

MENU OCTUBRE 2018

1	2	3	4	5
Paella verdura / vegetable Paella Lomo con ensalada / Battered cod with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Crema calabacín / Courgette Puree Hamburguesa ternera con patata / Grilled veal burger with baked potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas guisadas / Stew pinto beans with vegetables Tortilla de patata con pisto / Potato omelette with pisto Fruta y leche, pan / Fruit and milk, bread	Sopa de picadillo / Egg and ham Stew Soup Laçón conlechuga,maiz y aceituna / Baked smoked ham with salad Fruta y leche, pan / Fruit and milk, bread	Pasta con tomate / Pasta in tomato sauce Fte de pollo ensaladas / grilled chicken with salad Fruta y leche, pan / Fruit and milk, bread
8	9	10	11	12
Espaguetis con salsa de tomate / Spagetti in Tomato Sauce Tortilla De pavo con lechuga y zanahoria / Turkey Omelette with Salad Gelatina de frutas /Fruit jelly	Judía verde salteada con jamón / Sautéed Green Beans with ham Escalope pollo con Patata frita / Battered chicken with chips Fruta y leche, pan / Fruit and milk, bread	Lentejas con patata y zanahoria / Stew lentils with vegetables Salchichas ave con ensalada / chicken sausages with salad Fruta y leche, pan / Fruit milk,	Crema de verdura / Vegetables puree Magro de cerdo guisado/ Stewed pork with potatoes Fruta y leche, pan / Fruit milk	FIESTA
15	16	17	18	19
Macarrones con chorizo / Macaroni in tomato sauce with chorizo Lomo asado con puré de manzana / Pork loin fried with apple puree Yogur de fruta./ Fruit Yoghurt,	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread	Arroz con verduras y magro / Rice with vegetables and pork meat Filete con ensalada / Grilled fillet with salad Fruta y leche, pan / Fruit milk, bread	Crema de zanahorias / Carrot cream Estofado de pavo con cous cous / Turkey stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Lentejas estofadas con verdura / Stewed lentils Pollo con lechuga y apio / Baked chicken with salad Fruta y leche, pan / Fruit and milk, bread
22	23	24	25	26
Arroz con verduras / Rice with vegetables Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Yogur de fruta, pan / Fruit Yoghurt, bread	Judías blancas estofadas/ Stew pinto beans with vegetables Filete con Ensalada Mixta / Grilled fillet and Salad Fruta y leche, pan / Fruit and milk, bread	Coliflor Rebozada / Battered Cauliflower Tortilla de patata con york / Potato omelette with ham Fruta y leche, pan / Fruit and milk, bread	Patatas guisadas con chorizo / Stewed potatoes with chorizo Pollo con lechuga y maiz / Baked chicken with salad 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
29	30	31	ALERGIA PESCADO / FISH ALLERGY	
Lentejas con chorizo / Lentils stew with chorizo Huevos riojana con lechuga y maiz / Boiled eggs with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Crema de puerro / Leek puree Lomo con patatas / Grilled pork loin with potatoes Fruta y leche, pan / Fruit and milk, bread	Sopa de fideos/ Noodles oup Pollo asado con verdura al horno / Roast Chicken with baked vegetables Fruta y leche, pan / Fruit and milk, bread		

1	2	3	4	5
Paella verdura / vegetable Paella Bacalao romana con ensalada / Battered cod with salad Postre apto / Suitable dessert	Crema calabacín / Courgette Puree Hamburguesa con patata / Grilled veal burger with baked potatoes Fruta y pan / Fruit and bread	Judías blancas guisadas / Stew pinto beans with vegetables Tortilla de patata con pisto/ Potato omelette with pisto Fruta y pan / Fruit and bread	Sopa de picadillo / Egg and ham Stew Soup Laçón conlechuga,maiz y aceituna / Baked smoked ham with salad Fruta y pan / Fruit and bread	Pasta con tomate / Pasta in tomato sauce Fte de merluza en salsa verde con guisantes / Hake in Green Sauce with peas Fruta y pan / Fruit and bread
8	9	10	11	12
Espaguetis con salsa de tomate / Spagetti in Tomato Sauce Tortilla De pavo con lechuga y zanahoria / Turkey Omelette with Salad Gelatina de frutas /Fruit jelly	Judía verde salteada con jamón / Sautéed Green Beans with ham Escalope pollo con Patata frita / Battered chicken with chips Fruta y pan / Fruit and bread	Lentejas con patata y zanahoria / Stew lentils with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with salad Fruta y pan / Fruit and bread	Crema de verdura / Vegetables puree Magro de cerdo guisado/ Stewed pork with potatoes Fruta, pan / Fruit milk	FIESTA
15	16	17	18	19
Macarrones con chorizo / Macaroni in tomato sauce with chorizo Lomo asado con puré de manzana / Pork loin fried with apple puree Postre apto / Suitable dessert	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y pan / Fruit and bread	Arroz con verduras y magro / Rice with vegetables and pork meat Fte. Hallibut con lechuga y maiz / Baked hallibut with salad Fruta y pan / Fruit and bread	Crema de zanahorias / Carrot cream Estofado de pavo con cous cous / Turkey stew with cous cous Fruta y pan / Fruit and bread	Lentejas estofadas con verdura / Stewed lentils Pescadilla romana con lechuga y apio / Battered hake with salad Fruta y pan / Fruit and bread
22	23	24	25	26
Arroz con verduras / Rice with vegetables Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Postre apto / Suitable dessert	Judías blancas estofadas/ Stew pinto beans with vegetables Limanda romana con Ensalada Mixta / Battered limanda and Salad Fruta y pan / Fruit and bread	Pure de verdura / Vegetables puree Tortilla de patata con york / Potato omelette with ham Fruta y pan / Fruit and bread	Patatas guisadas con chorizo / Stewed potatoes with chorizo Tronquito merluza horno con lechuga y maiz / Baked Hake with salad Fruta y pan / Fruit and bread	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y pan / Fruit and bread
29	30	31	ALERGIA LECHE / MILK ALLERGY	
Lentejas con chorizo / Lentils stew with chorizo Huevos riojana con lechuga y maiz / Boiled eggs with salad Postre apto / Suitable dessert	Crema de puerro / Leek puree Salmón al horno con patata / Baked salmon with potatoes Fruta y pan / Fruit and bread	Sopa de pescado/ Fish soup Pollo asado con verdura al horno / Roast Chicken with baked vegetables Fruta , pan / Fruit , bread		

1	2	3	4	5
Paella verdura / vegetable Paella Bacalao con ensalada / Baked cod with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Crema calabacín / Courgette Puree Hamburguesa con patata / Grilled veal burger with baked potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas guisadas / Stew pinto beans with vegetables Rosti de patata con pisto/ Potato rosti with pisto Fruta y leche, pan / Fruit and milk, bread	Sopa de picadillo sin huevo / ham Stew Soup Laçón con lechuga,maiz y aceituna / Baked smoked ham with salad Fruta y leche, pan / Fruit and milk, bread	Pasta sin huevo boloñesa / Bolognese pasta Fte de merluza en salsa verde con guisantes / Hake in Green Sauce with peas Fruta y leche, pan / Fruit and milk, bread
8	9	10	11	12
Espaguetis sin huevo con salsa de tomate / Spagetti in Tomato Sauce Rosti de pavo con lechuga y zanahoria / Turkey Omelette with Salad Gelatina de frutas /Fruit jelly	Judía verde salteada con jamón / Sautéed Green Beans with ham Escalope pollo con Patata frita / Battered chicken with chips Fruta y leche, pan / Fruit and milk, bread	Lentejas con patata y zanahoria / Stew lentils with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with salad Fruta y leche, pan / Fruit milk,	Crema de verdura / Vegetables puree Magro de cerdo guisado/ Stewed pork with potatoes Fruta y leche, pan / Fruit milk	FIESTA
15	16	17	18	19
Macarrones sin huevo con chorizo / Macaroni in tomato sauce with chorizo Lomo asado con puré de manzana / Pork loin fried with apple puree Yogur de fruta./ Fruit Yoghurt,	Sopa de Cocido sin huevo / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread	Arroz con verduras y magro / Rice with vegetables and pork meat Fte. Hallibut con lechuga y maiz / Baked hallibut with salad Fruta y leche, pan / Fruit milk,	Crema de zanahorias / Carrot cream Estofado de pavo arroz / Turkey stew with rice Fruta y leche, pan / Fruit and milk, bread	Lentejas estofadas con verdura / Stewed lentils Pescadilla con lechuga y apio / Baked hake with salad Fruta y leche, pan / Fruit and milk, bread
22	23	24	25	26
Arroz con verduras / Rice with vegetables Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Yogur de fruta, pan / Fruit Yoghurt, bread	Judías blancas estofadas/ Stew pinto beans with vegetables Limanda horno con Ensalada Mixta / Battered limanda and Salad Fruta y leche, pan / Fruit and milk, bread	Pure de verdura / Vegetables puree Rosti con york / Rosti with ham Fruta y leche, pan / Fruit and milk, bread	Patatas guisadas con chorizo / Stewed potatoes with chorizo Tronquito merluza horno con lechuga y maiz / Baked Hake with salad 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
29	30	31	ALERGIA HUEVO / EGG ALLERGY	
Lentejas con chorizo / Lentils stew with chorizo Rosti con lechuga y maiz / Rosti with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Crema de puerro / Leek puree Salmón al horno con patata / Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Sopa de pescado sin huevo/ Fish soup Pollo asado con verdura al horno / Roast Chicken with baked vegetables Fruta y leche, pan / Fruit and milk, bread		

1	2	3	4	5
Paella verdura / vegetable Paella Bacalao romana con ensalada / Battered cod with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Crema calabacín / Courgette Puree Hamburguesa casera con patata / Grilled burger with baked potatoes Fruta y leche, pan / Fruit milk	Verdura estofada o pure / Vegetables stew Tortilla de patata con pisto/ Potato omelette with pisto Fruta y leche, pan / Fruit and milk, bread	Sopa de picadillo / Egg and ham Stew Soup Lomo con lechuga,maiz y aceituna / Baked loin with salad Fruta y leche, pan / Fruit milk,	Pasta con tomate / Pasta in tomato sauce Fte de merluza en salsa verde / Hake in Green Sauce Fruta y leche, pan / Fruit milk
8	9	10	11	12
Espaguetis con salsa de tomate / Spagetti in Tomato Sauce Tortilla con lechuga y zanahoria / Omelette with Salad Gelatina de frutas /Fruit jelly	Arroz con tomate / Rice in tomato sauce Escalope pollo con Patata frita / Battered chicken with chips Fruta y leche, pan / Fruit and milk, bread	Verdura salteada o pure / Sautéed vegetables Ventresca Merluza horno lechuga / Baked Hake belly with salad Fruta y leche, pan / Fruit milk,	Crema de verdura / Vegetables puree Magro de cerdo guisado/ Stewed pork with potatoes Fruta y leche, pan / Fruit milk	FIESTA
15	16	17	18	19
Macarrones con chorizo / Macaroni in tomato sauce with chorizo Lomo asado con puré de manzana / Pork loin fried with apple puree Yogur de fruta./ Fruit Yoghurt,	Sopa de Cocido / Stew Soup Cocido Completo sin legumbre/ Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread	Arroz con verduras y magro / Rice with vegetables and pork meat Fte. Hallibut con lechuga y maiz / Baked hallibut with salad Fruta y leche, pan / Fruit milk,	Crema de zanahorias / Carrot cream Estofado de pavo con cous cous / Turkey stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Verduras estofadas / Vegetables stew Pescadilla romana con lechuga y apio / Battered hake with salad Fruta y leche, pan / Fruit and milk, bread
22	23	24	25	26
Arroz con verduras / Rice with vegetables Filete con ensalada / Grilled fillet with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Verdura estofadas o pure / Stew vegetables Limanda romana con Ensalada Mixta / Battered limanda and Salad Fruta y leche, pan / Fruit and milk, bread	Coliflor Rebozada / Battered Cauliflower Tortilla de patata con york / Potato omelette with ham Fruta y leche, pan / Fruit and milk, bread	Patatas guisadas con chorizo / Stewed potatoes with chorizo Tronquito merluza horno con lechuga y maiz / Baked Hake with salad Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido sin huevo / Stew Soup Cocido Completo sin legumbre/ Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
29	30	31	ALERGIA LEGUMBRE / LEGUME ALLERGY	
Arroz rehogado / Sautéed rice Huevos riojana con lechuga y maiz / Boiled eggs with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Crema de puerro / Leek puree Salmón al horno con patata / Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Sopa de pescado/ Fish soup Pollo asado con verdura al horno / Roast Chicken with baked vegetables Fruta y leche, pan / Fruit and 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

OCTUBRE 2018

1 Paella verdura / vegetable Paella Bacalao horno con ensalada / Battered cod with salad Yogur de fruta. / Fruit Yoghurt,	2 Crema calabacín / Courgette Puree Hamburguesa sin gluten con patata / Grilled veal burger with baked potatoes Fruta y leche. / Fruit and milk,	3 Judías blancas guisadas / Stew pinto beans with vegetables Tortilla de patata con pisto/ Potato omelette with pisto Fruta y leche. / Fruit and milk,	4 Sopa de picadillo sin gluten / Egg and ham Stew Soup Lacón con lechuga.maiz y aceituna / Baked smoked ham with salad Fruta y leche. / Fruit and milk,	5 Pasta sin gluten con tomate / Pasta in tomato sauce Fte de merluza en salsa verde con guisantes / Hake in Green Sauce with peas Fruta y leche. / Fruit and milk,
8 Espaguetis sin gluten con salsa de tomate / Spagetti in Tomato Sauce Tortilla De pavo con lechuga y zanahoria / Turkey Omelette with Salad Gelatina de frutas /Fruit jelly	9 Judía verde saiteada con jamón / Sauted Green Beans with ham Escalope pollo con Patata frita / Battered chicken with chips Fruta y leche. / Fruit and milk,	10 Lentejas con patata y zanahoria / Stew lentils with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with salad Fruta y leche. / Fruit milk,	11 Crema de verdura / Vegetables puree Magro de cerdo guisado/ Stewed pork with potatoes Fruta y leche. / Fruit milk	12 FIESTA
15 Macarrones sin gluten con chorizo / Macaroni in tomato sauce with chorizo Lomo asado con puré de manzana / Pork loin fried with apple puree Yogur de fruta./ Fruit Yoghurt,	16 Sopa de Cocido sin gluten / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche. / Fruit and milk,	17 Arroz con verduras y magro / Rice with vegetables and pork meat Fte. Hallibut con lechuga y maiz / Baked hallibut with salad Fruta y leche. / Fruit milk,	18 Crema de zanahorias / Carrot cream Estofado de pavo arroz / Turkey stew with rice Fruta y leche. / Fruit and milk,	19 Lentejas estofadas con verdura / Stewed lentils Pescadilla plancha con lechuga y apio / Battered hake with salad Fruta y leche. / Fruit and milk,
22 Arroz con verduras / Rice with vegetables Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Yogur de fruta. / Fruit Yoghurt,	23 Judías blancas estofadas/ Stew pinto beans with vegetables Limanda horno con Ensalada Mixta / Battered limanda and Salad Fruta y leche. / Fruit and milk,	24 Pure de verdura / Vegetables puree Tortilla de patata con york / Potato omelette with ham Fruta y leche. / Fruit and milk,	25 Patatas guisadas con chorizo / Stewed potatoes with chorizo Tronquito merluza horno con lechuga y maiz / Baked Hake with salad Fruta y leche. / Fruit and milk,	26 Sopa de Cocido sin gluten / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche. / Fruit and milk,
29 Lentejas con chorizo / Lentils stew with chorizo Huevos riojana con lechuga y maiz / Boiled eggs with salad Yogur de fruta. / Fruit Yoghurt,	30 Crema de puerro / Leak puree Salmón al horno con patata / Baked salmon with potatoes Fruta y leche. / Fruit and milk,	31 Sopa de pescado sin gluten/ Fish soup Pollo asado con verdura al horno / Roast Chicken with baked vegetables Fruta y leche. / Fruit and milk,	CELIACOS / CELIAC PEOPLE	

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

Paella verdura / vegetable Paella Bacalao romana con ensalada / Battered cod with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Crema calabacín / Courgette Puree Hamburguesa tomerca con patata / Grilled veal burger with baked potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas guisadas / Stew pinto beans with vegetables Tortilla de patata con pisto/ Potato omelette with pisto Fruta y leche, pan / Fruit and milk, bread	Sopa de picadillo / Egg and ham Stew Soup Lacón con lechuga.maiz y aceituna / Baked smoked ham with salad Fruta y leche, pan / Fruit and milk, bread	Pasta con tomate / Pasta in tomato sauce Fte de merluza en salsa verde con guisantes / Hake in Green Sauce with peas Fruta y leche, pan / Fruit and milk, bread
8 Espaguetis con salsa de tomate / Spagetti in Tomato Sauce Tortilla De pavo con lechuga y zanahoria / Turkey Omelette with Salad Gelatina de frutas /Fruit jelly	9 Judía verde saiteada con jamón / Sauted Green Beans with ham Escalope pollo con Patata frita / Battered chicken with chips Fruta y leche, pan / Fruit and milk, bread	10 Lentejas con patata y zanahoria / Stew lentils with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with salad Fruta y leche, pan / Fruit milk,	11 Crema de verdura / Vegetables puree Magro de cerdo guisado/ Stewed pork with potatoes Fruta y leche, pan / Fruit milk	12 FIESTA
15 Macarrones con chorizo / Macaroni in tomato sauce with chorizo Lomo asado con puré de manzana / Pork loin fried with apple puree Yogur de fruta./ Fruit	16 Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread	17 Arroz con verduras y magro / Rice with vegetables and pork meat Fte. Hallibut con lechuga y maiz / Baked hallibut with salad Fruta y leche, pan / Fruit	18 Crema de zanahorias / Carrot cream Estofado de pavo con cous cous / Turkey stew with cous cous Fruta y leche, pan / Fruit and milk, bread	19 Lentejas estofadas con verdura / Stewed lentils Pescadilla romana con lechuga y apio / Battered hake with salad Fruta y leche, pan / Fruit and milk, bread
22 Arroz con verduras / Rice with vegetables Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Yogur de fruta, pan / Fruit Yoghurt, bread	23 Judías blancas estofadas/ Stew pinto beans with vegetables Limanda romana con Ensalada Mixta / Battered limanda and Salad Fruta y leche, pan / Fruit and milk, bread	24 Coliflor Rebozada / Battered Cauliflower Tortilla de patata con york / Potato omelette with ham Fruta y leche, pan / Fruit and milk, bread	25 Patatas guisadas con chorizo / Stewed potatoes with chorizo Tronquito merluza horno con lechuga y maiz / Baked Hake with salad Fruta y leche, pan / Fruit and milk, bread	26 Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
29 Lentejas con chorizo / Lentils stew with chorizo Huevos riojana con lechuga y maiz / Boiled eggs with salad Yogur de fruta, pan / Fruit Yoghurt, bread	30 Crema de puerro / Leak puree Salmón al horno con patata / Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	31 Sopa de pescado/ Fish soup Pollo asado con verdura al horno / Roast Chicken with baked vegetables Fruta y leche, pan / Fruit and milk, bread	FRUTO SECO/NUTTY ALLERGY	



CUTASA

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