

# MENU JUNIO 2021

<b>ALERGIA PESCADO / FISH ALLERGY</b>	1	2	3	4
	Patatas Guisadas ternera/ Veal potato stew Tortilla de espinacas con lechuga y aceituna / Tuna omelette with salad Fruta, Leche y pan / Fruit, Milk and bread	Lentejas ecologicas con verduras /Bio Lentils stew with vegetables lomo con lechuga y maiz/ Baked pork loin with salad Fruta, Leche y pan / Fruit, Milk and bread	Ensalada de arroz Salchichas con ensalada mixta / baked sausages with salad Fruta, Leche y pan / Fruit, Milk and bread	judias verdes salteadas / Stew green beans with potato Pollo asado con patatas/ Roast chicken with potatoes Fruta, Leche y pan / Fruit, Milk and bread
7	Ensalada campera / Mediterranean salad Tortilla de pavo con lechuga y tomate / Turkey omelette with salad Helado/ Ice cream	Lentejas guisadas / Lentils stew Lacon al horno con zanahoria rallada / Baked ham with carrot Fruta, Leche y pan / Fruit, Milk and bread	Brocoli gratinado / gratined broccoli filete pollo plancha con patatas / Grilled chicken breast with potatoes Fruta, Leche y pan / Fruit, Milk and bread	Crema de verdura con picatostes / Vegetables cream with croutons Pavo guisado con cous cous / Turkey stew in sauce with cous cous Fruta, Leche y pan / Fruit, Milk and bread
14	Coliflor rehogada / Sauted cauliflower Cinta lomo horno con puré de patata / Baked pork loin with potatoes puree Helado/ Ice cream	Judias blancas estofadas con verdura / Beans stew Tortilla con rodaja de tomate / Omelette with tomato Fruta, Leche y pan / Fruit, Milk and bread	Arroz con salsa de tomate / Rice in tomato sauce Pollo con guisantes / chicken with peas Fruta, Leche y pan / Fruit, Milk and bread	Pure de puerros / Leek puree Ternera estofada con patata dado / Veal stew with potatoes Fruta, Leche y pan / Fruit, Milk and bread
21	Arroz con pollo / Rice wuith chicken Filete de merluza con ensalada mixta / Battered chicken with salad Yogurt de fruta/ Fruit yoghurt	Entremeses variados Pizza apta helado / Ice cream	Garbanzos guisados / Chickpeas stew Huevos rellenos con pisto / Stuffed eggs with pisto Fruta, leche, pan / fruit, milk, bread	judias verdes salteadas / Sauted green beans Lomo al ajillo horno con cous cous/ Baked Pork Loin with garlic and cous Fruta, leche, pan / fruit, milk, bread
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<b>ALERGIA HUEVO / EGG ALLERGY</b>	1	2	3	4
	Patatas Guisadas ternera/ Veal potato stew Rosti de espinacas con lechuga y aceituna / Spinach rosti with salad Fruta, Leche y pan / Fruit, Milk and bread	Lentejas ecologicas con verduras /Bio Lentils stew with vegetables Bacalao asado con lechuga y maiz/ Baked cod with salad Fruta, Leche y pan / Fruit, Milk and bread	Ensalada de arroz Fte. Merluza albardada con ensalada mixta / Breaded hake with salad Fruta, Leche y pan / Fruit, Milk and bread	judias verdes salteadas / Stew green beans with potato Pollo asado con patatas/ Roast chicken with potatoes Fruta, Leche y pan / Fruit, Milk and bread
7	Ensalada campera sin huevo / Mediterranean salad rosti de pavo con lechuga y tomate / Turkey rosti with salad Helado/ Ice cream	Lentejas guisadas / Lentils stew Pescadilla al horno con zanahoria rallada / Baked hake with carrot Fruta, Leche y pan / Fruit, Milk and bread	Brocoli gratinado / gratined broccoli filete pollo plancha con patatas / Grilled chicken breast with potatoes Fruta, Leche y pan / Fruit, Milk and bread	Crema de verdura con picatostes / Vegetables cream with croutons Pavo guisado con cous cous / Turkey stew in sauce with cous cous Fruta, Leche y pan / Fruit, Milk and bread
14	Coliflor rehogada / Sauted cauliflower Cinta lomo horno con puré de patata / Baked pork loin with potatoes puree Helado/ Ice cream	Judias blancas estofadas con verdura / Beans stew Rosti de pavo con rodaja de tomate / Turkey rosti with tomato Fruta, Leche y pan / Fruit, Milk and bread	Arroz con salsa de tomate / Rice in tomato sauce Merluza salsa verde con guisantes / Battered hake with peas Fruta, Leche y pan / Fruit, Milk and bread	Pure de puerros / Leek puree Ternera estofada con patata dado / Veal stew with potatoes Fruta, Leche y pan / Fruit, Milk and bread
21	Arroz con pollo / Rice wuith chicken Filete de merluza con ensalada mixta / Battered hake with salad Yogurt de fruta/ Fruit yoghurt	Entremeses variados Pizza apta helado / Ice cream	Garbanzos guisados / Chickpeas stew Rosti jamon con pisto / Ham rosti with pisto Fruta, leche, pan / fruit, milk, bread	judias verdes salteadas / Sauted green beans Lomo al ajillo horno con cous cous/ Baked Pork Loin with garlic and cous Fruta, leche, pan / fruit, milk, bread
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<b>ALERGIA LECHE / MILK ALLERGY</b>	1	2	3	4
	Patatas Guisadas ternera/ Veal potato stew Tortilla de espinacas con lechuga y aceituna / Tuna omelette with salad Fruta y pan / Fruit and bread	Lentejas ecologicas con verduras /Bio Lentils stew with vegetables Bacalao asado con lechuga y maiz/ Baked cod with salad Fruta y pan / Fruit and bread	Ensalada de arroz Fte. Merluza albardada con ensalada mixta / Breaded hake with salad Fruta y pan / Fruit and bread	judias verdes salteadas / Stew green beans with potato Pollo asado con patatas/ Roast chicken with potatoes Fruta y pan / Fruit and bread
7	Ensalada campera / Mediterranean salad Tortilla de pavo con lechuga y tomate / Turkey omelette with salad Helado apto / Ice cream	Lentejas guisadas / Lentils stew Pescadilla al horno con zanahoria rallada / Baked hake with carrot Fruta y pan / Fruit and bread	Brocoli gratinado / gratined broccoli filete pollo plancha con patatas / Grilled chicken breast with potatoes Fruta y pan / Fruit and bread	Crema de verdura con picatostes / Vegetables cream with croutons Pavo guisado con cous cous / Turkey stew in sauce with cous cous Fruta y pan / Fruit and bread
14	Coliflor rehogada / Sauted cauliflower Cinta lomo horno con puré de patata / Baked pork loin with potatoes puree Helado apto / Ice cream	Judias blancas estofadas con verdura / Beans stew Tortilla con rodaja de tomate / Omelette with tomato Fruta y pan / Fruit and bread	Arroz con salsa de tomate / Rice in tomato sauce Merluza salsa verde con guisantes / Battered hake with peas Fruta y pan / Fruit and bread	Pure de puerros / Leek puree Ternera estofada con patata dado / Veal stew with potatoes Fruta y pan / Fruit and bread
21	Arroz con pollo / Rice wuith chicken Filete de merluza rebozado con ensalada mixta / Battered hake with Postre apto/ Suitable dessert	Entremeses variados aptos Pizza apta helado apto / Ice cream	Garbanzos guisados / Chickpeas stew Huevos rellenos con pisto / Stuffed eggs with pisto Fruta y pan / Fruit and bread	judias verdes salteadas / Sauted green beans Lomo al ajillo horno con cous cous/ Baked Pork Loin with garlic and cous Fruta y pan / Fruit and bread
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<b>ALERGIA LEGUMBRE / LEGUME ALLERGY</b>	1	2	3	4
	Patatas Guisadas ternera/ Veal potato stew Tortilla de espinacas con lechuga y aceituna / Tuna omelette with salad Fruta, Leche y pan / Fruit, Milk and bread	Verduras estofadas /vegetables stew Bacalao asado con lechuga y maiz/ Baked cod with salad Fruta, Leche y pan / Fruit, Milk and bread	Ensalada de arroz Fte. Merluza albardada con ensalada mixta / Breaded hake with salad Fruta, Leche y pan / Fruit, Milk and bread	judias verdes salteadas / Stew green beans with potato Pollo asado con patatas/ Roast chicken with potatoes Fruta, Leche y pan / Fruit, Milk and bread
7	Ensalada campera / Mediterranean salad rosti de pavo con lechuga y tomate / Turkey omelette with salad Helado/ Ice cream	pasta con tomate/ Pasta in tomato sauce Pescadilla al horno con zanahoria rallada / Baked hake with carrot Fruta, Leche y pan / Fruit, Milk and bread	Brocoli gratinado / gratined broccoli filete pollo plancha con patatas / Grilled chicken breast with potatoes Fruta, Leche y pan / Fruit, Milk and bread	Crema de verdura con picatostes / Vegetables cream with croutons Pavo guisado con cous cous / Turkey stew in sauce with cous cous Fruta, Leche y pan / Fruit, Milk and bread
14	Coliflor rehogada / Sauted cauliflower Cinta lomo horno con puré de patata / Baked pork loin with potatoes puree Helado/ Ice cream	Judias blancas salteadas/ Sauted vegetables Tortilla con rodaja de tomate / Omelette with tomato Fruta, Leche y pan / Fruit, Milk and bread	Arroz con salsa de tomate / Rice in tomato sauce Merluza salsa verde con guisantes / Battered hake with peas Fruta, Leche y pan / Fruit, Milk and bread	Pure de puerros / Leek puree Ternera estofada con patata dado / Veal stew with potatoes Fruta, Leche y pan / Fruit, Milk and bread
21	Arroz con pollo / Rice wuith chicken Filete de merluza rebozado con ensalada mixta / Battered hake with Yogurt de fruta/ Fruit yoghurt	Entremeses variados Pizza apta helado / Ice cream	Ensalada de pasta / Pasta salad Huevos rellenos con pisto / Stuffed eggs with pisto Fruta, leche, pan / fruit, milk, bread	verduras salteadas o puree / Sauted vegetables or puree Lomo al ajillo horno con cous cous/ Baked Pork Loin with garlic and cous Fruta, leche, pan / fruit, milk, bread
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La sopa de cocido se elaborara con caldo realizado con carne y pollo aparte, sin contacto con garbanzos

**SIN GLUTEN /  
NO GLUTEN**

	1	2	3	4
	Patatas Guisadas ternera/ Veal potato stew Tortilla de espinacas con lechuga y aceituna / Tuna omelette with salad Fruta, Leche y pan sin gluten / Fruit, Milk and bread	Lentejas ecologicas con verduras /Bio Lentils stew with vegetables Bacalao asado con lechuga y maiz/ Baked cod with salad Fruta, Leche y pan sin gluten / Fruit, Milk and bread	Ensalada de arroz Fte. Merluza albardada con ensalada mixta / Breaded hake with salad Fruta, Leche y pan sin gluten / Fruit, Milk and bread	judias verdes salteadas / Stew green beans with potato Pollo asado con patatas/ Roast chicken with potatoes Fruta, Leche y pan sin gluten / Fruit, Milk and bread
7	8	9	10	11
Ensalada campera / Mediterranean salad Tortilla de pavo con lechuga y tomate / Turkey omelette with salad Helado/ Ice cream	Lentejas guisadas / Lentils stew Pescadilla al horno con zanahoria rallada / Baked hake with carrot Fruta, Leche y pan sin gluten / Fruit, Milk and bread	Brocoli gratinado / gratined brocoli filete pollo plancha con patatas / Grilled chicken breast with potatoes Fruta, Leche y pan sin gluten / Fruit, Milk and bread	Crema de verdura / Vegetables cream Pavo guisado con arroz / Turkey stew in sauce with arroz Fruta, Leche y pan sin gluten / Fruit, Milk and bread	Garbanzos estofados /Stew chickpeas with vegetables Limanda romana con pisto / Battered limanda with pisto Fruta, Leche y pan sin gluten / Fruit, Milk and bread
14	15	16	17	18
Coliflor rehogada / Sauted cauliflower Cinta lomo horno con puré de patata / Baked pork loin with potatoes puree Helado/ Ice cream	Judias blancas estofadas con verdura / Beans stew Tortilla con rodaja de tomate / Omelette with tomato Fruta, Leche y pan sin gluten / Fruit, Milk and bread	Arroz con salsa de tomate / Rice in tomato sauce Merluza salsa verde con guisantes / Battered hake with peas Fruta, Leche y pan sin gluten / Fruit, Milk and bread	Pure de puerros / Leek puree Ternera estofada con patata dado / Veal stew with potatoes Fruta, Leche y pan sin gluten / Fruit, Milk and bread	Sopa de Cocido sin gluten / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, Leche y pan sin gluten / Fruit, Milk and bread
21	22	23	24	25
Arroz con pollo / Rice wuith chicken Filete de merluza rebozado con ensalada mixta / Battered hake with Yogurt de fruta/ Fruit yoghurt	Entremeses variados Pizza apta sin gluten helado / Ice cream	Garbanzos guisados /Chikpeas stew Huevos rellenos con pisto / Stuffed eggs with pisto Fruta, Leche y pan sin gluten / Fruit, Milk and bread	judias verdes salteadas / Sauted green beans Lomo al ajillo horno con arroz / Baked Pork Loin with garlic and rice Fruta, Leche y pan sin gluten / Fruit, Milk and bread	
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**Los menús son aptos para celiacos ya que todos se elaboran con productos sin gluten**

**ALERGIA  
f. SECO / NUTS  
ALLERGY**

	1	2	3	4
	Patatas Guisadas ternera/ Veal potato stew Tortilla de espinacas con lechuga y aceituna / Tuna omelette with salad Fruta, Leche y pan / Fruit, Milk and bread	Lentejas ecologicas con verduras /Bio Lentils stew with vegetables Bacalao asado con lechuga y maiz/ Baked cod with salad Fruta, Leche y pan / Fruit, Milk and bread	Ensalada de arroz Fte. Merluza albardada con ensalada mixta / Breaded hake with salad Fruta, Leche y pan / Fruit, Milk and bread	judias verdes salteadas / Stew green beans with potato Pollo asado con patatas/ Roast chicken with potatoes Fruta, Leche y pan / Fruit, Milk and bread
7	8	9	10	11
Ensalada campera / Mediterranean salad Tortilla de pavo con lechuga y tomate / Turkey omelette with salad Helado/ Ice cream	Lentejas guisadas / Lentils stew Pescadilla al horno con zanahoria rallada / Baked hake with carrot Fruta, Leche y pan / Fruit, Milk and bread	Brocoli gratinado / gratined brocoli filete pollo plancha con patatas / Grilled chicken breast with potatoes Fruta, Leche y pan / Fruit, Milk and bread	Crema de verdura con picatostes / Vegetables cream with croutons Pavo guisado con cous cous / Turkey stew in sauce with cous cous Fruta, Leche y pan / Fruit, Milk and bread	Garbanzos estofados /Stew chickpeas with vegetables Limanda romana con pisto / Battered limanda with pisto Fruta, Leche y pan / Fruit, Milk and bread
14	15	16	17	18
Coliflor rehogada / Sauted cauliflower Cinta lomo horno con puré de patata / Baked pork loin with potatoes puree Helado/ Ice cream	Judias blancas estofadas con verdura / Beans stew Tortilla con rodaja de tomate / Omelette with tomato Fruta, Leche y pan / Fruit, Milk and bread	Arroz con salsa de tomate / Rice in tomato sauce Merluza salsa verde con guisantes / Battered hake with peas Fruta, Leche y pan / Fruit, Milk and bread	Pure de puerros / Leek puree Ternera estofada con patata dado / Veal stew with potatoes Fruta, Leche y pan / Fruit, Milk and bread	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, leche, pan / fruit, milk, bread
21	22	23	24	25
Arroz con pollo / Rice wuith chicken Filete de merluza rebozado con ensalada mixta / Battered hake with Yogurt de fruta/ Fruit yoghurt	Entremeses variados Pizza apta helado / Ice cream	Garbanzos guisados /Chikpeas stew Huevos rellenos con pisto / Stuffed eggs with pisto Fruta, leche, pan / fruit, milk, bread	judias verdes salteadas / Sauted green beans Lomo al ajillo horno con cous cous/ Baked Pork Loin with garlic and cous Fruta, leche, pan / fruit, milk, bread	
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# MENUS COMEDOR PARA EL MES

**JUNIO 2021**



## CUTASA SL ALIMENTAMOS BIEN

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