



# MENU MARZO 2020

## ALERGIA PESCADO / FISH ALLERGY

	3	4	5	6
	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
9	10	11	12	13
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 / Baked eggs with salad Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Fte de pollo con verdura asada / Grilled chicken breast with vegetables Fruta, leche, pan / fruit, milk, bread	Paella carne / meat paella Lomo con ensalada / Breaded 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
16	17	18	19	20
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 sajonia con ensalada / Baked sajonia with salad Fruta, leche, pan / fruit, milk, bread	Crema de espinacas / Spinach cream albondigas ternera en salsa con patatas / Meatballs in sauce with potatoes Fruta ecologica, leche, pan / Bio fruit, milk, bread	Arroz con tomate / Rice in tomato sauce pollo con ensalada / chicken with salad Fruta, leche, pan / fruit, milk, bread	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
23	24	25	26	27
Lentejas estofadas / Lentils stew with vegetables tortilla de patata con ensalada / Potato omelette with salad yogurt fruta / Fruit yogurt	espaguetis con verduras / Spageti with vegetables cinta lomo con ensalada / Breaded 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, bread	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
30	31			
Brocoli rehogado / Sautéed brocoli Cinta de lomo con patatas / Grilled pork loin with potatoes yogurt fruta / Fruit yogurt	Macarrones con tomate / Macaroni with tomato sauce salchichas con lechuga y maiz / Baked sausages with lettuce and corn Fruta, leche, pan / fruit, milk, bread			

## ALERGIA HUEVO / EGG ALLERGY

	3	4	5	6
	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
9	10	11	12	13
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	Menestra de verdura / Vegetables stew Fte de pollo con verdura asada / Grilled chicken breast with vegetables Fruta, leche, pan / fruit, milk, bread	Paella mixta / Fish and meat paella Limanda horno con ensalada / Baked limanda 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
16	17	18	19	20
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 ternera en salsa con patatas / Meatballs in sauce with potatoes Fruta ecologica, leche, pan / Bio fruit, milk, bread	Arroz con tomate / Rice in tomato sauce Merluza rebozada con ensalada / Battered hake with salad Fruta, leche, pan / fruit, milk, bread	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
23	24	25	26	27
Lentejas estofadas / Lentils stew with vegetables Rosti de patata con ensalada / Potato rosti with salad yogurt fruta / Fruit yogurt	espaguetis con verduras / Spageti with vegetables ventresca de merluza / madriña con ensalada / Breaded 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, bread	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
30	31			
Brocoli rehogado / Sautéed brocoli Cinta de lomo con patatas / Grilled pork loin with potatoes yogurt fruta / Fruit yogurt	Macarrones sin huevo con tomate / Macaroni with tomato sauce Salmon horno con lechuga y maiz / Baked salmon with lettuce and corn Fruta, leche, pan / fruit, milk, bread			

## ALERGIA LECHE / MILK ALLERGY

	3	4	5	6
	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 sin Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas and vegetables stew
9	10	11	12	13
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	Menestra de verdura / Vegetables stew Fte de pollo con verdura asada / Grilled chicken breast with vegetables Fruta, pan / fruit, bread	Paella mixta / Fish and meat paella Limanda horno con ensalada / Baked limanda 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
16	17	18	19	20
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 ternera en salsa con patatas / Meatballs in sauce with potatoes Fruta, pan / fruit, bread	Arroz con tomate / Rice in tomato sauce Merluza rebozada con ensalada / Battered hake with salad Fruta, pan / fruit, bread	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
23	24	25	26	27
Lentejas estofadas / Lentils stew with vegetables tortilla de patata con ensalada / Potato omelette with salad Postre apto / Suitable dessert	espaguetis con verduras / Spageti with vegetables ventresca de merluza / madriña con ensalada / Breaded hake with salad Fruta, pan / fruit, bread	Sopa De Cocido Con Fideos / cocido soup Cocido sin Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas and vegetables stew Fruta, Leche, 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
30	31			
Brocoli rehogado / Sautéed brocoli Cinta de lomo con patatas / Grilled pork loin with potatoes Postre apto / Suitable dessert	Macarrones con tomate / Macaroni with tomato sauce Salmon horno con lechuga y maiz / Baked salmon with lettuce and corn Fruta, pan / fruit, bread			

## ALERGIA LEGUMBRE / LEGUME ALLERGY

	3	4	5	6
	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 , Ternera, Chorizo, pollo / meat, and vegetables stew Fruta, Leche, Pan / Fruit, milk, bread
9	10	11	12	13
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	Menestra de verdura / Vegetables stew Fte de pollo con verdura asada / Grilled chicken breast with vegetables Fruta, leche, pan / fruit, milk, bread	Paella mixta / Fish and meat paella Limanda horno con ensalada / Baked limanda 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
16	17	18	19	20
Sopa de picadillo / Egg and ham soup Ragout de pavo con verdura / Turkey stew with vegetables yogurt fruta / Fruit yogurt	Arroz con tomate / Rice in tomato sauce Fte. de pescadilla con ensalada / Baked hake with salad Fruta, leche, pan / fruit, milk, bread	Crema de espinacas / Spinach cream albondigas ternera en salsa con patatas / Meatballs in sauce with potatoes Fruta ecologica, leche, pan / Bio fruit, milk, bread	Arroz con tomate / Rice in tomato sauce Merluza rebozada con ensalada / Battered hake with salad Fruta, leche, pan / fruit, milk, bread	Verdura salteada / Sautéed vegetables Dados de magro con cous cous / Pork ragout stew with cous cous Fruta, leche, pan / fruit, milk, bread
23	24	25	26	27
Brocoli rehogado / Sautéed brocoli tortilla de patata con ensalada / Potato omelette with salad yogurt fruta / Fruit yogurt	espaguetis con verduras / Spageti with vegetables ventresca de merluza / madriña 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, bread	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
30	31			
Brocoli rehogado / Sautéed brocoli Cinta de lomo con patatas / Grilled pork loin with potatoes yogurt fruta / Fruit yogurt	Macarrones con tomate / Macaroni with tomato sauce Salmon horno con lechuga y maiz / Baked salmon with lettuce and corn 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 2020

CEIP BACHILLER ALONSO

### CELIACOS / CELIAC PEOPLE

	3	4	5	6
	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
9	10	11	12	13
Macarrones sin gluten carbonara / Bio <i>Macaroni carbonara</i> 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	Menestra de verdura / Vegetables stew Fie de pollo con verdura asada / Grilled chicken breast with vegetables Fruta, leche, pan / fruit, milk, bread	Paella mixta / Fish and meat paella Limanda horno con ensalada / Baked limanda 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
16	17	18	19	20
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 ternera en salsa con patatas / Meatballs in sauce with potatoes Fruta ecológica, leche, pan / Bio fruit, milk, bread	Arroz con tomate / Rice in tomato sauce Merluza rebozada con ensalada / Battered hake with salad Fruta, leche, pan / fruit, milk, bread	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
23	24	25	26	27
Lentejas estofadas / Lentils stew with vegetables tortilla de patata con ensalada / Potato omelette with salad yogur fruta / Fruit yogurt	espaguetis sin gluten con verduras / Spagetti with vegetables ventresca de merluza madreña 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, milk, bread	pure de verduras / Vegetables stew pollo asado con patatas / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	judías blancas / Beans stew bacalao encabollado / Baked cod with onion Fruta, leche, pan / fruit, milk, bread
30	31			
Brocoli rehogado / Sautéed broccoli Cinta de lomo con patatas / Grilled pork loin with potatoes yogur fruta / Fruit yogurt	Macarrones sin gluten con tomate / Macaroni with tomato sauce Salmon horno con lechuga y maiz / Baked salmon with lettuce and corn 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

	5	6	7	8
	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
9	10	11	12	13
Macarrones ecológicos carbonara / Bio <i>Macaroni carbonara</i> 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	Menestra de verdura / Vegetables stew Fie de pollo con verdura asada / Grilled chicken breast with vegetables Fruta, leche, pan / fruit, milk, bread	Paella mixta / Fish and meat paella Limanda horno con ensalada / Baked limanda 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
16	17	18	19	20
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 ternera en salsa con patatas / Meatballs in sauce with potatoes Fruta ecológica, leche, pan / Bio fruit, milk, bread	Arroz con tomate / Rice in tomato sauce Merluza rebozada con ensalada / Battered hake with salad Fruta, leche, pan / fruit, milk, bread	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
23	24	25	26	27
Lentejas estofadas / Lentils stew with vegetables tortilla de patata con ensalada / Potato omelette with salad yogur fruta / Fruit yogurt	espaguetis con verduras / Spagetti with vegetables ventresca de merluza madreña 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, milk, bread	pure de verduras / Vegetables stew pollo asado con patatas / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	judías blancas / Beans stew bacalao encabollado / Baked cod with onion Fruta, leche, pan / fruit, milk, bread
30	31			
Brocoli rehogado / Sautéed broccoli Cinta de lomo con patatas / Grilled pork loin with potatoes yogur fruta / Fruit yogurt	Macarrones con tomate / Macaroni with tomato sauce Salmon horno con lechuga y maiz / Baked salmon with lettuce and corn Fruta, leche, pan / fruit, milk, bread			



# CUTASA

## ALIMENTAMOS BIEN

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