

MENU OCTUBRE 2017

2	3	4	5	6
Paella carne / Meat Paella Lomo con ensalada / Battered cod with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Crema calabacín / Courgette Puree Hamburguesa ternera con patata / Grilled veal burger with baked potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas guisadas / Stew pinto beans with vegetables Tortilla de patata con pisto/ Potato omelette with pisto Fruta y leche, pan / Fruit and milk, bread	Sopa de picadillo / Egg and ham Stew Soup Lacón conlechuga,maiz y acetuna / Baked smoked ham with salad Fruta y leche, pan / Fruit and milk, bread	Pasta con tomate / Pasta in tomato sauce Fte de pollo ensaladas / grilled chicken with salad Fruta y leche, pan / Fruit and milk, bread
9	10	11	12	13
Espaguetis con salsa de tomate / Spagetti in Tomato Sauce Tortilla De pavo con lechuga y zanahoria / Turkey Omelette with Salad Gelatina de frutas /Fruit jelly	Crema de zanahorias / Carrot cream Escalope pollo con Patata frita / Battered chicken with chips Fruta y leche, pan / Fruit and milk, bread	Lentejas con patata y zanahoria / Stew lentils with vegetables Salchichas ave con ensalada / chicken sausages with salad Fruta y leche, pan / Fruit milk,	FIESTA	FIESTA
16	17	18	19	20
Macarrones con chorizo / Macaroni in tomato sauce with chorizo Lomo asado con puré de manzana / Pork loin fried with apple puree Yogur de fruta / Fruit Yoghurt,	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread	Arroz con verduras y magro / Rice with vegetables and pork meat Filete con ensalada / Grilled fillet with salad Fruta y leche, pan / Fruit milk, bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Estofado de pavo con cous cous / Turkey stew with cous cous Fruta y leche, pan / Fruit and	Lentejas estofadas con verdura / Stewed lentils Pollo con lechuga y apio / Baked chicken with salad Fruta y leche, pan / Fruit and milk, bread
23	24	25	26	27
Arroz con verduras / Rice with vegetables Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Yogur de fruta, pan / Fruit Yoghurt, bread	Judías blancas estofadas / Stew pinto beans with vegetables Filete con Ensalada Mixta / Grilled fillet and Salad Fruta y leche, pan / Fruit and milk, bread	Coliflor Rebozada / Battered Cauliflower Tortilla de patata con york / Potato omelette with ham Fruta y leche, pan / Fruit and milk, bread	Patatas guisadas con chorizo / Stewed potatoes with chorizo Pollo con lechuga y maiz / Baked chicken with salad Fruta y leche, pan / Fruit and milk, bread	Garbanzos estofados / Chickpeas stew Lomo sajonia horno con ensalada mixta / Baked sajonia loin with mixed salad Fruta, leche pan / fruit, milk, bread
30	31			ALERGIA PESCADO / FISH ALLERGY

2	3	4	5	6
Paella / Meat and fish Paella Bacalao romana con ensalada / Battered cod with salad Postre apto / Suitable dessert	Crema calabacín / Courgette Puree Hamburguesa con patata / Grilled veal burger with baked potatoes Fruta y pan / Fruit and bread	Judías blancas guisadas / Stew pinto beans with vegetables Tortilla de patata con pisto/ Potato omelette with pisto Fruta y pan / Fruit and bread	Sopa de picadillo / Egg and ham Stew Soup Lacón con lechuga,maiz y acetuna / Baked smoked ham with salad Fruta y pan / Fruit and bread	Pasta con tomate / Pasta in tomato sauce Fte de merluza en salsa verde con guisantes / Hake in Green Sauce with peas Fruta y pan / Fruit and bread
9	10	11	12	13
Espaguetis con salsa de tomate / Spagetti in Tomato Sauce Tortilla De pavo con lechuga y zanahoria / Turkey Omelette with Salad Gelatina de frutas /Fruit jelly	Crema de zanahorias / Carrot cream Escalope pollo con Patata frita / Battered chicken with chips Fruta y pan / Fruit and bread	Lentejas con patata y zanahoria / Stew lentils with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with salad Fruta y pan / Fruit and bread	FIESTA	FIESTA
16	17	18	19	20
Macarrones con chorizo / Macaroni in tomato sauce with chorizo Lomo asado con puré de manzana / Pork loin fried with apple puree Postre apto / Suitable dessert	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y pan / Fruit and bread	Arroz con verduras y magro / Rice with vegetables and pork meat Fte. Palometa con lechuga y maiz / Baked ray's bream with salad Fruta y pan / Fruit and bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Estofado de pavo con cous cous / Turkey stew with cous cous Fruta y pan / Fruit and bread	Lentejas estofadas con verdura / Stewed lentils Pescadilla romana con lechuga y apio / Battered hake with salad Fruta y pan / Fruit and bread
23	24	25	26	27
Arroz con verduras / Rice with vegetables Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Postre apto / Suitable dessert	Judías blancas estofadas / Stew pinto beans with vegetables Limanda romana con Ensalada Mixta / Battered limanda and Salad Fruta y pan / Fruit and bread	Pure de verdura / Vegetables puree Tortilla de patata con york / Potato omelette with ham Fruta y pan / Fruit and bread	Patatas guisadas con chorizo / Stewed potatoes with chorizo Tronquito merluza horno con lechuga y maiz / Baked Hake with salad Fruta y pan / Fruit and bread	Garbanzos estofados / Chickpeas stew Lomo horno con ensalada mixta / Baked loin with mixed salad Fruta y pan / Fruit and bread
30	31			ALERGIA LECHE / MILK ALLERGY

2	3	4	5	6
Paella / Meat and fish Paella Bacalao con ensalada / Baked cod with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Crema calabacín / Courgette Puree Hamburguesa con patata / Grilled veal burger with baked potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas guisadas / Stew pinto beans with vegetables Rosti de patata con pisto/ Potato rosti with pisto Fruta y leche, pan / Fruit and milk, bread	Sopa de picadillo sin huevo / ham Stew Soup Lacón con lechuga,maiz y acetuna / Baked smoked ham with salad Fruta y leche, pan / Fruit and milk, bread	Pasta sin huevo boloñesa / Bolognese pasta Fte de merluza en salsa verde con guisantes / Hake in Green Sauce with peas Fruta y leche, pan / Fruit and milk, bread
9	10	11	12	13
Espaguetis sin huevo con salsa de tomate / Spagetti in Tomato Sauce Rosti de pavo con lechuga y zanahoria / Turkey Omelette with Salad Gelatina de frutas /Fruit jelly	Crema de zanahorias / Carrot cream Escalope pollo con Patata frita / Battered chicken with chips Fruta y leche, pan / Fruit and milk, bread	Lentejas con patata y zanahoria / Stew lentils with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with salad Fruta y leche, pan / Fruit milk,	FIESTA	FIESTA
16	17	18	19	20
Macarrones sin huevo con chorizo / Macaroni in tomato sauce with chorizo Lomo asado con puré de manzana / Pork loin fried with apple puree Yogur de fruta / Fruit Yoghurt,	Sopa de Cocido sin huevo / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread	Arroz con verduras y magro / Rice with vegetables and pork meat Fte. Palometa con lechuga y maiz / Baked ray's bream with salad Fruta y leche, pan / Fruit milk,	Judías verdes salteadas con jamón / Sauted Green Beans with ham Estofado de pavo arroz / Turkey stew with rice Fruta y leche, pan / Fruit and milk, bread	Lentejas estofadas con verdura / Stewed lentils Pescadilla con lechuga y apio / Baked hake with salad Fruta y leche, pan / Fruit and milk, bread
23	24	25	26	27
Arroz con verduras / Rice with vegetables Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Yogur de fruta, pan / Fruit Yoghurt, bread	Judías blancas estofadas / Stew pinto beans with vegetables Limanda horno con Ensalada Mixta / Battered limanda and Salad Fruta y leche, pan / Fruit and milk, bread	Pure de verdura / Vegetables puree Rosti con york / Rosti with ham Fruta y leche, pan / Fruit and milk, bread	Patatas guisadas con chorizo / Stewed potatoes with chorizo Tronquito merluza horno con lechuga y maiz / Baked Hake with salad Fruta y leche, pan / Fruit and milk, bread	Garbanzos estofados / Chickpeas stew Lomo sajonia horno con ensalada mixta / Baked sajonia loin with mixed salad Fruta, leche pan / fruit, milk, bread
30	31			ALERGIA HUEVO / EGG ALLERGY

2	3	4	5	6
Paella / Meat and fish Paella Bacalao romana con ensalada / Battered cod with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Crema calabacín / Courgette Puree Hamburguesa casera con patata / Grilled burger with baked potatoes Fruta y leche, pan / Fruit milk	Verdura estofada / Vegetables stew Tortilla de patata con pisto/ Potato omelette with pisto Fruta y leche, pan / Fruit and milk, bread	Sopa de picadillo / Egg and ham Stew Soup Lomo con lechuga,maiz y acetuna / Baked loin with salad Fruta y leche, pan / Fruit milk,	Pasta con tomate / Pasta in tomato sauce Fte de merluza en salsa verde / Hake in Green Sauce Fruta y leche, pan / Fruit milk
9	10	11	12	13
Espaguetis con salsa de tomate / Spagetti in Tomato Sauce Tortilla con lechuga y zanahoria / Omelette with Salad Gelatina de frutas /Fruit jelly	Crema de zanahorias / Carrot cream Escalope pollo con Patata frita / Battered chicken with chips Fruta y leche, pan / Fruit and milk, bread	Verdura salteada / Sauted vegetables Ventresca Merluza horno lechuga / Baked Hake belly with salad Fruta y leche, pan / Fruit milk,	FIESTA	FIESTA
16	17	18	19	20
Macarrones con chorizo / Macaroni in tomato sauce with chorizo Lomo asado con puré de manzana / Pork loin fried with apple puree Yogur de fruta / Fruit Yoghurt,	Sopa de Cocido / Stew Soup Cocido Completo sin legumbres/ Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread	Arroz con verduras y magro / Rice with vegetables and pork meat Fte. Palometa con lechuga y maiz / Baked ray's bream with salad Fruta y leche, pan / Fruit milk,	Arroz con tomate / Rice in tomato sauce Estofado de pavo con cous cous / Turkey stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Verduras estofadas / Vegetables stew Pescadilla romana con lechuga y apio / Battered hake with salad Fruta y leche, pan / Fruit and milk, bread
23	24	25	26	27
Arroz con verduras / Rice with vegetables Filete con ensalada / Grilled fillet with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Verdura estofada / Stew vegetables Limanda romana con Ensalada Mixta / Battered limanda and Salad Fruta y leche, pan / Fruit and milk, bread	Coliflor Rebozada / Battered Cauliflower Tortilla de patata con york / Potato omelette with ham Fruta y leche, pan / Fruit and milk, bread	Patatas guisadas con chorizo / Stewed potatoes with chorizo Tronquito merluza horno con lechuga y maiz / Baked Hake with salad Fruta y leche, pan / Fruit and milk, bread	Champiñon al ajillo / Garlic mushrooms Lomo horno con ensalada mixta / Baked loin with mixed salad Fruta, leche pan / fruit, milk, bread
30	31			ALERGIA LEGUMBRE / LEGUME ALLERGY

La sopa de cocido se elaborara con caldo realizado con carne y pollo aparte, sin contacto con garbanzos

MENUS COMEDOR PARA EL MES

OCTUBRE 2017

2	3	4	5	6
Paella / Meat and fish Paella Bacalao romana con ensalada / Battered cod with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Crema calabacín / Courgette Puree Hamburguesa sin gluten con patata / Grilled veal burger with baked potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas guisadas / Stew pinto beans with vegetables Tortilla de patata con pisto/ Potato omelette with pisto Fruta y leche, pan / Fruit and milk, bread	Sopa de picadillo sin gluten / Egg and ham Stew Soup Lacón conlechuga,maiz y aceituna / Baked smoked ham with salad Fruta y leche, pan / Fruit and milk, bread	Pasta sin gluten con tomate / Pasta in tomato sauce Fte de merluza en salsa verde con guisantes / Hake in Green Sauce with peas Fruta y leche, pan / Fruit and milk, bread
9	10	11	12	13
Espaguetis sin gluten con salsa de tomate / Spagetti in Tomato Sauce Tortilla De pavo con lechuga y zanahoria / Turkey Omelette with Salad Gelatina de frutas /Fruit jelly	Crema de zanahorias / Carrot cream Escalope pollo con Patata frita / Battered chicken with chips Fruta y leche, pan / Fruit and milk, bread	Lentejas con patata y zanahoria / Stew lentils with vegetables Ventresca Merluza hormo lechuga / Baked Hake belly with salad Fruta y leche, pan / Fruit milk,	FIESTA	FIESTA
16	17	18	19	20
Macarrones sin gluten con chorizo / Macaroni in tomato sauce with chorizo Lomo asado con puré de manzana / Pork loin fried with apple puree Yogur de fruta./ Fruit Yoghurt,	Sopa de Cocido sin gluten / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread	Arroz con verduras y magro / Rice with vegetables and pork meat Fte. Palometa con lechuga y maiz / Baked ray's bream with salad Fruta y leche, pan / Fruit milk,	Judías verdes salteadas con jamón / Sauted Green Beans with ham Estofado de pavo arroz / Turkey stew with rice Fruta y leche, pan / Fruit and milk, bread	Lentejas estofadas con verdura / Stewed lentils Pescadilla romana con lechuga y apio / Battered hake with salad Fruta y leche, pan / Fruit and milk, bread
23	24	25	26	27
Arroz con verduras / Rice with vegetables Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Yogur de fruta, pan / Fruit Yoghurt, bread	Judías blancas estofadas/ Stew pinto beans with vegetables Limanda romana con Ensalada Mixta / Battered limanda and Salad Fruta y leche, pan / Fruit and milk, bread	Pure de verdura / Vegetables puree Tortilla de patata con york / Potato omelette with ham Fruta y leche, pan / Fruit and milk, bread	Patatas guisadas con chorizo / Stewed potatoes with chorizo Tronquito merluza hormo con lechuga y maiz / Baked Hake with salad Fruta y leche, pan / Fruit and milk, bread	Garbanzos estofados / Chickpeas stew Lomo sajonia hormo con ensalada mixta / Baked sajonia loin with mixed salad Fruta, leche pan / fruit, milk, bread
30	31			CELIACOS / CELIAC PEOPLE

Los menús son aptos para celíacos ya que todos se elaboran con productos sin gluten

2	3	4	5	6
Paella / Meat and fish Paella Bacalao romana con ensalada / Battered cod with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Crema calabacín / Courgette Puree Hamburguesa ternera con patata / Grilled veal burger with baked potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas guisadas / Stew pinto beans with vegetables Tortilla de patata con pisto/ Potato omelette with pisto Fruta y leche, pan / Fruit and milk, bread	Sopa de picadillo / Egg and ham Stew Soup Lacón conlechuga,maiz y aceituna / Baked smoked ham with salad Fruta y leche, pan / Fruit and milk, bread	Pasta con tomate / Pasta in tomato sauce Fte de merluza en salsa verde con guisantes / Hake in Green Sauce with peas Fruta y leche, pan / Fruit and milk, bread
9	10	11	12	13
Espaguetis con salsa de tomate / Spagetti in Tomato Sauce Tortilla De pavo con lechuga y zanahoria / Turkey Omelette with Salad Gelatina de frutas /Fruit jelly	Crema de zanahorias / Carrot cream Escalope pollo con Patata frita / Battered chicken with chips Fruta y leche, pan / Fruit and milk, bread	Lentejas con patata y zanahoria / Stew lentils with vegetables Ventresca Merluza hormo lechuga / Baked Hake belly with salad Fruta y leche, pan / Fruit milk,	FIESTA	FIESTA
16	17	18	19	20
Macarrones con chorizo / Macaroni in tomato sauce with chorizo Lomo asado con puré de manzana / Pork loin fried with apple puree Yogur de fruta./ Fruit	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread	Arroz con verduras y magro / Rice with vegetables and pork meat Fte. Palometa con lechuga y maiz / Baked ray's bream with salad Fruta y leche, pan / Fruit	Judías verdes salteadas con jamón / Sauted Green Beans with ham Estofado de pavo con cous cous / Turkey stew with cous cous Fruta y leche, pan / Fruit and	Lentejas estofadas con verdura / Stewed lentils Pescadilla romana con lechuga y apio / Battered hake with salad Fruta y leche, pan / Fruit and milk, bread
23	24	25	26	27
Arroz con verduras / Rice with vegetables Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Yogur de fruta, pan / Fruit Yoghurt, bread	Judías blancas estofadas/ Stew pinto beans with vegetables Limanda romana con Ensalada Mixta / Battered limanda and Salad Fruta y leche, pan / Fruit and milk, bread	Coliflor Rebozada / Battered Cauliflower Tortilla de patata con york / Potato omelette with ham Fruta y leche, pan / Fruit and milk, bread	Patatas guisadas con chorizo / Stewed potatoes with chorizo Tronquito merluza hormo con lechuga y maiz / Baked Hake with salad Fruta y leche, pan / Fruit and milk, bread	Garbanzos estofados / Chickpeas stew Lomo sajonia hormo con ensalada mixta / Baked sajonia loin with mixed salad Fruta, leche pan / fruit, milk, bread
30	31			FRUTO SECO/NUTTY ALLERGY



CUTASA

ALIMENTAMOS BIEN

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