

MENU ENERO 2020

ALERGIA PESCADO / FISH ALLERGY

		8	9	10
		Coliflor rehogada o pure / sauted cauliflower Cinta de lomo con ensalada / Grilled pork loin with salad Melocoton en almibar/ Peaches in sirup	Pure de calabacín / Courgette pure Tortilla de patata con pisto / Potato omelette with pisto Fruta, leche, pan / fruit, milk, bread	Pasta con tomate/ Pasta in tomato sauce Lacon con ensalada / baked ham with salad Fruta, leche, pan / fruit, milk, bread
13	14	15	16	17
lentejas guisadas con verduras / lentils stew Tortilla con ensalada / Omelette with salad Yogur De Frutas/ Fruit yoghurt	Arroz tres delicias/ Three delights rice Lomo con tomate y ensalada / baked loin in tomato sauce with salad	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Pollo con patatas / baked Chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Macarrones carbonara / Macaroni in carbonara sauce Salchichas con ensalada / Baked sausages with lettuce, carrot Fruta, leche, pan / fruit, milk, bread
20	21	22	23	24
Judías verdes con tomate / Stewed green beans in tomato sauce/ Cinta de lomo al ajillo con patatas / Grilled Garlic Pork Loin with potatoes Yogur De Frutas/ Fruit yoghurt	Fideua de pollo / Chicken fideua Hamburguesa con zanahoria y maiz / Baked burger with carrot and corn Fruta, leche, pan / fruit, milk, bread	Garbanzos con arroz / Stewed chickpeas with rice Tortilla de york con ensalada / Ham Omelette with salad Fruta, leche, pan / fruit, milk, bread	Crema de verdura / Vegetables cream Albondigas con cous cous/ Meatballs with cous cous Fruta, leche, pan / fruit, milk, bread	Sopa de estrellas / Stars soup Pollo con ensalada mixta / Breaded chicken with mixed salad Fruta, leche, pan / fruit, milk, bread
27	28	29	30	31
Espaguetis con carne / Spagetti bolognese Pavo con lechuga y maiz / Battered turkey with lettuce and corn Yogur De Frutas/ Fruit yoghurt	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, leche, pan / fruit, milk, bread	Patatas guisadas con carne / Meat stew with chicken Huevos villaroy con pisto / Villaroy eggs with pisto Fruta, Leche, Pan / Fruit, milk, bread	Brocoli salteado / Sauted broccoli Ragout de pavo con patata dado/ Turkey ragout with potatoes Fruta, leche, pan / fruit, milk, bread	Judías balancas guisadas con verduras / Beans stew with vegetables Lomo con pisto / Battered loin with pisto Fruta, leche, pan / fruit, milk, bread

ALERGIA HUEVO / EGG ALLERGY

		8	9	10
		Coliflor rehogada o pure / sauted cauliflower Cinta de lomo con ensalada / Grilled pork loin with salad Melocoton en almibar/ Peaches in sirup	Pure de calabacín / Courgette pure Rosti de patata con pisto / Potato rosti with pisto Fruta, leche, pan / fruit, milk, bread	Pasta con tomate sin huevo / Pasta in tomato sauce Merluza horno con ensalada / Basked hake with salaqd Fruta, leche, pan / fruit, milk, bread
13	14	15	16	17
lentejas guisadas con verduras / lentils stew rosti de atún con ensalada / Tuna rosti with salad Yogur De Frutas/ Fruit yoghurt	Arroz tres delicias sin huevo/ Three delights rice Bacalao con tomate y ensalada / Baked cod in tomato sauce with salad Fruta, leche, pan / fruit, milk, bread	Sopa de Cocido sin huevo / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Pollo con patatas / baked Chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Macarrones carbonara sin huevo / Macaroni in carbonara sauce Ventresca merluza con ensalada / Battered belly hake with lettuce, carrot Fruta, leche, pan / fruit, milk, bread
20	21	22	23	24
Judías verdes con tomate / Stewed green beans in tomato sauce/ Cinta de lomo al ajillo con patatas / Grilled Garlic Pork Loin with potatoes Yogur De Frutas/ Fruit yoghurt	arroz de pollo / Chicken rice Salmon salsa naranja con zanahoria y maiz / Baked in orange sauce with carrot and corn Fruta, leche, pan / fruit, milk, bread	Garbanzos con arroz / Stewed chickpeas with rice Rosti de york con ensalada / Ham rosti with salad Fruta, leche, pan / fruit, milk, bread	Crema de verdura / Vegetables cream Albondigas con cous cous/ Meatballs with cous cous Fruta, leche, pan / fruit, milk, bread	Sopa de estrellas sin huevo / Stars soup Limanda empanada con ensalada mixta / Breaded sole with mixed salad Fruta, leche, pan / fruit, milk, bread
27	28	29	30	31
Espaguetis con carne sin huevo / Spagetti bolognese Pescadilla con lechuga y maiz / Battered hake with lettuce and corn Yogur De Frutas/ Fruit yoghurt	Sopa de Cocido sin huevo / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, leche, pan / fruit, milk, bread	Patatas guisadas con carne / Meat stew with chicken rosti con pisto / rosti with pisto Fruta, Leche, Pan / Fruit, milk, bread	Brocoli salteado / Sauted broccoli Ragout de pavo con patata dado/ Turkey ragout with potatoes Fruta, leche, pan / fruit, milk, bread	Judías balancas guisadas con verduras / Beans stew with vegetables Rape con pisto / Battered monkfish with pisto Fruta, leche, pan / fruit, milk, bread

ALERGIA LECHE / MILK ALLERGY

		8	9	10
		Coliflor rehogada o pure / sauted cauliflower Cinta de lomo con ensalada / Grilled pork loin with salad Melocoton en almibar/ Peaches in sirup	Pure de calabacín / Courgette pure Tortilla de patata con pisto / Potato omelette with pisto Fruta, pan / fruit, bread	Pasta con tomate/ Pasta in tomato sauce Merluza horno con ensalada / Basked hake with salaqd Fruta, pan / fruit, bread
13	14	15	16	17
lentejas guisadas con verduras / lentils stew Tortilla de atún con ensalada / Tuna Omelette with salad Postre apto / Suitable dessert	Arroz tres delicias/ Three delights rice Bacalao con tomate y ensalada / Baked cod in tomato sauce with salad	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, pan / fruit, bread	Menestra de verdura / Vegetables stew Pollo con patatas / baked Chicken with potatoes Fruta, pan / fruit, bread	Macarrones con tomate / Macaroni in tomato sauce Ventresca merluza con ensalada / Battered belly hake with lettuce, carrot Fruta, pan / fruit, bread
20	21	22	23	24
Judías verdes con tomate / Stewed green beans in tomato sauce/ Cinta de lomo al ajillo con patatas / Grilled Garlic Pork Loin with potatoes Postre apto / Suitable dessert	Fideua de pollo / Chicken fideua Salmon salsa naranja con zanahoria y maiz / Baked in orange sauce with carrot and corn Fruta, pan / fruit, bread	Garbanzos con arroz / Stewed chickpeas with rice Tortilla de lomo al ajillo con patatas / Grilled Garlic Pork Loin with potatoes Fruta, pan / fruit, bread	Crema de verdura / Vegetables cream Albondigas con cous cous/ Meatballs with cous cous Fruta, pan / fruit, bread	Sopa de estrellas / Stars soup Limanda empanada con ensalada mixta / Breaded sole with mixed salad Fruta, pan / fruit, bread
27	28	29	30	31
Espaguetis con carne / Spagetti bolognese Pescadilla romana con lechuga y maiz / Battered hake with lettuce and corn Postre apto / Suitable dessert	Sopa de Cocido / Stew Soup Cocido Completo sin garbanzo / Chickpeas, Meat and Cabbage Stew Fruta, pan / fruit, bread	Patatas guisadas con carne / Meat stew with chicken Huevos villaroy con pisto / Villaroy eggs with pisto Fruta, pan / fruit, bread	Brocoli salteado / Sauted broccoli Ragout de pavo con patata dado/ Turkey ragout with potatoes Fruta, pan / fruit, bread	Judías balancas guisadas con verduras / Beans stew with vegetables Rape con pisto / Battered monkfish with pisto Fruta, pan / fruit, bread

ALERGIA LEGUMBRE / LEGUME ALLERGY

		8	9	10
		Coliflor rehogada o pure / sauted cauliflower Cinta de lomo con ensalada / Grilled pork loin with salad Melocoton en almibar/ Peaches in sirup	Pure de calabacín / Courgette pure Tortilla de patata con pisto / Potato omelette with pisto Fruta, leche, pan / fruit, milk, bread	Pasta con tomate/ Pasta in tomato sauce Merluza horno con ensalada / Basked hake with salaqd Fruta, leche, pan / fruit, milk, bread
13	14	15	16	17
Verduras estofadas / Sauted vegetables Tortilla de atún con ensalada / Tuna Omelette with salad Yogur De Frutas/ Fruit yoghurt	Arroz tres delicias/ Three delights rice Bacalao con tomate y ensalada / Baked cod in tomato sauce with salad Fruta, leche, pan / fruit, milk, bread	Sopa de Cocido / Stew Soup Cocido Completo sin garbanzo / Chickpeas, Meat and Cabbage Stew Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Pollo con patatas / baked Chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Macarrones carbonara / Macaroni in carbonara sauce Ventresca merluza con ensalada / Battered belly hake with lettuce, carrot Fruta, leche, pan / fruit, milk, bread
20	21	22	23	24
Verduras estofadas / Sauted vegetables Cinta de lomo al ajillo con patatas / Grilled Garlic Pork Loin with potatoes Yogur De Frutas/ Fruit yoghurt	Fideua de pollo / Chicken fideua Salmon salsa naranja con zanahoria y maiz / Baked in orange sauce with carrot and corn Fruta, leche, pan / fruit, milk, bread	Arroz con tomate / Rice in tomato sauce/ Tortilla de york con ensalada / Ham Omelette with salad Fruta, leche, pan / fruit, milk, bread	Crema de verdura / Vegetables cream Albondigas con cous cous/ Meatballs with cous cous Fruta, leche, pan / fruit, milk, bread	Sopa de estrellas / Stars soup Limanda empanada con ensalada mixta / Breaded sole with mixed salad Fruta, leche, pan / fruit, milk, bread
27	28	29	30	31
Espaguetis con carne / Spagetti bolognese Pescadilla romana con lechuga y maiz / Battered hake with lettuce and corn Yogur De Frutas/ Fruit yoghurt	Sopa de Cocido / Stew Soup Cocido Completo sin garbanzo / Chickpeas, Meat and Cabbage Stew Fruta, leche, pan / fruit, milk, bread	Patatas guisadas con carne / Meat stew with chicken Huevos villaroy con pisto / Villaroy eggs with pisto Fruta, Leche, Pan / Fruit, milk, bread	Brocoli salteado / Sauted broccoli Ragout de pavo con patata dado/ Turkey ragout with potatoes Fruta, leche, pan / fruit, milk, bread	Pure verduras / Vegetables puree Rape con pisto / Battered monkfish with pisto 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

ENERO 2020

CELIACOS / CELIAC PEOPLE				
		8	9	10
		Coliflor rehogada o pure / sauted cauliflower Cinta de lomo con ensalada / Grilled pork loin with salad Melocoton en almibar/ Peaches in sirup	Pure de calabacín / Courgette pure Tortilla de patata con pisto / Potato omelette with pisto Fruta, leche, pan / fruit, milk, bread	Pasta sin gluten con tomate/ Pasta in tomato sauce Merluza horno con ensalada / Basked hake with salaqd Fruta, leche, pan / fruit, milk, bread
13	14	15	16	17
lentejas guisadas con verduras / lentils stew Tortilla de atún con ensalada / Tuna Omelete with salad Yogur De Frutas/ Fruit yoghurt	Arroz tres delicias/ Three delights rice Bacalao con tomate y ensalada / Baked cod in tomato sauce with salad Fruta, leche, pan / fruit, milk, bread	Sopa de Cocido sin gluten / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Pollo con patatas / baked Chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Macarrones carbonara sin gluten / Macarroni in carbonara sauce Ventresca merluza con ensalada / Battered belly hake with lettuce, carrot Fruta, leche, pan / fruit, milk,
20	21	22	23	24
Judias verdes con tomate / Stewed green beans in tomato sauce/ Cinta de lomo al ajillo con patatas / Grilled Garlic Pork Loin with potatoes Yogur De Frutas/ Fruit	Arroz de pollo / Chicken rice Salmon salsa naranja con zanahoria y maiz / Baked in orange sauce with carrot and corn Fruta, leche, pan / fruit, milk, bread	Garbanzos con arroz / Stewed chickpeas with rice Tortilla de york con ensalada / Ham Omelete with salad Fruta, leche, pan / fruit, milk, bread	Crema de verdura / Vegetables cream Albondigas con arroz/ Meatballs with rice Fruta, leche, pan / fruit, milk, bread	Sopa de estrellas sin gluten / Stars soup Limanda con ensalada mixta / Breaded sole with mixed salad Fruta, leche, pan / fruit, milk, bread
27	28	29	30	31
Espaguetis sin gluten con carne / Spagetti bolognese Pescadilla con lechuga y maiz / Battered hake with lettuce and corn Yogur De Frutas/ Fruit yoghurt	Sopa de Cocido sin gluten / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, leche, pan / fruit, milk, bread	Patatas guisadas con carne / Meat stew with chicken Huevos con pisto / boiled eggs with pisto Fruta, Leche, Pan / Fruit, milk, bread	Brocoli salteado / Sauted brocoli Ragout de pavo con patata dado/ Turkey ragout with potatoes Fruta, leche, pan / fruit, milk, bread	Judias blancas guisadas con verduras / Beans stew with vegetables Rape con pisto / Battered monkfish with pisto 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				
		8	9	10
		Coliflor rehogada o pure / sauted cauliflower Cinta de lomo con ensalada / Grilled pork loin with salad Melocoton en almibar/ Peaches in sirup	Pure de calabacín / Courgette pure Tortilla de patata con pisto / Potato omelette with pisto Fruta, leche, pan / fruit, milk, bread	Pasta con tomate/ Pasta in tomato sauce Merluza horno con ensalada / Basked hake with salaqd Fruta, leche, pan / fruit, milk, bread
13	14	15	16	17
lentejas guisadas con verduras / lentils stew Tortilla de atún con ensalada / Tuna Omelete with salad Yogur De Frutas/ Fruit yoghurt	Arroz tres delicias/ Three delights rice Bacalao con tomate y ensalada / Baked cod in tomato sauce with salad Fruta, leche, pan / fruit, milk, bread	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Pollo con patatas / baked Chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Macarrones carbonara / Macarroni in carbonara sauce Ventresca merluza con ensalada / Battered belly hake with lettuce, carrot Fruta, leche, pan / fruit, milk, bread
20	21	22	23	24
Judias verdes con tomate / Stewed green beans in tomato sauce/ Cinta de lomo al ajillo con patatas / Grilled Garlic Pork Loin with potatoes Yogur De Frutas/ Fruit	Fideua de pollo / Chicken fideua Salmon salsa naranja con zanahoria y maiz / Baked in orange sauce with carrot and corn Fruta, leche, pan / fruit, milk, bread	Garbanzos con arroz / Stewed chickpeas with rice Tortilla de york con ensalada / Ham Omelete with salad Fruta, leche, pan / fruit, milk, bread	Crema de verdura / Vegetables cream Albondigas con cous cous/ Meatballs with cous cous Fruta, leche, pan / fruit, milk, bread	Sopa de estrellas / Stars soup Limanda empanada con ensalada mixta / Breaded sole with mixed salad Fruta, leche, pan / fruit, milk, bread
27	28	29	30	31
Espaguetis con carne / Spagetti bolognese Pescadilla romana con lechuga y maiz / Battered hake with lettuce and corn Yogur De Frutas/ Fruit yoghurt	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, leche, pan / fruit, milk, bread	Patatas guisadas con carne / Meat stew with chicken Huevos villaroy con pisto / Villaroy eggs with pisto Fruta, Leche, Pan / Fruit, milk, bread	Brocoli salteado / Sauted brocoli Ragout de pavo con patata dado/ Turkey ragout with potatoes Fruta, leche, pan / fruit, milk, bread	Judias blancas guisadas con verduras / Beans stew with vegetables Rape con pisto / Battered monkfish with pisto Fruta, leche, pan / fruit, milk, bread



CUTASA SL

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