

# MENU NOVIEMBRE 2020

| ALERGIA<br>PESCADO /<br>FISH ALLERGY                                                                                                                                                   | 3                                                                                                                                                                             | 4                                                                                                                                                                   | 5                                                                                                                                                                   | 6                                                                                                                                                                    |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                        | Arroz con Verduras / <i>Rice with Vegetables</i><br>Tortilla de york con ensalada / Ham omelette with salad<br>Yogur de fruta, pan / Fruit Yoghurt, bread                     | Puré calabacín / Courgette puree<br>pollo asado con patata panadera / roast chicken with potatoes<br>Fruta y leche, pan / Fruit,milk                                | Espaguetis con chorizo / Spaghetti with chorizo<br>Lomo horn con ensalada<br>Fruta y leche, pan / Fruit and milk, bread                                             | Verdura rehogada o pure / Battered cauliflower<br>Hamburguesa de ternera con cous cous / Grilled burger with cous cous<br>Fruta y leche, pan / Fruit and milk, bread |
| 9                                                                                                                                                                                      | 10                                                                                                                                                                            | 11                                                                                                                                                                  | 12                                                                                                                                                                  | 13                                                                                                                                                                   |
| Patatas con carne/ Potato stew with veal meat<br>Huevos cocidos con salsa de tomate / <i>Boiled eggs in tomato sauce</i><br>Yogur de fruta, pan / Fruit Yoghurt, bread                 | Judías verdes rehogadas con patata / <i>Green beans with boiled potatoes</i><br>Lacón y ensalada mixta / <i>Baked ham with mixed salad</i><br>Fruta y leche, pan / Fruit,milk | Lentejas hortelanas / Lentils Stew<br>Salchichas pavo con patata vapor / <i>Baked sausages with boiled potatoes</i><br>Fruta y leche, pan / Fruit and milk, bread   | Crema de puerro / Leek cream<br>Filete de pollo a la plancha verduras / <i>Grilled chicken breast with vegetables</i><br>Fruta y leche, pan / Fruit and milk, bread | Judías asturianas / Beans Stew with Spanish Sausage<br>Pavo horn con ensalada / <i>Baked turkey with salad</i><br>Fruta y leche, pan / Fruit and milk, bread         |
| 16                                                                                                                                                                                     | 17                                                                                                                                                                            | 18                                                                                                                                                                  | 19                                                                                                                                                                  | 20                                                                                                                                                                   |
| Macarrones con pavo / <i>Macarroni in tomato sauce</i><br>Lomo plancha con ensalada / Grilled loin with salad<br>Yogur de fruta, pan / Fruit Yoghurt, bread                            | Judías blancas guisadas / <i>Beans stew</i><br>Tortilla de patata con ensalada / <i>Potato omelette with salad</i><br>Fruta y leche, pan / Fruit and milk, bread              | Brocoli rehogado con jamon / Sautéed broccoli with ham<br>Pollo en pepitoria con cuscus / Chicken stew with cous cous<br>Fruta y leche, pan / Fruit and milk, bread | Pasta con tomate / Pasta in tomato sauce<br>Filete con ensalada / Grilled fillet with salad<br>Fruta y leche, pan / Fruit and milk, bread                           | Menestra de verdura / Vegetables stew<br>Estofado de ternera con patata / Veal stew with potatoes<br>Fruta y leche, pan / <i>Fruit and milk, bread</i>               |
| 23                                                                                                                                                                                     | 24                                                                                                                                                                            | 25                                                                                                                                                                  | 26                                                                                                                                                                  | 27                                                                                                                                                                   |
| Lentejas estofadas / <i>Stewed lentils</i><br>Escalopines lomo cerdo al ajillo con ensalada / Grilled <i>garlic pork loin with salad</i><br>Yogur de fruta, pan / Fruit Yoghurt, bread | Arroz con magro / Rice with pork meat<br>Sajonia con ensalada / Baked Sajonia with salad<br>Fruta y leche, pan / Fruit and milk, bread                                        | Puré de verduras / <i>Vegetables puree</i><br>Albondigas de ternera con patatas / Veal meatballs with potatoes<br>Fruta y leche, pan / Fruit and milk, bread        | Espaguetis boloñesa / <i>Spagetti in bolognese sauce</i><br>Salchichas con ensalada / Sausages with salad<br>Fruta y leche, pan / <i>Fruit and milk, bread</i>      | Sopa de Cocido / <i>Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew</i><br>Fruta y leche, pan / Fruit and milk, bread                                   |
| 30                                                                                                                                                                                     | Fideua de Pollo / Chicken fideua<br>Huevos revueltos con jamón / Scrambled eggs with ham<br>Yogur de fruta, pan / Fruit Yoghurt, bread                                        |                                                                                                                                                                     |                                                                                                                                                                     |                                                                                                                                                                      |

| ALERGIA<br>LECHE / MILK<br>ALLERGY                                                                                                                                         | 3                                                                                                                                                                           | 4                                                                                                                                                      | 5                                                                                                                                                          | 6                                                                                                                                                     |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                            | Arroz con Verduras / <i>Rice with Vegetables</i><br>Tortilla de york con ensalada / Ham omelette with salad<br>Fruta y pan / Fruit and bread                                | Puré calabacín / Courgette puree<br>pollo asado con patata panadera / roast chicken with potatoes<br>Fruta y leche, pan / Fruit,milk                   | Espaguetis con chorizo / Spaghetti with chorizo<br>Rape en salsa con champiñon / Baked monkfish with mushrooms<br>Fruta y pan / Fruit and bread            | Verdura rehogada o pure / Battered cauliflower<br>Hamburguesa de ternera con cous cous / Grilled burger with cous cous<br>Fruta y, pan / Fruit, bread |
| 9                                                                                                                                                                          | 10                                                                                                                                                                          | 11                                                                                                                                                     | 12                                                                                                                                                         | 13                                                                                                                                                    |
| Patatas con carne/ Potato stew with veal meat<br>Huevos cocidos con salsa de tomate / Boiled eggs in tomato sauce<br>Postre apto / Suitable dessert                        | Judías verdes rehogadas con patata / <i>Green beans with boiled potatoes</i><br>Lacón y ensalada mixta / <i>Baked ham with mixed salad</i><br>Fruta y pan / Fruit and bread | Lentejas hortelanas / Lentils Stew<br>Limanda rebosada con patata vapor / <i>Baked limanda with boiled potatoes</i><br>Fruta y pan / Fruit and bread   | Crema de puerro / Leek cream<br>Filete de pollo a la plancha verduras / <i>Grilled chicken breast with vegetables</i><br>Fruta y pan / Fruit and bread     | Judías asturianas / Beans Stew with Spanish Sausage<br>Ventresca de merluza con ensalada / Baked hake with salad<br>Fruta y pan / Fruit and bread     |
| 16                                                                                                                                                                         | 17                                                                                                                                                                          | 18                                                                                                                                                     | 19                                                                                                                                                         | 20                                                                                                                                                    |
| Macarrones con pavo / <i>Macarroni in tomato sauce</i><br>Limanda Menier con ensalada / <i>Limanda "meuniere" with salad</i><br>Postre apto / Suitable dessert             | Judías blancas guisadas / <i>Beans stew</i><br>Tortilla de patata con ensalada / <i>Potato omelette with salad</i><br>Fruta y pan / Fruit and bread                         | Brocoli rehogado con jamon / Sautéed broccoli with ham<br>Pollo en pepitoria con cuscus / Chicken stew with cous cous<br>Fruta y pan / Fruit and bread | Pasta con tomate / Pasta in tomato sauce<br>Filete con ensalada / Grilled fillet with salad<br>Fruta y pan / Fruit and bread                               | Menestra de verdura / Vegetables stew<br>Estofado de ternera con patata / Veal stew with potatoes<br>Fruta, pan / <i>Fruit bread</i>                  |
| 23                                                                                                                                                                         | 24                                                                                                                                                                          | 25                                                                                                                                                     | 26                                                                                                                                                         | 27                                                                                                                                                    |
| Lentejas estofadas / <i>Stewed lentils</i><br>Escalopines lomo cerdo al ajillo con ensalada / Grilled <i>garlic pork loin with salad</i><br>Postre apto / Suitable dessert | Arroz con magro / Rice with pork meat<br>Merluza a la romana con ensalada / <i>Breded hake with salad</i><br>Fruta y pan / Fruit and bread                                  | Puré de verduras / <i>Vegetables puree</i><br>Albondigas de ternera con patatas / Veal meatballs with potatoes<br>Fruta y pan / Fruit and bread        | Espaguetis boloñesa / <i>Spagetti in bolognese sauce</i><br>Rabas de calamar con ensalada / <i>Fried squid with salad</i><br>Fruta y pan / Fruit and bread | Sopa de Cocido / <i>Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew</i><br>Fruta y pan / Fruit and bread                                 |
| 30                                                                                                                                                                         | Fideua de Pollo / Chicken fideua<br>Huevos revueltos con jamón / Scrambled eggs with ham<br>Postre apto / Suitable dessert                                                  |                                                                                                                                                        |                                                                                                                                                            |                                                                                                                                                       |

| ALERGIA<br>HUEVO / EGG<br>ALLERGY                                                                                                                                                      | 3                                                                                                                                                                             | 4                                                                                                                                                                   | 5                                                                                                                                                                                         | 6                                                                                                                                                              |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                        | Arroz con Verduras / <i>Rice with Vegetables</i><br>Rosti de york con ensalada / Ham rosti with salad<br>Yogur de fruta, pan / Fruit Yoghurt, bread                           | Puré calabacín / Courgette puree<br>pollo asado con patata panadera / roast chicken with potatoes<br>Fruta y leche, pan / Fruit,milk                                | Espaguetis sin huevo con chorizo / Spaghetti with chorizo<br>Rape en salsa con champiñon / Baked monkfish with mushrooms<br>Fruta y leche, pan / Fruit and milk, bread                    | Verdura rehogada o pure / Battered cauliflower<br>Hamburguesa de ternera con a/ Grilled burger with cous cous<br>Fruta y leche, pan / Fruit and milk, bread    |
| 9                                                                                                                                                                                      | 10                                                                                                                                                                            | 11                                                                                                                                                                  | 12                                                                                                                                                                                        | 13                                                                                                                                                             |
| Patatas con carne/ Potato stew with veal meat<br>Rosti con salsa de tomate / Rosti in tomato sauce<br>Yogur de fruta, pan / Fruit Yoghurt, bread                                       | Judías verdes rehogadas con patata / <i>Green beans with boiled potatoes</i><br>Lacón y ensalada mixta / <i>Baked ham with mixed salad</i><br>Fruta y leche, pan / Fruit,milk | Lentejas hortelanas / Lentils Stew<br>Limanda horn con patata vapor / <i>Baked limanda with boiled potatoes</i><br>Fruta y leche, pan / Fruit and milk, bread       | Crema de puerro / Leek cream<br>Filete de pollo a la plancha verduras / <i>Grilled chicken breast with vegetables</i><br>Fruta y leche, pan / Fruit and milk, bread                       | Judías asturianas / Beans Stew with Spanish Sausage<br>Ventresca de merluza con ensalada / Baked hake with salad<br>Fruta y leche, pan / Fruit and milk, bread |
| 16                                                                                                                                                                                     | 17                                                                                                                                                                            | 18                                                                                                                                                                  | 19                                                                                                                                                                                        | 20                                                                                                                                                             |
| Macarrones sin huevo con pavo / <i>Macarroni in tomato sauce</i><br>Limanda Menier con ensalada / <i>Limanda "with salad</i><br>Yogur de fruta, pan / Fruit yogurt                     | Judías blancas guisadas / <i>Beans stew</i><br>Rosti de patata con ensalada / <i>Potato rosti with salad</i><br>Fruta y leche, pan / Fruit and milk, bread                    | Brocoli rehogado con jamon / Sautéed broccoli with ham<br>Pollo en pepitoria con cuscus / Chicken stew with cous cous<br>Fruta y leche, pan / Fruit and milk, bread | Pasta sin huevo con tomate / Pasta in tomato sauce<br>Bacalao horn con Ensalada / <i>Baked cod with Salad</i><br>Fruta y leche, pan / Fruit and milk, bread                               | Menestra de verdura / Vegetables stew<br>Estofado de ternera con patata / Veal stew with potatoes<br>Fruta y leche, pan / <i>Fruit and milk, bread</i>         |
| 23                                                                                                                                                                                     | 24                                                                                                                                                                            | 25                                                                                                                                                                  | 26                                                                                                                                                                                        | 27                                                                                                                                                             |
| Lentejas estofadas / <i>Stewed lentils</i><br>Escalopines lomo cerdo al ajillo con ensalada / Grilled <i>garlic pork loin with salad</i><br>Yogur de fruta, pan / Fruit Yoghurt, bread | Arroz con magro / Rice with pork meat<br>Merluza a la plancha con ensalada / <i>Grilled hake with salad</i><br>Fruta y leche, pan / Fruit and milk, bread                     | Puré de verduras / <i>Vegetables puree</i><br>Albondigas de ternera con patatas / Veal meatballs with potatoes<br>Fruta y leche, pan / Fruit and milk, bread        | Espaguetis sin huevo boloñesa / <i>Spagetti in bolognese sauce</i><br>Calamar plancha con ensalada / <i>grilled squid with salad</i><br>Fruta y leche, pan / <i>Fruit and milk, bread</i> | Sopa de Cocido sin huevo / <i>Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew</i><br>Fruta y leche, pan / Fruit and milk, bread                   |
| 30                                                                                                                                                                                     | Arroz de Pollo / Chicken rice rosti con jamón / Rosti with ham<br>Yogur de fruta, pan / Fruit Yoghurt, bread                                                                  |                                                                                                                                                                     |                                                                                                                                                                                           |                                                                                                                                                                |

| ALERGIA<br>LEGUMBRE /<br>LEGUME ALLERGY                                                                                                                                           | 3                                                                                                                                                         | 4                                                                                                                                                                      | 5                                                                                                                                                                              | 6                                                                                                                                                                   |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                   | Arroz con Verduras / <i>Rice with Vegetables</i><br>Tortilla de york con ensalada / Ham omelette with salad<br>Yogur de fruta, pan / Fruit Yoghurt, bread | Puré calabacín / Courgette puree<br>pollo asado con patata panadera / roast chicken with potatoes<br>Fruta y leche, pan / Fruit,milk                                   | Espaguetis con chorizo / Spaghetti with chorizo<br>Rape en salsa con champiñon / Baked monkfish with mushrooms<br>Fruta y leche, pan / Fruit and milk, bread                   | Coliflor rebosada / Battered cauliflower<br>Hamburguesa de ternera con cous cous / Grilled burger with cous cous<br>Fruta y leche, pan / Fruit and milk, bread      |
| 9                                                                                                                                                                                 | 10                                                                                                                                                        | 11                                                                                                                                                                     | 12                                                                                                                                                                             | 13                                                                                                                                                                  |
| Patatas con carne/ Potato stew with veal meat<br>Huevos cocidos con salsa de tomate / Boiled eggs in tomato sauce<br>Yogur de fruta, pan / Fruit Yoghurt, bread                   | Verdura estofada / Vegetables stew<br>Lacón y ensalada mixta / <i>Baked ham with mixed salad</i><br>Fruta y leche, pan / Fruit,milk bread                 | Arroz con tomate / Rice in tomato sauce<br>Limanda rebosada con patata vapor / <i>Baked limanda with boiled potatoes</i><br>Fruta y leche, pan / Fruit and milk, bread | Crema de puerro / Leek cream<br>Filete de pollo a la plancha verduras / <i>Grilled chicken breast with vegetables</i><br>Fruta y leche, pan / Fruit and milk, bread            | Champiñon rehogado / Sautéed mushrooms<br>Ventresca de merluza con ensalada / Baked hake with salad<br>Fruta y leche, pan / Fruit and milk, bread                   |
| 16                                                                                                                                                                                | 17                                                                                                                                                        | 18                                                                                                                                                                     | 19                                                                                                                                                                             | 20                                                                                                                                                                  |
| Macarrones con pavo / <i>Macarroni in tomato sauce</i><br>Limanda Menier con ensalada / <i>Limanda "meuniere" with salad</i><br>Yogur de fruta, pan / Fruit Yoghurt, bread        | Arroz salteado / Sautéed rice<br>Tortilla de patata con ensalada / <i>Potato omelette with salad</i><br>Fruta y leche, pan / Fruit and milk, bread        | Brocoli rehogado con jamon / Sautéed broccoli with ham<br>Pollo en pepitoria con cuscus / Chicken stew with cous cous<br>Fruta y leche, pan / Fruit and milk, bread    | Lasaña de carne / Meat lasagna<br>Bacalao horn con Ensalada / <i>Baked cod with Salad</i><br>Fruta y leche, pan / Fruit and milk, bread                                        | Menestra de verdura sin guisante / Vegetables stew<br>Estofado de ternera con patata / Veal stew with potatoes<br>Fruta y leche, pan / <i>Fruit and milk, bread</i> |
| 23                                                                                                                                                                                | 24                                                                                                                                                        | 25                                                                                                                                                                     | 26                                                                                                                                                                             | 27                                                                                                                                                                  |
| Verdura salteada / Sautéed vegetables<br>Escalopines lomo cerdo al ajillo con ensalada / Grilled <i>garlic pork loin with salad</i><br>Yogur de fruta, pan / Fruit Yoghurt, bread | Arroz con magro / Rice with pork meat<br>Merluza a la romana con ensalada / <i>Breded hake with salad</i><br>Fruta y leche, pan / Fruit and milk, bread   | Puré de verduras / <i>Vegetables puree</i><br>Albondigas de ternera con patatas / Veal meatballs with potatoes<br>Fruta y leche, pan / Fruit and milk, bread           | Espaguetis boloñesa / <i>Spagetti in bolognese sauce</i><br>Rabas de calamar con ensalada / <i>Fried squid with salad</i><br>Fruta y leche, pan / <i>Fruit and milk, bread</i> | Sopa de Cocido / <i>Stew Soup Carne cocido / Meat and Cabbage Stew</i><br>Fruta y leche, pan / Fruit and milk, bread                                                |
| 30                                                                                                                                                                                | Fideua de Pollo / Chicken fideua<br>Huevos revueltos con jamón / Scrambled eggs with ham<br>Yogur de fruta, pan / Fruit Yoghurt, 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 2020

|                                                                                                                                                                                                        | 3                                                                                                                                                                                                | 4                                                                                                                                                                                 | 5                                                                                                                                                                                                    | 6                                                                                                                                                                          |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>CELIACOS /<br/>CELIAC PEOPLE</b>                                                                                                                                                                    | Arroz con Verduras / <i>Rice with Vegetables</i><br>Tortilla de york con ensalada /<br>Ham omelette with salad<br>Yogur de fruta, pan / Fruit<br>Yoghurt, bread                                  | Puré calabacín / Courgette<br>puree<br>pollo asado con patata<br>panadera / roast chicken with<br>potatoes<br>Fruta y leche, pan / Fruit,milk                                     | Espaguetis sin gluten con<br>chorizo / Spaghetti with<br>chorizo<br>Rape en salsa con champiñon<br>/ Baked monkfish with<br>mushrooms<br>Fruta y leche, pan / Fruit and<br>milk, bread               | Verdura rehogada o pure /<br>Battered cauliflower<br>Hamburguesa de ternera con<br>arroz/ Grilled burger with rice<br>Fruta y leche, pan / Fruit and<br>milk, bread        |
| <b>9</b>                                                                                                                                                                                               | <b>10</b>                                                                                                                                                                                        | <b>11</b>                                                                                                                                                                         | <b>12</b>                                                                                                                                                                                            | <b>13</b>                                                                                                                                                                  |
| Patatas con carne/ Potato stew<br>with veal meat<br>Huevos cocidos con salsa de<br>tomate / Boiled eggs in tomato<br>sauce<br>Yogur de fruta, pan / Fruit<br>Yoghurt, bread                            | Judías verdes rehogadas con<br>patata / <i>Green beans with<br/>boiled potatoes</i><br>Lacón y ensalada mixta /<br><i>Baked ham with mixed salad</i><br>Fruta y leche, pan / Fruit,milk<br>bread | Lentejas hortelanas / Lentils<br>Stew<br>Limanda horno con patata<br>vapor / <i>Baked limanda with<br/>boiled potatoes</i><br>Fruta y leche, pan / Fruit and<br>milk, bread       | Crema de puerro / Leek cream<br>Filete de pollo a la plancha<br>verduras / <i>Grilled chicken<br/>breast with vegetables</i><br>Fruta y leche, pan / Fruit and<br>milk, bread                        | Judías asturianas / Beans<br>Stew with Spanish Sausage<br>Ventresca de merluza con<br>ensalada / Baked hake with<br>salad<br>Fruta y leche, pan / Fruit and<br>milk, bread |
| <b>16</b>                                                                                                                                                                                              | <b>17</b>                                                                                                                                                                                        | <b>18</b>                                                                                                                                                                         | <b>19</b>                                                                                                                                                                                            | <b>20</b>                                                                                                                                                                  |
| Macarrones sin gluten con<br>pavo / <i>Macarroni in tomato<br/>sauce</i><br>Limanda Menier con ensalada<br>/ <i>Limanda "meuniere" with<br/>salad</i><br>Yogur de fruta, pan / Fruit<br>Yoghurt, bread | Judías blancas guisadas /<br><i>Beans stew</i><br>Tortilla de patata con ensalada<br>/ <i>Potato omelette with salad</i><br>Fruta y leche, pan / Fruit and<br>milk, bread                        | Brocoli rehogado con jamon /<br>Sautéed broccoli with ham<br>Pollo en pepitoria con arroz /<br>Chicken stew with rice<br>Fruta y leche, pan / Fruit and<br>milk, bread            | Pasta sin gluten con tomate /<br>Pasta in tomato sauce<br>Bacalao horno con Ensalada /<br><i>Battered cod with Salad</i><br>Fruta y leche, pan / Fruit and<br>milk, bread                            | Menestra de verdura /<br>Vegetables stew<br>Estofado de ternera con patata<br>/ Veal stew with potatoes<br>Fruta y leche, pan / <i>Fruit and<br/>milk, bread</i>           |
| <b>23</b>                                                                                                                                                                                              | <b>24</b>                                                                                                                                                                                        | <b>25</b>                                                                                                                                                                         | <b>26</b>                                                                                                                                                                                            | <b>27</b>                                                                                                                                                                  |
| Lentejas estofadas / <i>Stewed<br/>lentils</i><br>Escalopines lomo cerdo al<br>ajillo con ensalada / <i>Grilled<br/>garlic pork loin with salad</i><br>Yogur de fruta, pan / Fruit<br>Yoghurt, bread   | Arroz con magro / Rice with<br>pork meat<br>Merluza a la plancha con<br>ensalada / <i>Breded hake with<br/>salad</i><br>Fruta y leche, pan / Fruit and<br>milk, bread                            | Puré de verduras / <i>Vegetables<br/>puree</i><br>Albondigas de ternera con<br>patatas / <i>Veal meatballs with<br/>potatoes</i><br>Fruta y leche, pan / Fruit and<br>milk, bread | Espaguetis sin gluten boloñesa<br>/ <i>Spagetti in bolognese sauce</i><br>Calamar plancha con ensalada<br>/ <i>grilled squid with salad</i><br>Fruta y leche, pan / <i>Fruit and<br/>milk, bread</i> | Sopa de Cocido sin gluten /<br><i>Stew Soup</i><br>Cocido Completo / <i>Chickpeas,<br/>Meat and Cabbage Stew</i><br>Fruta y leche, pan / Fruit and<br>milk, bread          |
| <b>30</b>                                                                                                                                                                                              |                                                                                                                                                                                                  |                                                                                                                                                                                   |                                                                                                                                                                                                      |                                                                                                                                                                            |
| Arroz de Pollo / Chicken rice<br>Huevos revueltos con jamón /<br>Scrambled eggs with ham<br>Yogur de fruta, pan / Fruit<br>Yoghurt, bread                                                              |                                                                                                                                                                                                  |                                                                                                                                                                                   |                                                                                                                                                                                                      |                                                                                                                                                                            |

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

|                                                                                                                                                                                                      | 3                                                                                                                                                                                                | 4                                                                                                                                                                                 | 5                                                                                                                                                                                             | 6                                                                                                                                                                          |
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| <b>FRUTO<br/>SECO/NUTTY<br/>ALLERGY</b>                                                                                                                                                              | Arroz con Verduras / <i>Rice<br/>with Vegetables</i><br>Tortilla de york con ensalada /<br>Ham omelette with salad<br>Yogur de fruta, pan / Fruit<br>Yoghurt, bread                              | Puré calabacín / Courgette<br>puree<br>pollo asado con patata<br>panadera / roast chicken with<br>potatoes<br>Fruta y leche, pan / Fruit,milk                                     | Espaguetis con chorizo /<br>Spaghetti with chorizo<br>Rape en salsa con champiñon<br>/ Baked monkfish with<br>mushrooms<br>Fruta y leche, pan / Fruit and<br>milk, bread                      | Coliflor rebozada / Battered<br>cauliflower<br>Hamburguesa de ternera con<br>cous cous/ Grilled burger with<br>cous cous<br>Fruta y leche, pan / Fruit and<br>milk, bread  |
| <b>9</b>                                                                                                                                                                                             | <b>10</b>                                                                                                                                                                                        | <b>11</b>                                                                                                                                                                         | <b>12</b>                                                                                                                                                                                     | <b>13</b>                                                                                                                                                                  |
| Patatas con carne/ Potato stew<br>with veal meat<br>Huevos cocidos con salsa de<br>tomate / Boiled eggs in tomato<br>sauce<br>Yogur de fruta, pan / Fruit<br>Yoghurt, bread                          | Judías verdes rehogadas con<br>patata / <i>Green beans with<br/>boiled potatoes</i><br>Lacón y ensalada mixta /<br><i>Baked ham with mixed salad</i><br>Fruta y leche, pan / Fruit,milk<br>bread | Lentejas hortelanas / Lentils<br>Stew<br>Limanda rebozada con patata<br>vapor / <i>Baked limanda with<br/>boiled potatoes</i><br>Fruta y leche, pan / Fruit and<br>milk, bread    | Crema de puerro / Leek cream<br>Filete de pollo a la plancha<br>verduras / <i>Grilled chicken<br/>breast with vegetables</i><br>Fruta y leche, pan / Fruit and<br>milk, bread                 | Judías asturianas / Beans Stew<br>with Spanish Sausage<br>Ventresca de merluza con<br>ensalada / Baked hake with<br>salad<br>Fruta y leche, pan / Fruit and<br>milk, bread |
| <b>16</b>                                                                                                                                                                                            | <b>17</b>                                                                                                                                                                                        | <b>18</b>                                                                                                                                                                         | <b>19</b>                                                                                                                                                                                     | <b>20</b>                                                                                                                                                                  |
| Macarrones con pavo /<br><i>Macarroni in tomato sauce</i><br>Limanda Menier con ensalada<br>/ <i>Limanda "meuniere" with<br/>salad</i><br>Yogur de fruta, pan / Fruit<br>Yoghurt, bread              | Judías blancas guisadas /<br><i>Beans stew</i><br>Tortilla de patata con ensalada<br>/ <i>Potato omelette with salad</i><br>Fruta y leche, pan / Fruit and<br>milk, bread                        | Brocoli rehogado con jamon /<br>Sautéed broccoli with ham<br>Pollo en pepitoria con cuscus /<br>Chicken stew with cous cous<br>Fruta y leche, pan / Fruit and<br>milk, bread      | Pasta con tomate / Pasta in<br>tomato sauce<br>Bacalao horno con Ensalada /<br><i>Baked cod with Salad</i><br>Fruta y leche, pan / Fruit and<br>milk, bread                                   | Menestra de verdura /<br>Vegetables stew<br>Estofado de ternera con patata /<br>Veal stew with potatoes<br>Fruta y leche, pan / <i>Fruit and<br/>milk, bread</i>           |
| <b>23</b>                                                                                                                                                                                            | <b>24</b>                                                                                                                                                                                        | <b>25</b>                                                                                                                                                                         | <b>26</b>                                                                                                                                                                                     | <b>27</b>                                                                                                                                                                  |
| Lentejas estofadas / <i>Stewed<br/>lentils</i><br>Escalopines lomo cerdo al<br>ajillo con ensalada / <i>Grilled<br/>garlic pork loin with salad</i><br>Yogur de fruta, pan / Fruit<br>Yoghurt, bread | Arroz con magro / Rice with<br>pork meat<br>Merluza a la romana con<br>ensalada / <i>Breded hake with<br/>salad</i><br>Fruta y leche, pan / Fruit and<br>milk, bread                             | Puré de verduras / <i>Vegetables<br/>puree</i><br>Albondigas de ternera con<br>patatas / <i>Veal meatballs with<br/>potatoes</i><br>Fruta y leche, pan / Fruit and<br>milk, bread | Espaguetis boloñesa / <i>Spagetti<br/>in bolognese sauce</i><br>Rabas de calamar con<br>ensalada / <i>Fried squid with<br/>salad</i><br>Fruta y leche, pan / <i>Fruit and<br/>milk, bread</i> | Sopa de Cocido / <i>Stew Soup</i><br>Cocido Completo / <i>Chickpeas,<br/>Meat and Cabbage Stew</i><br>Fruta y leche, pan / Fruit and<br>milk, bread                        |
| <b>30</b>                                                                                                                                                                                            |                                                                                                                                                                                                  |                                                                                                                                                                                   |                                                                                                                                                                                               |                                                                                                                                                                            |
| Fideua de Pollo / Chicken<br>fideua<br>Huevos revueltos con jamón /<br>Scrambled eggs with ham<br>Yogur de fruta, pan / Fruit<br>Yoghurt, bread                                                      |                                                                                                                                                                                                  |                                                                                                                                                                                   |                                                                                                                                                                                               |                                                                                                                                                                            |



# CUTASA

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