



MENU FEBRERO 2019

ALERGIA PESCADO / FISH ALLERGY

3	4	5	6	7
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
10	11	12	13	14
Arroz tres delicias / Three delights fried rice Salchichas con ensalada / Grilled sausages with salad Yogurt , Pan / Yoghurt, bread	Pure de verdura / Vegetables puree Filetes Rusos Con Patatas Dado / Burger 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 Lomo con ensalada / Battered pork loin with salad Fruta, Leche , Pan / Fruit, milk, bread
17	18	19	20	21
Espaguetis Boloñesa / Bolognese spaghetti Filete De Lomo Con Ensalada / Baked pork loin with salad Yogurt , Pan / Yoghurt, bread	Lentejas Guisadas Con chorizo / Lentils stew with chorizo Tortilla De Espinacas Con Pavo Y Ensalada / Spinach omelette with turkey Fruta, Leche , Pan / Fruit, milk, bread	Pure de calabacin / 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 Pollo Con Tomate / Baked Chicken in tomato sauce Fruta, Leche , Pan / Fruit, milk, bread	Judias blancas con verdura / Beans stew with vegetables Cinta de lomo con ensalada / Grilled pork loin with salad Fruta, Leche , Pan / Fruit, milk, bread
24	25	26	27	
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 Huevos rellenos Con Ensalada / Stuffed eggs 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

3	4	5	6	7
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 hallibut 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
10	11	12	13	14
Arroz tres delicias sin huevo / Three delights fried rice Dados de rape con ensalada / Battered monkfish with salad Yogurt , Pan / Yoghurt, bread	Pure de verdura / Vegetables puree Filetes Rusos caseros Con Patatas Dado / Burger in sace wit 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
17	18	19	20	21
Espaguetis Boloñesa sin huevo / Bolognese spaghetti Filete De Limanda Con Ensalada / Baked sole with salad Yogurt , Pan / Yoghurt, bread	Lentejas Guisadas Con chorizo / Lentils stew with chorizo Rosti De Espinacas Con Pavo Y Ensalada / Spinach Rosti with turkey Fruta, Leche , Pan / Fruit, milk, bread	Pure de calabacin / courgette puree Estofado de Ternera salsa y arroz / veal stew with rice Fruta, Leche , Pan / Fruit, milk, bread	Arroz Con Verduras / Rice with vegetables Ventresca merluza homo Con Tomate / Baked belly hake in tomato sauce Fruta, Leche , Pan / Fruit, milk, bread	Judias blancas con verdura / Beans stew with vegetables Cinta de lomo con ensalada / Grilled pork loin with salad Fruta, Leche , Pan / Fruit, milk, bread
24	25	26	27	
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

3	4	5	6	7
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 hallibut 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
10	11	12	13	14
Arroz tres delicias / Three delights fried rice Dados de rape con ensalada / Battered monkfish with salad Postre apto / Suitable dessert	Pure de verdura / Vegetables puree Filetes Rusos caseros Con Patatas Dado / Burger in sauce wit 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
17	18	19	20	21
Espaguetis Boloñesa / Bolognese spaghetti Filete De Limanda Con Ensalada / Baked sole with salad Postre apto / Suitable dessert	Lentejas Guisadas Con chorizo / Lentils stew with chorizo Tortilla De Espinacas Con Pavo Y Ensalada / Spinach omelette with turkey Fruta, Pan / Fruit, bread	Pure de calabacin / courgette puree Estofado de Ternera salsa y cous cous / veal stew with cocus cous Fruta, Pan / Fruit, bread	Arroz Con Verduras / Rice with vegetables Ventresca merluza homo Con Tomate / Baked belly hake in tomato sauce Fruta, Pan / Fruit, bread	Judias blancas con verdura / Beans stew with vegetables Cinta de lomo con ensalada / Grilled pork loin with salad Fruta, Pan / Fruit, bread
24	25	26	27	
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 Huevos rellenos Con Ensalada / Stuffed eggs 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

3	4	5	6	7
Pure de verdura / Vegetables 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 hallibut 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
10	11	12	13	14
Arroz tres delicias / Three delights fried rice Dados de rape con ensalada / Battered monkfish with salad Yogurt , Pan / Yoghurt, bread	Pure de verdura / Vegetables puree Filetes Rusos Con Patatas Dado / Burger in sace wit 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
17	18	19	20	21
Espaguetis Boloñesa / Bolognese spaghetti Filete De Limanda Con Ensalada / Baked sole with salad Yogurt , Pan / Yoghurt, bread	Verdura guisada / Sautéed vegetables Tortilla De Espinacas Con Pavo Y Ensalada / Spinach omelette with turkey Fruta, Leche , Pan / Fruit, milk, bread	Pure de calabacin / courgette puree Estofado de Ternera salsa y cous cous / veal stew with cocus cous Fruta, Leche , Pan / Fruit, milk, bread	Arroz tomate / Rice with tomato Ventresca merluza homo Con Tomate / Baked belly hake 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
24	25	26	27	
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 Huevos rellenos Con Ensalada / Stuffed eggs 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 2020

CEIP BACHILLER ALONSO

CELIACOS / CELIAC PEOPLE				1
3	4	5	6	7
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 Arroz Y 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
10	11	12	13	14
Arroz tres delicias / Three delights fried rice Dados de rape con ensalada / Battered monkfish with salad Yogurt , Pan sin gluten / Yoghurt, bread	Pure de verdura / Vegetables 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,	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
17	18	19	20	21
Espaguetis sin gluten Boloñesa / Bolognese spaghetti Filete De Limanda Con Ensalada / Baked sole with salad Yogurt , Pan / Yoghurt, bread	Lentejas Guisadas Con chorizo / Lentils stew with chorizo Tortilla De Espinacas Con Pavo Y Ensalada / Spinach omelette with turkey 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 Ventresca merluza horno Con Tomate / Baked belly hake 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
24	25	26	27	
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 Huevos Con Ensalada / Stuffed eggs 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,	

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

FRUTO SECO/NUTTY ALLERGY				1
3	4	5	6	7
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,	Sopa de verdura / vegetable soup Albóndigas En Salsa Con Patatas / Meatballs in sauce with potatoes Fruta, Leche , Pan / Fruit, milk, bread
10	11	12	13	14
Arroz tres delicias / Three delights fried rice Dados de rape con ensalada / Battered monkfish with salad Yogurt , Pan / Yoghurt, bread	Brócoli rebizado / Btered 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,	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 rebizado con ensalada / Battered cod with salad Fruta, Leche , Pan / Fruit, milk, bread
17	18	19	20	21
Espaguetis Boloñesa / Bolognese spaghetti Filete De Limanda Con Ensalada / Baked sole with salad Yogurt , Pan / Yoghurt, bread	Lentejas Guisadas Con chorizo / Lentils stew with chorizo Tortilla De Espinacas Con Pavo Y Ensalada / Spinach omelette with turkey 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 Ventresca merluza horno Con Tomate / Baked belly hake 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
24	25	26	27	
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 Huevos rellenos Con Ensalada / Stuffed eggs 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,	



CUTASA

ALIMENTAMOS BIEN

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