

# MENU OCTUBRE 2017

2	3	4	5	6
Paella carne / Meat 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 Lacón conlechuga,maiz y acetuna / Baked smoked ham with salad Fruta y leche, pan / Fruit and milk, bread	Patatas con costillas / Potato srtew with pork ribs Fte de pollo ensaladas / grilled chicken with salad Fruta y leche, pan / Fruit and milk, bread
9	10	11	12	13
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 / Sauted 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,	<b>FIESTA</b>	<b>FIESTA</b>
16	17	18	19	20
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,	Crema de zanahorias / Carrot cream Estofado de ternera con cous cous / Veal stew with cous cous 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	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew 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
23	24	25	26	27
Arroz con verduras / Rice with vegetables Salchichas de pollo 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
30	31			<b>ALERGIA PESCADO / FISH ALLERGY</b>

2	3	4	5	6
Paella / Meat and fish 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 Lacón con lechuga,maiz y acetuna / Baked smoked ham with salad Fruta y pan / Fruit and bread	Patatas con costillas / Potato srtew with pork ribs Fte de merluza en salsa verde con guisantes / Hake in Green Sauce with peas Fruta y pan / Fruit and bread
9	10	11	12	13
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 / Sauted 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	<b>FIESTA</b>	<b>FIESTA</b>
16	17	18	19	20
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	Crema de zanahorias / Carrot cream Estofado de ternera con cous cous / Veal stew with cous cous Fruta y pan / Fruit and bread	Arroz con verduras y magro / Rice with vegetables and pork meat Fte. Palometa con lechuga y maiz / Baked ray's bream 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	Lentejas estofadas con verdura / Stewed lentils Pescadilla romana con lechuga y apio / Battered hake with salad Fruta y pan / Fruit and bread
23	24	25	26	27
Arroz con verduras / Rice with vegetables Filete con ensalada / Grilled fillet 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
30	31			<b>ALERGIA LECHE / MILK ALLERGY</b>

2	3	4	5	6
Paella / Meat and fish 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 Lacón con lechuga,maiz y acetuna / Baked smoked ham with salad Fruta y leche, pan / Fruit and milk, bread	Patatas con costillas / Potato srtew with pork ribs Fte de merluza en salsa verde con guisantes / Hake in Green Sauce with peas Fruta y leche, pan / Fruit and milk, bread
9	10	11	12	13
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 / Sauted 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,	<b>FIESTA</b>	<b>FIESTA</b>
16	17	18	19	20
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,	Crema de zanahorias / Carrot cream Estofado de ternera arroz / Veal stew with rice Fruta y leche, pan / Fruit and milk, bread	Arroz con verduras y magro / Rice with vegetables and pork meat Fte. Palometa con lechuga y maiz / Baked ray's bream with salad Fruta y leche, pan / Fruit milk,	Sopa de Cocido sin huevo / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew 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
23	24	25	26	27
Arroz con verduras / Rice with vegetables Salchichas de pollo 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
30	31			<b>ALERGIA HUEVO / EGG ALLERGY</b>

2	3	4	5	6
Paella / Meat and fish 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 / 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 acetuna / Baked loin with salad Fruta y leche, pan / Fruit milk,	Patatas con costillas / Potato srtew with pork ribs Fte de merluza en salsa verde / Hake in Green Sauce Fruta y leche, pan / Fruit milk
9	10	11	12	13
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 / Sauted vegetables Ventresca Merluza horno lechuga / Baked Hake belly with salad Fruta y leche, pan / Fruit milk,	<b>FIESTA</b>	<b>FIESTA</b>
16	17	18	19	20
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,	Crema de zanahorias / Carrot cream Estofado de ternera con cous cous / Veal stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Arroz con verduras y magro / Rice with vegetables and pork meat Fte. Palometa con lechuga y maiz / Baked ray's bream with salad Fruta y leche, pan / Fruit milk,	Sopa de Cocido / Stew Soup Cocido Completo sin legumbre/ Chickpeas, Meat and Cabbage Stew 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
23	24	25	26	27
Arroz con verduras / Rice with vegetables Filete con ensalada / Grilled fillet with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Verdura estofadas / 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 / Stew Soup Cocido Completo sin legumbre/ Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
30	31			<b>ALERGIA LEGUMBRE / LEGUME ALLERGY</b>

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

# MENUS COMEDOR PARA EL MES OCTUBRE 2017 CEIP INFANTA ELENA Y CRISTINA

<b>2</b> Paella / Meat and fish Paella Bacalao romana con ensalada / Battered cod with salad Yogur de fruta, pan / Fruit Yoghurt, bread	<b>3</b> Crema calabacín / Courgette Puree <b>Hamburguesa sin gluten con patata / Grilled veal burger with baked potatoes</b> Fruta y leche, pan / Fruit and milk, bread	<b>4</b> 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	<b>5</b> Sopa de picadillo sin gluten / Egg and ham Stew Soup Lacón conlechuga,maiz y aceituna / Baked smoked ham with salad Fruta y leche, pan / Fruit and milk, bread	<b>6</b> Patatas con costillas / Potato strew with pork ribs Fte de merluza en salsa verde con guisantes / Hake in Green Sauce with peas Fruta y leche, pan / Fruit and milk, bread
<b>9</b> 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	<b>10</b> Judía verde salteada con jamón / Sauted Green Beans with ham Escalope pollo con Patata frita / Battered chicken with chips Fruta y leche, pan / Fruit and milk, bread	<b>11</b> Lentejas con patata y zanahoria / Stew lentils with vegetables Ventresca Merluza homo lechuga / Baked Hake belly with salad Fruta y leche, pan / Fruit milk,	<b>12</b> <b>FIESTA</b>	<b>13</b> <b>FIESTA</b>
<b>16</b> 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,	<b>17</b> Crema de zanahorias / Carrot cream Estofado de ternera arroz / Veal stew with rice Fruta y leche, pan / Fruit and milk, bread	<b>18</b> Arroz con verduras y magro / Rice with vegetables and pork meat Fte. Palometa con lechuga y maiz / Baked ray's bream with salad Fruta y leche, pan / Fruit milk,	<b>19</b> Sopa de Cocido sin gluten / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread	<b>20</b> Lentejas estofadas con verdura / Stewed lentils Pescadilla romana con lechuga y apio / Battered hake with salad Fruta y leche, pan / Fruit and milk, bread
<b>23</b> Arroz con verduras / Rice with vegetables Salchichas de pollo con lechuga y zanahoria / Turkey Sausage with Salad Yogur de fruta, pan / Fruit Yoghurt, bread	<b>24</b> 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	<b>25</b> Pure de verdura / Vegetables puree Tortilla de patata con york / Potato omelette with ham Fruta y leche, pan / Fruit and milk, bread	<b>26</b> Patatas guisadas con chorizo / Stewed potatoes with chorizo Tronquito merluza homo con lechuga y maiz / Baked Hake with salad Fruta y leche, pan / Fruit and milk, bread	<b>27</b> Sopa de Cocido sin gluten / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
<b>30</b> Lentejas con chorizo / Lentils stew with chorizo Tortilla de patata con lechuga y maiz / Potato omelette with salad Yogur de fruta, pan / Fruit Yoghurt, bread	<b>31</b> Crema de puerro / Leak puree Salmón al horno con patata / Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread			<b>CELIACOS / CELIAC PEOPLE</b>

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

<b>2</b> Paella / Meat and fish Paella Bacalao romana con ensalada / Battered cod with salad Yogur de fruta, pan / Fruit Yoghurt, bread	<b>3</b> Crema calabacín / Courgette Puree <b>Hamburguesa ternera con patata / Grilled veal burger with baked potatoes</b> Fruta y leche, pan / Fruit and milk, bread	<b>4</b> 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	<b>5</b> Sopa de picadillo / Egg and ham Stew Soup Lacón conlechuga,maiz y aceituna / Baked smoked ham with salad Fruta y leche, pan / Fruit and milk, bread	<b>6</b> Patatas con costillas / Potato strew with pork ribs Fte de merluza en salsa verde con guisantes / Hake in Green Sauce with peas Fruta y leche, pan / Fruit and milk, bread
<b>9</b> 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	<b>10</b> Judía verde salteada con jamón / Sauted Green Beans with ham Escalope pollo con Patata frita / Battered chicken with chips Fruta y leche, pan / Fruit and milk, bread	<b>11</b> Lentejas con patata y zanahoria / Stew lentils with vegetables Ventresca Merluza homo lechuga / Baked Hake belly with salad Fruta y leche, pan / Fruit milk,	<b>12</b> <b>FIESTA</b>	<b>13</b> <b>FIESTA</b>
<b>16</b> 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	<b>17</b> Crema de zanahorias / Carrot cream Estofado de ternera con cous cous / Veal stew with cous cous Fruta y leche, pan / Fruit and milk, bread	<b>18</b> Arroz con verduras y magro / Rice with vegetables and pork meat Fte. Palometa con lechuga y maiz / Baked ray's bream with salad Fruta y leche, pan / Fruit	<b>19</b> Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread	<b>20</b> Lentejas estofadas con verdura / Stewed lentils Pescadilla romana con lechuga y apio / Battered hake with salad Fruta y leche, pan / Fruit and milk, bread
<b>23</b> Arroz con verduras / Rice with vegetables Salchichas de pollo con lechuga y zanahoria / Turkey Sausage with Salad Yogur de fruta, pan / Fruit Yoghurt, bread	<b>24</b> 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	<b>25</b> Coliflor Rebozada / Battered Cauliflower Tortilla de patata con york / Potato omelette with ham Fruta y leche, pan / Fruit and milk, bread	<b>26</b> Patatas guisadas con chorizo / Stewed potatoes with chorizo Tronquito merluza homo con lechuga y maiz / Baked Hake with salad Fruta y leche, pan / Fruit and milk, bread	<b>27</b> Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
<b>30</b> Lentejas con chorizo / Lentils stew with chorizo Tortilla de patata con lechuga y maiz / Potato omelette with salad Yogur de fruta, pan / Fruit Yoghurt, bread	<b>31</b> Crema de puerro / Leak puree Salmón al horno con patata / Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread			<b>FRUTO SECO/NUTTY ALLERGY</b>



## CUTASA

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