



MENU MARZO 2019

ALERGIA PESCADO / FISH ALLERGY

4	5	6	7	8
FESTIVO	Coliflor rebozada o pure / Battered cauliflower or pure Lomo al ajillo c/ patatas / Grilled pork garlic loin with potatoes Fruta, leche, pan / fruit, milk, yogurt fruta / Fruit yogurt	Judías blancas estofadas / Stewed Beans Fte pollo con ensalada / Grilled chicken with salad Fruta, leche, pan / fruit, milk, bread	Paella pollo / chicken paella Tortilla calabacín con ensalada / Courgette Omelette with salad 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,
Macarrones ecologicos carbonara / Bio Macaroni carbonara Salchichas ave con ensalada / turkey sausages with salad yogurt fruta / Fruit yogurt	Patatas guisadas verdura / vegetables potato stew Huevos con bechamel y ensalada / Boiled eggs with salad Fruta, leche, pan / fruit, milk, bread	Sopa de estrellitas / Stars soup Fte de pollo con verdura asada / Grilled chicken breast with vegetables Fruta, leche, pan / fruit, milk, bread	Arroz con verduras / Rice with vegetables Lomo con ensalada / Baked pork loin with salad Fruta, leche, pan / fruit, milk, bread	Lentejas Guisadas con chorizo / Lentils Stew with "chorizo" hamburguesa de ternera con ensalada / Veal burger with salad Fruta, leche, pan / fruit, milk, bread
Sopa de picadillo / Egg and ham soup Ragout de pavo con verdura / Turkey stew with vegetables yogurt fruta / Fruit yogurt	Judías pintas con arroz / Pinto beans with rice saxonja con ensalada / Baked saxonja with salad Fruta, leche, pan / fruit, milk, bread	Crema de espinacas / Spinach cream albondigas en salsa con patatas / Meatballs in sauce with potatoes Fruta ecologica, leche, pan / Bio fruit, milk, bread	Paella carne / meat paella pollo con ensalada / chicken with salad Fruta, leche, pan / fruit, milk, bread	Lentejas con chorizo / Lentils stew with chorizo tortilla de patata con ensalada / Potato omelette with salad yogurt fruta / Fruit yogurt
Judías verdes con tomate / Sautéed green in tomato sauce Dados de magro con cous cous / Pork ragout stew with cous cous Fruta, leche, pan / fruit, milk, bread	espaguetis con pavo / Spagetti with turkey cinta lomo con ensalada / Battered pork loin with salad 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,	Pure de verduras / Vegetables stew pollo asado con patatas / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	judias blancas / Beans stew Filete con ensalada / Grilled fillet with salad Fruta, leche, pan / fruit, milk, bread

ALERGIA HUEVO / EGG ALLERGY

4	5	6	7	8
FESTIVO	Coliflor rebozada o pure / Battered cauliflower or pure Lomo al ajillo c/ patatas / Grilled pork garlic loin with potatoes yogur fruta / Fruit yogurt	Judías blancas estofadas / Stewed Beans Merluza al limon con ensalada / Baked hake in lemon sauce Fruta, leche, pan / fruit, milk, bread	Paella mixta / fish and meat paella Rosti calabacín con ensalada / Courgette rosti with salad 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,
Macarrones ecologicos carbonara / Macaroni carbonara Ventresca de merluza con ensalada / Baked belly hake with salad yogurt fruta / Fruit yogurt	Patatas guisadas con calamares / Squid potato stew Rosti york y ensalada / Ham rosti with salad Fruta, leche, pan / fruit, milk, bread	Sopa de pasta sin huevo / Stars soup Fte de pollo con verdura asada / Grilled chicken breast with vegetables Fruta, leche, pan / fruit, milk, bread	Arroz con verduras / Rice with vegetables Salmón con ensalada / Baked salmon with salad Fruta, leche, pan / fruit, milk, bread	Lentejas Guisadas con chorizo / Lentils Stew with "chorizo" hamburguesa de ternera con ensalada / Veal burger with salad Fruta, leche, pan / fruit, milk, bread
Sopa de picadillo sin huevo / ham soup Ragout de pavo con verdura / Turkey stew with vegetables yogurt fruta / Fruit yogurt	Judías pintas con arroz / Pinto beans with rice Fte. de pescadilla con ensalada / Baked hake with salad Fruta, leche, pan / fruit, milk, bread	Crema de espinacas / Spinach cream albondigas en salsa con patatas / Meatballs in sauce with potatoes Fruta ecologica, leche, pan / Bio fruit, milk, bread	Paella carne / meat paella Merluza rebozada con ensalada / Battered hake with salad Fruta, leche, pan / fruit, milk, bread	Lentejas con chorizo / Lentils stew with chorizo Rosti de patata con ensalada / Potato rosti with salad yogurt fruta / Fruit yogurt
Judías verdes con tomate / Sautéed green in tomato sauce Dados de magro con cous cous / Pork ragout stew with cous cous Fruta, leche, pan / fruit, milk, bread	espaguetis con pavo / Spagetti with turkey ventresca de merluza madrileña con ensalada / Battered hake with salad 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,	pure de verduras / Vegetables stew pollo asado con patatas / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	judias blancas / Beans stew bacalao encabollado / Baked cod with onion Fruta, leche, pan / fruit, milk, bread

ALERGIA LECHE / MILK ALLERGY

4	5	6	7	8
FESTIVO	Coliflor rebozada o pure / Battered cauliflower or pure Lomo al ajillo c/ patatas / Grilled pork garlic loin with potatoes Postre apto / Suitable dessert	Judías blancas estofadas / Stewed Beans Merluza al limon con ensalada / Baked hake in lemon sauce Fruta, pan / fruit, bread	Paella mixta / fish and meat paella Tortilla calabacín con ensalada / Courgette Omelette with salad 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
Macarrones con tomate / Macaroni in tomato sauce merluza y ensalada / Baked belly hake with salad Postre apto / Suitable dessert	Patatas guisadas con calamares / Squid potato stew Huevos cocidos y ensalada / Boiled eggs with salad Fruta, pan / fruit, bread	Sopa de estrellitas / Stars soup Fte de pollo con verdura asada / Grilled chicken breast with vegetables Fruta, pan / fruit, bread	Arroz con verduras / Rice with vegetables Salmón con ensalada / Baked salmon with salad Fruta, pan / fruit, bread	Lentejas Guisadas con chorizo / Lentils Stew with "chorizo" hamburguesa de ternera con ensalada / Veal burger with salad Fruta, pan / fruit, bread
Sopa de picadillo / Egg and ham soup Ragout de pavo con verdura / Turkey stew with vegetables Postre apto / Suitable dessert	Judías pintas con arroz / Pinto beans with rice Fte. de pescadilla con ensalada / Baked hake with salad Fruta, pan / fruit, bread	Crema de espinacas / Spinach cream albondigas en salsa con patatas / Meatballs in sauce with potatoes Fruta, pan / fruit, bread	Paella carne / meat paella Merluza rebozada con ensalada / Battered hake with salad Fruta, pan / fruit, bread	Lentejas con chorizo / Lentils stew with chorizo tortilla de patata con ensalada / Potato omelette with salad Postre apto / Suitable dessert
Judías verdes con tomate / Sautéed green in tomato sauce Dados de magro con cous cous / Pork ragout stew with cous cous Fruta, pan / fruit, bread	espaguetis con pavo / Spagetti with turkey ventresca de merluza madrileña con ensalada / Battered hake with salad 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	pure de verduras / Vegetables stew pollo asado con patatas / Roast chicken with potatoes Fruta, pan / fruit, bread	judias blancas / Beans stew bacalao encabollado / Baked cod with onion Fruta, pan / fruit, bread

ALERGIA LEGUMBRE / LEGUME ALLERGY

4	5	6	7	8
FESTIVO	Buñuelos de coliflor / Battered cauliflower Lomo al ajillo c/ patatas / Grilled pork garlic loin with potatoes yogur fruta / Fruit yogurt	Verduras estofadas / Vegetable stew Merluza al limon con ensalada / Baked hake in lemon sauce Fruta, leche, pan / fruit, milk, bread	Paella mixta / fish and meat paella Tortilla calabacín con ensalada / Courgette Omelette with salad 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,
Macarrones ecologicos carbonara / Macaroni carbonara Ventresca de merluza con ensalada / Baked belly hake with salad yogurt fruta / Fruit yogurt	Patatas guisadas con calamares / Squid potato stew Huevos con bechamel y ensalada / Boiled eggs with salad Fruta, leche, pan / fruit, milk, bread	Sopa de estrellitas / Stars soup Fte de pollo con verdura asada / Grilled chicken breast with vegetables Fruta, leche, pan / fruit, milk, bread	Arroz con verduras / Rice with vegetables Salmón con ensalada / Baked salmon with salad Fruta, leche, pan / fruit, milk, bread	Verdura salteada / sautéed vegetables hamburguesa de ternera con ensalada / Veal burger with salad Fruta, leche, pan / fruit, milk, bread
Sopa de picadillo / Egg and ham soup Ragout de pavo con verdura / Turkey stew with vegetables yogurt fruta / Fruit yogurt	Judías pintas con arroz / Pinto beans with rice Fte. de pescadilla con ensalada / Baked hake with salad Fruta, leche, pan / fruit, milk, bread	Crema de espinacas / Spinach cream albondigas en salsa con patatas / Meatballs in sauce with potatoes Fruta ecologica, leche, pan / Bio fruit, milk, bread	Paella carne / meat paella Merluza rebozada con ensalada / Battered hake with salad Fruta, leche, pan / fruit, milk, bread	Brocoli rehogado / Sautéed broccoli tortilla de patata con ensalada / Potato omelette with salad yogurt fruta / Fruit yogurt
Verdura salteada / Sautéed vegetables Dados de magro con cous cous / Pork ragout stew with cous cous Fruta, leche, pan / fruit, milk, bread	espaguetis con pavo / Spagetti with turkey ventresca de merluza madrileña con ensalada / Battered hake with salad 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,	pure de verduras / Vegetables stew pollo asado con patatas / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Arroz salteado / Sautéed rice bacalao encabollado / Baked cod with onion 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

MARZO 2019

CEIP BACHILLER ALONSO

CELIACOS / CELIAC PEOPLE				
4	5	6	7	8
FESTIVO	Coliflor rebozada o pure / Battered cauliflower or pure Lomo al ajillo c/ patatas / Grilled pork garlic loin with potatoes yogur fruta / Fruit yogurt	Judías blancas estofadas / Stewed Beans Merluza al limon con ensalada / Baked hake in lemon sauce Fruta, leche, pan / fruit, milk, bread	Paella mixta / fish and meat paella Tortilla calabacín con ensalada / Courgette Omelette with salad Fruta, leche, pan / fruit, milk, bread	Sopa De Cocido Con Fideos sin gluten/ cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas and vegetables stew Fruta, Leche , Pan / Fruit,
11	12	13	14	15
Macarrones sin gluten carbonara / Bio Macaroni carbonara Ventresca de merluza con ensalada / Baked belly hake with salad yogur fruta / Fruit yogurt	Patatas guisadas con calamares / Squid potato stew Huevos con bechamel y ensalada / Boiled eggs with salad Fruta, leche, pan / fruit, milk, bread	Sopa de pasta sin gluten / Stars soup Fte de pollo con verdura asada / Grilled chicken breast with vegetables Fruta, leche, pan / fruit, milk, bread	Arroz con verduras / Rice with vegetables Salmón con ensalada / Baked salmon with salad Fruta, leche, pan / fruit, milk, bread	Lentejas Guisadas con chorizo / Lentils Stew with "chorizo" hamburguesa de ternera con ensalada / Veal burger with salad Fruta, leche, pan / fruit, milk, bread
18	19	20	21	22
Sopa de picadillo sin gluten / Egg and ham soup Ragout de pavo con verdura / Turkey stew with vegetables yogur fruta / Fruit yogurt	Judías pintas con arroz / Pinto beans with rice Fte. de pescadilla con ensalada / Baked hake with salad Fruta, leche, pan / fruit, milk, bread	Crema de espinacas / Spinach cream albondigas en salsa con patatas / Meatballs in sauce with potatoes Fruta ecologica, leche, pan / Bio fruit , milk, bread	Paella carne / meat paella Merluza rebozada con ensalada / Battered hake with salad Fruta, leche, pan / fruit, milk, bread	Lentejas con chorizo / Lentils stew with chorizo tortilla de patata con ensalada / Potato omelette with salad yogur fruta / Fruit yogurt
25	26	27	28	29
Judías verdes con tomate / Sautéed green in tomato sauce Dados de magro con cous cous / Pork ragout stew with cous cous Fruta, leche, pan / fruit, milk, bread	espaguetis sin gluten con pavo / Spageti with turkey ventresca de merluza madrileña con ensalada / Breaded hake with salad Fruta, leche, pan / fruit, milk, bread	Sopa De Cocido Con Fideos sin gluten/ cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas and vegetables stew Fruta, Leche , Pan / Fruit,	pure de verduras / Vegetables stew pollo asado con patatas / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	judias blancas / Beans stew bacalao encebollado / Baked cod with onion Fruta, leche, pan / fruit, milk, bread

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

FRUTO SECO/NUTTY ALLERGY				
4	5	6	7	8
FESTIVO	Buñuelos de coliflor / Battered cauliflower Lomo al ajillo c/ patatas / Grilled pork garlic loin with potatoes yogur fruta / Fruit yogurt	Judías blancas estofadas / Stewed Beans Merluza al limon con ensalada / Baked hake in lemon sauce Fruta, leche, pan / fruit, milk, bread	Paella mixta / fish and meat paella Tortilla calabacín con ensalada / Courgette Omelette with salad 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,
11	12	13	14	15
Macarrones ecologicos carbonara / Bio Macaroni carbonara Ventresca de merluza con ensalada / Baked belly hake with salad yogur fruta / Fruit yogurt	Patatas guisadas con calamares / Squid potato stew Huevos con bechamel y ensalada / Boiled eggs with salad Fruta, leche, pan / fruit, milk, bread	Sopa de estrellitas / Stars soup Fte de pollo con verdura asada / Grilled chicken breast with vegetables Fruta, leche, pan / fruit, milk, bread	Arroz con verduras / Rice with vegetables Salmón con ensalada / Baked salmon with salad Fruta, leche, pan / fruit, milk, bread	Lentejas Guisadas con chorizo / Lentils Stew with "chorizo" hamburguesa de ternera con ensalada / Veal burger with salad Fruta, leche, pan / fruit, milk, bread
18	19	20	21	22
Sopa de picadillo / Egg and ham soup Ragout de pavo con verdura / Turkey stew with vegetables yogur fruta / Fruit yogurt	Judías pintas con arroz / Pinto beans with rice Fte. de pescadilla con ensalada / Baked hake with salad Fruta, leche, pan / fruit, milk, bread	Crema de espinacas / Spinach cream albondigas en salsa con patatas / Meatballs in sauce with potatoes Fruta ecologica, leche, pan / Bio fruit , milk, bread	Paella carne / meat paella Merluza rebozada con ensalada / Battered hake with salad Fruta, leche, pan / fruit, milk, bread	Lentejas con chorizo / Lentils stew with chorizo tortilla de patata con ensalada / Potato omelette with salad yogur fruta / Fruit yogurt
25	26	27	28	29
Judías verdes con tomate / Sautéed green in tomato sauce Dados de magro con cous cous / Pork ragout stew with cous cous Fruta, leche, pan / fruit, milk, bread	espaguetis con pavo / Spageti with turkey ventresca de merluza madrileña con ensalada / Breaded hake with salad 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,	pure de verduras / Vegetables stew pollo asado con patatas / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	judias blancas / Beans stew bacalao encebollado / Baked cod with onion Fruta, leche, pan / fruit, milk, bread



CUTASA

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