



CUTASA S.L. COLECTIVIDADES



MENUS DEL MES DE ENERO SIN CERDO

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

7

8

9

10

11

Espaguetis al ajillo / Spagetti in garlic sauce
Merluza Romana con Ensalada / Battered Hake with Mixed Salad
Melocoton en almibar/ Peaches in sirup

Pure de calabacin / Courgette puree
Tortilla de patata con Ensalada / Potato Omelete with Salad
Fruta, leche, pan / fruit, milk, bread

Lentejas con verdura / Stewed Lentils with Potato and Carrot
Abadejo con pisto / Baked cod with ratatouille
Fruta, leche, pan / fruit, milk, bread

Sopa de Cocido / Stew Soup
Patata, Zanahoria, Carne de Ternera y Pollo / Chickpeas, Meat and Cabbage Stew
Fruta y Leche / Fruit and milk

14

15

16

17

18

Patatas con verdura / Potato stew with vegetables
Tortilla con ensalada / Omelete with salad
Yogur De Frutas/ Fruit yoghurt

Arroz con tomate / Rice in tomato sauce
Hamburguesa ternera Con Ensalada / Veal burger in sauce with Salad
Fruta, leche, pan / fruit, milk, bread

Alubias blancas con verduras / Beans stew with vegetables
Bacalao con tomate y ensalada / Baked cod in tomato sauce with salad
Fruta, leche, pan / fruit, milk, bread

Crema de verdura / Vegetables cream
Pollo asado con patatas / Roast chicken with fried potatoes
Fruta, leche, pan / fruit, milk, bread

Macarrones con tomate / Macarroni in tomato sauce
Ventresca de merluza con ensalada mixta / Battered belly hake with salad
Fruta, leche, pan / fruit, milk, bread

21

22

23

24

25

Lentejas guisadas con verdura / Lentils Stew with Vegetables
Pavo con ensalada / Grilled turkey with Salad
Yogur De Frutas/ Fruit yoghurt

Fideuá o / Chicken fideua
Salmon con ensalada de lechuga y zanahoria / baked salmon with salad
Fruta, leche, pan / fruit, milk, bread

Garbanzos con Arroz / Stewed chickpeas with rice
Tortilla con ensalada / Omelettes with salad
Fruta, leche, pan / fruit, milk, bread

Judías verdes con tomate / Sauted green beans in tomato sauce
Albondigas pollo con patata / Meatballs with potatoes
Fruta, leche, pan / fruit, milk, bread

Sopa de estrellas/ Stars soup
Limanda empanada con ensalada / Breaded sole with salad
Fruta, leche, pan / fruit, milk, bread

28

29

30

31

Pasta con tomate / Pasta in tomato sauce
Pescadilla romana con Ensalada de zanahoria / Battered hake with carrot salad
Yogur De Frutas/ Fruit yoghurt

Sopa de Cocido / Stew Soup
Patata, Zanahoria, Carne de Ternera y Pollo / Chickpeas, Meat and Cabbage Stew
Fruta y Leche / Fruit and milk

Patatas con pollo / Potato and chicken stew
Tortilla con ensalada / Omelette with salad
Fruta, leche, pan / fruit, milk, bread

Brocoli rebozado / Battered brocoli
Ragout de pavo con cous cous / Turkey stew with cous cous
Fruta y Leche / Fruit and milk