

# MENU OCTUBRE 2020

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<b>ALERGIA PESCADO / FISH ALLERGY</b>				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 Fie de pollo ensalada / grilled chicken with salad Fruta y leche, pan / Fruit and milk, bread
5	6	7	8	9	
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	Patatas guisadas / Potato stew Hamburguesa de ternera con parrillada de verduras 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 Escalope pollo con Patatas fritas / Battered chicken with chips Fruta y leche, pan / Fruit milk	Pasta con tomate / Pasta in tomato sauce Salchichas ave con ensalada / turkey sausages with salad Fruta y leche, pan / Fruit milk	
12	13	14	15	16	
	Judía verde con tomate / Green Beans with tomato sauce Lomo asado con puré de manzana / Pork loin fried with apple puree Yogur de fruta, pan / Fruit Yoghurt, 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 pavo con cous cous / Turkey 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	
19	20	21	22	23	
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	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew 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	
26	27	28	29	30	
Crema de puerro / Leek puree Lomo con patatas / Grilled pork loin with potatoes Yogur de fruta, / Fruit Yoghurt,	Sopa de fideos/ Noodles soup Pollo asado con verdura al horno / Roast Chicken with baked vegetables Fruta y leche, pan / Fruit and milk, bread	Lentejas con chorizo / Lentils stew with chorizo Huevos riojana con lechuga y maiz / Boiled eggs with salad Fruta y leche, pan / Fruit and milk, bread	Fideua de Pollo / Chicken fideua Salchichas ave con ensalada / Sausages with salad Fruta y leche, pan / Fruit and milk, bread	Judías Verdes salteadas con jamon/ Sautéed Green beans with ham Magro de cerdo guisado con cous-cous / Pork meat stew with couscous Fruta y leche, pan / Fruit and	

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<b>ALERGIA LECHE / MILK ALLERGY</b>				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
5	6	7	8	9	
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	Patatas marinera / Potato stew with seafood Hamburguesa de ternera con parrillada de verduras 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 Escalope pollo con Patatas fritas / Battered chicken with chips Fruta y pan / Fruit and bread	Pasta con tomate / Pasta in tomato sauce Merluza con ensalada / Baked hake with salad Fruta y pan / Fruit and bread	
12	13	14	15	16	
	Judía verde con tomate / Green Beans with tomato sauce Lomo asado con puré de manzana / Pork loin fried with apple puree Postre apto / Suitable dessert	Arroz con verduras y magro / Rice with vegetables and pork meat Fie. Bacalao con lechuga y maiz / Baked Bacalao with salad Fruta y pan / Fruit and bread	Crema de zanahorias / Carrot cream Estofado de pavo con cous cous / Turkey 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	
19	20	21	22	23	
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	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y pan / Fruit and bread	Patatas guisadas con chorizo / Stewed potatoes with chorizo Bacalao romano con lechuga y maiz / Baked cod with salad Fruta y pan / Fruit and bread	
26	27	28	29	30	
Crema de puerro / Leek puree Salmón al horno con patata / Baked salmon with potatoes Postre apto / Suitable dessert	Sopa de pescado/ Fish soup Pollo asado con verdura al horno / Roast Chicken with baked vegetables Fruta, pan / Fruit, bread	Lentejas con chorizo / Lentils stew with chorizo Huevos riojana con lechuga y maiz / Boiled eggs with salad Fruta y pan / Fruit and bread	Fideua de Pollo / Chicken fideua Limanda empanada con ensalada / Breaded limanda with salad Fruta y pan / Fruit and bread	Judías Verdes salteadas con jamon/ Sautéed Green beans with ham Magro de cerdo guisado con cous-cous / Pork meat stew with couscous Fruta y pan / Fruit and bread	

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<b>ALERGIA HUEVO / EGG ALLERGY</b>				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 romano con ensalada / Battered cod with salad Fruta y leche, pan / Fruit and milk, bread
5	6	7	8	9	
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	Patatas marinera / Potato stew with seafood Hamburguesa de ternera con parrillada de verduras 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 Escalope pollo con Patatas fritas / Battered chicken with chips Fruta y leche, pan / Fruit milk	Pasta sin huevo con tomate / Pasta in tomato sauce Merluza con ensalada / Baked hake with salad Fruta y leche, pan / Fruit milk	
12	13	14	15	16	
	Judía verde con tomate / Green Beans with tomato sauce Lomo asado con puré de manzana / Pork loin fried with apple puree Yogur de fruta, pan / Fruit Yoghurt, bread	Arroz con verduras y magro / Rice with vegetables and pork meat Fie. Bacalao con lechuga y maiz / Baked Bacalao with salad Fruta y leche, pan / Fruit milk,	Crema de zanahorias / Carrot cream Estofado de pavo arroz / Turkey 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	
19	20	21	22	23	
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 / Baked 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	Sopa de Cocido sin huevo / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread	Patatas guisadas con chorizo / Stewed potatoes with chorizo Bacalao romano con lechuga y maiz / Baked cod with salad Fruta y leche, pan / Fruit and milk, bread	
26	27	28	29	30	
Crema de puerro / Leek puree Salmón al horno con patata / Baked salmon with potatoes Yogur de fruta, / Fruit Yoghurt,	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	Lentejas con chorizo / Lentils stew with chorizo Rosti con lechuga y maiz / Rosti with salad Fruta y leche, pan / Fruit and milk, bread	Arroz de Pollo / Chicken rice Limanda empanada con ensalada / Breaded limanda with salad Fruta y leche, pan / Fruit and milk, bread	Judías Verdes salteadas con jamon/ Sautéed Green beans with ham Magro de cerdo guisado con cous-cous / Pork meat stew with couscous Fruta y leche, pan / Fruit and	

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<b>ALERGIA LEGUMBRE / LEGUME ALLERGY</b>				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
5	6	7	8	9	
Espaguetis con salsa de tomate / Spagetti in Tomato Sauce Tortilla con lechuga y zanahoria / Omelette with Salad Gelatina de frutas / Fruit jelly	Patatas marinera / Potato stew with seafood Hamburguesa de ternera con parrillada de verduras Fruta y leche, pan / Fruit and milk, bread	Verdura salteada o puree / Sautéed vegetables Ventresca Merluza horno lechuga / Baked Hake belly with salad Fruta y leche, pan / Fruit milk,	Crema de verdura / Vegetables puree Escalope pollo con Patatas fritas / Battered chicken with chips Fruta y leche, pan / Fruit milk	Pasta con tomate / Pasta in tomato sauce Merluza con ensalada / Baked hake with salad Fruta y leche, pan / Fruit milk	
12	13	14	15	16	
	Verdura salteada / Sautéed vegetables Lomo asado con puré de manzana / Pork loin fried with apple puree Yogur de fruta, pan / Fruit Yoghurt, bread	Arroz con verduras y magro / Rice with vegetables and pork meat Fie. Bacalao con lechuga y maiz / Baked Bacalao with salad Fruta y leche, pan / Fruit milk,	Crema de zanahorias / Carrot cream Estofado de pavo con cous cous / Turkey stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Verduras estofadas / Vegetables stew Suprema de atún con lechuga y apio / Battered hake with salad Fruta y leche, pan / Fruit and milk, bread	
19	20	21	22	23	
Arroz con verduras / Rice with vegetables Filete con ensalada / Grilled fillet with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Verdura estofada o puree / 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	Sopa de Cocido / Stew Soup Cocido Completo sin legumbre/ Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread	Patatas guisadas con chorizo / Stewed potatoes with chorizo Bacalao romano con lechuga y maiz / Baked cod with salad Fruta y leche, pan / Fruit and milk, bread	
26	27	28	29	30	
Crema de puerro / Leek puree Salmón al horno con patata / Baked salmon with potatoes Yogur de fruta, / Fruit Yoghurt,	Sopa de pescado/ Fish soup Pollo asado con verdura al horno / Roast Chicken with baked vegetables Fruta y leche, pan / Fruit and milk, bread	Arroz rehogado / Sautéed rice Huevos riojana con lechuga y maiz / Boiled eggs with salad Fruta y leche, pan / Fruit and milk, bread	Fideua de Pollo / Chicken fideua Limanda empanada con ensalada / Breaded limanda with salad Fruta y leche, pan / Fruit and milk, bread	Verdura salteadas con jamon/ Sautéed vegetables with ham Magro de cerdo guisado con cous-cous / Pork meat stew with couscous 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 2020

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<b>CELIACOS / CELIAC PEOPLE</b>				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,
5	6	7	8	9	
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	Patatas marinera / Potato stew with seafood Hamburguesa de ternera con parrillada de verduras 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 Escalope pollo con Patatas fritas / Battered chicken with chips Fruta y leche, / Fruit milk	Pasta sin gluten con tomate / Pasta in tomato sauce Merluza con ensalada / Baked hake with salad Fruta y leche, pan / Fruit milk	
12	13	14	15	16	
	Judía verde con tomate / Green Beans with tomato sauce Lomo asado con puré de manzana / Pork loin fried with apple puree Yogur de fruta, pan / Fruit Yoghurt, 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, / Fruit milk,	Crema de zanahorias / Carrot cream Estofado de pavo arroz / Turkey stew with rice Fruta y leche, / Fruit and milk,	Lentejas estofadas con verdura / Stewed lentils Suprema de atún con lechuga y apio / Battered hake with salad Fruta y leche, / Fruit and milk,	
19	20	21	22	23	
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,	Sopa de Cocido sin gluten / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew 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,	
26	27	28	29	30	
Crema de puerro / Leak puree Salmón al horno con patata / Baked salmon with potatoes Yogur de fruta, / Fruit Yoghurt,	Sopa de pescado sin gluten/ Fish soup Pollo asado con verdura al horno / Roast Chicken with baked vegetables Fruta y leche, / Fruit and milk,	Lentejas con chorizo / Lentils stew with chorizo Huevos riojana con lechuga y maiz / Boiled eggs with salad Fruta y leche, / Fruit and milk,	Arroz de Pollo / Chicken rice Limanda con ensalada /Baked limanda with salad Fruta y leche, / Fruit and milk	Judias Verdes salteadas con jamon/ Sauted Green beans with ham Magro de cerdo guisado con arroz /Pork meat stew with rice 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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<b>FRUTO SECO/NUTTY ALLERGY</b>				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
5	6	7	8	9	
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	Patatas marinera / Potato stew with seafood Hamburguesa de ternera con parrillada de verduras 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 Escalope pollo con Patatas fritas / Battered chicken with chips Fruta y leche, pan / Fruit milk	Pasta con tomate / Pasta in tomato sauce Merluza con ensalada / Baked hake with salad Fruta y leche, pan / Fruit milk	
12	13	14	15	16	
	Judía verde con tomate / Green Beans with tomato sauce Lomo asado con puré de manzana / Pork loin fried with apple puree Yogur de fruta, pan / Fruit	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 pavo con cous cous / Turkey 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	
19	20	21	22	23	
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	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew 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	
26	27	28	29	30	
Crema de puerro / Leak puree Salmón al horno con patata / Baked salmon with potatoes Yogur de fruta, pan / Fruit Yoghurt, 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	Lentejas con chorizo / Lentils stew with chorizo Huevos riojana con lechuga y maiz / Boiled eggs with salad Fruta y leche, pan / Fruit and milk, bread	Fideua de Pollo / Chicken fideua Limanda empanada con ensalada /Breaded limanda with salad Fruta y leche, pan / Fruit and milk, bread	Judias Verdes salteadas con jamon/ Sauted Green beans with ham Magro de cerdo guisado con cous-cous /Pork meat stew with couscous Fruta y leche, pan / Fruit and milk, bread	



# CUTASA

## ALIMENTAMOS BIEN

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