

IE menu

Autumn 2023 -- Lunch

Vegetarian

Vegan

06/11 - 11/11

Eurest/Campus Segovia

Lun/Mon 06.11		Mar/Tue 07.11		Mié/Wed 08.11		Jue/Thu 09.11		Vier/Fri 10.11		Sáb/Sat 11.11	
Entrante / Starter											
Pasta en Salsa de Espinacas Pasta with Spinach Sauce Kcal:504,7.Prot:17,2g.HC:73,4g.Lip:14,4g.		Arroz con Pollo Chicken and Rice Kcal:679.Prot:29,6g.HC:90,6g.Lip:21g.		Pasta Carbonara Pasta Carbonara Kcal:778.Prot:22,2g.HC:76g.Lip:41,6g.		Chili con Carne Meat Chili Kcal:376.Prot:36,2g.HC:19,5g.Lip:15,6g		Espirales con Gambas y Calabacín Pasta with Zucchini & Shrimp Kcal:554.Prot:34g,HC:80g.Lip:9,2g		Ensalada Salad	
Lombarda Rehogada Stewed Purple Cabbage Kcal:165,5.Prot:4,5g.HC:30,5g.Lip:0,725g		Guisantes Salteados Sauteéd Peas Kcal:158 Prot:3 g. HC:27 g. Lip:5,6		Mujadara Mujadara Kcal:138.Prot:7g.HC:1.Lip:11g		Bobys Guisadas a Nuestro Estilo Our Take on Stewed Bobys Kcal:162.Prot:8g.HC:24,4g.Lip:1,5g.		Patatas Gratinadas Gratin Potatoes Kcal:495.Prot:21,6g.HC:71,5g.Lip:11g		Crema Portuguesa Portuguese Cream Soup	
Patatas con Carne Stewed Potatoes with Meat Kcal:356,3.Prot:21,4g.HC:21,8g.Lip:16,5g.		Sopa de Cocido Spanish Noodle Soup Kcal:144 Prot:4 g. HC:17 g. Lip: 8 g		Crema de Arbejas y Brócoli Cream Soup of Broccoli & Peas Kcal:85.Prot:1,6g.HC:12,5g.Lip:3g		Crema de Calabaza Cream of Pumpkin Soup Kcal:195.Prot:3,3g.HC:17,2g.Lip:11,4g.		Crema de Espárragos Cream of Asparagus Soup Kcal:85.Prot:1,6g.HC:12,5g.Lip:3g		Arroz con Chorizo Rice with Spanish Sausage	
Segundo / Main Course											
Goulash de Ternera Beef Goulash Kcal:546.Prot:58,4g.HC:31,2g.Lip:19,3g.		Ternera en salsa pimienta verde y champiñones Grilled Beef with green pepper & Kcal: 390 Prot: 10 g.HC:10 g..Lip:36g		Venado Bhanubandh a la Pimienta Peppered Deer Kcal:348.Prot:39,4g.HC:17g.Lip:13g.		Pollo al Ajillo Garlic Chicken Kcal:263,7.Prot:19,6g.HC:Tr.Lip:20,5g.		Muslos de Pavo a la Catalana Cataluña Style Turkey Thighs Kcal:247.Prot:16g.HC:10,6g.Lip:15g.		Ternera con Verduras Beef with Vegetables	
Pincho de Pollo Adobados Moorish Chicken Kebab Kcal:312.Prot:44g.HC:Tr.Lip:15,2g		Cocido Madrileño Madrilenian Style Stew Kcal:369 Prot:24 g. HC:22 g.Lip:21 g		Libritos de Lomo Breaded Pork Loin Steak & Cheese Kcal:560.Prot:29,3g.HC:25,2g.Lip:35,8		Costillas de Cerdo Horneadas en su Salsa Baked Pork Ribs in their own juices Kcal:393.Prot:24g.HC:0g.Lip:33g.		Lomo de Cerdo a la Mostaza Pork Loin with Mustard Sauce Kcal:463.Prot:20g.HC:17g.Lip:33,7g.		Salmón al Eneldo Salmon with Dill	
Merluza Crujiente al Sésamo Crunchy Sesame Hake Kcal:631.Prot:24,7g.HC:79,2g.Lip:23,9g		Hamburguesas Veganas Vegan Burguers Kcal:681.Prot:20,2g.HC:80g.Lip:30		Caballa a la Alsaciana Alsacia Style Mackerel Kcal:189.Prot:7,3g.HC:17g.Lip:9g		Adobito Empanado Breaded Fish Kcal:497.Prot:24g.HC:85,7g.Lip:6g		Filete de Atún dos Texturas Two Textures Tuna Kcal:465,6.Prot:18,2g.HC:72,7g.Lip:10,2g.		Lasaña Lasagna	
Postre / Dessert											
Batido / Milk Shake Lácteos / Yoghurt Fruta fresca / Fresh Fruit		Profiteroles / Profiterols Lácteos / Yoghurt Fruta fresca / Fresh Fruit		Tarta / Cake Lácteos / Yoghurt Fruta fresca / Fresh Fruit		Milhojas / Strudel Lácteos / Yoghurt Fruta fresca / Fresh Fruit		Sorbete / Sorbet Lácteos / Yoghurt Fruta fresca / Fresh Fruit		Lácteos / Yoghurt Fruta fresca / Fresh Fruit	

COMIDA / LUNCH

IE menu

Autumn 2023 -- Lunch

Vegetarian

Vegan

13/11 - 18/11

Eurest/Campus Segovia

COMIDA / LUNCH

Lun/Mon 13.11	Mar/Tue 14.11	Mié/Wed 15.11	Jue/Thu 16.11	Vier/Fri 17.11	Sáb/Sat 18.11
Entrante / Starter					
Arroz con Costillas Rice with Ribs Kcal:442 Prot: 12,2 g.HC:75 g.Lip:12 g	Macarrones a la Putanesca Macaroni a la Putanesca Kcal:312 Prot:11 g. HC:50 g. Lip: 9 g	Pasta con Tomates, Gambas y Ajetes Pasta with Tomato, Prawns & Garlic Kcal:302.Prot:36,3g.HC:0g.Lip:17,5g.	Risotto de Pollo, Manzana y Verduras Vegetables, Apple & Chicken Risotto Kcal:679.Prot:29,6g.HC:90,6g.Lip:21g.	Pasta Siciliana Sicilian Pasta Kcal:434 Prot: 43 g.HC:37g.Lip:12 g	Ensalada Salad
Brócoli Gratinado Broccoli Au Gratin Kcal:167.Prot:10g.HC:9,4g.Lip:9,9g	Huevos a la Americana American Style Eggs Kcal:311 Prot:22 g. HC:1 g. Lip:25 g	Verduras Gratén Vegetable Gratin Kcal:201 Prot:7 g. HC:20 g. Lip: 10 g	Guisantes Salteados Sauteéd Peas Kcal:222.Prot:7,3g.HC:33g.Lip:5,7g.	Cous-Cous de Garbanzos y Verdura Vegetables & Peas Cous-Cous Kcal:214 Prot:8 g. HC:21 g. Lip:11 g	Pasta Salteada con Carne Sauteéd Pasta with Meat
Crema Portuguesa Portuguese Cream Soup Kcal:129 Prot:3 g. HC:21 g. Lip:5	Patatas con Salsa Verde Potatoes with Green Sauce Kcal:432.Prot:35,4g.HC:24,6g.Lip:19,7g.	Crema de Boletus Cream of Mushroom Soup Kcal:121 Prot: 3 g.HC:16,5 g.Lip:5,3 g	Caldo Brasileño de Ternera Brazilian Beef Soup Kcal:473.Prot:15,6g.HC:79,3g.Lip:8,4g.	Crema de Espinacas Cream of Spinach Kcal:115 Prot:6,9 g. HC:20 g. Lip: 1,2 g	Crema de Verduras Cream fo Vegetable Soup
Segundo / Main Course					
Pechuga de Pollo al Limón Chicken with Lemon Sauce Kcal: 217 Prot: 20 g. HC: 00g.Lip:20g	Pollo Asado a la Sidra Baked Chicken in Cider Kcal:257 Prot:20 g. HC:0 g. Lip: 15 g	Lomo Fresco Adobado Marinated Loin Fillet Kcal: 209 Prot: 25 g. HC: 00g.Lip:25g	Ternera al Curry Thai Beef with Thai Curry Kcal:200.Prot:30,3g.HC:Tr.Lip:8,75g.	Alitas de Pollo a la Miel Baked Honey Chicken Wings Kcal:442 Prot:19 g. HC:18 g. Lip:33	Escalope de Ternera Breaded Veal
Bitokes (FILETE RUSO) "Bitokes" (Burguer) Kcal:568 Prot: 22 g.HC:44 g.Lip:33 g	Secreto de Cerdo Iberian Pork Kcal: 481Prot: 20 g.HC:7 g..Lip:15g	Musaka Búlgara Bulgarian Style "Musaka" Kcal:245 Prot:6 g. HC:34 g.Lip:10 g	Chuletas de Pavo a la Parrilla Grilled Turkey Cutles Kcal:681.Prot:20,2g.HC:80g.Lip:30	Solomillo de Cerdo a la Parrilla Grilled Pork Sirloin Kcal:355.Prot:16,8g.HC:41,2g.Lip:11,8g.	Pescado Guisado Stewed Fish
Atún Miel y Mostaza Honey-Mustard Tuna Kcal:231 Prot: 21 g.HC:4 g.Lip:15 g	Fogonero al Eneldo Dill Grouper Kcal: 95 Prot:8 g.HC:1,7 g.Lip:9g	Rape Meunier Meunier MonkFish Kcal: 222 Prot 24,7 g. HC: 3g.Lip:12g	Sepia Plancha Ali-Oli Grilled Ali-Oli Squid Kcal:681.Prot:20,2g.HC:80g.Lip:30	Albóndigas de Bacalao Cod Meatballs Kcal:223.Prot:6g.HC:17g.Lip:14g.	Tajín de Cordero con Ciruelas Lamb Tajine with Plum
Postre / Dessert					
Tarta / Cake Lácteos / Yoghurt Fruta fresca / Fresh Fruit	Creps / Creps Lácteos / Yoghurt Fruta fresca / Fresh Fruit	Mouse / Mousse Lácteos / Yoghurt Fruta fresca / Fresh Fruit	Arroz Con Leche / Rice Pudding Lácteos / Yoghurt Fruta fresca / Fresh Fruit	Batido / Milk Shake Lácteos / Yoghurt Fruta fresca / Fresh Fruit	

IE menu

Autumn 2023 -- Lunch

Vegetarian

Vegan

20/11 - 25/11

Eurest/Campus Segovia

COMIDA / LUNCH

Lun/Mon 20.11	Mar/Tue 21.11	Mié/Wed 22.11	Jue/Thu 23.11	Vier/Fri 24.11	Sáb/Sat 25.11
Entrante / Starter					
Espaguettis con Salsa de Calabaza Spaghetti with Pumpkin Sauce Kcal:515.Prot:21,3g.HC:77,6g.Lip:11,5	Pasta Tex-Mex Tex-Mex Pasta Kcal:401 Prot:13 g. HC:50 g. Lip:19	Arroz Libanés Lebanese Rice Kcal: 442 Prot: 12g.HC:75 g.Lip:12g	Tagliatelle con Salsa de Queso y Nueces Tagliatelle with Cheese & Nuts Kcal:485 Prot:16 g. HC:59 g. Lip:22	Pasta al curry con pollo Chicken curry pasta Kcal:465,6.Prot:18,2g.HC:72,7g.Lip:10,2g	Ensalada Salad
Menestra de Verduras Stewed Vegetables Kcal:170.Prot:6,5g.HC:29,3g.Lip:5,7g.	Salteado "Morning Glory" Sauteéd "Morning Glory" Kcal:137 Prot:10 g. HC:3 g. Lip:12	Rto. Trigueros Champiñones Scrambled Eggs with Green Asparagus & Mushrooms Kcal:115 Prot:6,9g. HC:20g. Lip:1,2	Acelgas Frescas Rehogadas Fresh Spinach Sauteé Kcal:158 Prot:3 g. HC:27 g. Lip:5,6	Calabacines Rellenos Stuffed Zucchini Kcal:146 Prot:4 g. HC:22g. Lip:5 g	Paella "Paella"
Sopa de Cordero con Garbanzos y Calabacín Lamb, Chickpea & Zucchini Soup Kcal:239 Prot:12 g. HC:37 g. Lip:6	Sopa de Brócoli y Puerro Leek & Broccoli Soup Kcal:170 Prot:8 g. HC:29 g. Lip:2	Lentejas Estofadas Stewed Lentils Kcal:472 Prot:18 g. HC:50 g. Lip:11	Patatas con Bacalao Stewed Potatoes with Cod Kcal:282 Prot:11 g. HC:38 g. Lip:11	Sopa Castellana Castilian Soup Kcal:376 Prot: 18 g.HC:30 g.Lip:21 g	Crema de Guisantes Cream of Pea Soup
Fajitas de Carne Meat Wraps Kcal:309.Prot:22g.HC:13g.Lip:18g.	Lasaña de Carne Meat Lasagna Kcal:466.Prot:37,4g.HC:32,5g.Lip:19,5 g.	Costillar Cajún Cajún Ribs Kcal:590.Prot:34,9g.HC:4,64g.Lip:47,9g.	Pechuga de Pollo Empanada Breaded Chicken Breast Kcal:370 Prot:24 g. HC:26 g. Lip:20	Solomillo de Cerdo asado con ciruelas Baked pork tenderloin with plums Kcal:504,7.Prot:17,2g.HC:73,4g.Lip:14	Fajitas de Pollo Chicken Wraps
Cerdo Turkmenistan Turkmenistan Style Pork Kcal:629.Prot:17,2g.HC:20g.Lip:13g	Ternera con Cebolla Caramelizada Grilled Beef with Caramelized Onion Kcal: 176 Prot: 21g.HC:0 g..Lip:10g	Ventresca de Atún a la Miel Honey Style Tuna Belly Kcal:527,5.Prot:50g.HC:0.Lip:36,4g.	Codillo Pork Knuckle Kcal:270 Prot:12 g. HC:20 g. Lip:17	Chuletas de Pavo Turkey Chops Kcal:279.Prot:10g.HC:19g.Lip:16,8g.	Picadillo con Huevo Spanish Sausage with Scrambled Eggs
Merluza Koskera Koskera Hake Kcal:109.Prot:16,4g.HC:8,6g.Lip:1,8g.	Bacalao Ajoarriero "Ajoarriero" Cod Kcal:125 Prot:29g. HC:4,5 g. Lip:5,6 g.	Pimientos Rellenos Vegetarianos Vegetarian Stuffed Peppers Kcal:166.Prot:9g.HC:9,5g.Lip:9g,	Rape a la Americana America Style Monkfish Kcal:189.Prot:7,3g.HC:17g.Lip:9g	Merluza Montecarlo Montecarlo Style Hake Kcal:466.Prot:27,8g.HC:15,6g.Lip:32g.	Palometa al Horno Baked Pomfret
Postre / Dessert					
Mouse / Mousse Lácteos / Yoghurt Fruta fresca / Fresh Fruit	Brownie / Brownie Lácteos / Yoghurt Fruta fresca / Fresh Fruit	Dulces / Pastries Lácteos / Yoghurt Fruta fresca / Fresh Fruit	Flan / Custard Lácteos / Yoghurt Fruta fresca / Fresh Fruit	Cuajada / Curd Lácteos / Yoghurt Fruta fresca / Fresh Fruit	Lácteos / Yoghurt Fruta fresca / Fresh Fruit

IE menu

Autumn 2023 -- Lunch

Eurest/Campus Segovia

Vegetarian

Vegan

27/11 - 02/12

COMIDA / LUNCH

Lun/Mon 27.11	Mar/Tue 28.11	Mié/Wed 29.11	Jue/Thu 30.11	Vier/Fri 01.12	Sáb/Sat 02.11
Entrante / Starter					
Farfalle al Ajo Farfalle Pasta with Garlic Kcal:251,4. Prot:6,4g. HC:35,4g. Lip:9	Risotto de Setas y Jamón Fungi & Prosciutto Risotto Kcal:681. Prot:20,2g. HC:80g. Lip:30	Pasta Boloñesa Bolognese Pasta Kcal:682. Prot:36,2g. HC:82g. Lip:21g.	Paella Mixta Mixed Paella Kcal:497. Prot:24g. HC:85,7g. Lip:6g	Linguini Amatriciana (Tapenade) Amatriciana (Tapenade) Pasta Kcal:239 Prot:12 g. HC:37 g. Lip:6	Ensalada Salad
Alcachofas Rehogadas Stewed Artichokes Kcal:178 Prot:5,34g. HC:4,77g. Lip:15,2g.	Judías Verdes a la Griega Stewed Greek style Green Beans Kcal:347. Prot:8,4g. HC:44g. Lip:15,2g	Panaché de Verduras Vegetable Panache Kcal:56. Prot:3g. HC:7,7g. Lip:1g	Coliflor a la Cubana Cuban Style Cauliflower Kcal:149. Prot:12g. HC:6g. Lip:6,7g	Coles de Bruselas Rehogadas Stewed Brussel Sprouts Kcal:179 Prot:4 g. HC:6 g. Lip:15	Sopa de Garbanzo Chickpeas Soup
Sopa Pollo Indonesia (Soto Ayam) Indonesia Chicken Soup Kcal:167. Prot:10g. HC:9,4g. Lip:9,9g	Garbanzos al Curry Curried Chickpeas Kcal:196 Prot: 4 g. HC:22 g. Lip:12	Sopa de Marisco Seafood Soup Kcal:128. Prot:13,5g. HC:14g. Lip:1,6g.	Crema Belga al Aroma de Albahaca Belgian Cream Soup with Aromatic Basil Kcal:167. Prot:2,6g. HC:14,3g. Lip:10,2g.	Sopa Búlgara de Pollo Bulgarian Chicken Soup Kcal:215 Prot:15 g. HC:10 g. Lip:12	Pasta con Carne Pasta with Meat
Segundo / Main Course					
Cerdo Vindaloo Vindaloo Pork with Pineapple Kcal:375. Prot:42,3g. HC:5,7g. Lip:19,7g	Pollo Asado a la Piña Roast Chicken with Pineapple Kcal:403,6. Prot:40g. HC:10,4g. Lip:21,7g.	Pollo Tikka Massala Tikka Massala Chicken Kcal:546. Prot:58,4g. HC:31,2g. Lip:19,3g.	Contramuslos de Pavo a la Parrilla Grilled Turkey Drumsticks Kcal:466. Prot:37,4g. HC:9g. Lip:31g.	Cerdo Moruno a la Parrilla Grilled Pork Morish Style Kcal:291 Prot:23 g. HC:18 g. Lip:15	Pollo Pepitoria Pepitoria Chicken
Chop Suey de Pollo con Fideo Chino Chicken Chop-Suey and Chinese Noodles Kcal:436. Prot:33,2g. HC:40,6g. Lip:13,6g	Souquet de Pescados Fish Souquet Kcal:146. Prot:21g. HC:0g. Lip:6,8g	Chuletas de Cerdo Parrilla Grilled Pork Chops Kcal:631. Prot:24,7g. HC:79,2g. Lip:23,9g	Callos con Garbanzos Stewed Tripe with Chickpea Kcal:433. Prot:17,4g. HC:24,2g. Lip:9g.	Pescado Crujiente con Salsa de Acedera Chrunchy Fish in Sorrel Sauce Kcal:320 Prot:23 g. HC:2 g. Lip:25	Halibut de Alaska Halibut from Alaska
Bacalao gratinado con espinacas Gratin Cod with spinach sauce Kcal:368,5. Prot:47,4g. HC:12g. Lip:14,2	Lasaña de Verduras Vegetable Lasagna Kcal:583. Prot:22g. HC:57g. Lip:25g	Palometa en Salsa Lesoto Lesoto Sauce Pomfret Kcal:631. Prot:24,7g. HC:79,2g. Lip:23,9g	Cazón en Adobo Andaluz Andalusian Style Tope Shark Kcal:265,5. Prot:30,6g. HC:10g. Lip:11g	Rollitos de Primavera Spring Rolls Kcal:146. Prot:9g. HC:17g. Lip:2,3g.	Panceta asada con cilantro Roasted Bacon with Coriander
Postre / Dessert					
Macedonia / Fruit Salad Lácteos / Yoghurts Fruta fresca / Fresh Fruit	Natillas / Vanilla Pudding Lácteos / Yoghurts Fruta fresca / Fresh Fruit	Mousse / Mousse Lácteos / Yoghurts Fruta fresca / Fresh Fruit	Tarta / Cake Lácteos / Yoghurts Fruta fresca / Fresh Fruit	Batido Fruta / Fruit Shake Lácteos / Yoghurts Fruta fresca / Fresh Fruit	Lácteos / Yoghurts Fruta fresca / Fresh Fruit

IE menu

Autumn 2023 -- Lunch

Eurest/Campus Segovia

Closed

Vegetarian

Vegan

04/12 - 09/12
Closed 06/12 & 08/12

COMIDA / LUNCH

Lun/Mon 04.12	Mar/Tue 05.12	Mié/Wed 06.12	Jue/Thu 07.12	Vier/Fri 08.12	Sáb/Sat 09.12
Entrante / Starter					
Fideua "Fideua" Kcal:223.Prot:6g.HC:17g.Lip:14g.	Pasta con Salchichas Pasta with Sausages Kcal:402 Prot:14 g. HC:40 g. Lip:20	Closed	Macarrones con Chorizo al Gratén Macaroni Au Gratin with Spanish Sausage Kcal:631.Prot:24,7g.HC:79,2g.Lip:23,9g	Closed	Ensalada Salad
Verduras a la Griega Greek Style Vegetable Kcal:273.Prot:7,2g.HC:14,3.Lip:16,6g.	Cous-Cous de Verduras Vegetables Cous-Cous Kcal:212 Prot:7,5 g. HC:39,9 g. Lip:5,5	Closed	Asadillo Vegano Vegan Baked Kcal:1750.Prot:3,7g.HC:3g.Lip:2g.	Closed	Ensalada de Pasta Pasta Salad
Sopa Huertana Garden Vegetable Soup Kcal:93.Prot:2g.HC:8g.Lip:5,3g	Crema Vegana de Brócoli Broccoli Vegan Cream Soup Kcal:101 Prot:1,3 g. HC:2 g. Lip:1,8	Closed	Crema de Puerros Cream of Leek Soup Kcal:140,6.Prot:2,6g.HC:18,7g.Lip:5g	Closed	Setas Salteadas con Verduras Sauteéd Mushrooms with Vegetables
Segundo / Main Course					
Pollo al Estilo del Chef Chef Style Chicken Kcal:247.Prot:16g.HC:10,6g.Lip:15g.	Salteado de Pollo y Noodle de Arroz Sauteéd Chicken & Rice Noodle Kcal:295.Prot:24,2g.HC:8,2g.Lip:17,2g	Closed	Albóndigas de Pollo Grandmothers' Recipe Chicken balls Kcal:543.Prot:11g.HC:11g.Lip:15,5g	Closed	Filete de Ternera a la Plancha Grilled Beef Steak
Caella al Limón Grilled Swordfish with Lemon Sauce Kcal:320 Prot:23 g. HC:2 g. Lip:25	Solomillo de Cerdo asado con ciruelas Baked pork tenderloin with plums Kcal:504,7.Prot:17,2g.HC:73,4g.Lip:14	Closed	Secreto Ibérico de Cerdo Iberian Pork "Secreto" Kcal:432.Prot:35,4g.HC:24,6g.Lip:19,7g.	Closed	Costillas de Cerdo Pork Ribs
Pizzas Variadas Assorted Pizzas Kcal:448.Prot:18,5g.HC:7,3g.Lip:38g.	Bacalao Ali-Oli Ali-Oli Cod Kcal:207,5.Prot:30g.HC:tr.Lip:9,7g.	Closed	Abadejo "Jamie Oliver" "Jamie Oliver" Style Pout Kcal:102.Prot:13g.HC:tr.Lip:5,5g.	Closed	Ventresca de Pez Espada Grilled Swordfish belly
Postre / Dessert					
Pasteles / Pastries Lácteos / Yoghurt Fruta fresca / Fresh Fruit	Croissant Relleno / Stuffed Croissant Lácteos / Yoghurt Fruta fresca / Fresh Fruit	Closed	Arroz con Leche / Rice Pudding Lácteos / Yoghurt Fruta fresca / Fresh Fruit	Closed	Lácteos / Yoghurt Fruta fresca / Fresh Fruit

IE menu

Autumn 2022 -- Dinner

Eurest/Campus Segovia

Closed

Vegetarian

Vegan

04/12 - 09/12
Closed 06/12 & 08/12

Lun/Mon 04.12	Mar/Tue 05.12	Mié/Wed 06.12	Jue/Thu 07.12	Vier/Fri 08.12	Sáb/Sat 09.12
Entrante / Starter					

CENA / DINNER

Ensalada Salad	Ensalada Salad	Closed	Ensalada Salad	Closed	Ensalada Salad
Pasta con Salmón Salmon Soup	Crema de Verduras Cream of Vegetable	Closed	Arroz a la Milanese Milanesa Rice	Closed	Sopa China Chinese Soup
Ensaladilla Rusa Russian Salad	Ensalada César Caesar Salad	Closed	Huevos Rellenos Stuffed Eggs	Closed	Crema de Verduras Cream of Vegetables
Segundo / Main Course					
Pollo al Ajillo Garlic Style Chicken	Platija al Horno Baked "Platija" Fish	Closed	Fajitas de Carne Barbacoa Barbecue Beef Fajitas	Closed	Ragout de Ternera Beef Ragout
Lomo con Queso Candente Loin with Cheese	Ternera con Verduras Beef with Vegetables	Closed	Alitas de Pollo a la Miel Baked Honey Chicken	Closed	Pizzas Caseras Homemade Pizza
Atún a la Plancha Grilled Tuna	Filete de Pollo al Limón Lemon Chicken Fillet	Closed	Caella Plancha Grilled Tope-Shark	Closed	Sepia a la Plancha Grilled Cuttlefish
Postre / Dessert					
Lácteos / Yoghurt Fruta fresca / Fresh Fruit	Lácteos / Yoghurt Fruta fresca / Fresh Fruit	Closed	Lácteos / Yoghurt Fruta fresca / Fresh Fruit	Closed	Lácteos / Yoghurt Fruta fresca / Fresh Fruit

IE menu

Autumn 2023 -- Lunch

Vegetarian

Vegan

11/12 - 16/12

Eurest/Campus Segovia

COMIDA / LUNCH

Lun/Mon 11.12	Mar/Tue 12.12	Mié/Wed 13.12	Jue/Thu 14.12	Vier/Fri 15.12	Sáb/Sat 16.12
Entrante / Starter					
Raviolis de Carne Meat Ravioli Kcal:223.Prot:6g.HC:17g.Lip:14g.	Arroz con Olivas Rice with Olives Kcal:467.Prot:7g.HC:62g.Lip:20g.	Pasta a la Diabla Devil's Pasta Kcal:443.Prot:14,4g.HC:78g.Lip:6,7g.	Arroz Montañés "Montañés" Style Rice Kcal:618.Prot:20,7g.HC:90,5.Lip:19g.	Pasta con Setas Salteadas Pasta with Sauteed Mushrooms Kcal:496.Prot:23g.HC:71g.Lip:11g.	Ensalada Salad
Salteado Otoñal Mediterraneo Mediterranean Autumn Sauteed Kcal:103.Prot:6,5g.HC:9,5g.Lip:2g.	Guiso de Legumbres Legumes Soup Kcal:504,7.Prot:17,2g.HC:73,4g.Lip:14,4g.	Coliflor con Bechamel Cauliflower Gratin Kcal:166.Prot:9g.HC:9,5g.Lip:9g.	Verduras a la Mexicana Mexican Vegetables Kcal:207,5.Prot:30g.HC:tr.Lip:9,7g.	Berenjenas Rellenas Stuffed Eggplants Kcal:264.Prot:22,7g.HC:12,3g.Lip:12,3	Crema Canadiense Canadian Style Cream Soup
Sopa de Cebolla y Queso Onion & Cheese Soup Kcal:114.Prot:6,5g.HC:5,3g.Lip:7g.	Sopa a la Criolla "Criolla" Soup Kcal:306.Prot:19,4g.HC:24g.Lip:14g.	Crema de Zanahorias Carrot Cream Soup Kcal:130.Prot:3g.HC:15,3g.Lip:5,4g.	Sopa de Pollo Chicken Soup Kcal:64.Prot:2,2g.HC:11,6g.Lip:0,8g.	Sopa Minestrone Minestrone Soup Kcal:70,4.Prot:2,2g.HC:12,4g.Lip:1,1g	Lacitos al Ajillo Garlic Pasta
Segundo / Main Course					
Alitas de Pollo a la Barbacoa BBQ Chicken Wings Kcal:465,5.Prot:35,4g.HC:10,4g.Lip:31,2g.	Canelones de Espinacas Spinach Canneloni Kcal:344,6.Prot:17,4g.HC:32,5g.Lip:15,2g.	Albóndigas con Setas, Albahaca y Frutos Secos Stewed Meatballs with Mushrooms, Kcal:396.Prot:34,6g.HC:9g.Lip:25g.	Filete de Cerdo Gorgonzolla Grilled Pork with Gorgonzolla Kcal:361 Prot:14g. HC:3 g.Lip:28 g.	Pollo a la Canela Cinnamon Chicken Kcal:383.Prot:35g.HC:tr.Lip:27g	Filete de Pollo a la Plancha Grilled Marinated Pork Loin
Chuletas de Cerdo Parrilla Grilled Pork Chops Kcal:631.Prot:24,7g.HC:79,2g.Lip:23,9g	Pechuga de Pollo a la Plancha Grilled Chicken Breast Kcal:277.Prot:35,5g.HC:0.Lip:15g	Arrachera a la Parrilla Grilled Skirt Steak Kcal:538.Prot:30,4g.HC:Tr.Lip:46,3g.	Ternera a la Milanese Milanese Beef Kcal:343.Prot:33,5g.HC:tr.Lip:33g.	Rollitos VEGANAS Grilled Vegan Rolls Kcal:291.Prot:37g.HC:7,3g.Lip:12,6g.	Cerdo Agridulce Sweet & Sour Pork
Atún a la Ghiotta Ghiotta Tuna Kcal:274.Prot:38g.HC:6,5g.Lip:10g.	Palometa al Limón Lemon Style "Palometa" Kcal:186,6.Prot:20,7g.HC:0,8g.Lip:9,7g.	Merluza Cajún Cajun Style Hake Kcal: 251 Prot 21 g. HC: 12g.Lip:14g	Falafel Falafel Kcal:109.Prot:16,4g.HC:8,6g.Lip:1,8g.	Pescado al Horno Baked Fish Kcal:278.Prot:24,2g.HC:13,3g.Lip:13,5	Mero al Eneldo Dill Grouper
Postre / Dessert					
Mouse / Mousse Lácteos / Yoghurt Fruta fresca / Fresh Fruit	Leche Frita / Fried Milk Lácteos / Yoghurt Fruta fresca / Fresh Fruit	Sorbete / Sorbet Lácteos / Yoghurt Fruta fresca / Fresh Fruit	Crema de Yogurt / Cream of Yogurt Lácteos / Yoghurt Fruta fresca / Fresh Fruit	Tarta / Cake Lácteos / Yoghurt Fruta fresca / Fresh Fruit	Lácteos / Yoghurt Fruta fresca / Fresh Fruit

IE menu

Autumn 2023 -- Lunch

Vegetarian

Vegan

18/12 - 19/12

Eurest/Campus Segovia

COMIDA / LUNCH

Lun/Mon 18.12	Mar/Tue 19.12	Mié/Wed 20.12	Jue/Thu 21.12	Vier/Fri 22.12	Sáb/Sat 23.12
Entrante / Starter					
Pasta en Salsa de Espinacas Pasta with Spinach Sauce Kcal:504,7.Prot:17,2g.HC:73,4g.Lip:14,4g.	Arroz con Pollo Chicken and Rice Kcal:679.Prot:29,6g.HC:90,6g.Lip:21g.	Pasta Carbonara Pasta Carbonara Kcal:778.Prot:22,2g.HC:76g.Lip:41,6g.	Chili con Carne Meat Chili Kcal:376.Prot:36,2g.HC:19,5g.Lip:15,6g	Espirales con Gambas y Calabacín Pasta with Zucchini & Shrimp Kcal:554.Prot:34g,HC:80g.Lip:9,2g	Ensalada Salad
Lombarda Rehogada Stewed Purple Cabbage Kcal:165,5.Prot:4,5g.HC:30,5g.Lip:0,725g	Guisantes Salteados Sauteéd Peas Kcal:158 Prot:3 g. HC:27 g. Lip:5,6	Mujadara Mujadara Kcal:138.Prot:7g,HC:1.Lip:11g	Bobys Guisadas a Nuestro Estilo Our Take on Stewed Bobys Kcal:162.Prot:8g,HC:24,4g.Lip:1,5g.	Patatas Gratinadas Gratin Potatoes Kcal:495.Prot:21,6g,HC:71,5g.Lip:11g	Crema Portuguesa Portuguese Cream Soup
Patatas con Carne Stewed Potatoes with Meat Kcal:356,3.Prot:21,4g,HC:21,8g.Lip:16,5g.	Sopa de Cocido Spanish Noodle Soup Kcal:144 Prot:4 g. HC:17 g. Lip: 8 g	Crema de Arbejas y Brócoli Cream Soup of Broccoli & Peas Kcal:85.Prot:1,6g,HC:12,5g.Lip:3g	Crema de Calabaza Cream of Pumpkin Soup Kcal:195.Prot:3,3g,HC:17,2g.Lip:11,4g.	Crema de Espárragos Cream of Asparagus Soup Kcal:85.Prot:1,6g,HC:12,5g.Lip:3g	Arroz con Chorizo Rice with Spanish Sausage
Segundo / Main Course					
Goulash de Ternera Beef Goulash Kcal:546.Prot:58,4g,HC:31,2g.Lip:19,3g.	Ternera en salsa pimienta verde y champiñones Grilled Beef with green pepper & Kcal: 390 Prot: 10 g,HC:10 g..Lip:36g	Venado Bhanubandh a la Pimienta Peppered Deer Kcal:348.Prot:39,4g,HC:17g.Lip:13g.	Pollo al Ajillo Garlic Chicken Kcal:263,7.Prot:19,6g,HC:Tr.Lip:20,5g.	Muslos de Pavo a la Catalana Cataluña Style Turkey Thighs Kcal:247.Prot:16g,HC:10,6g.Lip:15g.	Ternera con Verduras Beef with Vegetables
Pincho de Pollo Adobados Moorish Chicken Kebab Kcal:312.Prot:44g,HC:Tr.Lip:15,2g	Cocido Madrileño Madrilenian Style Stew Kcal:369 Prot:24 g. HC:22 g.Lip:21 g	Libritos de Lomo Breaded Pork Loin Steak & Cheese Kcal:560.Prot:29,3g,HC:25,2g.Lip:35,8	Costillas de Cerdo Horneadas en su Salsa Baked Pork Ribs in their own juices Kcal:393.Prot:24g,HC:0g.Lip:33g.	Lomo de Cerdo a la Mostaza Pork Loin with Mustard Sauce Kcal:463.Prot:20g,HC:17g.Lip:33,7g.	Salmón al Eneldo Salmon with Dill
Merluza Crujiente al Sésamo Crunchy Sesame Hake Kcal:631.Prot:24,7g,HC:79,2g.Lip:23,9g	Hamburguesas Veganas Vegan Burguers Kcal:681.Prot:20,2g,HC:80g.Lip:30	Caballa a la Alsaciana Alsacia Style Mackerel Kcal:189.Prot:7,3g,HC:17g.Lip:9g	Adobito Empanado Breaded Fish Kcal:497.Prot:24g,HC:85,7g.Lip:6g	Filete de Atún dos Texturas Two Textures Tuna Kcal:465,6.Prot:18,2g,HC:72,7g.Lip:10,2g.	Lasaña Lasagna
Postre / Dessert					
Batido / Milk Shake Lácteos / Yoghurt Fruta fresca / Fresh Fruit	Profiteroles / Profiterols Lácteos / Yoghurt Fruta fresca / Fresh Fruit	Tarta / Cake Lácteos / Yoghurt Fruta fresca / Fresh Fruit	Milhojas / Strudel Lácteos / Yoghurt Fruta fresca / Fresh Fruit	Sorbete / Sorbet Lácteos / Yoghurt Fruta fresca / Fresh Fruit	Lácteos / Yoghurt Fruta fresca / Fresh Fruit

