



# MENU FEBRERO 2019

## ALERGIA PESCADO / FISH ALLERGY

4	5	6	7	8
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	Garbanzos Con Arroz Y Verdura / Chickpeas stew with rice Filete pollo con Ensalada / Grilled chicken breast with salad Fruta, Leche, Pan / Fruit, milk, bread	Sopa de verdura / vegetable soup Albóndigas En Salsa Con Patatas / Meatballs in sauce with potatoes Fruta, Leche, Pan / Fruit, milk, bread
Arroz tres delicias / Three delights fried rice Salchichas con ensalada / Grilled sausages with salad Yogurt, Pan / Yoghurt, bread	Verdura rehogada o puree / Sautéed cauliflower or puree Fideos Rusos Con Patatas Dado / Burger in sauce with potatoes 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, bread	Puré de zanahoria / Carrot puree Ragout de pavo con patata / Turkey stew with potatoes Fruta, Leche, Pan / Fruit, milk, bread	Pasta carbonara / Pasta in carbonara sauce Lomo con ensalada / Battered pork loin with salad Fruta, Leche, Pan / Fruit, milk, bread
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 calabacín / courgette puree Estofado de Ternera salsa y cous cous / veal stew with cocous cous Fruta, Leche, Pan / Fruit, milk, bread	Arroz Con Verduras / Rice with vegetables Pollo Con Tomate / Baked Chicken in tomato sauce Fruta, Leche, Pan / Fruit, milk, bread	Judías blancas con verdura / Beans stew with vegetables Cinta de lomo con ensalada / Grilled pork loin with salad Fruta, Leche, Pan / Fruit, milk, bread
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 Tortilla con ensalada / Omelette with salad Fruta, Leche, Pan / Fruit, milk, bread	Crema De Verduras / Vegetables cream Escalope de pollo Con Patatas / Breaded chicken with potatoes 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, bread	

## ALERGIA HUEVO / EGG ALLERGY

4	5	6	7	8
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	Garbanzos Con Arroz Y Verdura / Chickpeas stew with rice Filete De Hallibut Ensalada / Baked halibut with salad 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
Arroz tres delicias sin huevo / Three delights fried rice Merluza En Salsa Verde / baked hake in green sauce Yogurt, Pan / Yoghurt, bread	Verdura rehogada o puree / Sautéed vegetables or puree Fideos Rusos caseros Con Patatas Dado / Burger in sauce with potatoes 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, milk, bread	Puré de zanahoria / Carrot puree Ragout de pavo con patata / Turkey stew with potatoes Fruta, Leche, Pan / Fruit, milk, bread	Pasta carbonara / Pasta in carbonara sauce Bacalao rebozado con ensalada / Battered cod with salad Fruta, Leche, Pan / Fruit, milk, bread
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 calabacín / courgette puree Estofado de Ternera salsa y arroz / veal stew with rice Fruta, Leche, Pan / Fruit, milk, bread	Arroz Con Verduras / Rice with vegetables Bacalao Con Tomate / Baked cod in tomato sauce Fruta, Leche, Pan / Fruit, milk, bread	Judías blancas con verdura / Beans stew with vegetables Cinta de lomo con ensalada / Grilled pork loin with salad Fruta, Leche, Pan / Fruit, milk, bread
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 pollo Con Patatas / Breaded chicken with potatoes 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, milk, bread	

## ALERGIA LECHE / MILK ALLERGY

4	5	6	7	8
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	Garbanzos Con Arroz Y Verdura / Chickpeas stew with rice Filete De Hallibut Ensalada / Baked halibut with salad Fruta, Pan / Fruit, bread	Sopa de verdura / vegetable soup Albóndigas caseras Salsa Con Patatas / Meatballs in sauce with potatoes Fruta, Pan / Fruit, bread
Arroz tres delicias / Three delights fried rice Merluza horno / baked hake Postre apto / Suitable dessert	Verdura rehogada o puree / Sautéed vegetables or puree Fideos Rusos caseros Con Patatas Dado / Burger in sauce with potatoes 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	Puré de zanahoria / Carrot puree Ragout de pavo con patata / Turkey stew with potatoes Fruta, Pan / Fruit, bread	Pasta con tomate / Pasta in tomato sauce Bacalao rebozado con ensalada / Battered cod with salad Fruta, Pan / Fruit, bread
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	Pure de calabacín / courgette puree Estofado de Ternera salsa y cous cous / veal stew with cocous cous Fruta, Pan / Fruit, bread	Arroz Con Verduras / Rice with vegetables Bacalao Con Tomate / Baked cod in tomato sauce Fruta, Pan / Fruit, bread	Judías blancas con verdura / Beans stew with vegetables Cinta de lomo con ensalada / Grilled pork loin with salad Fruta, Pan / Fruit, bread
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 Tortilla con ensalada / Omelette with salad Fruta, Pan / Fruit, bread	Crema De Verduras / Vegetables cream Escalope de pollo Con Patatas / Breaded chicken with potatoes 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	

## ALERGIA LEGUMBRE / LEGUME ALLERGY

4	5	6	7	8
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	Verdura rehogada / Sautéed vegetables Filete De Hallibut Ensalada / Baked halibut with salad Fruta, Leche, Pan / Fruit, milk, bread	Arroz salteado / Sautéed rice Albóndigas En Salsa Con Patatas / Meatballs in sauce with potatoes Fruta, Leche, Pan / Fruit, milk, bread
Arroz tres delicias / Three delights fried rice Merluza En Salsa Verde / baked hake in green sauce Yogurt, Pan / Yoghurt, bread	Brócoli rebozado / Battered broccoli Fideos Rusos Con Patatas Dado / Burger in sauce with potatoes 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, bread	Puré de zanahoria / Carrot puree Ragout de pavo con patata / Turkey stew with potatoes Fruta, Leche, Pan / Fruit, milk, bread	Pasta carbonara / Pasta in carbonara sauce Bacalao rebozado con ensalada / Battered cod with salad Fruta, Leche, Pan / Fruit, milk, bread
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 calabacín / courgette puree Estofado de Ternera salsa y cous cous / veal stew with cocous cous Fruta, Leche, Pan / Fruit, milk, bread	Arroz tomate / Rice with tomato Bacalao Con Tomate / Baked cod in tomato sauce Fruta, Leche, Pan / Fruit, milk, bread	Verdura estofada / Vegetables stew Cinta de lomo con ensalada / Grilled pork loin with salad Fruta, Leche, Pan / Fruit, milk, bread
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 Tortilla con ensalada / Omelette with salad Fruta, Leche, Pan / Fruit, milk, bread	Crema De Verduras / Vegetables cream Escalope de pollo Con Patatas / Breaded chicken with potatoes 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, bread	

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

# MENUS COMEDOR PARA EL MES

## FEBRERO 2019

CEIP BACHILLER ALONSO

CELIACOS / CELIAC PEOPLE				1
4	5	6	7	8
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	Garbanzos Con Verdura / Chickpeas stew with rice Filete De Hallibut Ensalada / Baked halibut with salad Fruta, Leche , Pan sin gluten / Fruit, milk, bread	Sopa de verdura / vegetable soup Albóndigas En Salsa Con Patatas / Meatballs in sauce with potatoes Fruta, Leche , Pan sin gluten / Fruit, milk, bread
11	12	13	14	15
Arroz tres delicias / Three delights fried rice Merluza horno / baked hake in Yogurt , Pan sin gluten / Yoghurt, bread	Verdura rehogada o puree / Sautéed vegetables or puree Filetes Rusos aptos Con Patatas Dado / Burguer in sace wit potatoes Fruta, Leche , Pan / 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, bread	Puré de zanahoria / Carrot puree Ragout de pavo con patata / Turkey stew with potatoes Fruta, Leche , Pan sin gluten / Fruit, milk, bread	Pasta carbonara sin gluten / Pasta in carbonara sauce Bacalao horno con ensalada / Baked cod with salad Fruta, Leche , Pan / Fruit, milk, bread
18	19	20	21	22
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	Pure de calabacín / courgette puree Estofado de Ternera salsa y arroz / veal stew with rice Fruta, Leche , Pan sin gluten / Fruit, milk, bread	Arroz Con Verduras / Rice with vegetables Bacalao Con Tomate / Baked cod in tomato sauce Fruta, Leche , Pan sin gluten / Fruit, milk, bread	Judías blancas con verdura / Beans stew with vegetables Cinta de lomo con ensalada / Grilled pork loin with salad Fruta, Leche , Pan / Fruit, milk, bread
25	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 Tortilla con ensalada / Omelette with salad Fruta, Leche , Pan sin gluten / Fruit, milk, bread	Crema De Verduras / Vegetables cream Escalope de pollo Con Patatas / Breaded chicken with potatoes 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, bread	

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

FRUTO SECO/NUTTY ALLERGY				1
4	5	6	7	8
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	Garbanzos Con Arroz Y Verdura / Chickpeas stew with rice Filete De Hallibut Ensalada / Baked halibut with salad Fruta, Leche , Pan / Fruit, milk, bread	Sopa de verdura / vegetable soup Albóndigas En Salsa Con Patatas / Meatballs in sauce with potatoes Fruta, Leche , Pan / Fruit, milk, bread
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	Brócoli rebocado / Battered broccoli Filetes Rusos Con Patatas Dado / Burguer in sace wit potatoes 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, bread	Puré de zanahoria / Carrot puree Ragout de pavo con patata / Turkey stew with potatoes Fruta, Leche , Pan / Fruit, milk, bread	Pasta carbonara / Pasta in carbonara sauce Bacalao rebocado con ensalada / Battered cod with salad Fruta, Leche , Pan / Fruit, milk, bread
18	19	20	21	22
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 calabacín / courgette puree Estofado de Ternera salsa y cous cous / veal stew with cocus cous Fruta, Leche , Pan / Fruit, milk, bread	Arroz Con Verduras / Rice with vegetables Bacalao Con Tomate / Baked cod in tomato sauce Fruta, Leche , Pan / Fruit, milk, bread	Judías blancas con verdura / Beans stew with vegetables Cinta de lomo con ensalada / Grilled pork loin with salad Fruta, Leche , Pan / Fruit, milk, bread
25	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 Tortilla con ensalada / Omelette with salad Fruta, Leche , Pan / Fruit, milk, bread	Crema De Verduras / Vegetables cream Escalope de pollo Con Patatas / Breaded chicken with potatoes 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, bread	



# CUTASA

ALIMENTAMOS BIEN

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