

# MENU DICIEMBRE 2020

## ALERGIA PESCADO / FISH ALLERGY

	1	2	3	4
	Garbanzos guisados / Cheapeas stew Lomo con tomate y ensalada / Baked pork loin in tomato sauce Fruta y leche, pan / Fruit and milk, bread	Patatas guisadas / Potato stew Salchichas de pavo con ensalada / Baked chicken sausages with salad Fruta y leche, pan / Fruit and milk, bread	Lentejas con arroz / Lentils stew with rice Filete pollo horno con ensalada / Baked chicken with salad Fruta y leche, pan / Fruit and milk, bread	Crema de calabacín ecológico / Ecologic Courgette cream Albóndigas jardinera con cous cous / Meatballs in Sauce with cous cous Fruta y leche, pan / Fruit and milk, bread
7	8	9	10	11
FESTIVO	FESTIVO	Macarrones con carne picada / Bolognese macaronni Salchichas con ensalada / Baked sausages with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Judías Verdes con tomate / Green beans in tomato sauce Ftes. Rusos en salsa patata dado / Grilled burger with potatoes 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
14	15	16	17	18
Arroz ecológico con pollo / Ecologic Rice with chicken Lacón horno con lechuga tomate y aceitunas / Battered lacón with salad Natillas, pan / creme caramel, bread	judías blancas guisadas / Beans stew Tortilla de patata con lechuga y maíz / Potato omelette with lettuce and corn Fruta y leche, pan / Fruit and milk, bread	Crema de Puerro / Leek Cream Lomo empanado con patatas / Breaded pork loin with potatoes Fruta y leche, pan / Fruit and milk, bread	Macarrones al ajillo / Macaroni in garlic sauce Pavo con pisto / Baked turkey with ratatouille Fruta y leche, pan / Fruit and milk, bread	brocoli gratinado / Gratinated brocoli filete de pollo plancha con patatas / Crilled chicken breast with potatoes Fruta y leche, pan / Fruit and milk, bread
21	22			
Lentejas con verdura/ Lentils stew with vegetables Ventresca de merluza con lechuga maíz y aceituna / Baked hake with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Tiras de pollo / Chicken fingers Hamburguesa completa con patatas fritas y ensalada / Burger with fried potatoes and salad Dulces de navidad / Christmas			

## ALERGIA HUEVO / EGG ALLERGY

	1	2	3	4
	Garbanzos guisados / Cheapeas stew Bacalao con tomate y ensalada / Baked cod in tomato sauce Fruta y leche, pan / Fruit and milk, bread	Patatas marinera / Potato stew marinera style Salchichas de pavo con ensalada / Baked chicken sausages with salad Fruta y leche, pan / Fruit and milk, bread	Lentejas con arroz / Lentils stew with rice Filete merluza horno con ensalada / Baked hake with salad Fruta y leche, pan / Fruit and milk, bread	Crema de calabacín ecológico / Ecologic Courgette cream Albóndigas jardinera con cous cous / Meatballs in Sauce with cous cous Fruta y leche, pan / Fruit and milk, bread
7	8	9	10	11
FESTIVO	FESTIVO	Macarrones sin huevo con carne picada / Bolognese macaronni Filete halibut horno con ensalada / Battered halibut with salad Yogur de fruta, pan / Fruit	Judías Verdes con tomate / Green beans in tomato sauce Ftes. Rusos en salsa patata dado / Grilled burger with potatoes 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
14	15	16	17	18
Arroz ecológico con pollo / Ecologic Rice with chicken Limanda rebozada con lechuga tomate y aceitunas / Baked limanda with salad Natillas, pan / creme caramel, bread	judías blancas guisadas / Beans stew Rosti de patata con lechuga y maíz / Potato rosti with lettuce and corn Fruta y leche, pan / Fruit and milk, bread	Crema de Puerro / Leek Cream Lomo empanado con patatas / Breaded pork loin with potatoes Fruta y leche, pan / Fruit and milk, bread	Macarrones sin huevo al ajillo / Macaroni in garlic sauce Dados rape con pisto / Baked monkfish with ratatouille Fruta y leche, pan / Fruit and milk, bread	brocoli gratinado / Gratinated brocoli filete de pollo plancha con patatas / Crilled chicken breast with potatoes Fruta y leche, pan / Fruit and milk, bread
21	22			
Lentejas con verdura/ Lentils stew with vegetables Ventresca de merluza con lechuga maíz y aceituna / Baked hake with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Tiras de pollo / Chicken fingers Hamburguesa completa con patatas fritas y ensalada / Burger with fried potatoes and salad Dulces de navidad / Christmas			

## ALERGIA LECHE / MILK ALLERGY

	1	2	3	4
	Garbanzos guisados / Cheapeas stew Bacalao con tomate y ensalada / Baked cod in tomato sauce Fruta y pan / Fruit and bread	Patatas marinera / Potato stew marinera style Salchichas de pavo con ensalada / Baked chicken sausages with salad Fruta y pan / Fruit and bread	Lentejas con arroz / Lentils stew with rice Filete merluza horno con ensalada / Baked hake with salad Fruta y pan / Fruit and bread	Crema de calabacín ecológico / Ecologic Courgette cream Albóndigas jardinera con cous cous / Meatballs in Sauce with cous cous Fruta y pan / Fruit and bread
7	8	9	10	11
FESTIVO	FESTIVO	Macarrones con carne picada / Bolognese macaronni Filete halibut rebozado con ensalada / Battered halibut with salad Postre apto / Suitable dessert	Judías Verdes con tomate / Green beans in tomato sauce Ftes. Rusos en salsa patata dado / Grilled burger with potatoes Fruta y pan / Fruit and bread	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y pan / Fruit and bread
14	15	16	17	18
Arroz ecológico con pollo / Ecologic Rice with chicken Limanda rebozada con lechuga tomate y aceitunas / Battered limanda with salad Postre apto / Suitable dessert	judías blancas guisadas / Beans stew Tortilla de patata con lechuga y maíz / Potato omelette with lettuce and corn Fruta y pan / Fruit and bread	Crema de Puerro / Leek Cream Lomo empanado con patatas / Breaded pork loin with potatoes Fruta y pan / Fruit and bread	Macarrones al ajillo / Macaroni in garlic sauce Dados rape con pisto / Baked monkfish with ratatouille Fruta y pan / Fruit and bread	brocoli gratinado / Gratinated brocoli filete de pollo plancha con patatas / Crilled chicken breast with potatoes Fruta y pan / Fruit and bread
21	22			
Lentejas con verdura/ Lentils stew with vegetables Ventresca de merluza con lechuga maíz y aceituna / Baked hake with salad Postre apto / Suitable dessert	Tiras de pollo / Chicken fingers Hamburguesa completa con patatas fritas y ensalada / Burger with fried potatoes and salad Dulces de navidad / Christmas			

## ALERGIA LEGUMBRE / LEGUME ALLERGY

	1	2	3	4
	Verdura estofada o puree / Vegetables stew or puree Bacalao con tomate y ensalada / Baked cod in tomato sauce Fruta y leche, pan / Fruit and milk, bread	Patatas marinera / Potato stew marinera style Salchichas de pavo con ensalada / Baked chicken sausages with salad Fruta y leche, pan / Fruit and milk, bread	Arroz con tomate / rice in tomato sauce Filete merluza horno con ensalada / Baked hake with salad Fruta y leche, pan / Fruit and milk, bread	Crema de calabacín ecológico / Ecologic Courgette cream Albóndigas jardinera con cous cous / Meatballs in Sauce with cous cous Fruta y leche, pan / Fruit and milk, bread
7	8	9	10	11
FESTIVO	FESTIVO	Macarrones con carne picada / Bolognese macaronni Filete halibut rebozado con ensalada / Battered halibut with salad Yogur de fruta, pan / Fruit Yoghurt, bread	champignon saiteado / Sautéed mushrooms Ftes. Rusos en salsa patata dado / Grilled burger with potatoes 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
14	15	16	17	18
Arroz ecológico con pollo / Ecologic Rice with chicken Limanda rebozada con lechuga tomate y aceitunas / Battered limanda with salad Natillas, pan / creme caramel, bread	Verdura estofada o puree / Vegetables stew or puree Tortilla de patata con lechuga y maíz / Potato omelette with lettuce and corn Fruta y leche, pan / Fruit and milk, bread	Crema de Puerro / Leek Cream Lomo empanado con patatas / Breaded pork loin with potatoes Fruta y leche, pan / Fruit and milk, bread	Macarrones al ajillo / Macaroni in garlic sauce Dados rape con pisto / Baked monkfish with ratatouille Fruta y leche, pan / Fruit and milk, bread	brocoli gratinado / Gratinated brocoli filete de pollo plancha con patatas / Crilled chicken breast with potatoes Fruta y leche, pan / Fruit and milk, bread
21	22			
Arroz saiteado / Sautéed rice Ventresca de merluza con lechuga maíz y aceituna / Baked hake with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Nugets de pollo / Chicken nuggets Hamburguesa completa con patatas fritas y ensalada / Burger with fried potatoes and salad Dulces de navidad / Christmas			

La sopa de cocido se elaborara con caldo realizado con carne y pollo aparte, sin contacto con garbanzos

**CELIACOS /  
CELIAC PEOPLE**

	1	2	3	4
	Garbanzos guisados / Chickpeas stew Bacalao con tomate y ensalada / Baked cod in tomato sauce Fruta y leche, pan / Fruit and milk, bread	Patatas marinera / Potato stew marinera style Salchichas de pavo con ensalada / Baked chicken sausages with salad Fruta y leche, pan / Fruit and milk, bread	Lentejas con arroz / Lentils stew with rice Filete merluza horno con ensalada / Baked hake with salad Fruta y leche, pan / Fruit and milk, bread	Crema de calabacín ecológico / Ecologic Courgette cream Albóndigas jardinera con arroz / Meatballs in Sauce with rice Fruta y leche, pan / Fruit and milk, bread
7	8	9	10	11
FESTIVO	FESTIVO	Macarrones sin gluten con carne picada / Bolognese macaronni Filete halibut rebozado con ensalada / Battered halibut with salad Yogur de fruta, pan / Fruit	Judías Verdes con tomate / Green beans in tomato sauce Fies. Rusos en salsa patata dado / Grilled burger with potatoes Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido sin gluten / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
14	15	16	17	18
Arroz ecológico con pollo / Ecologic Rice with chicken Limanda rebozada con lechuga tomate y aceitunas / Battered limanda with salad Natillas, pan / creme caramel, bread	judías blancas guisadas / Beans stew Tortilla de patata con lechuga y maíz / Potato omelette with lettuce and corn Fruta y leche, pan / Fruit and milk, bread	Crema de Puerro / Leek Cream Lomo horno con patatas / Baked pork loin with potatoes Fruta y leche, pan / Fruit and milk, bread	Macarrones sin gluten al ajillo / Macaroni in garlic sauce Dados rape con pisto / Baked monkfish with ratatouille Fruta y leche, pan / Fruit and milk, bread	brocoli gratinado / Gratinated brocoli filete de pollo plancha con patatas / Crilled chicken breast with potatoes Fruta y leche, pan / Fruit and milk, bread
21	22			
Lentejas con verdura / Lentils stew with vegetables Ventresca de merluza con lechuga maíz y aceituna / Baked hake with salad Yogur de fruta, pan / Fruit Yoghurt, bread	tiras de pollo sin gluten / Chicken nuggets Hamburguesa sin gluten completa con patatas fritas y ensalada / Burger with fried potatoes and salad Dulces navidad aptos			

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

**FRUTO  
SECO/NUTTY  
ALLERGY**

	1	2	3	4
	Garbanzos guisados / Chickpeas stew Bacalao con tomate y ensalada / Baked cod in tomato sauce Fruta y leche, pan / Fruit and milk, bread	Patatas marinera / Potato stew marinera style Salchichas de pavo con ensalada / Baked chicken sausages with salad Fruta y leche, pan / Fruit and milk, bread	Lentejas con arroz / Lentils stew with rice Filete merluza horno con ensalada / Baked hake with salad Fruta y leche, pan / Fruit and milk, bread	Crema de calabacín ecológico / Ecologic Courgette cream Albóndigas jardinera con cous cous / Meatballs in Sauce with cous cous Fruta y leche, pan / Fruit and milk, bread
7	8	9	10	11
FESTIVO	FESTIVO	Macarrones con carne picada / Bolognese macaronni Filete halibut rebozado con ensalada / Battered halibut with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Judías Verdes con tomate / Green beans in tomato sauce Fies. Rusos en salsa patata dado / Grilled burger with potatoes 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
14	15	16	17	18
Arroz ecológico con pollo / Ecologic Rice with chicken Limanda rebozada con lechuga tomate y aceitunas / Battered limanda with salad Natillas, pan / creme caramel, bread	judías blancas guisadas / Beans stew Tortilla de patata con lechuga y maíz / Potato omelette with lettuce and corn Fruta y leche, pan / Fruit and milk, bread	Crema de Puerro / Leek Cream Lomo empanado con patatas / Breaded pork loin with potatoes Fruta y leche, pan / Fruit and milk, bread	Macarrones al ajillo / Macaroni in garlic sauce Dados rape con pisto / Baked monkfish with ratatouille Fruta y leche, pan / Fruit and milk, bread	brocoli gratinado / Gratinated brocoli filete de pollo plancha con patatas / Crilled chicken breast with potatoes Fruta y leche, pan / Fruit and milk, bread
21	22			
Lentejas con verdura / Lentils stew with vegetables Ventresca de merluza con lechuga maíz y aceituna / Baked hake with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Nuggets de pollo / Chicken nuggets Hamburguesa completa con patatas fritas y ensalada / Burger with fried potatoes and salad Dulces de navidad aptos			

# MENUS COMEDOR PARA EL MES

## DICIEMBRE 2020



# CUTASA SL

## ALIMENTAMOS BIEN

Avda. Montes de Oca, 21 nave - 24  
28703 San Sebastián de los Reyes (Madrid)  
Tel: 91 659 22 70