

MENU OCTUBRE 2019

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ALERGIA PESCADO / FISH ALLERGY	Crema calabacín / Courgette Puree Hamburguesa ternera con patata / Grilled veal burger with baked potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas guisadas / Stew pinto beans with vegetables Tortilla de patata con pisto / Potato omelette with pisto Fruta y leche, pan / Fruit and milk, bread	Sopa de picadillo / Egg and ham Stew Soup Lacón conlechuga,maiz y aceituna / Baked smoked ham with salad Fruta y leche, pan / Fruit and milk, bread	Paella carne / meat paella Fie de pollo ensaladas / grilled chicken with salad Fruta y leche, pan / Fruit and milk, bread
7	8	9	10	11
Espaguetis con salsa de tomate / Spagetti in Tomato Sauce Tortilla De pavo con lechuga y zanahoria / Turkey Omelette with Salad Gelatina de frutas/Fruit jelly	Judía verde salteada con jamón / Sautéed Green Beans with ham Escalope pollo con Patata frita / Battered chicken with chips Fruta y leche, pan / Fruit and milk, bread	Lentejas con patata y zanahoria / Stew lentils with vegetables Salchichas ave con ensalada / chicken sausages with salad Fruta y leche, pan / Fruit milk,	Crema de verdura / Vegetables puree Magro de cerdo guisado/ Stewed pork with potatoes Fruta y leche, pan / Fruit milk	Brocoli rehogado / Sautéed broccoli Salchichas ave con ensalada / turkey sausages with salad Fruta y leche, pan / Fruit milk
14	15	16	17	18
Macarrones con chorizo / Macaroni in tomato sauce with chorizo Lomo asado con puré de manzana / Pork loin fried with apple puree Yogur de fruta, /Fruit Yoghurt,	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread	Arroz con verduras y magro / Rice with vegetables and pork meat Filete con ensalada / Grilled fillet with salad Fruta y leche, pan / Fruit milk, bread	Crema de zanahorias / Carrot cream Estofado de ternera con cous cous / Veal stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Lentejas estofadas con verdura / Stewed lentils Pollo con lechuga y apio / Baked chicken with salad Fruta y leche, pan / Fruit and milk, bread
21	22	23	24	25
Arroz con verduras / Rice with vegetables Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Yogur de fruta, pan / Fruit Yoghurt, bread	Judías blancas estofadas/ Stew pinto beans with vegetables Filete con Ensalada Mixta / Grilled fillet and Salad Fruta y leche, pan / Fruit and milk, bread	Coliflor Rebozada / Battered Cauliflower Tortilla de patata con york / Potato omelette with ham Fruta y leche, pan / Fruit and milk, bread	Patatas guisadas con chorizo / Stewed potatoes with chorizo Pollo con lechuga y maiz / Baked chicken with salad Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
28	29	30		
Lentejas con chorizo / Lentils stew with chorizo Huevos riojana con lechuga y maiz / Boiled eggs with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Crema de puerro / Leek puree Lomo con patatas / Grilled pork loin with potatoes Fruta y leche, pan / Fruit and milk, bread	Sopa de fideos/ Noodles soup Pollo asado con verdura al horno / Roast Chicken with baked vegetables Fruta y leche, pan / Fruit and milk, bread		

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ALERGIA HUEVO / EGG ALLERGY	Crema calabacín / Courgette Puree Hamburguesa con patata / Grilled veal burger with baked potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas guisadas / Stew pinto beans with vegetables Rosti de patata con pisto/ Potato rosti with pisto Fruta y leche, pan / Fruit and milk, bread	Sopa de picadillo sin huevo / ham Stew Soup Lacón con lechuga,maiz y aceituna / Baked smoked ham with salad Fruta y leche, pan / Fruit and milk, bread	Paella carne / meat paella Bacalao horno con ensalada / Battered cod with salad Fruta y leche, pan / Fruit and milk, bread
7	8	9	10	11
Espaguetis sin huevo con salsa de tomate / Spagetti in Tomato Sauce Rosti de pavo con lechuga y zanahoria / Turkey Omelette with Salad Gelatina de frutas/Fruit jelly	Judía verde salteada con jamón / Sautéed Green Beans with ham Escalope pollo con Patata frita / Battered chicken with chips Fruta y leche, pan / Fruit and milk, bread	Lentejas con patata y zanahoria / Stew lentils with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with salad Fruta y leche, pan / Fruit milk,	Crema de verdura / Vegetables puree Magro de cerdo guisado/ Stewed pork with potatoes Fruta y leche, pan / Fruit milk	Brocoli rehogado / Sautéed broccoli Salchichas ave con ensalada / turkey sausages with salad Fruta y leche, pan / Fruit milk
14	15	16	17	18
Macarrones sin huevo con chorizo / Macaroni in tomato sauce with chorizo Lomo asado con puré de manzana / Pork loin fried with apple puree Yogur de fruta, /Fruit Yoghurt,	Sopa de Cocido sin huevo / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread	Arroz con verduras y magro / Rice with vegetables and pork meat Fte. Bacalao con lechuga y maiz / Baked Bacalao with salad Fruta y leche, pan / Fruit milk,	Crema de zanahorias / Carrot cream Estofado de ternera arroz / veal stew with rice Fruta y leche, pan / Fruit and milk, bread	Lentejas estofadas con verdura / Stewed lentils Suprema de atún con lechuga y apio / Battered hake with salad Fruta y leche, pan / Fruit and milk, bread
21	22	23	24	25
Arroz con verduras / Rice with vegetables Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Yogur de fruta, pan / Fruit Yoghurt, bread	Judías blancas estofadas/ Stew pinto beans with vegetables Limanda horno con Ensalada Mixta / Battered limanda and Salad Fruta y leche, pan / Fruit and milk, bread	Pure de verdura / Vegetables puree Rosti con york / Rosti with ham Fruta y leche, pan / Fruit and milk, bread	Patatas guisadas con chorizo / Stewed potatoes with chorizo Bacalao horno con lechuga y maiz / Baked cod with salad Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido sin huevo / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
28	29	30		
Lentejas con chorizo / Lentils stew with chorizo Rosti con lechuga y maiz / Rosti with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Crema de puerro / Leek puree Salmón al horno con patata / Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Sopa de pescado sin huevo/ Fish soup Pollo asado con verdura al horno / Roast Chicken with baked vegetables Fruta y leche, pan / Fruit and milk, bread		

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ALERGIA LECHE / MILK ALLERGY	Crema calabacín / Courgette Puree Hamburguesa con patata / Grilled veal burger with baked potatoes Fruta y pan / Fruit and bread	Judías blancas guisadas / Stew pinto beans with vegetables Tortilla de patata con pisto/ Potato omelette with pisto Fruta y pan / Fruit and bread	Sopa de picadillo / Egg and ham Stew Soup Lacón con lechuga,maiz y aceituna / Baked smoked ham with salad Fruta y pan / Fruit and bread	Paella carne / meat paella Bacalao romana con ensalada / Battered cod with salad Fruta y pan / Fruit and bread
7	8	9	10	11
Espaguetis con salsa de tomate / Spagetti in Tomato Sauce Tortilla De pavo con lechuga y zanahoria / Turkey Omelette with Salad Gelatina de frutas/Fruit jelly	Judía verde salteada con jamón / Sautéed Green Beans with ham Escalope pollo con Patata frita / Battered chicken with chips Fruta y pan / Fruit and bread	Lentejas con patata y zanahoria / Stew lentils with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with salad Fruta y pan / Fruit and bread	Crema de verdura / Vegetables puree Magro de cerdo guisado/ Stewed pork with potatoes Fruta y pan / Fruit and bread	Brocoli rehogado / Sautéed broccoli Salchichas ave con ensalada / turkey sausages with salad Fruta y pan / Fruit and bread
14	15	16	17	18
Macarrones con chorizo / Macaroni in tomato sauce with chorizo Lomo asado con puré de manzana / Pork loin fried with apple puree Postre apto / Suitable dessert	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y pan / Fruit and bread	Arroz con verduras y magro / Rice with vegetables and pork meat Fte. Bacalao con lechuga y maiz / Baked Bacalao with salad Fruta y pan / Fruit and bread	Crema de zanahorias / Carrot cream Estofado de ternera con cous cous / Veal stew with cous cous Fruta y pan / Fruit and bread	Lentejas estofadas con verdura / Stewed lentils Suprema de atún con lechuga y apio / Battered hake with salad Fruta y pan / Fruit and bread
21	22	23	24	25
Arroz con verduras / Rice with vegetables Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Postre apto / Suitable dessert	Judías blancas estofadas/ Stew pinto beans with vegetables Limanda romana con Ensalada Mixta / Battered limanda and Salad Fruta y pan / Fruit and bread	Pure de verdura / Vegetables puree Tortilla de patata con york / Potato omelette with ham Fruta y pan / Fruit and bread	Patatas guisadas con chorizo / Stewed potatoes with chorizo Bacalao horno con lechuga y maiz / Baked cod with salad Fruta y pan / Fruit and bread	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y pan / Fruit and bread
28	29	30		
Lentejas con chorizo / Lentils stew with chorizo Huevos riojana con lechuga y maiz / Boiled eggs with salad Postre apto / Suitable dessert	Crema de puerro / Leek puree Salmón al horno con patata / Baked salmon with potatoes Fruta y pan / Fruit and bread	Sopa de pescado/ Fish soup Pollo asado con verdura al horno / Roast Chicken with baked vegetables Fruta , pan / Fruit , bread		

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ALERGIA LEGUMBRE / LEGUME ALLERGY	Crema calabacín / Courgette Puree Hamburguesa casera con patata / Grilled burger with baked potatoes Fruta y leche, pan / Fruit milk	Verdura estofada o pure / Vegetables stew Tortilla de patata con pisto/ Potato burger with pisto Fruta y leche, pan / Fruit and milk, bread	Sopa de picadillo / Egg and ham Stew Soup Lomo con lechuga,maiz y aceituna / Baked loin with salad Fruta y leche, pan / Fruit milk,	Paella carne / meat paella Bacalao romana con ensalada / Battered cod with salad Fruta y leche, pan / Fruit milk, bread
7	8	9	10	11
Espaguetis sin huevo con salsa de tomate / Spagetti in Tomato Sauce Tortilla con lechuga y zanahoria / Omelette with Salad Gelatina de frutas/Fruit jelly	Arroz con tomate / Rice in tomato sauce Escalope pollo con Patata frita / Battered chicken with chips Fruta y leche, pan / Fruit and milk, bread	Verdura salteada o pure / Sautéed vegetables Ventresca Merluza horno lechuga / Baked Hake belly with salad Fruta y leche, pan / Fruit milk,	Crema de verdura / Vegetables puree Magro de cerdo guisado/ Stewed pork with potatoes Fruta y leche, pan / Fruit milk	Brocoli rebozado / Battered broccoli Lasaña boloñesa / Bolognese lasagna Fruta y leche, pan / Fruit milk
14	15	16	17	18
Macarrones sin huevo con chorizo / Macaroni in tomato sauce with chorizo Lomo asado con puré de manzana / Pork loin fried with apple puree Yogur de fruta, /Fruit Yoghurt,	Sopa de Cocido sin legumbres/ Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread	Arroz con verduras y magro / Rice with vegetables and pork meat Fte. Bacalao con lechuga y maiz / Baked Bacalao with salad Fruta y leche, pan / Fruit milk,	Crema de zanahorias / Carrot cream Estofado de ternera con cous cous / Veal stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Verduras estofadas / Vegetables stew Suprema de atuncon lechuga y apio / Battered hake with salad Fruta y leche, pan / Fruit and milk, bread
21	22	23	24	25
Arroz con verduras / Rice with vegetables Filete con ensalada / Grilled fillet with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Verdura estofadas o pure / Stew vegetables Limanda romana con Ensalada Mixta / Battered limanda and Salad Fruta y leche, pan / Fruit and milk, bread	Coliflor Rebozada / Battered Cauliflower Tortilla de patata con york / Potato omelette with ham Fruta y leche, pan / Fruit and milk, bread	Patatas guisadas con chorizo / Stewed potatoes with chorizo Bacalao horno con lechuga y maiz / Baked cod with salad Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido / Stew Soup Cocido Completo sin legumbre/ Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
28	29	30		
Arroz rehogado / Sautéed rice Huevos riojana con lechuga y maiz / Boiled eggs with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Crema de puerro / Leek puree Salmón al horno con patata / Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Sopa de pescado/ Fish soup Pollo asado con verdura al horno / Roast Chicken with baked vegetables Fruta y leche, pan / Fruit and 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

OCTUBRE 2019

CEIP BACHILLER ALONSO

	1	2	3	4
CELIACOS / CELIAC PEOPLE	Crema calabacín / Courgette Puree Hamburguesa sin gluten con patata / Grilled veal burger with baked potatoes Fruta y leche, / Fruit and milk,	Judías blancas guisadas / Stew pinto beans with vegetables Tortilla de patata con pisto/ Potato omelette with pisto Fruta y leche, / Fruit and milk,	Sopa de picadillo sin gluten / Egg and ham Stew Soup Lacón con lechuga,maiz y aceituna / Baked smoked ham with salad Fruta y leche, / Fruit and milk,	Paella carne / meat paella Bacalao romana con ensalada / Battered cod with salad Fruta y leche, / Fruit and milk,
7	8	9	10	11
Espaguetis sin gluten con salsa de tomate / Spagetti in Tomato Sauce Tortilla De pavo con lechuga y zanahoria / Turkey Omelette with Salad Gelatina de frutas /Fruit jelly	Judía verde salteada con jamón / Sautéed Green Beans with ham Escalope pollo con Patata frita / Battered chicken with chips Fruta y leche, / Fruit and milk,	Lentejas con patata y zanahoria / Stew lentils with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with salad Fruta y leche, / Fruit milk,	Crema de verdura / Vegetables puree Magro de cerdo guisado/ Stewed pork with potatoes Fruta y leche, / Fruit milk	Brocoli rehogado / Sautéed broccoli Salchichas ave con ensalada / turkey sausages with salad Fruta y leche, pan / Fruit milk
14	15	16	17	18
Macarrones sin gluten con chorizo / Macaroni in tomato sauce with chorizo Lomo asado con puré de manzana / Pork loin fried with apple puree Yogur de fruta, / Fruit Yoghurt,	Sopa de Cocido sin gluten / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, / Fruit and milk,	Arroz con verduras y magro / Rice with vegetables and pork meat Fte. Bacalao con lechuga y maiz / Baked Bacalao with salad Fruta y leche, / Fruit milk,	Crema de zanahorias / Carrot cream Estofado de ternera arroz / veal stew with rice Fruta y leche, pan / Fruit and milk, bread	Lentejas estofadas con verdura / Stewed lentils Suprema de atún con lechuga y apio / Battered hake with salad Fruta y leche, / Fruit and milk,
21	22	23	24	25
Arroz con verduras / Rice with vegetables Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Yogur de fruta, / Fruit Yoghurt,	Judías blancas estofadas/ Stew pinto beans with vegetables Limanda horno con Ensalada Mixta / Battered limanda and Salad Fruta y leche, / Fruit and milk,	Pure de verdura / Vegetables puree Tortilla de patata con york / Potato omelette with ham Fruta y leche, / Fruit and milk,	Patatas guisadas con chorizo / Stewed potatoes with chorizo Bacalao horno con lechuga y maiz / Baked cod with salad Fruta y leche, / Fruit and milk,	Sopa de Cocido sin gluten / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, / Fruit and milk,
28	29	30		
Lentejas con chorizo / Lentils stew with chorizo Huevos riojana con lechuga y maiz / Boiled eggs with salad Yogur de fruta, / Fruit Yoghurt,	Crema de puerro / Leak puree Salmón al horno con patata / Baked salmon with potatoes Fruta y leche, / Fruit and milk,	Sopa de pescado sin gluten/ Fish soup Pollo asado con verdura al horno / Roast Chicken with baked vegetables Fruta y leche, / Fruit and milk,		

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

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FRUTO SECO/NUTTY ALLERGY	Crema calabacín / Courgette Puree Hamburguesa ternera con patata / Grilled veal burger with baked potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas guisadas / Stew pinto beans with vegetables Tortilla de patata con pisto/ Potato omelette with pisto Fruta y leche, pan / Fruit and milk, bread	Sopa de picadillo / Egg and ham Stew Soup Lacón con lechuga,maiz y aceituna / Baked smoked ham with salad Fruta y leche, pan / Fruit and milk, bread	Paella carne / meat paella Bacalao romana con ensalada / Battered cod with salad Fruta y leche, pan / Fruit and milk, bread
7	8	9	10	11
Espaguetis con salsa de tomate / Spagetti in Tomato Sauce Tortilla De pavo con lechuga y zanahoria / Turkey Omelette with Salad Gelatina de frutas /Fruit jelly	Judía verde salteada con jamón / Sautéed Green Beans with ham Escalope pollo con Patata frita / Battered chicken with chips Fruta y leche, pan / Fruit and milk, bread	Lentejas con patata y zanahoria / Stew lentils with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with salad Fruta y leche, pan / Fruit milk,	Crema de verdura / Vegetables puree Magro de cerdo guisado/ Stewed pork with potatoes Fruta y leche, pan / Fruit milk	Brocoli rebocado / Battered broccoli Salchichas ave con ensalada / turkey sausages with salad Fruta y leche, pan / Fruit milk
14	15	16	17	18
Macarrones con chorizo / Macaroni in tomato sauce with chorizo Lomo asado con puré de manzana / Pork loin fried with apple puree Yogur de fruta, / Fruit	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread	Arroz con verduras y magro / Rice with vegetables and pork meat Fte. Bacalao con lechuga y maiz / Baked Bacalao with salad Fruta y leche, pan / Fruit	Crema de zanahorias / Carrot cream Estofado de ternera con cous cous / Veal stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Lentejas estofadas con verdura / Stewed lentils Suprema de atún con lechuga y apio / Battered hake with salad Fruta y leche, pan / Fruit and milk, bread
21	22	23	24	25
Arroz con verduras / Rice with vegetables Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Yogur de fruta, pan / Fruit Yoghurt, bread	Judías blancas estofadas/ Stew pinto beans with vegetables Limanda romana con Ensalada Mixta / Battered limanda and Salad Fruta y leche, pan / Fruit and milk, bread	Coliflor Rebozada / Battered Cauliflower Tortilla de patata con york / Potato omelette with ham Fruta y leche, pan / Fruit and milk, bread	Patatas guisadas con chorizo / Stewed potatoes with chorizo Bacalao horno con lechuga y maiz / Baked cod with salad Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
28	29	30		
Lentejas con chorizo / Lentils stew with chorizo Huevos riojana con lechuga y maiz / Boiled eggs with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Crema de puerro / Leak puree Salmón al horno con patata / Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Sopa de pescado / Fish soup Pollo asado con verdura al horno / Roast Chicken with baked vegetables Fruta y leche, pan / Fruit and milk, bread		



CUTASA

ALIMENTAMOS BIEN

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