

MENU FEBRERO 2018

ALERGIA PESCADO / FISH ALLERGY

			1	2
			Puré de zanahoria / Carrot puree Ragout pavo Con patata / Turkey stew with potatoes Fruta, Leche, Pan / Fruit, milk, bread	Judías blancas estofadas / Beans stew with vegetables Lacón homo con ensalada / baked ham with salad Fruta, Leche, Pan / Fruit, milk, bread
5	6	7	8	9
Lentejas con puerro y zanahoria / Lentils stew with vegetables Tortilla de patata con ensalada / Potato omelette with salad Yogurt, Pan / Yoghurt, bread	Macarrones con pavo y tomate / Macaroni with turkey in tomato sauce lomo con ensalada / Grilled loin in sauce with salad Fruta, Leche, Pan / Fruit, milk, bread	Judías Verdes Rehogadas / Sautéed green beans Pollo Con Patata panadera / Chicken with potatoes Fruta, Leche, Pan / Fruit, milk, bread	Sopa De estrellas y verdura / vegetable soup Albóndigas En Salsa Con Patatas / Meatballs in sauce with potatoes Fruta, Leche, Pan / Fruit, milk, bread	Garbanzos Con Arroz Y Verdura / Chickpeas stew with rice Filete pollo con Ensalada / Grilled chicken breast with salad Fruta, Leche, Pan / Fruit, milk, bread
12	13	14	15	16
Arroz tres delicias / Three delights fried rice Salchichas con ensalada / Grilled sausages with salad Yogurt, Pan / Yoghurt, bread	Sopa De Cocido Con Fideos / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas and vegetables stew Fruta, Leche, Pan / Fruit, milk	Verdura rehogada o puree / sautéed vegetables or puree, Tortilla con ensalada / Omelette with salad Fruta, Leche, Pan / Fruit, milk, bread		
19	20	21	22	23
Lentejas Guisadas Con chorizo / Lentils stew with chorizo Tortilla De Espinacas Con Pavo Y Ensalada / Spinach omelette with turkey Yogurt, Pan / Yoghurt, bread	Espaguetis Boloñesa / Bolognese spaghetti Filete De lomo Con Ensalada / Baked pork loin with salad Fruta, Leche, Pan / Fruit, milk, bread	Pure De calabaza / Pumpkin puree Estofado de Ternera salsa y cous cous / veal stew with cocus cous Fruta, Leche, Pan / Fruit, milk, bread	Sopa De Cocido Con Fideos / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas and vegetables stew Fruta, Leche, Pan / Fruit, milk	Arroz Con Verduras / Rice with vegetables Pollo Con Tomate / Baked Chicken in tomato sauce Fruta, Leche, Pan / Fruit, milk, bread
26	27	28		
Caracolas Con tomate / pasta in tomato sauce Pavo con ensalada / Grilled turkey with salad Yogurt, Pan / Yoghurt, bread	Judías Pintas Con Arroz / Beans stew with rice Huevos rellenos Con Ensalada / Stuffed eggs with salad Fruta, Leche, Pan / Fruit, milk, bread	Crema De Verduras / Vegetables cream Escalope de ternera Con Patatas / Breaded veal with potatoes Fruta, Leche, Pan / Fruit, milk, bread		

ALERGIA HUEVO / EGG ALLERGY

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			Puré de zanahoria / Carrot puree Ragout pavo Con patata / Turkey stew with potatoes Fruta, Leche, Pan / Fruit, milk, bread	Judías blancas estofadas / Beans stew with vegetables Tacos de bonito con tomate / Tuna in tomato sauce Fruta, Leche, Pan / Fruit, milk, bread
5	6	7	8	9
Lentejas con puerro y zanahoria / Lentils stew with vegetables Rosti de york con ensalada / Ham rosti with salad Yogurt, Pan / Yoghurt, bread	Macarrones sin huevo con pavo y tomate / Macaroni with turkey in tomato sauce Salmón en salsa con ensalada / Salmon in sauce with salad Fruta, Leche, Pan / Fruit, milk, bread	Judías Verdes Rehogadas / Sautéed green beans Pollo Con Patata panadera / Chicken with potatoes Fruta, Leche, Pan / Fruit, milk, bread	Sopa De verdura / vegetable soup Albóndigas caseras En Salsa Con Patatas / Meatballs in sauce with potatoes Fruta, Leche, Pan / Fruit, milk, bread	Garbanzos Con Arroz Y Verdura / Chickpeas stew with rice Filete De Palometa Con Tomate Y Ensalada / Baked pomfret in tomato sauce Fruta, Leche, Pan / Fruit, milk, bread
12	13	14	15	16
Arroz tres delicias sin huevo / Three delights fried rice Merluza En Salsa Verde / baked hake in green sauce Yogurt, Pan / Yoghurt, bread	Sopa De Cocido Con Fideos sin huevo / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas and vegetables stew Fruta, Leche, Pan / Fruit, milk,	Verdura rehogada o puree / sautéed vegetables or puree, Rosti con ensalada / Omelette with salad Fruta, Leche, Pan / Fruit, milk, bread milk,		
19	20	21	22	23
Lentejas Guisadas Con chorizo / Lentils stew with chorizo Rosti De Espinacas Con Pavo Y Ensalada / Spinach Rosti with turkey Yogurt, Pan / Yoghurt, bread	Espaguetis Boloñesa sin huevo / Bolognese spaghetti Filete De Limanda Con Ensalada / Baked sole with salad Fruta, Leche, Pan / Fruit, milk, bread	Pure De calabaza / Pumpkin puree Estofado de Ternera salsa y arroz / veal stew with rice Fruta, Leche, Pan / Fruit, milk, bread	Sopa De Cocido Con Fideos sin huevo / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas and vegetables stew Fruta, Leche, Pan / Fruit,	Arroz Con Verduras / Rice with vegetables Bacalao Con Tomate / Baked cod in tomato sauce Fruta, Leche, Pan / Fruit, milk, bread
26	27	28		
Pasta sin huevo Con Atún / pasta with tuna Merluza plancha Con Ensalada / Grilled hake with salad Yogurt, Pan / Yoghurt, bread	Judías Pintas Con Arroz / Beans stew with rice Rosti pavo Con Ensalada / Turkey rosti with salad Fruta, Leche, Pan / Fruit, milk, bread	Crema De Verduras / Vegetables cream Escalope de ternera Con Patatas / Breaded veal with potatoes Fruta, Leche, Pan / Fruit, milk, bread		

ALERGIA LECHE / MILK ALLERGY

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			Puré de zanahoria / Carrot puree Ragout pavo Con patata / Turkey stew with potatoes Fruta, Pan / Fruit, bread	Judías blancas estofadas / Beans stew with vegetables Tacos de bonito con tomate / Tuna in tomato sauce Fruta, Pan / Fruit, bread
5	6	7	8	9
Lentejas con puerro y zanahoria / Lentils stew with vegetables Tortilla de patata con ensalada / Potato omelette with salad Postre apto / Suitable dessert	Macarrones con pavo y tomate / Macaroni with turkey in tomato sauce Salmón en salsa con ensalada / Salmon in sauce with salad Fruta, Pan / Fruit, bread	Judías Verdes Rehogadas / Sautéed green beans Pollo Con Patata panadera / Chicken with potatoes Fruta, Pan / Fruit, bread	Sopa De estrellas y verdura / vegetable soup Albóndigas caseras Salsa Con Patatas / Meatballs in sauce with potatoes Fruta, Pan / Fruit, bread	Garbanzos Con Arroz Y Verdura / Chickpeas stew with rice Filete De Palometa Con Tomate Y Ensalada / Baked pomfret in tomato sauce Fruta, Pan / Fruit, bread,
12	13	14	15	16
Arroz tres delicias / Three delights fried rice Merluza horno / baked hake Postre apto / Suitable dessert	Sopa De Cocido Con Fideos / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas and vegetables stew Fruta, Pan / Fruit, bread	Verdura rehogada o puree / sautéed vegetables or puree Tortilla con ensalada / Omelette with salad Fruta, Leche, Pan / Fruit, milk, bread		
19	20	21	22	23
Lentejas Guisadas Con chorizo / Lentils stew with chorizo Tortilla De Espinacas Con Pavo Y Ensalada / Spinach omelette with turkey Postre apto / Suitable dessert	Espaguetis Boloñesa / Bolognese spaghetti Filete De Limanda Con Ensalada / Baked sole with salad Fruta, Pan / Fruit, bread	Puré De calabaza / Pumpkin puree Estofado de Ternera salsa y cous cous / veal stew with cocus cous Fruta, Pan / Fruit, bread	Sopa De Cocido Con Fideos / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas and vegetables stew Fruta, Pan / Fruit, bread	Arroz Con Verduras / Rice with vegetables Bacalao Con Tomate / Baked cod in tomato sauce Fruta, Pan / Fruit, bread
26	27	28		
Caracolas Con Atún / pasta with tuna Merluza Romana Con Ensalada / Battered hake with salad Postre apto / Suitable dessert	Judías Pintas Con Arroz / Beans stew with rice Huevos rellenos Con Ensalada / Stuffed eggs with salad Fruta, Pan / Fruit, bread	Crema De Verduras / Vegetables cream Escalope de ternera Con Patatas / Breaded veal with potatoes Fruta, Pan / Fruit, bread		

ALERGIA LEGUMBRE / LEGUME ALLERGY

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			Puré de zanahoria / Carrot puree Ragout pavo Con patata / Turkey stew with potatoes Fruta, Leche, Pan / Fruit, milk, bread	Verduras salteadas / Sautéed vegetables Tacos de bonito con tomate / Tuna in tomato sauce Fruta, Leche, Pan / Fruit, milk, bread
5	6	7	8	9
Verdura rehogada o puree / Sautéed cauliflower or puree Tortilla de patata con ensalada / Potato omelette with salad Yogurt, Pan / Yoghurt, bread	Macarrones con pavo y tomate / Macaroni with turkey in tomato sauce Salmón en salsa con ensalada / Salmon in sauce with salad Fruta, Leche, Pan / Fruit, milk, bread	Patatas guisadas / Patatas guisadas Pollo Con Patata panadera / Chicken with potatoes Fruta, Leche, Pan / Fruit, milk, bread	Sopa arroz / Sopa arroz Albóndigas En Salsa Con Patatas / Meatballs in sauce with potatoes Fruta, Leche, Pan / Fruit, milk, bread	Verdura rehogada / Sautéed vegetables Filete De Palometa Con Tomate Y Ensalada / Baked pomfret in tomato sauce Fruta, Leche, Pan / Fruit, milk,
12	13	14	15	16
Arroz tres delicias / Three delights fried rice Merluza En Salsa Verde / baked hake in green sauce Yogurt, Pan / Yoghurt, bread	Sopa De Cocido Con Fideos / cocido soup Cocido sin Garbanzos, Ternera, Repollo / meat, chickpeas and vegetables stew Fruta, Leche, Pan / Fruit, milk,	Brócoli rebozado / Battered brócoli Tortilla con ensalada / Omelette with salad Fruta, Leche, Pan / Fruit, milk, bread		
19	20	21	22	23
Verdura guisada / Sautéed vegetables Tortilla De Espinacas Con Pavo Y Ensalada / Spinach omelette with turkey Yogurt, Pan / Yoghurt, bread	Espaguetis Boloñesa / Bolognese spaghetti Filete De Limanda Con Ensalada / Baked sole with salad Fruta, Leche, Pan / Fruit, milk, bread	Pure De calabaza / Pumpkin puree Estofado de Ternera salsa y cous cous / veal stew with cocus cous Fruta, Leche, Pan / Fruit, milk, bread	Sopa De Cocido Con Fideos / cocido soup Cocido sin Garbanzos, Ternera, Repollo / meat, chickpeas and vegetables stew Fruta, Leche, Pan / Fruit, milk,	Arroz tomate / Rice with tomato Bacalao Con Tomate / Baked cod in tomato sauce Fruta, Leche, Pan / Fruit, milk, bread
26	27	28		
Caracolas Con Atún / pasta with tuna Merluza Romana Con Ensalada / Battered hake with salad Yogurt, Pan / Yoghurt, bread	Arroz con tomate / Rice in tomato sauce Huevos rellenos Con Ensalada / Stuffed eggs with salad Fruta, Leche, Pan / Fruit, milk, bread	Crema De Verduras / Vegetables cream Escalope de ternera Con Patatas / Breaded veal with potatoes Fruta, Leche, Pan / Fruit, milk, bread		

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

**CELIACOS /
CELIAC PEOPLE**

			1	2
			Puré de zanahoria / Carrot puree Ragout pavo Con patata / Turkey stew with potatoes Fruta, Leche, Pan sin gluten / Fruit, milk, bread	Judías blancas estofadas / Beans stew with vegetables Tacos de bonito con tomate / Tuna in tomato sauce Fruta, Leche, Pan sin gluten / Fruit, milk, bread
5	6	7	8	9
Lentejas con puerro y zanahoria / Lentils stew with vegetables Tortilla de patata con ensalada / Potato omelette with salad Yogurt, Pan sin gluten / Yoghurt, bread	Macarrones sin gluten con pavo y tomate / Macaroni with turkey in tomato sauce Salmón en salsa con ensalada / Salmon in sauce with salad Fruta, Leche, Pan sin gluten / Fruit, milk, bread	Judías Verdes Rehogadas / Sautéed green beans Pollo Con Patata panadera / Chicken with potatoes Fruta, Leche, Pan sin gluten / Fruit, milk, bread	Sopa fideo sin gluten y verdura / vegetable soup Albóndigas En Salsa Con Patatas / Meatballs in sauce with potatoes Fruta, Leche, Pan sin gluten / Fruit, milk, bread	Garbanzos Con Verdura / Chickpeas stew with rice Filete De Palometa Con Tomate Y Ensalada / Baked pomfret in tomato sauce Fruta, Leche, Pan sin gluten / Fruit, milk, bread
12	13	14	15	16
Arroz tres delicias / Three delights fried rice Merluza horno / baked hake in Yogurt, Pan sin gluten / Yoghurt, bread	Sopa De Cocido sin gluten / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas and vegetables stew Fruta, Leche, Pan / Fruit, milk,	Verdura rehogada o puree / Sautéed vegetables or puree Tortilla con ensalada / Omelette with salad Fruta, Leche, Pan / Fruit, milk, bread		
19	20	21	22	23
Lentejas Guisadas Con chorizo / Lentils stew with chorizo Tortilla De Espinacas Con Pavo Y Ensalada / Spinach omelette with turkey Yogurt, Pan sin gluten / Yoghurt, bread	Espaguetis sin gluten Boloñesa / Bolognese spaghetti Filete De Limanda Con Ensalada / Baked sole with salad Fruta, Leche, Pan sin gluten / Fruit, milk, bread	Puê De calabaza / Pumpkin puree Estofado de Ternera salsa y arroz / veal stew with rice Fruta, Leche, Pan sin gluten / Fruit, milk, bread	Sopa De Cocido sin gluten / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas and vegetables stew Fruta, Leche, Pan / Fruit,	Arroz Con Verduras / Rice with vegetables Bacalao Con Tomate / Baked cod in tomato sauce Fruta, Leche, Pan sin gluten / Fruit, milk, bread
26	27	28		
Pasta sin gluten Con Atún / pasta with tuna Merluza Romana Con Ensalada / Battered hake with salad Yogurt, Pan sin gluten / Yoghurt, bread	Judías Pintas Con Arroz / Beans stew with rice Huevos Con Ensalada / Stuffed eggs with salad Fruta, Leche, Pan sin gluten / Fruit, milk, bread	Crema De Verduras / Vegetables cream Escalope de ternera Con Patatas / Breaded veal with potatoes Fruta, Leche, Pan sin gluten / Fruit, milk, bread		

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

**FRUTO
SECO/NUTTY
ALLERGY**

			1	2
			Puré de zanahoria / Carrot puree Ragout pavo Con patata / Turkey stew with potatoes Fruta, Leche, Pan / Fruit, milk, bread	Judías blancas estofadas / Beans stew with vegetables Tacos de bonito con tomate / Tuna in tomato sauce Fruta, Leche, Pan / Fruit, milk, bread
5	6	7	8	9
Lentejas con puerro y zanahoria / Lentils stew with vegetables Tortilla de patata con ensalada / Potato omelette with salad Yogurt, Pan / Yoghurt, bread	Macarrones con pavo y tomate / Macaroni with turkey in tomato sauce Salmón en salsa con ensalada / Salmon in sauce with salad Fruta, Leche, Pan / Fruit, milk, bread	Judías Verdes Rehogadas / Sautéed green beans Pollo Con Patata panadera / Chicken with potatoes Fruta, Leche, Pan / Fruit, milk, bread	Sopa De estrellas y verdura / vegetable soup Albóndigas En Salsa Con Patatas / Meatballs in sauce with potatoes Fruta, Leche, Pan / Fruit, milk, bread	Garbanzos Con Arroz Y Verdura / Chickpeas stew with rice Filete De Palometa Con Tomate Y Ensalada / Baked pomfret in tomato sauce Fruta, Leche, Pan / Fruit,
12	13	14	15	16
Arroz tres delicias / Three delights fried rice Merluza En Salsa Verde / baked hake in green sauce Yogurt, Pan / Yoghurt, bread	Sopa De Cocido Con Fideos / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas and vegetables stew Fruta, Leche, Pan / Fruit, milk,	Brócoli rebozado / Battered brócoli Tortilla con ensalada / Omelette with salad Fruta, Leche, Pan / Fruit, milk, bread		
19	20	21	22	23
Lentejas Guisadas Con chorizo / Lentils stew with chorizo Tortilla De Espinacas Con Pavo Y Ensalada / Spinach omelette with turkey Yogurt, Pan / Yoghurt, bread	Espaguetis Boloñesa / Bolognese spaghetti Filete De Limanda Con Ensalada / Baked sole with salad Fruta, Leche, Pan / Fruit, milk, bread	Pure De calabaza / Pumpkin puree Estofado de Ternera salsa y cous cous / veal stew with cocus cous Fruta, Leche, Pan / Fruit, milk, bread	Sopa De Cocido Con Fideos / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas and vegetables stew Fruta, Leche, Pan / Fruit,	Arroz Con Verduras / Rice with vegetables Bacalao Con Tomate / Baked cod in tomato sauce Fruta, Leche, Pan / Fruit, milk, bread
26	27	28		
Caracolas Con Atún / pasta with tuna Merluza Romana Con Ensalada / Battered hake with salad Yogurt, Pan / Yoghurt, bread	Judías Pintas Con Arroz / Beans stew with rice Huevos rellenos Con Ensalada / Stuffed eggs with salad Fruta, Leche, Pan / Fruit, milk, bread	Crema De Verduras / Vegetables cream Escalope de ternera Con Patatas / Breaded veal with potatoes Fruta, Leche, Pan / Fruit, milk, bread		

MENUS COMEDOR PARA EL MES

FEBRERO 2018



A.G.A

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