</p> <p>VE:2.955/707 GT:19 GS:4 HC:109 AZ:24 PROT:26 SAL:2</p>                                                         | <p>Crema de zanahoria fresca<br/><b>Garbanzos estofados con salteado de verduras con tomate</b><br/>Fruta y pan (sin gluten)<br/>Fresh carrot cream<br/><b>Stewed chickpeas with sautéed vegetables with tomato sauce</b><br/>Fruit and bread (gluten free)</p> <p>VE:3.040/727 GT:14 GS:2 HC:115 AZ:38 PROT:20 SAL:1</p>                        | <p>Pasta (sin gluten) al ajillo<br/>Salmón con salsa de tomate con ensalada fresca con lechuga y zanahoria<br/>Fruta y pan (sin gluten)<br/>Pasta (gluten free) with garlic<br/>Salmon with tomato sauce with lettuce &amp; carrot<br/>Fruit and bread (gluten free)</p> <p>VE:3.129/749 GT:27 GS:5 HC:106 AZ:24 PROT:27 SAL:2</p>                                                                    | <p>Alubias blancas estofadas (tomate, puerro, pimiento, zanahoria, calabacín, apio, patata)<br/>Lomo asado con ensalada fresca con aceitunas<br/>Fruta y pan (sin gluten)<br/>Braised white beans with vegetables<br/>Grilled tenderloin with fresh salad with olives<br/>Fruit and bread (gluten free)</p> <p>VE:3.309/792 GT:25 GS:6 HC:105 AZ:28 PROT:43 SAL:2</p> |
| 21                                                                                                                                                                                                                                                                                                                                                                         | 22                                                                                                                                                                                                                                                                                                                                          | 23                                                                                                                                                                                                                                                                                                                                               | 24                                                                                                                                                                                                                                                                                                                                                                                                    | 25                                                                                                                                                                                                                                                                                                                                                                    |
| <p>Crema de zanahoria (eco.)<br/>Magro en salsa con ensalada fresca con aceitunas<br/>Fruta y pan (sin gluten)<br/>Carrot cream<br/>Lean pork in sauce with fresh salad with olives<br/>Fruit and bread (gluten free)</p> <p>VE:2.926/700 GT:31 GS:7 HC:82 AZ:30 PROT:23 SAL:2</p>                                                                                         | <p>Sopa casera de cocido con pasta (sin gluten)<br/>Cocido completo<br/>Fruta y pan (sin gluten)<br/>"Cocido" soup with pasta (gluten free)<br/>Full course "cocido" stew<br/>Fruit and bread (gluten free)</p> <p>VE:3.645/872 GT:32 GS:10 HC:116 AZ:35 PROT:35 SAL:2</p>                                                                  | <p>Brócoli salteado<br/>Pollo asado con tomillo con patatas panaderas<br/>Yogur y pan (sin gluten)<br/>Sautéed broccoli<br/>Roast chicken with thyme with roasted potatoes<br/>Yoghurt and bread (gluten free)</p> <p>VE:2.500/598 GT:22 GS:7 HC:56 AZ:12 PROT:47 SAL:2</p>                                                                      | <p>Arroz a la milanesa<br/>Merluza en adobo con ensalada fresca de lechuga con remolacha<br/>Fruta y pan (sin gluten)<br/>Milanese rice<br/>Hake in marinade with fresh lettuce salad with beets<br/>Fruit and bread (gluten free)</p> <p>VE:3.748/897 GT:34 GS:6 HC:118 AZ:26 PROT:213 SAL:2</p>                                                                                                     | <p>Crema casera de la huerta<br/>Huevos revueltos con picadillo de chorizo con ensalada fresca con maíz dulce<br/>Fruta y pan (sin gluten)<br/>Homemade garden cream<br/>Scrambled eggs with meat with fresh salad with sweetcorn<br/>Fruit and bread (gluten free)</p> <p>VE:2.663/637 GT:30 GS:7 HC:75 AZ:28 PROT:22 SAL:1</p>                                      |
| 28                                                                                                                                                                                                                                                                                                                                                                         | 29                                                                                                                                                                                                                                                                                                                                          | 30                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                       |
| <p>Arroz a la napolitana<br/>Abadejo a la romana (sin gluten) con ensalada fresca con zanahoria rallada<br/>Yogur y pan (sin gluten)<br/>Napolitan rice<br/>Roman-style haddock (gluten-free) with lettuce and carrot salad<br/>Yoghurt and bread (gluten free)</p> <p>VE:3.901/933 GT:43 GS:8 HC:100 AZ:11 PROT:39 SAL:1</p>                                              | <p>Crema casera de calabaza dulce<br/>Albóndigas a la jardinera con patatas dado<br/>Fruta y pan (sin gluten)<br/>Homemade sweet pumpkin cream<br/>Meatballs with vegetables with diced potatoes<br/>Fruit and bread (gluten free)</p> <p>VE:3.798/909 GT:53 GS:13 HC:87 AZ:30 PROT:27 SAL:1</p>                                            | <p>Macarrones (sin gluten) con atún<br/>Huevos con tomate con ensalada fresca con aceitunas<br/>Fruta y pan (sin gluten)<br/>Macaroni (gluten free) with tuna<br/>Eggs with tomato with fresh salad with olives<br/>Fruit and bread (gluten free)</p> <p>VE:3.854/922 GT:46 GS:11 HC:106 AZ:31 PROT:64 SAL:3</p>                                 |                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                       |

En cumplimiento del RD 315/2025, la información sobre alérgenos presentes en cada uno de los platos está disponible en el tablón / pizarra del comedor. Contacte con su responsable en caso de duda