

# MENU MAYO 2018

## ALERGIA PESCADO

			3	4
			Puré de verdura / Vegetables puree Cinta de Lomo con patatas / Grilled pork loin with potatoes Yogur variado/ Fruit yoghurt	Judías Blancas estofadas con verdura / Stew beans with vegetables Lacón con ensalada / Baked ham with salad Fruta y Leche/ Fruit and Milk
7	8	9	10	11
Pure calabacin / Courgette puree Albondigas jardinera / Meatballs with vegetables Yogur variado/ Fruit yoghurt	Arroz con verduras y pollo / Vegetables and chicken paella Huevos rellenos y ensalada / Stuffed eggs and salad Fruta, Leche / Fruit, Milk	Verdura rehogada o puree / Sautéed vegetables or puree Estofado de ternera con cous cous / Veal stew with cous cous Fruta, Leche / Fruit, Milk	Espirales con J. york y tomate / Pasta with ham in tomato sauce Pollo con lechuga y maíz / Grilled chicken with corn and lettuce Fruta, Leche / Fruit, Milk	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, Leche / Fruit, Milk
14	15	16	17	18
Judías verdes con tomate / Green beans in tomato sauce Lomo al horno con arroz salteado / Baked pork loin with sautéed rice Helado / Ice Cream		Patatas guisadas con pollo / Potato stew with chicken Filete con pisto / Grilled Fillet with vegetables and tomato	Crema de verdura / Vegetables cream Magro en salsa con patatas / Pork meat stew in sauce with potatoes Fruta, Leche / Fruit, Milk	Arroz con tomate / Rice in tomato sauce Salchichas con ensalada / Grilled sausages with salad Fruta, Leche / Fruit, Milk
21	22	23	24	25
Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables Hamburguesa con ensalada / Grilled burger with salad Helado / Ice Cream	Ensalada de pasta sin atún / Pasta salad without tuna Lomo con ensalada / Grilled pork loin with salad Fruta, Leche / Fruit, Milk	Pasta con salsa tomate / Pasta in tomato sauce Tortilla de pavo y ensalada / Turkey omelette with salad Fruta, Leche / Fruit, Milk	Paella de carne / Meat paella Sajonia con ensalada / Grilled Sajonia with salad Fruta, Leche / Fruit, Milk	Crema de espinacas / Spinach cream Pollo guisado con patatas / Stew hicken with baked potatoes Fruta, Leche / Fruit, Milk
28	29	30	31	
Arroz montañes/ Rice with meat Cinta de lomo con ensalada / Baked pork loin with salad Helado/ Ice Cream	Crema de puerro / Leek cream Pavo en salsa con patatas / Turkey in sauce with potatoes Fruta, Leche / Fruit, Milk	Lentejas con chorizo / Lentils stew with chorizo Tortilla de patata con pisto / Potato omelette with pisto Fruta, Leche / Fruit, Milk	Macarrones con pavo / Macaroni in tomato sauce and turkey Lomo ajillo con ensalada / Grilled pork loin with salad Fruta, Leche / Fruit, Milk	

## ALERGIA HUEVO

			3	4
			Puré de verdura / Vegetables puree Cinta de Lomo con patatas / Grilled pork loin with potatoes Yogur variado/ Fruit yoghurt	Judías Blancas estofadas con verdura / Stew beans with vegetables calamar con ensalada / Squid with salad Fruta y Leche/ Fruit and Milk
7	8	9	10	11
Pure calabacin / Courgette puree Albondigas jardinera / Meatballs with vegetables Yogur variado/ Fruit yoghurt	Arroz con verduras y pollo / Vegetables and chicken paella Rosti pavo y ensalada / Turkey rosti and salad Fruta, Leche / Fruit, Milk	Verdura rehogada o puree / Sautéed vegetables or puree Estofado de ternera con Arroz / Veal stew with rice Fruta, Leche / Fruit, Milk	Pasta sin huevo con J. york y tomate / Pasta with ham in tomato sauce Salmon hornocón lechuga y maíz / Baked salmon with corn and lettuce Fruta, Leche / Fruit, Milk	Sopa de Cocido sin huevo / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, Leche / Fruit, Milk
14	15	16	17	18
Judías verdes con tomate / Green beans in tomato sauce Lomo al horno con arroz salteado / Baked pork loin with sautéed rice Helado / Ice Cream		Patatas guisadas con pollo / Potato stew with chicken atun con pisto / Tuna with pisto Fruta, Leche / Fruit, Milk	Crema de verdura / Vegetables cream Magro en salsa con patatas / Pork meat stew in sauce with potatoes Fruta, Leche / Fruit, Milk	Arroz con tomate / Rice in tomato sauce Limanda horno con ensalada / Baked limanda with salad Fruta, Leche / Fruit, Milk
21	22	23	24	25
Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables Hamburguesa casera con ensalada / Grilled burger with salad Helado / Ice Cream	Ensalada de pasta sin huevo / Pasta salad Bacalao asado con ensalada / Baked cod with salad Fruta, Leche / Fruit, Milk	Pasta sin huevo con salsa tomate / Pasta in tomato sauce Rosti de pavo y ensalada / Turkey Rosti with salad Fruta, Leche / Fruit, Milk	Paella de carne / Meat paella Fte. De pescadilla horno con ensalada / Baked hake with salad Fruta, Leche / Fruit, Milk	Crema de espinacas / Spinach cream Pollo guisado con patatas / Stew hicken with baked potatoes Fruta, Leche / Fruit, Milk
28	29	30	31	
Arroz montañes/ Rice with meat Limanda plancha con ensalada / Grilled limanda with salad Helado/ Ice Cream	Crema de puerro / Leek cream Pavo en salsa con patatas / Turkey in sauce with potatoes Fruta, Leche / Fruit, Milk	Lentejas con chorizo / Lentils stew with chorizo Rosti de patata con pisto / Potato rosti with pisto Fruta, Leche / Fruit, Milk	Macarrones sin huevo con pavo / Macaroni in tomato sauce and turkey Lomo ajillo con ensalada / Grilled pork loin with salad Fruta, Leche / Fruit, Milk	

## ALERGIA LECHE

			3	4
			Puré de verdura / Vegetables puree Cinta de Lomo con patatas / Grilled pork loin with potatoes Postre apto / Suitable dessert	Judías Blancas estofadas con verdura / Stew beans with vegetables calamar con ensalada / Squid with salad Fruta / Fruit
7	8	9	10	11
Pure calabacin / Courgette puree Albondigas jardinera / Meatballs with vegetables Postre apto / Suitable dessert	Arroz con verduras y pollo / Vegetables and chicken paella Huevos cocidos con tomate / Stuffed eggs in tomato sauce Fruta / Fruit	Verdura rehogada o puree / Sautéed vegetables or puree Estofado de ternera con cous cous / Veal stew with cous cous Fruta / Fruit	Espirales con J. york y tomate / Pasta with ham in tomato sauce Salmon hornocón lechuga y maíz / Baked salmon with corn and lettuce Fruta / Fruit	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta / Fruit
14	15	16	17	18
Judías verdes con tomate / Green beans in tomato sauce Lomo fresco al horno con arroz salteado / Baked pork loin with sautéed rice Postre apto / Suitable dessert		Patatas guisadas con pollo / Potato stew with chicken atun con pisto / Tuna with pisto Fruta / Fruit	Crema de verdura / Vegetables cream Magro en salsa con patatas / Pork meat stew in sauce with potatoes Fruta / Fruit	Arroz con tomate / Rice in tomato sauce Limanda romana con ensalada / Battered limanda with salad Fruta / Fruit
21	22	23	24	25
Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables Hamburguesa casera con ensalada / Grilled burger with salad Postre apto / Suitable dessert	Ensalada de pasta / Pasta salad Bacalao asado con ensalada / Baked cod with salad Fruta / Fruit	Pasta con salsa tomate / Pasta in tomato sauce Tortilla de pavo y ensalada / Turkey omelette with salad Fruta / Fruit	Paella de carne / Meat paella Fte. De pescadilla romana con ensalada / Battered hake with salad Fruta / Fruit	Crema de espinacas / Spinach cream Pollo guisado con patatas / Stew hicken with baked potatoes Fruta / Fruit
28	29	30	31	
Arroz montañes/ Rice with meat Limanda rebosada con ensalada / Breaded limanda with salad Postre apto / Suitable dessert	Crema de puerro / Leek cream Pavo en salsa con patatas / Turkey in sauce with potatoes Fruta / Fruit	Lentejas con chorizo / Lentils stew with chorizo Tortilla de patata con pisto / Potato omelette with pisto Fruta / Fruit	Macarrones con pavo / Macaroni in tomato sauce and turkey Lomo ajillo plancha con ensalada / Grilled pork loin with salad Fruta / Fruit	

## ALERGIA LEGUMBRE

			3	4
			Puré de verdura / Vegetables puree Cinta de Lomo con patatas / Grilled pork loin with potatoes Yogur variado/ Fruit yoghurt	Arroz con verdura / Rice with vegetables Hamburguesa de calamar con ensalada / Squid burger with salad Fruta y Leche/ Fruit and Milk
7	8	9	10	11
Puré de calabacin / Courgette puree Albondigas jardinera / Meatballs with vegetables Yogur variado/ Fruit yoghurt	Arroz con verduras y pollo / Vegetables and chicken paella Huevos rellenos y ensalada / Stuffed eggs and salad Fruta, Leche / Fruit, Milk	Coliflor rebosada / Battered couflower Estofado de ternera con cous cous / Veal stew with cous cous Fruta, Leche / Fruit, Milk	Espirales con J. york y tomate / Pasta with ham in tomato sauce Salmon hornocón lechuga y maíz / Baked salmon with corn and lettuce Fruta, Leche / Fruit, Milk	Sopa De Cocido Con Fideos / cocido soup Cocido sin Garbanzos, Ternera, Repollo / meat, chickpeas and vegetables stew Fruta, Leche / Pan / Fruit, milk,
14	15	16	17	18
Verdura salteada / Sautéed vegetables Lomo al horno con arroz salteado / Baked pork loin with sautéed rice Helado / Ice Cream		Patatas guisadas con pollo / Potato stew with chicken Suprema de atun con pisto / Tuna supreme with pisto Fruta, Leche / Fruit, Milk	Crema de verdura / Vegetables cream Magro en salsa con patatas / Pork meat stew in sauce with potatoes Fruta, Leche / Fruit, Milk	Arroz con tomate / Rice in tomato sauce Limanda romana con ensalada / Battered limanda with salad Fruta, Leche / Fruit, Milk
21	22	23	24	25
Verdura estofada / Stew vegetables Hamburguesa con ensalada / Grilled burger with salad Helado / Ice Cream	Ensalada de pasta / Pasta salad Bacalao asado con ensalada / Baked cod with salad Fruta, Leche / Fruit, Milk	Lasaña vegetal / Vegetal lasagna Tortilla de pavo y ensalada / Turkey omelette with salad Fruta, Leche / Fruit, Milk	Paella de carne / Meat paella Fte. De pescadilla romana con ensalada / Battered hake with salad Fruta, Leche / Fruit, Milk	Crema de espinacas / Spinach cream Pollo guisado con patatas / Stew hicken with baked potatoes Fruta, Leche / Fruit, Milk
28	29	30	31	
Arroz montañes/ Rice with meat Limanda rebosada con ensalada / Breaded limanda with salad Helado/ Ice Cream	Crema de puerro / Leek cream Pavo en salsa con patatas / Turkey in sauce with potatoes Fruta, Leche / Fruit, Milk	Pasta al ajillo / Pasta in garlic sauce Tortilla de patata con pisto / Potato omelette with pisto Fruta, Leche / Fruit, Milk	Macarrones con pavo / Macaroni in tomato sauce and turkey Lomo ajillo con ensalada / Grilled pork loin with salad Fruta, Leche / Fruit, Milk	

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

# MENUS COMEDOR PARA EL MES

## MAYO 2018

### CELIACOS

			3	4
			Puré de verdura / Vegetables puree Cinta de Lomo con patatas / Grilled pork loin with potatoes Yogur variado/ Fruit yoghurt	Judías Blancas estofadas con verdura / Stew beans with vegetables calamar con ensalada / Squid with salad Fruta y Leche/ Fruit and Milk
7	8	9	10	11
Pure calabacin / Courgette puree Albondigas jardinera / Meatballs with vegetables Yogur variado/ Fruit yoghurt	Arroz con verduras y pollo / Vegetables and chicken paella Huevos rellenos y ensalada / Stuffed eggs and salad Fruta, Leche / Fruit, Milk	Verdura rehogada o puree / Sauted vegetables or puree Estofado de ternera con arroz / Veal stew with rice Fruta, Leche / Fruit, Milk	Pasta sin gluten con J. york y tomate / Pasta with ham in tomato sauce Salmon hormoon lechuga y maíz / Baked salmon with corn and lettuce Fruta, Leche / Fruit, Milk	Sopa de Cocido sin gluten / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, Leche / Fruit, Milk
14	15	16	17	18
Judías verdes con tomate / Green beans in tomato sauce Lomo al horno con arroz salteado / Baked pork loin with sauted rice Helado / Ice Cream		Patatas guisadas con pollo / Potato stew with chicken atun con pisto / Tuna with pisto Fruta, Leche / Fruit, Milk	Crema de verdura / Vegetables creme Magro en salsa con patatas / Pork meat stew in sauce with potatoes Fruta, Leche / Fruit, Milk	Arroz con tomate / Rice in tomatos sauce Limanda horno con ensalada / Baked limanda with salad Fruta, Leche / Fruit, Milk
21	22	23	24	25
Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables Hamburguesa casera con ensalada / Grilled burger with salad Helado / Ice Cream	Ensalada de pasta sin gluten / Pasta salad Bacalao asado con ensalada / Baked cod with salad Fruta, Leche / Fruit, Milk	Pasta sin gluten con salsa tomate / Pasta in tomato sauce Tortilla de pavo y ensalada / Turkey omelette with salad Fruta, Leche / Fruit, Milk	Paella de carne / Meat paella Fte. De pescadilla horno con ensalada / Battered hake with salad Fruta, Leche / Fruit, Milk	Crema de espinacas / Spinach cream Pollo guisado con patatas / Stew hicken with baked potatoes Fruta, Leche / Fruit, Milk
28	29	30	31	
Arroz montañes/ Rice with meat Limanda plancha con ensalada / Breaded limanda with salad Helado/ Ice Cream	Crema de puerro / Leek cream Pavo en salsa con patatas / Turkey in sauce with potatoes Fruta, Leche / Fruit, Milk	Lentejas con chorizo / Lentils stew with chorizo Tortilla de patata con pisto / Potato omelette with pisto Fruta, Leche / Fruit, Milk	Macarrones sin gluten con pavo / Macaroni in tomato sauce and turkey Lomo ajillo con ensalada / Grilled pork loin with salad Fruta, Leche / Fruit, Milk	

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

### MENU FRUTOS SECOS

			3	4
			Puré de verdura / Vegetables puree Cinta de Lomo con patatas / Grilled pork loin with potatoes Yogur variado/ Fruit yoghurt	Judías Blancas estofadas con verdura / Stew beans with vegetables Hamburguesa de calamar con ensalada / Squid burger with salad
7	8	9	10	11
Pure calabacin / Courgette puree Albondigas jardinera / Meatballs with vegetables Yogur variado/ Fruit yoghurt	Arroz con verduras y pollo / Vegetables and chicken paella Huevos rellenos y ensalada / Stuffed eggs and salad Fruta, Leche / Fruit, Milk	Verdura rehogada o puree / Sauted vegetables or puree Estofado de ternera con cous cous / Veal stew with cous cous Fruta, Leche / Fruit, Milk	Espirales con J. york y tomate / Pasta with ham in tomato sauce Salmon hormoon lechuga y maíz / Baked salmon with corn and lettuce Fruta, Leche / Fruit, Milk	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, Leche / Fruit, Milk
14	15	16	17	18
Judías verdes con tomate / Green beans in tomato sauce Lomo al horno con arroz salteado / Baked pork loin with sauted rice Helado apto / Ice Cream		Patatas guisadas con pollo / Potato stew with chicken Suprema de atun con pisto / Tuna supreme with pisto Fruta, Leche / Fruit, Milk	Crema de verdura / Vegetables creme Magro en salsa con patatas / Pork meat stew in sauce with potatoes Fruta, Leche / Fruit, Milk	Arroz con tomate / Rice in tomatos sauce Limanda romana con ensalada / Battered limanda with salad Fruta, Leche / Fruit, Milk
21	22	23	24	25
Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables Hamburguesa con ensalada / Grilled burger with salad Helado apto/ Ice Cream	Ensalada de pasta / Pasta salad Bacalao asado con ensalada / Baked cod with salad Fruta, Leche / Fruit, Milk	Pasta con salsa tomate / Pasta in tomato sauce Tortilla de pavo y ensalada / Turkey omelette with salad Fruta, Leche / Fruit, Milk	Paella de carne / Meat paella Fte. De pescadilla romana con ensalada / Battered hake with salad Fruta, Leche / Fruit, Milk	Crema de espinacas / Spinach cream Pollo guisado con patatas / Stew hicken with baked potatoes Fruta, Leche / Fruit, Milk
28	29	30	31	
Arroz montañes/ Rice with meat Limanda rebozada con ensalada / Breaded limanda with salad Helado apto/ Ice Cream	Crema de puerro / Leek cream Pavo en salsa con patatas / Turkey in sauce with potatoes Fruta, Leche / Fruit, Milk	Lentejas con chorizo / Lentils stew with chorizo Tortilla de patata con pisto / Potato omelette with pisto Fruta, Leche / Fruit, Milk	Macarrones con pavo / Macaroni in tomato sauce and turkey Lomo ajillo con ensalada / Grilled pork loin with salad Fruta, Leche / Fruit, Milk	



# A.G.A

## ALIMENTAMOS BIEN

Avda. Montes de Oca, 19 nave - 24  
28703 San Sebastián de los Reyes (Madrid)  
Tel: 91 659 22 70