

# MENU NOVIEMBRE 2017

ALERGIA PESCADO / FISH ALLERGY				2	3
				Macarrones carbonara / Macaroni in carbonara sauce Lomo asado con ensalada / Roast pork loin with salad Fruta y leche, pan / Fruit and milk, bread	Lentejas con chorizo / Lentils stew with chorizo Sajonia con Verduras / Baked Sajonia with onion, pepper tomato Fruta y leche, pan / Fruit and mil
6	7	8	9	10	
Espaguetis con carne / Spaghetti in tomato sauce with meat Fte pollo ensalada / Baked chicken with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Puré coliflor y calabacín / Cauliflower and courgette puree Albóndigas en salsa con cous cous / Meatballs in sauce with cous cous Fruta y leche, pan / Fruit,milk	Potaje de Garbanzos Castellano / Chickpeas Stew Fte de lomo al Horno con ensalada / Baked pork loin with Salad Fruta y leche, pan / Fruit and milk, bread	Sopa de picadillo / Soup with ham and egg Dados de Magro con champiñón / Pork meat stew with mushrooms Fruta y leche, pan / Fruit and milk, bread	Arroz con Verduras / Rice with Vegetables Tortilla de york con ensalada / Ham omelette with salad Fruta y leche, pan / Fruit and milk, bread	
13	14	15	16	17	
Lentejas hortelana / Lentils Stew Lacón con ensalada mixta / Baked ham with mixed salad Yogur de fruta, pan / Fruit Yoghurt, bread	Judías verdes rehogadas con patata / Green beans with boiled potatoes Salchichas pavo con patata vapor / Baked sausages with boiled potatoes Fruta y leche, pan / Fruit,milk	Patatas guisadas con verdura / potato stew Filete de pollo a la plancha verduras / Grilled chicken breast with vegetables Fruta y leche, pan / Fruit and milk, bread	Judías asturiana / Beans Stew with Spanish Sausage Huevos cocidos con salsa de tomate / Boiled eggs in tomato sauce Fruta y leche, pan / Fruit and milk, bread	Crema de puerros / Leek cream Pavo horno con ensalada / Baked turkey with salad Fruta y leche, pan / Fruit and milk, bread	
20	21	22	23	24	
Macarrones con pavo / Macaroni in tomato sauce Lomo plancha con ensalada / Grilled loin with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Verdura rehogada o pure / Sautéed vegetables Pollo en pepitoria con Patatas / Chicken stew with chips 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	Patatas con costillas / Potato stew with ribs Filete con ensalada / Grilled fillet with salad Fruta y leche, pan / Fruit and milk, bread	Judías blancas guisadas / Beans stew Tortilla de patata con ensalada / Potato omelette with salad Fruta y leche, pan / Fruit and milk, bread	
27	28	29	30		
Lentejas estofadas / Stewed lentils Escalopines lomo cerdo al ajillo con ensalada / Grilled garlic pork loin with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Fideuá de pollo / Chicken fideua Sajonia con ensalada / Baked Sajonia with salad Fruta y leche, pan / Fruit and milk, bread	Puré de verduras / Vegetables puree Escalope de pollo con patatas fritas / Grilled chicken breast with potatoes Fruta y leche, pan / Fruit and milk, bread	Espaguetis boloñesa / Spagetti in bolognese sauce Salchichas con ensalada / Sausages with salad Fruta y leche, pan / Fruit and milk, bread		

ALERGIA LECHE / MILK ALLERGY				2	3
				Macarrones con tomate/ Macaroni in tomato sauce Lomo asado con ensalada / Roast pork loin with salad Fruta y pan / Fruit and bread	Lentejas con chorizo / Lentils stew with chorizo Bacalao asado con Verduras / Baked cod with onion, pepper tomato Fruta y pan / Fruit and bread
6	7	8	9	10	
Espaguetis con carne / Spaghetti in tomato sauce with meat Fte de caballa en salsa verde / Baked mackerel in green sauce Postre apto / Suitable dessert	Puré coliflor y calabacín / Cauliflower and courgette puree Albóndigas en salsa con cous cous / Meatballs in sauce with cous cous Fruta y leche, pan / Fruit,milk	Potaje de Garbanzos Castellano / Chickpeas Stew Fie de Merluza al Horno con ensalada / Baked Hake supreme with Salad Fruta y pan / Fruit and bread	Sopa de picadillo / Soup with ham and egg Dados de Magro con champiñón / Pork meat stew with mushrooms Fruta y pan / Fruit and bread	Arroz con Verduras / Rice with Vegetables Tortilla de york con ensalada / Ham omelette with salad Fruta y pan / Fruit and bread	
13	14	15	16	17	
Lentejas hortelana / Lentils Stew Lacón con ensalada mixta / Baked ham with mixed salad Postre apto / Suitable dessert	Judías verdes rehogadas con patata / Green beans with boiled potatoes Limanda rebozada con patata vapor / Baked limanda with boiled potatoes Fruta y pan / Fruit and bread	Patatas guisadas marinera / potato stew with fish and squid Filete de pollo a la plancha verduras / Grilled chicken breast with vegetables Fruta y pan / Fruit and bread	Judías asturiana / Beans Stew with Spanish Sausage Huevos cocidos con salsa de tomate / Boiled eggs in tomato sauce Fruta y pan / Fruit and bread	Crema de puerros / Leek cream Dados merluza salsa verde / Hake fish dices in green sauce Fruta y pan / Fruit and bread	
20	21	22	23	24	
Macarrones con pavo / Macaroni in tomato sauce Limanda Menier con ensalada / Limanda "meuniere" with salad Postre apto / Suitable dessert	Verdura rehogada o pure / Sautéed vegetables Pollo en pepitoria con Patatas / Chicken stew with chips Fruta y pan / Fruit and bread	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y pan / Fruit and bread	Patatas con costillas / Potato stew with ribs Bacalao rebozado con Ensalada / Battered Hake with Salad Fruta y pan / Fruit and bread	Judías blancas guisadas / Beans stew Tortilla de patata con ensalada / Potato omelette with salad Fruta y pan / Fruit and bread	
27	28	29	30		
Lentejas estofadas / Stewed lentils Escalopines lomo cerdo al ajillo con ensalada / Grilled garlic pork loin with salad Postre apto / Suitable dessert	Fideuá de pollo / Chicken fideua Merluza a la romana con ensalada / Breded hake with salad Fruta y pan / Fruit and bread	Puré de verduras / Vegetables puree Escalope de pollo con patatas fritas / Grilled chicken breast with potatoes Fruta y pan / Fruit and bread	Espaguetis boloñesa / Spagetti in bolognese sauce Rabas de calamar con ensalada / Fried squid with salad Fruta y pan / Fruit and bread		

ALERGIA HUEVO / EGG ALLERGY				2	3
				Macarrones sin huevo carbonara / Macaroni in carbonara sauce Lomo asado con ensalada / Roast pork loin with salad Fruta y leche, pan / Fruit and milk, bread	Lentejas con chorizo / Lentils stew with chorizo Bacalao asado con Verduras / Baked cod with onion, pepper tomato Fruta y leche, pan / Fruit and mil
6	7	8	9	10	
Espaguetis sin huevo con carne / Spaghetti in tomato sauce with meat Fte de caballa en salsa verde / Baked mackerel in green sauce Yogur de fruta, pan / Fruit Yoghurt, bread	Puré coliflor y calabacín / Cauliflower and courgette puree Albóndigas en salsa con cous cous / Meatballs in sauce with cous cous Fruta y leche, pan / Fruit,milk	Potaje de Garbanzos Castellano / Chickpeas Stew Fte de Merluza al Horno con ensalada / Baked Hake supreme with Salad Fruta y leche, pan / Fruit and milk, bread	Sopa de picadillo sin huevo / Soup with ham Dados de Magro con champiñón / Pork meat stew with mushrooms Fruta y leche, pan / Fruit and milk, bread	Arroz con Verduras / Rice with Vegetables Rosti de york con ensalada / Ham rosti with salad Fruta y leche, pan / Fruit and milk, bread	
13	14	15	16	17	
Lentejas hortelana / Lentils Stew Lacón con ensalada mixta / Baked ham with mixed salad Yogur de fruta, pan / Fruit Yoghurt, bread	Judías verdes rehogadas con patata / Green beans with boiled potatoes Limanda horno con patata vapor / Baked limanda with boiled potatoes Fruta y leche, pan / Fruit,milk	Patatas guisadas marinera / potato stew with fish and squid Filete de pollo a la plancha verduras / Grilled chicken breast with vegetables Fruta y leche, pan / Fruit and milk, bread	Judías asturiana / Beans Stew with Spanish Sausage Rosti con toamie con salsa de tomate / Rosti in tomato sauce Fruta y leche, pan / Fruit and milk, bread	Crema de puerros / Leek cream Dados merluza salsa verde / Hake fish dices in green sauce Fruta y leche, pan / Fruit and milk, bread	
20	21	22	23	24	
Macarrones sin huevo con pavo / Macaroni in tomato sauce Limanda Menier con ensalada / Limanda "with salad" Yogur de fruta, pan / Fruit yogurt	Verdura rehogada o pure / Sautéed vegetables Pollo en pepitoria con Patatas / Chicken stew with chips 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	Patatas con costillas / Potato stew with ribs Bacalao horno con Ensalada / Baked Hake with Salad Fruta y leche, pan / Fruit and milk, bread	Judías blancas guisadas / Beans stew Rosti de patata con ensalada / Potato rosti with salad Fruta y leche, pan / Fruit and milk, bread	
27	28	29	30		
Lentejas estofadas / Stewed lentils Escalopines lomo cerdo al ajillo con ensalada / Grilled garlic pork loin with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Arroz de pollo / Chicken fideua Merluza a la plancha con ensalada / Grilled hake with salad Fruta y leche, pan / Fruit and milk, bread	Puré de verduras / Vegetables puree Escalope de pollo con patatas fritas / Grilled chicken breast with potatoes Fruta y leche, pan / Fruit and milk, bread	Espaguetis sin huevo boloñesa / Spagetti in bolognese sauce Calamar plancha con ensalada / grilled squid with salad Fruta y leche, pan / Fruit and milk, bread		

ALERGIA LEGUMBRE / LEGUME ALLERGY				2	3
				Macarrones carbonara / Macaroni in carbonara sauce Lomo asado con ensalada / Roast pork loin with salad Fruta y leche, pan / Fruit and milk, bread	Verdura estofada / Vegetables stew Bacalao asado con Verduras / Baked cod with onion, pepper tomato Fruta y leche, pan / Fruit and mil
6	7	8	9	10	
Espaguetis con carne / Spaghetti in tomato sauce with meat Fte de caballa en salsa verde / Baked mackerel in green sauce Yogur de fruta, pan / Fruit Yoghurt, bread	Puré coliflor y calabacín / Cauliflower and courgette puree Albóndigas en salsa con cous cous / Meatballs in sauce with cous cous Fruta y leche, pan / Fruit,milk	Verdura estofada / Vegetables stew Fie de Merluza al Horno con ensalada / Baked Hake supreme with Salad Fruta y leche, pan / Fruit and milk, bread	Sopa de picadillo / Soup with ham and egg Dados de Magro con champiñón / Pork meat stew with mushrooms Fruta y leche, pan / Fruit and milk, bread	Arroz con Verduras / Rice with Vegetables Tortilla de york con ensalada / Ham omelette with salad Fruta y leche, pan / Fruit and milk, bread	
13	14	15	16	17	
Arroz con tomate / Rice in tomato sauce Lacón con ensalada mixta / Baked ham with mixed salad Yogur de fruta, pan / Fruit Yoghurt, bread	Verdura estofada / Vegetables stew Limanda rebozada con patata vapor / Baked limanda with boiled potatoes Fruta y leche, pan / Fruit,milk	Patatas guisadas marinera / potato stew with fish and squid Filete de pollo a la plancha verduras / Grilled chicken breast with vegetables Fruta y leche, pan / Fruit and milk, bread	Champiñón rehogado / Sautéed mushrooms Huevos cocidos con salsa de tomate / Boiled eggs in tomato sauce Fruta y leche, pan / Fruit and milk, bread	Crema de puerros / Leek cream Dados merluza salsa verde / Hake fish dices in green sauce Fruta y leche, pan / Fruit and milk, bread	
20	21	22	23	24	
Macarrones con pavo / Macaroni in tomato sauce Limanda Menier con ensalada / Limanda "meuniere" with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Crema de zanahoria / Carrot cream Pollo en pepitoria con Patatas / Chicken stew with chips Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido / Stew Soup Carne cocido / Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread	Patatas con costillas / Potato stew with ribs Bacalao rebozado con Ensalada / Battered Hake with Salad Fruta y leche, pan / Fruit and milk, bread	Arroz salteado / Sautéed rice Tortilla de patata con ensalada / Potato omelette with salad Fruta y leche, pan / Fruit and milk, bread	
27	28	29	30		
Verdura salteada / Sautéed vegetables Escalopines lomo cerdo al ajillo con ensalada / Grilled garlic pork loin with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Fideuá de pollo / Chicken fideua Merluza a la romana con ensalada / Breded hake with salad Fruta y leche, pan / Fruit and milk, bread	Puré de verduras / Vegetables puree Escalope de pollo con patatas fritas / Grilled chicken breast with potatoes Fruta y leche, pan / Fruit and milk, bread	Espaguetis boloñesa / Spagetti in bolognese sauce Rabas de calamar con ensalada / Fried squid with salad 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

## NOVIEMBRE 2017

			2	3
<b>CELIACOS / CELIAC PEOPLE</b>			Macarrones sin gluten carbonara / Macaroni in carbonara sauce Lomo asado con ensalada / <i>Roast pork loin with salad</i> Fruta y leche, pan / Fruit and milk, bread	Lentejas con chorizo/ <i>Lentils stew with chorizo</i> Bacalao asado con Verduras / <i>Baked cod with onion, pepper tomato</i> Fruta y leche, pan / Fruit and milk
6	7	8	9	10
Espaguetis sin gluten con carne / <i>Spaghetti in tomato sauce with meat</i> Fte de caballa en salsa verde / <i>Baked mackerel in green sauce</i> Yogur de fruta, pan / Fruit Yoghurt, bread	Puré coliflor y calabacín / <i>Cauliflower and courgette puree</i> Albóndigas caseras en salsa con cous cous / <i>Meatballs in sauce with cous cous</i> Fruta y leche, pan / Fruit,milk	Potaje de Garbanzos Castellano / Chickpeas Stew Fte de Merluza al Horno con ensalada / <i>Baked Hake supreme with Salad</i> Fruta y leche, pan / Fruit and milk, bread	Sopa de picadillo sin gluten / <i>Soup with ham and egg</i> Dados de Magro con champiñón / <i>Pork meat stew with mushrooms</i> Fruta y leche, pan / Fruit and milk, bread	Arroz con Verduras / <i>Rice with Vegetables</i> Tortilla de york con ensalada / <i>Ham omelette with salad</i> Fruta y leche, pan / Fruit and milk, bread
13	14	15	16	17
Lentejas hortelana / <i>Lentils Stew</i> Lacón con ensalada mixta / <i>Baked ham with mixed salad</i> Yogur de fruta, pan / Fruit Yoghurt, bread	Judías verdes rehogadas con patata / <i>Green beans with boiled potatoes</i> Limanda horno con patata vapor / <i>Baked limanda with boiled potatoes</i> Fruta y leche, pan / Fruit,milk	Patatas guisadas marinera / potato stew with fish and squid Filete de pollo a la plancha verduras / <i>Grilled chicken breast with vegetables</i> Fruta y leche, pan / Fruit and milk, bread	Judías asturiana / <i>Beans Stew with Spanish Sausage</i> Huevos cocidos con salsa de tomate / <i>Boiled eggs in tomato sauce</i> Fruta y leche, pan / Fruit and milk, bread	Crema de puerros / <i>Leek cream</i> Dados merluza salsa verde / <i>Hake fish dices in green sauce</i> Fruta y leche, pan / Fruit and milk, bread
20	21	22	23	24
Macarrones sin gluten con pavo / <i>Macaroni in tomato sauce</i> Limanda Menier con ensalada / <i>Limanda "meuniere" with salad</i> Yogur de fruta, pan / Fruit	Verdura rehogada o pure / <i>Sauted vegetables</i> Pollo en pepitoria con Patatas / <i>Chicken stew with chips</i> Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido sin gluten / <i>Stew Soup</i> Cocido Completo / <i>Chickpeas, Meat and Cabbage Stew</i> Fruta y leche, pan / Fruit and milk, bread	Patatas con costillas / Potato stew with ribs Bacalao horno con Ensalada / <i>Battered Hake with Salad</i> Fruta y leche, pan / Fruit and milk, bread	Judías blancas guisadas / <i>Beans stew</i> Tortilla de patata con ensalada / <i>Potato omelette with salad</i> Fruta y leche, pan / Fruit and milk, bread
27	28	29	30	
Lentejas estofadas / <i>Stewed lentils</i> Escalopines lomo cerdo al ajillo con ensalada / <i>Grilled garlic pork loin with salad</i> Yogur de fruta, pan / Fruit Yoghurt, bread	Arroz de pollo / <i>Chicken rice</i> Merluza a la plancha con ensalada / <i>Breded hake with salad</i> Fruta y leche, pan / Fruit and milk, bread	Puré de verduras / <i>Vegetables puree</i> Escalope de pollo con patatas fritas / <i>Grilled chicken breast with potatoes</i> Fruta y leche, pan / Fruit and milk, bread	Espaguetis sin gluten boloñesa / <i>Spagetti in bolognese sauce</i> Calamar plancha con ensalada / <i>grilled squid with salad</i> Fruta y leche, pan / Fruit and milk, bread	

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

			2	3
<b>FRUTO SECO/NUTTY ALLERGY</b>			Macarrones carbonara / Macaroni in carbonara sauce Lomo asado con ensalada / <i>Roast pork loin with salad</i> Fruta y leche, pan / Fruit and milk, bread	Lentejas con chorizo/ <i>Lentils stew with chorizo</i> Bacalao asado con Verduras / <i>Baked cod with onion, pepper tomato</i> Fruta y leche, pan / Fruit and milk
6	7	8	9	10
Espaguetis con carne / <i>Spaghetti in tomato sauce with meat</i> Fte de caballa en salsa verde / <i>Baked mackerel in green sauce</i> Yogur de fruta, pan / Fruit	Puré coliflor y calabacín / <i>Cauliflower and courgette puree</i> Albóndigas en salsa con cous cous / <i>Meatballs in sauce with cous cous</i> Fruta y leche, pan / Fruit,milk	Potaje de Garbanzos Castellano / Chickpeas Stew Fte de Merluza al Horno con ensalada / <i>Baked Hake supreme with Salad</i> Fruta y leche, pan / Fruit and milk, bread	Sopa de picadillo / <i>Soup with ham and egg</i> Dados de Magro con champiñón / <i>Pork meat stew with mushrooms</i> Fruta y leche, pan / Fruit and milk, bread	Arroz con Verduras / <i>Rice with Vegetables</i> Tortilla de york con ensalada / <i>Ham omelette with salad</i> Fruta y leche, pan / Fruit and milk, bread
13	14	15	16	17
Lentejas hortelana / <i>Lentils Stew</i> Lacón con ensalada mixta / <i>Baked ham with mixed salad</i> Yogur de fruta, pan / Fruit Yoghurt, bread	Judías verdes rehogadas con patata / <i>Green beans with boiled potatoes</i> Limanda rebozada con patata vapor / <i>Baked limanda with boiled potatoes</i> Fruta y leche, pan / Fruit,milk	Patatas guisadas marinera / potato stew with fish and squid Filete de pollo a la plancha verduras / <i>Grilled chicken breast with vegetables</i> Fruta y leche, pan / Fruit and milk, bread	Judías asturiana / <i>Beans Stew with Spanish Sausage</i> Huevos cocidos con salsa de tomate / <i>Boiled eggs in tomato sauce</i> Fruta y leche, pan / Fruit and milk, bread	Crema de puerros / <i>Leek cream</i> Dados merluza salsa verde / <i>Hake fish dices in green sauce</i> Fruta y leche, pan / Fruit and milk, bread
20	21	22	23	24
Macarrones con pavo / <i>Macaroni in tomato sauce</i> Limanda Menier con ensalada / <i>Limanda "meuniere" with salad</i> Yogur de fruta, pan / Fruit Yoghurt, bread	Ramitos coliflor / Battered cauliflower Pollo en pepitoria con Patatas / <i>Chicken stew with chips</i> Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido / <i>Stew Soup</i> Cocido Completo / <i>Chickpeas, Meat and Cabbage Stew</i> Fruta y leche, pan / Fruit and milk, bread	Patatas con costillas / Potato stew with ribs Bacalao rebozado con Ensalada / <i>Battered Hake with Salad</i> Fruta y leche, pan / Fruit and milk, bread	Judías blancas guisadas / <i>Beans stew</i> Tortilla de patata con ensalada / <i>Potato omelette with salad</i> Fruta y leche, pan / Fruit and milk, bread
27	28	29	30	
Lentejas estofadas / <i>Stewed lentils</i> Escalopines lomo cerdo al ajillo con ensalada / <i>Grilled garlic pork loin with salad</i> Yogur de fruta, pan / Fruit Yoghurt, bread	Fideuá de pollo / <i>Chicken fideua</i> Merluza a la romana con ensalada / <i>Breded hake with salad</i> Fruta y leche, pan / Fruit and milk, bread	Puré de verduras / <i>Vegetables puree</i> Escalope de pollo con patatas fritas / <i>Grilled chicken breast with potatoes</i> Fruta y leche, pan / Fruit and milk, bread	Espaguetis boloñesa / <i>Spagetti in bolognese sauce</i> Rabas de calamar con ensalada / <i>Fried squid with salad</i> Fruta y leche, pan / Fruit and milk, bread	



# CUTASA

## ALIMENTAMOS BIEN

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