



MENU ENERO 2019



ALERGIA PESCADO / FISH ALLERGY

7	8	9	10	11
	Espaguetis al ajillo / Spagetti in garlic sauce Lacón horno con Ensalada / Baked ham with Mixed Salad Melocoton en almibar/ Peaches in sirup	Pure de calabacín / courgette puree Tortilla de patata con Ensalada / Potato Omelete with Salad Fruta, leche, pan / fruit, milk, bread	Lentejas con verdura / Stewed Lentils with Potato and Carrot Filete con pisto / Grilled fillet with pisto Fruta, leche, pan / fruit, milk, bread	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, leche, pan / fruit, milk, bread
14	15	16	17	18
Patatas con costillas / Stewed potato with ribs Tortilla con ensalada / Omelete with salad Yogur De Frutas/ Fruit yoghurt	Arroz tres delicias / Three delights rice Salchichas ave al horno Con Ensalada / Turkey Sausages in sauce with Salad Fruta, leche, pan / fruit, milk, bread	Alubias blancas con verduras / Beans stew with vegetables Lomo con tomate y ensalada / Grilled pork loin in tomato sauce with salad Fruta, leche, pan / fruit, milk, bread	Crema de verdura / Vegetables cream Pollo asado con patata / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Macarrones carbonara / Macarroni in carbonara sauce Sajonia con ensalada mixta / Gilled sajonia with salad Fruta, leche, pan / fruit, milk, bread
21	22	23	24	25
Lentejas guisadas con verdura / Lentils Stew with Vegetables Cinta de lomo al ajillo con ensalada / Grilled Garlic Pork Loin with Salad Natillas / Creme caramel	Fideua de pollo / Chicken fideua Pavo con ensalada de lechuga y zanahoria / Baked turkey with salad Fruta, leche, pan / fruit, milk, bread	Garbanzo con Arroz / Stewed chickpeas with rice Tortilla de york con ensalada / Ham omelette with salad Fruta, leche, pan / fruit, milk, bread	Judías verdes con tomate / Stewed Green beans in tomato sauce/ Albondigas con patata / Meatballs with potatoes Fruta, leche, pan / fruit, milk, bread	Sopa de estrellas/ stars soup Filete pollo ensalada / Breaded Chicken fillet with salad Fruta, leche, pan / fruit, milk, bread
28	29	30	31	
Espaguetis con carne / Spagetti bolgnesse Lacón con Ensalada de zanahoria / Grilled ham with carrot salad Yogur De Frutas/ Fruit yoghurt	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, leche, pan / fruit, milk, bread	Patatas con pollo/ Potato and chicken stew Huevos cocidos con pisto / Boiled eggs with pisto Fruta, leche, pan / fruit, milk, bread	Brocoli rebozado o pure / Battered brocoli Ragout de pavo con cous cous / Turkey ragout with cous cous Fruta, leche, pan / fruit, milk, bread	

ALERGIA HUEVO / EGG ALLERGY

7	8	9	10	11
	Espaguetis sin huevo al ajillo / Spagetti in garlic sauce Lacón horno con Ensalada / Baked ham with Mixed Salad Melocotón en almibar/ Peaches in sirup	Pure de calabacín / courgette puree rosti de patata con Ensalada / Potato rosti with Salad Fruta, leche, pan / fruit, milk, bread	Lentejas con verdura / Stewed Lentils with Potato and Carrot Abadejo con pisto / Baked cod with pisto Fruta, leche, pan / fruit, milk, bread	Sopa de Cocido sin huevo / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, leche, pan / fruit, milk, bread
14	15	16	17	18
Patatas con costillas / Stewed potato with ribs Rosti con ensalada / Rosti with salad Yogur De Frutas/ Fruit yoghurt	Arroz con tomate / Rice in tomato sauce Salchichas ave al horno Con Ensalada / Turkey Sausages in sauce with Salad Fruta, leche, pan / fruit, milk, bread	Alubias blancas con verduras / Beans stew with vegetables Bacalao con tomate y ensalada / Baked cod in tomato sauce with salad Fruta, leche, pan / fruit, milk, bread	Crema de verdura / Vegetables cream Pollo asado con patata / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Macarrones sin huevo con tomate / Macarroni in tomato sauce Ventresca de merluza con ensalada mixta / Battered belly hake with salad Fruta, leche, pan / fruit, milk, bread
21	22	23	24	25
Lentejas guisadas con verdura / Lentils Stew with Vegetables Cinta de lomo al ajillo con ensalada / Grilled Garlic Pork Loin with Salad Postre apto / Suitable dessert	Arroz con pollo / Chicken paella Salmon con ensalada de lechuga y zanahoria / Baked salmon with salad Fruta, leche, pan / fruit, milk, bread	Garbanzo con Arroz / Stewed chickpeas with rice Rosti con ensalada / rosti with salad Fruta, leche, pan / fruit, milk, bread	Judías verdes con tomate / Stewed Green beans in tomato sauce/ Albondigas con patata / Meatballs with potatoes Fruta, leche, pan / fruit, milk, bread	Sopa de fideos sin huevo / Noodles soup Limanda empanada con ensalada / Breaded sole with salad Fruta, leche, pan / fruit, milk, bread
28	29	30	31	
Espaguetis sin huevo con carne / Spagetti bolgnesse Pescadilla romana con Ensalada de zanahoria / Baked hake with carrot salad Yogur De Frutas/ Fruit yoghurt	Sopa de Cocido sin huevo / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, leche, pan / fruit, milk, bread	Patatas con pollo/ Potato and chicken stew Rosti con ensalada / Rosti with salad Fruta, leche, pan / fruit, milk, bread	Brocoli rebozado o pure / Battered brocoli Ragout de pavo con cous cous / Turkey ragout with cous cous Fruta, leche, pan / fruit, milk, bread	

ALERGIA LECHE / MILK ALLERGY

7	8	9	10	11
	Espaguetis al ajillo / Spagetti in garlic sauce Lacón horno con Ensalada / Baked ham with Mixed Salad Melocoton en almibar/ Peaches in sirup	Pure de calabacín / courgette puree Tortilla de patata con Ensalada / Potato Omelete with Salad Fruta, pan / fruit, bread	Lentejas con verdura / Stewed Lentils with Potato and Carrot Abadejo con pisto / Baked cod with pisto Fruta, pan / fruit, bread	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, pan / fruit, bread
14	15	16	17	18
Patatas con costillas / Stewed potato with ribs Tortilla con ensalada / Omelete with salad Postre apto / Suitable dessert	Arroz tres delicias / Three delights rice Salchichas ave al horno Con Ensalada / Turkey Sausages in sauce with Salad Fruta, pan / fruit, bread	Alubias blancas con verduras / Beans stew with vegetables Bacalao con tomate y ensalada / Baked cod in tomato sauce with salad Fruta, pan / fruit, bread	Crema de verdura / Vegetables cream Pollo asado con patata / Roast chicken with potatoes Fruta, pan / fruit, bread	Macarrones con tomate / Macarroni in tomato sauce Ventresca de merluza con ensalada mixta / Battered belly hake with salad Fruta, pan / fruit, bread
21	22	23	24	25
Lentejas guisadas con verdura / Lentils Stew with Vegetables Cinta de lomo al ajillo con ensalada / Grilled Garlic Pork Loin with Salad Postre apto / Suitable dessert	Fideua / fideua Salmon con ensalada de lechuga y zanahoria / Baked salmon with salad Fruta, pan / fruit, bread	Garbanzo con Arroz / Stewed chickpeas with rice Tortilla de york con ensalada / Ham omelete with salad Fruta, pan / fruit, bread	Judías verdes con tomate / Stewed Green beans in tomato sauce/ Albondigas con patata / Meatballs with potatoes Fruta, pan / fruit, bread	Sopa de estrellas/ stars soup Limanda empanada con ensalada / Breaded sole with salad Fruta, pan / fruit, bread
28	29	30	31	
Espaguetis con carne / Spagetti bolgnesse Pescadilla romana con Ensalada de zanahoria / Battered hake with carrot salad Postre apto / Suitable dessert	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, pan / fruit, bread	Patatas con pollo/ Potato and chicken stew Huevos cocidos con pisto / Boiled eggs with pisto Fruta, pan / fruit, bread	Brocoli rebozado o pure / Battered brocoli Ragout de pavo con cous cous / Turkey ragout with cous cous Fruta, pan / fruit, bread	

ALERGIA LEGUMBRE / LEGUME ALLERGY

7	8	9	10	11
	Espaguetis al ajillo / Spagetti in garlic sauce Lacón horno con Ensalada / Baked ham with Mixed Salad Melocoton en almibar/ Peaches in sirup	Pure de calabacín / courgette puree Tortilla de patata con Ensalada / Potato Omelete with Salad Fruta, leche, pan / fruit, milk, bread	Verdure estofada / Stewed vegetables Abadejo con pisto / Baked cod with pisto Fruta, leche, pan / fruit, milk, bread	Sopa de Cocido / Stew Soup Cocido sin garbanzo / Meat and Cabbage Stew Fruta, leche, pan / fruit, milk, bread
14	15	16	17	18
Patatas con costillas / Stewed potato with ribs Tortilla con ensalada / Omelete with salad Yogur De Frutas/ Fruit yoghurt	Arroz tres delicias sin guisante / Three delights rice Salchichas ave al horno Con Ensalada / Turkey Sausages in sauce with Salad Fruta, leche, pan / fruit, milk, bread	Verdura rehogada / Sauted vegetables Bacalao con tomate y ensalada / Baked cod in tomato sauce with salad Fruta, leche, pan / fruit, milk, bread	Crema de verdura / Vegetables cream Pollo asado con patata / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Macarrones carbonara / Macarroni in carbonara sauce Ventresca de merluza con ensalada mixta / Battered belly hake with salad Fruta, leche, pan / fruit, milk, bread
21	22	23	24	25
Verdura salteada / Sauted vegetables Cinta de lomo al ajillo con ensalada / Grilled Garlic Pork Loin with Salad Natillas / Creme caramel	Fideua de pollo / Chicken fideua Salmon con ensalada de lechuga y zanahoria / Baked salmon with salad Fruta, leche, pan / fruit, milk, bread	Arroz con tomate / Rice in tomato sauce Tortilla de york con ensalada / Ham omelete with salad Fruta, leche, pan / fruit, milk, bread	Salteado de Verdura o pure / Stewed vegetables or puree Albondigas con patata / Meatballs with potatoes Fruta, leche, pan / fruit, milk, bread	Sopa de estrellas/ stars soup Limanda empanada con ensalada / Breaded sole with salad Fruta, leche, pan / fruit, milk, bread
28	29	30	31	
Espaguetis con carne / Spagetti bolgnesse Pescadilla romana con Ensalada de zanahoria / Battered hake with carrot salad Yogur De Frutas/ Fruit yoghurt	Sopa de Cocido / Stew Soup Cocido sin garbanzo / Meat and Cabbage Stew Fruta, leche, pan / fruit, milk, bread	Patatas con pollo/ Potato and chicken stew Huevos cocidos con pisto / Boiled eggs with pisto Fruta, leche, pan / fruit, milk, bread	Brocoli rebozado / Battered brocoli Ragout de pavo con cous cous / Turkey ragout with cous cous Fruta, leche, pan / fruit, milk, bread	

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

MENUS COMEDOR PARA EL MES

ENERO 2019

CEIP INFANTAS ELENA Y CRISTINA

CELIACOS / CELIAC PEOPLE				
7	8	9	10	11
	Espaguetis sin gluten al ajillo / Spagetti in garlic sauce Lacón horno con Ensalada / Baked ham with Mixed Salad Melocoton en almibar/ Peaches in sirup	Pure de calabacín / courgette puree Tortilla de patata con Ensalada / Potato Omelete with Salad Fruta, leche, pan apto / fruit, milk, bread	Lentejas con verdura / Stewed Lentils with Potato and Carrot Abadejo con pisto / Baked cod with pisto Fruta, leche, pan apto / fruit, milk, bread	Sopa de Cocido sin gluten / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, leche, pan apto / fruit, milk, bread
14	15	16	17	18
Patatas con costillas / Stewed potato with ribs Tortilla atún con ensalada / Omelete with salad Yogur De Frutas/ Fruit yoghurt	Arroz tres delicias / Three delights rice Salchichas ave Con Ensalada / Turkey Sausages with Salad Fruta, leche, pan apto / fruit, milk, bread	Alubias blancas con verduras / Beans stew with vegetables Bacalao con tomate y ensalada / Baked cod in tomato sauce with salad Fruta, leche, pan apto / fruit, milk, bread	Crema de verdura / Vegetables cream Pollo asado con patata / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Macarrones sin gluten carbonara / Macarroni in carbonara sauce Ventresca de merluza con ensalada mixta / Battered belly hake with salad Fruta, leche, pan apto / fruit, milk, bread
21	22	23	24	25
Lentejas guisadas con verdura / Lentils Stew with Vegetables Cinta de lomo al ajillo con ensalada / Grilled Garlic Pork Loin with Salad Natillas / Creme caramel	Arroz con pollo / Chicken paella Salmon con ensalada de lechuga y zanahoria / Baked salmon with salad Fruta, leche, pan apto / fruit, milk, bread	Garbanzo con Arroz / Stewed chickpeas with rice Tortilla de york con ensalada / Ham omelette with salad Fruta, leche, pan apto / fruit, milk, bread	Judias verdes con tomate / Stewed Green beans in tomato sauce/ Albondigas con patata / Meatballs with potatoes Fruta, leche, pan apto / fruit, milk, bread	Sopa de picadillo sin gluten / Egg, chicken and ham soup Limanda con ensalada / Grilled sole with salad Fruta, leche, pan apto / fruit, milk, bread
28	29	30	31	
Espaguetis sin gluten con carne / Spagetti bolgnesse Pescadilla con Ensalada de zanahoria / Baked hake with carrot salad Yogur De Frutas/ Fruit yoghurt	Sopa de Cocido sin gluten / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, leche, pan apto / fruit, milk, bread	Patatas con pollo/ Potato and chicken stew Huevos cocidos con pisto / Boiled eggs with pisto Fruta, leche, pan apto / fruit, milk, bread	Brocoli rebozado o pure / Battered brocoli Ragout de pavo con arroz / Turkey ragout with rice Fruta, leche, pan / fruit, milk, bread	

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

FRUTO SECO/NUTTY ALLERGY				
7	8	9	10	11
	Espaguetis al ajillo / Spagetti in garlic sauce Lacón horno con Ensalada / Baked ham with Mixed Salad Melocoton en almibar/ Peaches in sirup	Pure de calabacín / courgette puree Tortilla de patata con Ensalada / Potato Omelete with Salad Fruta, leche, pan / fruit, milk, bread	Lentejas con verdura / Stewed Lentils with Potato and Carrot Abadejo con pisto / Baked cod with pisto Fruta, leche, pan / fruit, milk, bread	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, leche, pan / fruit, milk, bread
14	15	16	17	18
Patatas con costillas / Stewed potato with ribs Tortilla con ensalada / Omelete with salad Yogur De Frutas/ Fruit yoghurt	Arroz tres delicias / Three delights rice Salchichas ave al horno Con Ensalada / Turkey Sausages in sauce with Salad Fruta, leche, pan / fruit, milk, bread	Alubias blancas con verduras / Beans stew with vegetables Bacalao con tomate y ensalada / Baked cod in tomato sauce with salad Fruta, leche, pan / fruit, milk, bread	Crema de verdura / Vegetables cream Pollo asado con patata / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Macarrones carbonara / Macarroni in carbonara sauce Ventresca de merluza con ensalada mixta / Battered belly hake with salad Fruta, leche, pan / fruit, milk, bread
21	22	23	24	25
Lentejas guisadas con verdura / Lentils Stew with Vegetables Cinta de lomo al ajillo con ensalada / Grilled Garlic Pork Loin with Salad Natillas / Creme caramel	Fideua / fideua Salmon con ensalada de lechuga y zanahoria / Baked salmon with salad Fruta, leche, pan / fruit, milk, bread	Garbanzo con Arroz / Stewed chickpeas with rice Tortilla de york con ensalada / Ham omelette with salad Fruta, leche, pan / fruit, milk, bread	Judias verdes con tomate / Stewed Green beans in tomato sauce/ Albondigas con patata / Meatballs with potatoes Fruta, leche, pan / fruit, milk, bread	Sopa de estrellas/ stars soup Limanda empanada con ensalada / Breaded sole with salad Fruta, leche, pan / fruit, milk, bread
28	29	30	31	
Espaguetis con carne / Spagetti bolgnesse Pescadilla romana con Ensalada de zanahoria / Battered hake with carrot salad Yogur De Frutas/ Fruit yoghurt	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, leche, pan / fruit, milk, bread	Patatas con pollo/ Potato and chicken stew Huevos cocidos con pisto / Boiled eggs with pisto Fruta, leche, pan / fruit, milk, bread	Brocoli rebozado o pure / Battered brocoli Ragout de pavo con cous cous / Turkey ragout with cous cous Fruta, leche, pan / fruit, milk, bread	



CUTASA SL

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