



# MENU ABRIL 2018



## ALERGIA PESCADO

2	3	4	5	6
	Verdura rehogada o puree / Sauted vegetables or puree Lomo al ajillo con verduras / Grilled Pork Loin with garlic and vegetables Yogurt de fruta/ Fruit yoghurt	Paré de verdura / Vegetables Puree Escalope de ternera con patatas / Breaded veal fillet with chips Fruta, leche, pan / fruit, milk, bread	Lentejas con arroz / Lentils stew with rice Huevos rellenos con tomate / Stuffed eggs in tomato sauce Fruta, leche, pan / fruit, milk, bread	Tallarines con chorizo / Spagetti with chorizo Pollo con ensalada / Baked chicken with salad Fruta, leche, pan / fruit, milk, bread
9	10	11	12	13
Espaguetis con pavo / Spagetti in tomato sauce with turkey Lomo con ensalada / Baked loin with salad Yogurt , Pan / Yoghurt, bread	Lentejas con zanahoria y patata / Lentils stew with vegetables Tortilla de patata con ensalada / Potato omelette with salad Fruta, leche, pan / fruit, milk, bread	Fideuá de pollo / chicken fideua Filete rusos con ensalada / Grilled burger with salad Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Pollo asado con patata / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, leche, pan / fruit, milk, bread
16	17	18	19	20
Verdura rehogada o puree / Sauted vegetables or puree Sajonia al horno con Patatas / Baked Sajonia with chips Yogurt de fruta/ Fruit yoghurt	Macarrones al ajillo / Macaroni in garlic sauce Lomo con ensalada / Baked loin with vegetables Fruta, leche, pan / fruit, milk, bread	Judias blancas con chorizo / Beans stew with chorizo Tortilla de pavo con ensalada / Turkey stew with salad Fruta, leche, pan / fruit, milk, bread	Patatas con costillas / Potato stew with cutlets Salchichas con pisto / Baked sausages with ratatouille Fruta, leche, pan / fruit, milk, bread	judias verdes con jamon / Green beans with ham Pollo en salsa con arroz / Chicken stew with rice Fruta, leche, pan / fruit, milk, bread
23	24	25	26	27
Lasaña boloñesa / Bolognese lasagna Escalopa de pavo vienesa / Breaded turkey fillet Tiramisu / Tiramisu	Causolette / Causolette Lomo con ensalada / grilled loin with salad Mousse de chocolate / Chocolat mousse	Arroz a la griega / Greek rice Pilo guisado con limon / Chicken stew with lemon sauce Yogurt griego / Greek yogurt	Charquican / Charquican Pollo con ensalada / Baked chicken with salad Arroz dulce portugues / Sweet rice	Sopa de alubias con salchichas / Beans soup with sausages Carne asada con pure de patata / Baked meat with potato puree Tarta de manzana / Apple pie

## ALERGIA HUEVO

2	3	4	5	6
	Calabacín rebozado / Battered courgette Lomo al ajillo con verduras / Grilled Pork Loin with garlic and vegetables Yogurt de fruta/ Fruit yoghurt	Paré de verdura / Vegetables Puree Escalope de ternera con patatas / Breaded veal fillet with chips Fruta, leche, pan / fruit, milk, bread	Lentejas con arroz / Lentils stew with rice Rosti con tomate / Rosti in tomato sauce Fruta, leche, pan / fruit, milk, bread	Tallarines sin huevo con chorizo / Spagetti with chorizo Salmon horno con ensalada / Baked salmon with salad Fruta, leche, pan / fruit, milk, bread
9	10	11	12	13
Espaguetis sin huevo con pavo / Spagetti in tomato sauce with turkey Merluza al horno con ensalada / Baked hake with salad Yogurt , Pan / Yoghurt, bread	Lentejas con zanahoria y patata / Lentils stew with vegetables Rosti con ensalada / Ham rosti with salad Fruta, leche, pan / fruit, milk, bread	Arroz con pollo/ chicken rice Bacalao con ensalada / Grilled cod with salad Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Pollo asado con patata / Roast chicken with potatoes 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
16	17	18	19	20
Coliflor rebozada / Battered cauliflower Sajonia al horno con Patatas / Baked Sajonia with chips Yogurt de fruta/ Fruit yoghurt	Macarrones sin huevo al ajillo / Macaroni in garlic sauce Limanda con pisto / Baked limanda with ratatouille Fruta, leche, pan / fruit, milk, bread	Judias blancas con chorizo / Beans stew with chorizo Rosti con ensalada / Turkey stew with salad Fruta, leche, pan / fruit, milk, bread	Patatas con costillas / Potato stew with cutlets Merluza horno con ensalada / Baked hake with ratatouille Fruta, leche, pan / fruit, milk, bread	judias verdes con jamon / Green beans with ham Pollo en salsa con arroz / Chicken stew with rice Fruta, leche, pan / fruit, milk, bread
23	24	25	26	27
Pasta sin huevo con tomate / Pasta in tomato sauce Escalopa de pavo vienesa / Breaded turkey fillet Postre apto / Suitable dessert	Causolette / Causolette Pilo guisado con limon / Baked hake al abeurre blanc Mousse de chocolate / Chocolat mousse	Arroz a la griega / Greek rice Pilo guisado con limon / Chicken stew with lemon sauce Yogurt griego / Greek yogurt	Charquican / Charquican Bacalao a la brasa / Grilled cod Arroz dulce portugues / Sweet rice	Sopa de alubias con salchichas / Beans soup with sausages Carne asada con pure de patata / Baked meat with potato puree Postre apto / Suitable dessert

## ALERGIA LECHE

2	3	4	5	6
	Verdura rehogada o puree / Sauted vegetables or puree Lomo al ajillo con verduras / Grilled Pork Loin with garlic and vegetables Postre apto / Suitable dessert	Paré de verdura / Vegetables Puree Ternera con patatas / Breaded veal fillet with chips Fruta, pan / fruit, bread	Lentejas con arroz / Lentils stew with rice Huevos rellenos con tomate / Stuffed eggs in tomato sauce Fruta, pan / fruit, bread	Tallarines con chorizo / Spagetti with chorizo Salmon horno con ensalada / Baked salmon with salad Fruta, pan / fruit, bread
9	10	11	12	13
Espaguetis con pavo / Spagetti in tomato sauce with turkey Merluza al horno con ensalada / Baked hake with salad Postre apto / Suitable dessert	Lentejas con zanahoria y patata / Lentils stew with vegetables Tortilla de patata con ensalada / Potato omelette with salad Fruta, pan / fruit, bread	Fideuá de pollo / chicken fideua Bacalao con ensalada / Grilled cod with salad Fruta, pan / fruit, bread	Menestra de verdura / Vegetables stew Pollo asado con patata / Roast chicken with potatoes Fruta, pan / fruit, bread	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, pan / fruit, bread
16	17	18	19	20
Verdura rehogada o puree / Sauted vegetables or puree Sajonia al horno con Patatas / Baked Sajonia with chips Postre apto / Suitable dessert	Macarrones al ajillo / Macaroni in garlic sauce Limanda con pisto / Baked limanda with ratatouille Fruta, pan / fruit, bread	Judias blancas con chorizo / Beans stew with chorizo Tortilla de pavo con ensalada / Turkey stew with salad Fruta, pan / fruit, bread	Patatas con costillas / Potato stew with cutlets Merluza horno con pisto / Baked hake with ratatouille Fruta, pan / fruit, bread	judias verdes con jamon / Green beans with ham Pollo en salsa con arroz / Chicken stew with rice Fruta, pan / fruit, bread
23	24	25	26	27
Pasta con tomate / Pasta in tomato sauce Escalopa de pavo vienesa / Breaded turkey fillet Postre apto / Suitable dessert	Causolette / Causolette merluza al abeurre blanc / Baked hake al abeurre blanc Postre apto / Suitable dessert	Arroz a la griega / Greek rice Pilo guisado con limon / Chicken stew with lemon sauce Postre apto / Suitable dessert	Charquican / Charquican Bacalao a la brasa / Grilled cod Postre apto / Suitable dessert	Sopa de alubias con salchichas / Beans soup with sausages Carne asada con pure de patata / Baked meat with potato puree Postre apto / Suitable dessert

## ALERGIA LEGUMBRE

2	3	4	5	6
	Calabacín rebozado / Battered courgette Lomo al ajillo con verduras / Grilled Pork Loin with garlic and vegetables Yogurt de fruta/ Fruit yoghurt	Paré de verdura / Vegetables Puree Escalope de ternera con patatas / Breaded veal fillet with chips Fruta, leche, pan / fruit, milk, bread	Arroz con tomate / Rice in tomato sauce Huevos rellenos con tomate / Stuffed eggs in tomato sauce Fruta, leche, pan / fruit, milk, bread	Tallarines con chorizo / Spagetti with chorizo Salmon horno con ensalada / Baked salmon with salad Fruta, leche, pan / fruit, milk, bread
9	10	11	12	13
Espaguetis sin huevo con pavo / Spagetti in tomato sauce with turkey Merluza al horno con ensalada / Baked hake with salad Yogurt , Pan / Yoghurt, bread	Verdura estofada / Vegetables stew Tortilla de patata con ensalada / Potato omelette with salad Fruta, leche, pan / fruit, milk, bread	Fideuá de pollo / chicken fideua Bacalao con ensalada / Grilled cod with salad Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Pollo asado con patata / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Sopa de Cocido / Stew Soup Cocido sin garbanzo / Chickpeas, Meat and Cabbage Stew Fruta, leche, pan / fruit, milk, bread
16	17	18	19	20
Coliflor rebozada / Battered cauliflower Sajonia al horno con Patatas / Baked Sajonia with chips Yogurt de fruta/ Fruit yoghurt	Macarrones al ajillo / Macaroni in garlic sauce Limanda con pisto / Baked limanda with ratatouille Fruta, leche, pan / fruit, milk, bread	Arroz con verdura / Rice with vegetables Tortilla de pavo con ensalada / Turkey stew with salad Fruta, leche, pan / fruit, milk, bread	Patatas con costillas / Potato stew with cutlets Merluza horno con pisto / Baked hake with ratatouille Fruta, leche, pan / fruit, milk, bread	Verdura salteada / Sauted vegetables Pollo en salsa con arroz / Chicken stew with rice Fruta, leche, pan / fruit, milk, bread
23	24	25	26	27
Lasaña boloñesa / Bolognese lasagna Escalopa de pavo vienesa / Breaded turkey fillet Tiramisu / Tiramisu	Verdura esvofada merluza al abeurre blanc / Baked hake al abeurre blanc Mousse de chocolate / Chocolat mousse	Arroz a la griega / Greek rice Pilo guisado con limon / Chicken stew with lemon sauce Yogurt griego / Greek yogurt	Charquican / Charquican Bacalao a la brasa / Grilled cod Arroz dulce portugues / Sweet rice	Sopa de arroz con salchichas / Rice soup with sausages Carne asada con pure de patata / Baked meat with potato puree Tarta de manzana / Apple pie

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

# MENUS COMEDOR PARA EL MES

## ABRIL 2018

CEIP INFANTAS ELENA Y CRISTINA

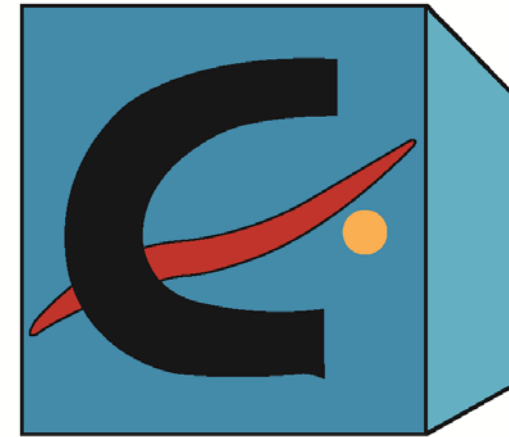
### CELIACOS

2	3	4	5	6
	Verdura rehogada o puree / Sauted vegetables or puree Lomo al ajillo con verduras / Grilled Pork Loin with garlic and vegetables Yogurt de fruta/ Fruit yoghurt	Puré de verdura / <i>Vegetables Puree</i> Escalope de ternera con patatas / <i>Breaded veal fillet with chips</i> Fruta, leche, pan / fruit, milk, bread	Lentejas con arroz / <i>Lentils stew with rice</i> Huevos con tomate / <i>Stuffed eggs in tomato sauce</i> Fruta, leche, pan / fruit, milk, bread	Tallarines sin gluten con chorizo / Spagetti with chorizo Salmon horno con ensalada / Baked salmon with salad Fruta, leche, pan / fruit, milk, bread
9	10	11	12	13
Espaguetis sin gluten con pavo / Spagetti in tomato sauce with turkey Merluza al horno con ensalada / <i>Baked hake with salad</i> Yogurt , Pan / Yoghurt, bread	Lentejas con zanahoria y patata / Lentils stew with vegetables Tortilla de patata con ensalada / Potato omelette with salad Fruta, leche, pan / fruit, milk, bread	Arroz con pollo/ <i>chicken rice</i> Bacalao con ensalada / Grilled cod with salad Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Pollo asado con patata / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Sopa de Cocido sin gluten / <i>Stew Soup</i> Cocido Completo / <i>Chickpeas, Meat and Cabbage Stew</i> Fruta, leche, pan / fruit, milk, bread
16	17	18	19	20
Verdura rehogada o puree / Sauted vegetables or puree Sajonia al horno con Patatas / Baked Sajonia with chips Yogurt de fruta/ <i>Fruit yoghurt</i>	Macarrones sin gluten al ajillo / <i>Macaroni in garlic sauce</i> Limanda con pisto / Baked limanda with ratatouille Fruta, leche, pan / fruit, milk, bread	Judias blancas con chorizo / Beans stew with chorizo Tortilla de pavo con ensalada / Turkey stew with salad Fruta, leche, pan / fruit, milk, bread	Patatas con costillas / <i>Potato stew with cutlets</i> Merluza horno con pisto / Baked hake with ratatouille Fruta, leche, pan / fruit, milk, bread	judias verdes con jamon / Green beans with ham Pollo en salsa con arroz / <i>Chicken stew with rice</i> Fruta, leche, pan / fruit, milk, bread
23	24	25	26	27
Pasta sin gluten con tomate / Pasta in tomato sauce Escalopa de pavo vienesa / Breaded turkey fillet Postre apto / Suitable dessert	Causolette / Causolette merluza al abeurre blanc / Baked hake al abeurre blanc Mousse de chocolate / Postre apto / Suitable dessert	Arroz a la griega / Greek rice Pollo guisado con limon / Chicken stew with lemon sauce Yogurt griego / Greek yogurt	Charquican / Charquican Bacalao a la brasa / Grilled cod Arroz dulce portugues / Sweet rice	Sopa de alubias con salchichas / Beans soup with sausages Carne asada con pure de patata / Baked meat with potato puree Postre apto / Suitable dessert

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

### MENU FRUTOS SECOS

2	3	4	5	6
	Calabacín rebozado / Battered courgette Lomo al ajillo con verduras / Grilled Pork Loin with garlic and vegetables Yogurt de fruta/ Fruit yoghurt	Puré de verdura / <i>Vegetables Puree</i> Escalope de ternera con patatas / <i>Breaded veal fillet with chips</i> Fruta, leche, pan / fruit, milk, bread	Lentejas con arroz / <i>Lentils stew with rice</i> Huevos rellenos con tomate / <i>Stuffed eggs in tomato sauce</i> Fruta, leche, pan / fruit, milk, bread	Tallarines con chorizo / Spagetti with chorizo Salmon horno con ensalada / Baked salmon with salad Fruta, leche, pan / fruit, milk, bread
9	10	11	12	13
Espaguetis con pavo / Spagetti in tomato sauce with turkey Merluza al horno con ensalada / <i>Baked hake with salad</i> Yogurt , Pan / Yoghurt, bread	Lentejas con zanahoria y patata / Lentils stew with vegetables Tortilla de patata con ensalada / Potato omelette with salad Fruta, leche, pan / fruit, milk, bread	Fideuá de pollo / chicken fideua Bacalao con ensalada / Grilled cod with salad Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Pollo asado con patata / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Sopa de Cocido / <i>Stew Soup</i> Cocido Completo / <i>Chickpeas, Meat and Cabbage Stew</i> Fruta, leche, pan / fruit, milk, bread
16	17	18	19	20
Coliflor rebozada / Battered cauliflower Sajonia al horno con Patatas / Baked Sajonia with chips Yogurt de fruta/ <i>Fruit yoghurt</i>	Macarrones al ajillo / <i>Macaroni in garlic sauce</i> Limanda con pisto / Baked limanda with ratatouille Fruta, leche, pan / fruit, milk, bread	Judias blancas con chorizo / Beans stew with chorizo Tortilla de pavo con ensalada / Turkey stew with salad Fruta, leche, pan / fruit, milk, bread	Patatas con costillas / <i>Potato stew with cutlets</i> Merluza horno con pisto / Baked hake with ratatouille Fruta, leche, pan / fruit, milk, bread	judias verdes con jamon / Green beans with ham Pollo en salsa con arroz / <i>Chicken stew with rice</i> Fruta, leche, pan / fruit, milk, bread
23	24	25	26	27
Lasaña boloñesa / Bolognese lasagna Escalopa de pavo vienesa / Breaded turkey fillet Postre apto / Suitable dessert	Causolette / Causolette merluza al abeurre blanc / Baked hake al abeurre blanc Postre apto / Suitable dessert	Arroz a la griega / Greek rice Pilo guisado con limon / Chicken stew with lemon sauce Yogurt griego / Greek yogurt	Charquican / Charquican Bacalao a la brasa / Grilled cod Arroz dulce portugues / Sweet rice	Sopa de alubias con salchichas / Beans soup with sausages Carne asada con pure de patata / Baked meat with potato puree Postre apto / Suitable dessert



**CUTASA, S.L.**  
SERVICIO DE COLECTIVIDADES  
COMEDORES

# CUTASA

ALIMENTAMOS BIEN

Avda. Montes de Oca, 19 nave - 24  
28703 San Sebastián de los Reyes (Madrid)  
Tel: 91 659 22 70