NOVEMBER

BUFÉ



	WEEK 1 (FROM 02 TO 06)	WEEK 2 (FROM 09 TO 13)	WEEK 3 (FROM 16 TO 20)	WEEK 4 (FROM 23 TO 27)	WEEK 5 (MONDAY 30)
MONDAY	CHICKEN SOUP, QUINOA. SAUSAGES CHEESE OMELETTE GROUPER IN MERY SAUCE. LACTOSE-FREE YORK HAM, SERRANO HAM, CHEESE, WHITE BREAD SAUTÉED ARTICHOKES. VALENCIAN SALAD, BAKED PUMPKIN, YOGHURT, MANDARIN.	CHICKEN AND VEGETABLE COUSCOUS. COUNTRY-STYLE LENTILS. TUNA OMELETTE. VEGETARIAN BURGER. CUTTLEFISH AND PRAWN CROQUETTE. LACTOSE-FREE YORK HAM, CHEESE, SERRANO HAM, WHITE BREAD. BAKED SWEET POTATO VALENCIAN SALAD, CUAJADA, BANANA, GRAPES.	BRAISED BEANS. CUBAN-STYLE RICE CHICKEN SKEWERS. FRIED EGGS. GRILLED GROUPER. LACTOSE-FREE YORK HAM, CHEESE, SERRANO HAM, WHITE BREAD FRIED PEPPERS. VALENCIAN SALAD, VANILLA CUSTARD, MELON, MANDARIN.	**QUINOA, CHICKEN AND VEGETABLE SALAD.COUNTRY-STYLE LENTILS. SPINACH OMELETTE, CHICKEN WITH TOMATO, GROUPER IN MERY SAUCE, LACTOSE-FREE YORK HAM, CHEESE, SERRANO HAM, WHITE BREAD, STEAMED MIXED VEGETABLES, VALENCIAN SALAD, CUSTARD, MELON, MANDARIN**	CHICKPEA SOUP NOODLE CASSEROLE. HAKE FISH FINGERS. SCRAMBLED EGGS WITH BACON. GRILLED PORK LOIN. YORK HAM, CHEESE, SERRANO HAM, WHITE BREAD. PISTO. VALENCIAN SALAD. YOGHURT, MANDARIN, MELON.
TUESDAY	CHICKPEA AND WHOLEMEAL MACARONI SALAD IN TOMATO SAUCE WITH MEATBALLS POTATO OMELETTE. MEAT PIE. BAKED SALMON LACTOSE-FREE YORK HAM, CHEESE, SERRANO HAM, WHITE BREAD. ROASTED VEGETABLES, VALENCIAN SALAD, ONE APPLE, VANILLA CUSTARD.	POTATO AND RIBS STEW. BAKED NOODLES. CHICKEN BURGERS. GRILLED TURKEY CHOP. ROMAN-STYLE SQUID. LACTOSE-FREE YORK HAM, CHEESE, SERRANO HAM, BREAD. VALENCIAN SALAD, YOGHURT, MANDARIN, PEAR	COUNTRY-STYLE SALAD. WHOLEMEAL SPAGHETTI, AMATRICIA-STYLE. OVEN-BAKED CHICKEN. CHORIZO SAUSAGES. GRILLED SALMON. LACTOSE-FREE YORK HAM, CHEESE, SERRANO HAM, WHITE BREAD. VALENCIAN SALAD, APPLE, GRAPES, YOGHURT.	CANELONES. SEAFOOD SOUP WITH WHOLEMEAL NOODLES. CHICKEN CROQUETTES, SCRAMBLED EGGS WITH HAM. BAKED HAKE, LACTOSE-FREE YORK HAM, CHEESE, SERRANO HAM, WHITE BREAD. BAKED POTATO, VALENCIAN SALAD, RICE PUDDING, APPLE, GRAPES.	
WEDNESDAY	**VALENCIAN STEW. BAKED RICE GRILLED HAKE. ` SCRAMBLED COURGETTE, LACTOSE-FREE YORK HAM, CHEESE, SERRANO HAM. WHITE BREAD PISTO (VEGETABLE STEW). VALENCIAN SALAD, MANDARIN, MELON, JELLY**	CHICKPEA AND SPINACH SOUP. CARBONARA TALLARINES. BREADED COD. SCRAMBLED EGGS WITH POTATO AND ONION. CHICKEN ROAST IN GRAVY. LACTOSE-FREE YORK HAM, CHEESE, SERRANO HAM, WHITE BREAD. POOR MAN'S POTATOES, VALENCIAN SALAD, CHOCOLATE DESSERT, APPLE, MELON.	**BROWN RICE SALAD WITH CHICKEN. FIDEUA. FRENCH OMELETTE LEEK, BACON AND APPLE CAKE. TASTY HAKE. LACTOSE-FREE YORK HAM, CHEESE, SERRANO HAM, WHITE BREAD. ROASTED VEGETABLES. VALENCIAN SALAD, CUSTARD, MANDARIN, PLUM.**	VALENCIAN STEW. VALENCIAN PAELLA BARBECUE RIBS. SWEET POTATO OMELETTE. BREADED COD LACTOSE-FREE YORK HAM, CHEESE, SERRANO HAM, WHITE BREAD. CAULIFLOWER AU GRATIN. VALENCIAN SALAD JELLY, MANDARIN, PEAR.	
THURSDAY	STEWED BEANS. FIDEUA. FRENCH OMELETTE. BAKED CHICKEN WINGS. FLOUR-COATED ANCHOVIES .LACTOSE-FREE YORK HAM, CHEESE, SERRANO HAM, WHITE BREAD SAUTÉED PEAS. VALENCIAN SALAD BANANA, APPLE, CUSTARD.E	**CANELONES. ARROZ CALDOSO CON POLLO Y VERDURAS. ALBONDIGAS EN SALSA TORTILLA ESPINACAS. RAPE EN SALSA. JAMÓN YORK SIN LACTOSA, QUESO, JAMÓN SERRANO, PAN BLANCO BERENJENA REBOZADA. ENSALADA VALENCIANA, PETIT SUISE, MANDARINA, CIRUELA.**	TALLARINES WITH PESTO. CREAM OF BEAN SOUP WITH SERRANO HAM AND CHANTERELLE MUSHROOMS. VEAL BURGER, SCRAMBLED EGGS. HAKE IN SAUCE YORK HAM AND CHEESE, SERRANO HAM, WHITE BREAD. BAKED POTATOES. VALENCIAN SALAD, JELLY, MELON, PEAR.	RUSSIAN SALAD. MASHED COURGETTE WITH CHEESE. POTATO OMELETTE. CURRY CHICKEN. BATTERED ANCHOVIES. LACTOSE-FREE YORK HAM, CHEESE, SERRANO HAM, WHITE BREAD. GRILLED COURGETTE. VALENCIAN SALAD. CUSTARD, MELON, PLUM.	
FRIDAY	**RIGATONI CON CREMA CHAMPIÑONES. CREMA DE BONIATO. LOMO A LA PLANCHA. REVUELTO DE MORCILLA. BACALAO AL HORNO. JAMÓN YORK SIN LACTOSA, QUESO, JAMÓN SERRANO, PAN BLANCO. MENESTRA.,ENSALADA VALENCIANA, ARROZ CON LECHE, PERA, MANDARINA.**	**STIR-FRY DE ARROZ POLLO Y VERDURAS. PURÉ PATATA. TORTILLA JAMÓN YORK. LOMO A LA PLANCHA. . MERLUZA EMPANADA.. JAMÓN YORK SIN LACTOSA, QUESO, JAMÓN SERRRANO, PAN BLANCO. COLIFLOR GRATINADA. ENSALADA VALENCIANA, FLAN , PLATANO, PERA.**	**GUISADO PATATA Y COSTILLA. SOPA AVE CON FIDEOS INTEGRALES. REVUELTO BEICÓN TERNERA EN SALSA MERLUZA AL HORNO. JAMÓN SERRANO, QUESO, JAMÓN YORK SIN LACTOSA, PAN BLANCO. GUISANTE CON JAMÓN. ENSALADA VALENCIANA, PERSIMÓN, MANDARINA, UVA.**	COUSCOUS WITH VEGETABLES AND CHICKEN. PASTA SALAD. POTATO OMELETTE LEAN MEAT WITH TOMATO. MONKFISH IN SAUCE LACTOSE-FREE YORK HAM, CHEESE, SERRANO HAM, WHITE BREAD. GREEN BEANS WITH HAM. VALENCIAN SALAD. GRAPES, KAKI, APPLE.	