

MENU NOVIEMBRE 2019

ALERGIA PESCADO / FISH ALLERGY				
4	5	6	7	8
Arroz con Verduras / <i>Rice with Vegetables</i> Tortilla de york con ensalada / Ham omelette with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Puré coliflor y calabacín / <i>Cauliflower and courgette puree</i> pollo asado con patata panadera / roast chicken with potatoes Fruta y leche, pan / Fruit,milk	Potaje de Garbanzos Castellano / Chickpeas Stew Sajonia con ensalada / Baked sajonia with salad Fruta y leche, pan / Fruit and milk, bread	Espaguetis con chorizo / Spaghetti with chorizo Hamburguesa de ternera con Guisantes / Grilled burger with peas Fruta y leche, pan / Fruit and milk, bread	Verdura rehogada o pure / Battered cauliflower Lomo homo con ensalada Fruta y leche, pan / Fruit and milk, bread
11	12	13	14	15
Lentejas hortelana / <i>Lentils Stew</i> Lacón con ensalada mixta / <i>Baked ham with mixed salad</i> Yogur de fruta, pan / Fruit Yoghurt, bread	Judías verdes rehogadas con patata / <i>Green beans with boiled potatoes</i> Salchichas pavo con patata vapor / <i>Baked sausages with boiled potatoes</i> Fruta y leche, pan / Fruit,milk	Patatas guisadas con verdura / potato stew Filete de pollo a la plancha verduras / <i>Grilled chicken breast with vegetables</i> Fruta y leche, pan / Fruit and milk, bread	Judías asturiana / <i>Beans Stew with Spanish Sausage</i> Huevos cocidos con salsa de tomate / <i>Boiled eggs in tomato sauce</i> Fruta y leche, pan / Fruit and milk, bread	Crema de puerros / <i>Leek cream</i> Pavo homo con ensalada / Baked turkey with salad Fruta y leche, pan / Fruit and milk, bread
18	19	20	21	22
Macarrones con pavo / <i>Macaronni in tomato sauce</i> Lomo plancha con ensalada / Grilled loin with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Brocoli rehogado con jamon / Sauted broccoli with ham Pollo en pepitoria con cuscus / Chicken stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido / <i>Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew</i> Fruta y leche, pan / Fruit and milk, bread	Patatas con costillas / Potato stew with ribs Filete con ensalada / Grilled fillet with salad Fruta y leche, pan / Fruit and milk, bread	Judías blancas guisadas / <i>Beans stew</i> Tortilla de patata con ensalada / <i>Potato omelette with salad</i> Fruta y leche, pan / Fruit and milk, bread
25	26	27	28	29
Lentejas estofadas / <i>Stewed lentils</i> Escalopines lomo cerdo al ajillo con ensalada / Grilled <i>garlic pork loin with salad</i> Yogur de fruta, pan / Fruit Yoghurt, bread	Fideuá pollo / meat fideua Sajonia con ensalada / Baked Sajonia with salad Fruta y leche, pan / Fruit and milk, bread	Puré de verduras / <i>Vegetables puree</i> Escalope de pollo con patatas fritas / <i>Grilled chicken breast with potatoes</i> Fruta y leche, pan / Fruit and milk, bread	Espaguetis boloñesa / <i>Spagetti in bolognese sauce</i> Salchichas con ensalada / Sausages with salad Fruta y leche, pan / Fruit and milk, bread	Calabacín plancha / Grilled courgette Estofado de ternera con patata / Veal stew with potatoes Fruta y leche, pan / Fruit and milk, bread

ALERGIA LECHE / MILK ALLERGY				
4	5	6	7	8
Arroz con Verduras / <i>Rice with Vegetables</i> Tortilla de york con ensalada / Ham omelette with salad Fruta y pan / Fruit and bread	Puré coliflor y calabacín / <i>Cauliflower and courgette puree</i> pollo asado con patata panadera / roast chicken with potatoes Fruta y leche, pan / Fruit,milk	Potaje de Garbanzos Castellano / Chickpeas Stew Bacalao al homo con ensalada / Baked cod with salad Fruta y pan / Fruit and bread	Espaguetis con chorizo / Spaghetti with chorizo Hamburguesa de ternera con Guisantes / Grilled burger with peas Fruta y pan / Fruit and bread	Verdura rehogada o pure / Battered cauliflower Fletan homo con ensalada/ Baked fletan with salad/ Baked fletan with salad Fruta y pan / Fruit, bread
11	12	13	14	15
Lentejas hortelana / <i>Lentils Stew</i> Lacón con ensalada mixta / <i>Baked ham with mixed salad</i> Postre apto / Suitable dessert	Judías verdes rehogadas con patata / <i>Green beans with boiled potatoes</i> Limanda rebozada con patata vapor / <i>Baked limanda with boiled potatoes</i> Fruta y pan / Fruit and bread	Patatas guisadas marinera / potato stew with fish and squid Filete de pollo a la plancha verduras / <i>Grilled chicken breast with vegetables</i> Fruta y pan / Fruit and bread	Judías asturiana / <i>Beans Stew with Spanish Sausage</i> Huevos cocidos con salsa de tomate / <i>Boiled eggs in tomato sauce</i> Fruta y pan / Fruit and bread	Crema de puerros / <i>Leek cream</i> Dados merluza salsa verde / <i>Hake fish dices in green sauce</i> Fruta y pan / Fruit and bread
18	19	20	21	22
Macarrones con pavo / <i>Macaronni in tomato sauce</i> Limanda Menier con ensalada / <i>Limanda "meuniere" with salad</i> Postre apto / Suitable dessert	Brocoli rehogado con jamon / Sauted broccoli with ham Pollo en pepitoria con cuscus / Chicken stew with cous cous Fruta y pan / Fruit and bread	Sopa de Cocido / <i>Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew</i> Fruta y pan / Fruit and bread	Patatas con costillas / Potato stew with ribs Bacalao homo con Ensalada / Baked cod with Salad Fruta y pan / Fruit and bread	Judías blancas guisadas / <i>Beans stew</i> Tortilla de patata con ensalada / <i>Potato omelette with salad</i> Fruta y pan / Fruit and bread
25	26	27	28	29
Lentejas estofadas / <i>Stewed lentils</i> Escalopines lomo cerdo al ajillo con ensalada / Grilled <i>garlic pork loin with salad</i> Postre apto / Suitable dessert	Fideuá mixta / Fish and meat fideua Merluza a la romana con ensalada / <i>Brethed hake with salad</i> Fruta y pan / Fruit and bread	Puré de verduras / <i>Vegetables puree</i> Escalope de pollo con patatas fritas / <i>Grilled chicken breast with potatoes</i> Fruta y pan / Fruit and bread	Espaguetis boloñesa / <i>Spagetti in bolognese sauce</i> Rabas de calamar con ensalada / <i>Fried squid with salad</i> Fruta y pan / Fruit and bread	Calabacín plancha / Grilled courgette Estofado de ternera con patata / Veal stew with potatoes Fruta , pan / Fruit bread

ALERGIA HUEVO / EGG ALLERGY				
4	5	6	7	8
Arroz con Verduras / <i>Rice with Vegetables</i> Rosti de york con ensalada / Ham rosti with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Puré coliflor y calabacín / <i>Cauliflower and courgette puree</i> pollo asado con patata panadera / roast chicken with potatoes Fruta y leche, pan / Fruit,milk	Potaje de Garbanzos Castellano / Chickpeas Stew Bacalao al homo con ensalada / Baked cod with salad Fruta y leche, pan / Fruit and milk, bread	Espaguetis sin huevo con chorizo / Spaghetti with chorizo Hamburguesa de ternera con Guisantes / Grilled burger with peas Fruta y leche, pan / Fruit and	Verdura rehogada o pure / Battered cauliflower Fletan homo con ensalada/ Baked fletan with salad Fruta y leche, pan / Fruit and milk, bread
11	12	13	14	15
Lentejas hortelana / <i>Lentils Stew</i> Lacón con ensalada mixta / <i>Baked ham with mixed salad</i> Yogur de fruta, pan / Fruit Yoghurt, bread	Judías verdes rehogadas con patata / <i>Green beans with boiled potatoes</i> Limanda homo con patata vapor / <i>Baked limanda with boiled potatoes</i> Fruta y leche, pan / Fruit,milk	Patatas guisadas marinera / potato stew with fish and squid Filete de pollo a la plancha verduras / <i>Grilled chicken breast with vegetables</i> Fruta y leche, pan / Fruit and milk, bread	Judías asturiana / <i>Beans Stew with Spanish Sausage</i> Rosti con toamie con salsa de tomate / <i>Rosti in tomato sauce</i> Fruta y leche, pan / Fruit and milk, bread	Crema de puerros / <i>Leek cream</i> Dados merluza salsa verde / <i>Hake fish dices in green sauce</i> Fruta y leche, pan / Fruit and milk, bread
18	19	20	21	22
Macarrones sin huevo con pavo / <i>Macaronni in tomato sauce</i> Limanda Menier con ensalada / <i>Limanda "with salad</i> Yogur de fruta, pan / Fruit yogurt	Brocoli rehogado con jamon / Sauted broccoli with ham Pollo en pepitoria con cuscus / Chicken stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido sin huevo / <i>Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew</i> Fruta y leche, pan / Fruit and milk, bread	Patatas con costillas / Potato stew with ribs Bacalao homo con Ensalada / Baked cod with Salad Fruta y leche, pan / Fruit and milk, bread	Judías blancas guisadas / <i>Beans stew</i> Rosti de patata con ensalada / <i>Potato rosti with salad</i> Fruta y leche, pan / Fruit and milk, bread
25	26	27	28	29
Lentejas estofadas / <i>Stewed lentils</i> Escalopines lomo cerdo al ajillo con ensalada / Grilled <i>garlic pork loin with salad</i> Yogur de fruta, pan / Fruit Yoghurt, bread	Arroz de pollo / <i>Chicken fideua</i> Merluza a la plancha con ensalada / <i>Grilled hake with salad</i> Fruta y leche, pan / Fruit and milk, bread	Puré de verduras / <i>Vegetables puree</i> Escalope de pollo con patatas fritas / <i>Grilled chicken breast with potatoes</i> Fruta y leche, pan / Fruit and milk, bread	Espaguetis sin huevo boloñesa / <i>Spagetti in bolognese sauce</i> Calamar plancha con ensalada / <i>grilled squid with salad</i> Fruta y leche, pan / Fruit and milk, bread	Calabacín rebozado / Battered courgette Estofado de ternera con patata / Veal stew with potatoes Fruta y leche, pan / Fruit and milk, bread

ALERGIA LEGUMBRE / LEGUME ALLERGY				
4	5	6	7	8
Arroz con Verduras / <i>Rice with Vegetables</i> Tortilla de york con ensalada / Ham omelette with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Puré coliflor y calabacín / <i>Cauliflower and courgette puree</i> pollo asado con patata panadera / roast chicken with potatoes Fruta y leche, pan / Fruit,milk	Verdura estofada /Vegetables stew Bacalao al homo con ensalada / Baked cod with salad Fruta y leche, pan / Fruit and milk, bread	Espaguetis con chorizo / Spaghetti with chorizo Hamburguesa de ternera con Guisantes / Grilled burger with peas Fruta y leche, pan / Fruit and milk, bread	Coliflor rebozada / Battered cauliflower Fletan empanado con ensalada/ Breaded fletan with salad Fruta y leche, pan / Fruit and milk, bread
11	12	13	14	15
Arroz con tomate / Rice in tomato sauce Lacón con ensalada mixta / <i>Baked ham with mixed salad</i> Yogur de fruta, pan / Fruit Yoghurt, bread	Verdura estofada /Vegetables stew Limanda rebozada con patata vapor / <i>Baked limanda with boiled potatoes</i> Fruta y leche, pan / Fruit,milk bread	Patatas guisadas marinera / potato stew with fish and squid Filete de pollo a la plancha verduras / <i>Grilled chicken breast with vegetables</i> Fruta y leche, pan / Fruit and milk, bread	Champiñon rehogado / Sauted mushrooms Huevos villaray con salsa de tomate / <i>Villarroy eggs in tomato sauce</i> Fruta y leche, pan / Fruit and milk, bread	Crema de puerros / <i>Leek cream</i> Dados merluza salsa verde / <i>Hake fish dices in green sauce</i> Fruta y leche, pan / Fruit and milk, bread
18	19	20	21	22
Macarrones con pavo / <i>Macaronni in tomato sauce</i> Limanda Menier con ensalada / <i>Limanda "meuniere" with salad</i> Yogur de fruta, pan / Fruit Yoghurt, bread	Brocoli rehogado con jamon / Sauted broccoli with ham Pollo en pepitoria con cuscus / Chicken stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido / <i>Stew Soup Carne cocido / Meat and Cabbage Stew</i> Fruta y leche, pan / Fruit and milk, bread	Patatas con costillas / Potato stew with ribs Bacalao homo con Ensalada / Baked cod with Salad Fruta y leche, pan / Fruit and milk, bread	Arroz salteado / Sauted rice Tortilla de patata con ensalada / <i>Potato omelette with salad</i> Fruta y leche, pan / Fruit and milk, bread
25	26	27	28	29
Verdura salteada / Sauted vegetables Escalopines lomo cerdo al ajillo con ensalada / Grilled <i>garlic pork loin with salad</i> Yogur de fruta, pan / Fruit Yoghurt, bread	Fideuá mixta / Fish and meat fideua Merluza a la romana con ensalada / <i>Brethed hake with salad</i> Fruta y leche, pan / Fruit and milk, bread	Puré de verduras / <i>Vegetables puree</i> Escalope de pollo con patatas fritas / <i>Grilled chicken breast with potatoes</i> Fruta y leche, pan / Fruit and milk, bread	Espaguetis boloñesa / <i>Spagetti in bolognese sauce</i> Rabas de calamar con ensalada / <i>Fried squid with salad</i> Fruta y leche, pan / Fruit and milk, bread	Calabacín rebozado / Battered courgette Estofado de ternera con patata / Veal stew with potatoes 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 NOVIEMBRE 2019

CEIP BACHILLER ALONSO

CELIACOS / CELIAC PEOPLE				
4	5	6	7	8
Arroz con Verduras / Rice with Vegetables Tortilla de york con ensalada / Ham omelette with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Puré coliflor y calabacín / Cauliflower and courgette puree pollo asado con patata panadera / roast chicken with potatoes Fruta y leche, pan / Fruit,milk	Potaje de Garbanzos Castellano / Chickpeas Stew Bacalao al homo con ensalada / Baked cod with salad Fruta y leche, pan / Fruit and milk, bread	Espaguetis con chorizo / Spaghetti with chorizo Hamburguesa de ternera con Guisantes / Grilled burger with peas Fruta y leche, pan / Fruit and milk, bread	Verdura rehogada o pure / Battered cauliflower Fletan horno con ensalada/ Baked fletan with salad Fruta y leche, pan / Fruit and milk, bread
11	12	13	14	15
Lentejas hortelana / Lentils Stew Lacón con ensalada mixta / Baked ham with mixed salad Yogur de fruta, pan / Fruit Yoghurt, bread	Judías verdes rehogadas con patata / Green beans with boiled potatoes Limanda horno con patata vapor / Baked limanda with boiled potatoes Fruta y leche, pan / Fruit,milk	Patatas guisadas marinera / potato stew with fish and squid Filete de pollo a la plancha verduras / Grilled chicken breast with vegetables Fruta y leche, pan / Fruit and milk, bread	Judías asturiana / Beans Stew with Spanish Sausage Huevos cocidos con salsa de tomate / Boiled eggs in tomato sauce Fruta y leche, pan / Fruit and milk, bread	Crema de puerros / Leek cream Dados merluza salsa verde / Hake fish dices in green sauce Fruta y leche, pan / Fruit and milk, bread
18	19	20	21	22
Macarrones sin gluten con pavo / Macarroni in tomato sauce Limanda Menier con ensalada / Limanda "meuniere" with salad Yogur de fruta, pan / Fruit	Brocoli rehogado con jamon / Sauted broccoli with ham Pollo en pepitoria con arroz / Chicken stew with rice Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido sin gluten / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread	Patatas con costillas / Potato stew with ribs Bacalao horno con Ensalada / Battered cod with Salad Fruta y leche, pan / Fruit and milk, bread	Judías blancas guisadas / Beans stew Tortilla de patata con ensalada / Potato omelette with salad Fruta y leche, pan / Fruit and milk, bread
25	26	27	28	29
Lentejas estofadas / Stewed lentils Escalopines lomo cerdo al ajillo con ensalada / Grilled garlic pork loin with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Arroz de pollo / Chicken rice Merluza a la plancha con ensalada / Breded hake with salad Fruta y leche, pan / Fruit and milk, bread	Puré de verduras / Vegetables puree Escalope de pollo con patatas fritas / Grilled chicken breast with potatoes Fruta y leche, pan / Fruit and milk, bread	Espaguetis sin gluten boloñesa / Spagetti in bolognese sauce Calamar plancha con ensalada / grilled squid with salad Fruta y leche, pan / Fruit and milk, bread	Calabacín plancha / Grilled courgette Estofado de ternera con patata / Veal stew with potatoes Fruta y leche, pan / Fruit and 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
Arroz con Verduras / Rice with Vegetables Tortilla de york con ensalada / Ham omelette with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Puré coliflor y calabacín / Cauliflower and courgette puree pollo asado con patata panadera / roast chicken with potatoes Fruta y leche, pan / Fruit,milk	Potaje de Garbanzos Castellano / Chickpeas Stew Bacalao al homo con ensalada / Baked cod with salad Fruta y leche, pan / Fruit and milk, bread	Espaguetis con chorizo / Spaghetti with chorizo Hamburguesa de ternera con Guisantes / Grilled burger with peas Fruta y leche, pan / Fruit and milk, bread	Coliflor rebozada / Battered cauliflower Fletan empanado con ensalada/ Breaded fletan with salad Fruta y leche, pan / Fruit and milk, bread
11	12	13	14	15
Lentejas hortelana / Lentils Stew Lacón con ensalada mixta / Baked ham with mixed salad Yogur de fruta, pan / Fruit Yoghurt, bread	Judías verdes rehogadas con patata / Green beans with boiled potatoes Limanda rebozada con patata vapor / Baked limanda with boiled potatoes Fruta y leche, pan / Fruit,milk	Patatas guisadas marinera / potato stewwith fish and squid Filete de pollo a la plancha verduras / Grilled chicken breast with vegetables Fruta y leche, pan / Fruit and milk, bread	Judías asturiana / Beans Stew with Spanish Sausage Huevos cocidos con salsa de tomate / Boiled eggs in tomato sauce Fruta y leche, pan / Fruit and milk, bread	Crema de puerros / Leek cream Dados merluza salsa verde / Hake fish dices in green sauce Fruta y leche, pan / Fruit and milk, bread
18	19	20	21	22
Macarrones con pavo / Macarroni in tomato sauce Limanda Menier con ensalada / Limanda "meuniere" with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Brocoli rehogado con jamon / Sauted broccoli with ham Pollo en pepitoria con cuscus / Chicken stew with cous cous 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	Patatas con costillas / Potato stew with ribs Bacalao horno con Ensalada / Baked cod with Salad Fruta y leche, pan / Fruit and milk, bread	Judías blancas guisadas / Beans stew Tortilla de patata con ensalada / Potato omelette with salad Fruta y leche, pan / Fruit and milk, bread
25	26	27	28	29
Lentejas estofadas / Stewed lentils Escalopines lomo cerdo al ajillo con ensalada / Grilled garlic pork loin with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Fideuá mixta / Fish and meat fideua Merluza a la romana con ensalada / Breded hake with salad Fruta y leche, pan / Fruit and milk, bread	Puré de verduras / Vegetables puree Escalope de pollo con patatas fritas / Grilled chicken breast with potatoes Fruta y leche, pan / Fruit and milk, bread	Espaguetis boloñesa / Spagetti in bolognese sauce Rabas de calamar con ensalada / Fried squid with salad Fruta y leche, pan / Fruit and milk, bread	Calabacín rebozado / Battered courgette Estofado de ternera con patata / Veal stew with potatoes Fruta y leche, pan / Fruit and milk, bread



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