

MENU NOVIEMBRE 2018

ALERGIA PESCADO / FISH ALLERGY				
5	6	7	8	9
Arroz con Verduras / <i>Rice with Vegetables</i> Tortilla de york con ensalada / Ham omelette with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Puré coliflor y calabacín / <i>Cauliflower and courgette puree</i> Pollo asado con patatas / Roast chicken with potatoes Fruta y leche, pan / Fruit,milk	Potaje de Garbanzos Castellano / Chickpeas Stew Sajonia con ensalada / Baked Sajonia with salad Fruta y leche, pan / Fruit and milk, bread	Espaguetis con chorizo / Spaghetti with chorizo Hamburguesa de ternera con champiñón / Grilled burger with mushrooms Fruta y leche, pan / Fruit and milk, bread	Verdura rehogada o pure / Battered cauliflower Lomo horn con ensalada/ grilled pork loin Fruta y leche, pan / Fruit and milk, bread
12	13	14	15	16
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> Salchichas pavo con patata vapor / <i>Baked sausages with boiled potatoes</i> Fruta y leche, pan / Fruit,milk	Patatas guisadas con verdura/ potato stew 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> Pollo con ensalada / Baked chicken with salad Fruta y leche, pan / Fruit and milk, bread
19	20	21	22	23
Macarrones con pavo / <i>Macaronni in tomato sauce</i> Lomo plancha con ensalada / Grilled loin with salad Yogur de fruta, pan / Fruit Yoghurt, bread	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 / <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 Filete con ensalada / Grilled fillet with salad 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
26	27	28	29	30
Lentejas estofadas / <i>Stewed lentils</i> Escalopines lomo cerdo al ajillo con ensalada / Grilled <i>garlic pork loin with salad</i> Yogur de fruta, pan / Fruit Yoghurt, bread	Fideuá de pollo / <i>Chicken fideua</i> Sajonia con ensalada / Baked Sajonia with salad 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> Salchichas con ensalada / <i>Sausages with salad</i> Fruta y leche, pan / Fruit and milk, bread	Calabacín plancha / Grilled courgette Estofado de ternera con patata / <i>Veal stew with potatoes</i> Fruta y leche, pan / Fruit and milk, bread

ALERGIA HUEVO / EGG ALLERGY				
5	6	7	8	9
Arroz con Verduras / <i>Rice with Vegetables</i> Rosti de york con ensalada / Ham rosti with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Puré coliflor y calabacín / <i>Cauliflower and courgette puree</i> Pollo asado con patatas / Roast chicken with potatoes Fruta y leche, pan / Fruit,milk	Potaje de Garbanzos Castellano / Chickpeas Stew Bacalao al horno con ensalada / Baked cod with salad Fruta y leche, pan / Fruit and milk, bread	Espaguetis sin huevo con chorizo / Spaghetti with chorizo Hamburguesa de ternera con champiñón / Grilled burger with mushrooms Fruta y leche, pan / Fruit and milk, bread	Verdura rehogada o pure / Battered cauliflower Fletan horn con ensalada/ Baked fletan with salad Fruta y leche, pan / Fruit and milk, bread
12	13	14	15	16
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 horn 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> Rosti con toamie con salsa de tomate / <i>Rosti 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
19	20	21	22	23
Macarrones sin huevo con pavo / <i>Macaronni in tomato sauce</i> Limanda Menier con ensalada / <i>Limanda "meuniere" with salad</i> Yogur de fruta, pan / Fruit yogurt	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 huevo / <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 horn con Ensalada / <i>Baked Hake with Salad</i> Fruta y leche, pan / Fruit and milk, bread	Judías blancas guisadas / <i>Beans stew</i> Rosti de patata con ensalada / <i>Potato rosti with salad</i> Fruta y leche, pan / Fruit and milk, bread
26	27	28	29	30
Lentejas estofadas / <i>Stewed lentils</i> Escalopines lomo cerdo al ajillo con ensalada / Grilled <i>garlic pork loin with salad</i> Yogur de fruta, pan / Fruit Yoghurt, bread	Arroz de pollo / <i>Chicken fideua</i> Merluza a la plancha con ensalada / <i>Grilled 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 huevo boloñesa / <i>Spagetti in bolognese sauce</i> Salmon con ensalada / Baked salmon with salad Fruta y leche, pan / Fruit and milk, bread	Calabacín rehogado / Battered courgette Estofado de ternera con patata / <i>Veal stew with potatoes</i> Fruta y leche, pan / Fruit and milk, bread

ALERGIA LECHE / MILK ALLERGY				
5	6	7	8	9
Arroz con Verduras / <i>Rice with Vegetables</i> Tortilla de york con ensalada / ham omelette with salad Postre apto / Suitable dessert	Puré coliflor y calabacín / <i>Cauliflower and courgette puree</i> Pollo asado con patatas / Roast chicken with potatoes Fruta y pan / Fruit and bread	Potaje de Garbanzos Castellano / Chickpeas Stew Bacalao al horno con ensalada / Baked cod with salad Fruta y pan / Fruit and bread	Espaguetis con chorizo / Spaghetti with chorizo Hamburguesa de ternera con champiñón / Grilled burger with mushrooms Fruta y pan / Fruit and bread	Verdura rehogada o pure / Battered cauliflower Lletan horn con ensalada/ Baked fletan with salad/ Baked fletan with salad Fruta y pan / Fruit, bread
12	13	14	15	16
Lentejas hortelana / <i>Lentils Stew</i> Lacón con ensalada mixta / <i>Baked ham with mixed salad</i> Postre apto / Suitable dessert	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 pan / Fruit and bread	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 pan / Fruit and 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 pan / Fruit and bread	Crema de puerros / <i>Leek cream</i> Dados merluza salsa verde / <i>Hake fish dices in green sauce</i> Fruta y pan / Fruit and bread
19	20	21	22	23
Macarrones con pavo / <i>Macaronni in tomato sauce</i> Limanda Menier con ensalada / <i>Limanda "meuniere" with salad</i> Postre apto / Suitable dessert	Verdura rehogada o pure / <i>Sauted vegetables</i> Pollo en pepitoria con Patatas / <i>Chicken stew with chips</i> Fruta y pan / Fruit and bread	Sopa de Cocido / <i>Stew Soup</i> Cocido Completo / <i>Chickpeas, Meat and Cabbage Stew</i> Fruta y pan / Fruit and bread	Patatas con costillas / Potato stew with ribs Bacalao rebozado con Ensalada / <i>Battered Hake with Salad</i> Fruta y pan / Fruit and bread	Judías blancas guisadas / <i>Beans stew</i> Tortilla de patata con ensalada / <i>Potato omelette with salad</i> Fruta y pan / Fruit and bread
26	27	28	29	30
Lentejas estofadas / <i>Stewed lentils</i> Escalopines lomo cerdo al ajillo con ensalada / Grilled <i>garlic pork loin with salad</i> Postre apto / Suitable dessert	Fideuá de pollo / <i>Chicken fideua</i> Merluza a la romana con ensalada / <i>Breadd hake with salad</i> Fruta y pan / Fruit and bread	Puré de verduras / <i>Vegetables puree</i> Escalope de pollo con patatas fritas / <i>Grilled chicken breast with potatoes</i> Fruta y pan / Fruit and bread	Espaguetis boloñesa / <i>Spagetti in bolognese sauce</i> Salmon con ensalada / Baked salmon with salad Fruta y pan / Fruit and bread	Calabacín plancha / Grilled courgette Estofado de ternera con patata / <i>Veal stew with potatoes</i> Fruta , pan / Fruit bread

ALERGIA LEGUMBRE / LEGUME ALLERGY				
5	6	7	8	9
Arroz con Verduras / <i>Rice with Vegetables</i> Tortilla de york con ensalada / ham omelette with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Puré coliflor y calabacín / <i>Cauliflower and courgette puree</i> Pollo asado con patatas / Roast chicken with potatoes Fruta y leche, pan / Fruit,milk	Verdura estofada / Vegetables stew Bacalao al horno con ensalada / Baked cod with salad Fruta y leche, pan / Fruit and milk, bread	Espaguetis con chorizo / Spaghetti with chorizo Hamburguesa de ternera con champiñón / Grilled burger with mushrooms Fruta y leche, pan / Fruit and milk, bread	Coliflor rebozada / Battered cauliflower Fletan empanado con ensalada/ Breaded fletan with salad Fruta y leche, pan / Fruit and milk, bread
12	13	14	15	16
Arroz con tomate / Rice in tomato sauce Lacón con ensalada mixta / <i>Baked ham with mixed salad</i> Yogur de fruta, pan / Fruit Yoghurt, bread	Verdura estofada / Vegetables stew Limanda rebozada con patata vapor / <i>Baked limanda with boiled potatoes</i> Fruta y leche, pan / Fruit,milk bread	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	Champiñón rehogado / Sauted mushrooms 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
19	20	21	22	23
Macarrones sin huevo con pavo / <i>Macaronni in tomato sauce</i> Limanda Menier con ensalada / <i>Limanda "meuniere" with salad</i> Yogur de fruta, pan / Fruit Yoghurt, bread	Coliflor rebozada / 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> Carne cocido / <i>Meat and Cabbage Stew</i> Fruta y leche, pan / Fruit and milk, bread	Patatas con costillas / Potato stew with ribs Ensalada / <i>Battered Hake with Salad</i> Fruta y leche, pan / Fruit and milk, bread	Arroz salteado / Sauted rice Tortilla de patata con ensalada / <i>Potato omelette with salad</i> Fruta y leche, pan / Fruit and milk, bread
26	27	28	29	30
Verdura salteada / Sauted vegetables Escalopines lomo cerdo al ajillo con ensalada / Grilled <i>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>Breadd 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> Salmon con ensalada / Baked salmon with salad Fruta y leche, pan / Fruit and milk, bread	Calabacín rebozado / Battered courgette Estofado de ternera con patata / <i>Veal stew with potatoes</i> 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 2018

CELIACOS / CELIAC PEOPLE				
5	6	7	8	9
Arroz con Verduras / <i>Rice with Vegetables</i> Tortilla de york con ensalada / ham omelette with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Puré coliflor y calabacín / <i>Cauliflower and courgette puree</i> Pollo asado con patatas / Roast chicken with potatoes Fruta y leche, pan / Fruit,milk	Potaje de Garbanzos Castellano / Chickpeas Stew Bacalao al horno con ensalada / Baked cod with salad Fruta y leche, pan / Fruit and milk, bread	Espaguetis con chorizo / Spaghetti with chorizo Hamburguesa de ternera con champiñón / Grilled burger with mushrooms Fruta y leche, pan / Fruit and milk, bread	Verdura rehogada o pure / Battered cauliflower Fletan horno con ensalada/ Baked fletan with salad Fruta y leche, pan / Fruit and milk, bread
12	13	14	15	16
Lentejas hortelana / <i>Lentils Stew</i> Lacón con ensalada mixta / Baked ham with mixed salad Yogur de fruta, pan / Fruit Yoghurt, bread	Judías verdes rehogadas con patata / <i>Green beans with boiled potatoes</i> 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 / <i>Beans Stew with Spanish Sausage</i> Huevos cocidos con salsa de tomate / Boiled eggs in tomato sauce Fruta y leche, pan / Fruit and milk, bread	Crema de puerros / <i>Leek cream</i> Dados merluza salsa verde / Hake fish dices in green sauce Fruta y leche, pan / Fruit and milk, bread
19	20	21	22	23
Macarrones sin gluten con pavo / <i>Macarroni in tomato sauce</i> Limanda Menier con ensalada / Limanda "meuniere" with salad Yogur de fruta, pan / Fruit	Verdura rehogada o pure / <i>Sautéed vegetables</i> Pollo en pepitoria con Patatas / Chicken stew with chips Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido sin gluten / <i>Stew Soup</i> 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 / Battered Hake with Salad Fruta y leche, pan / Fruit and milk, bread	Judías blancas guisadas / <i>Beans stew</i> Tortilla de patata con ensalada / Potato omelette with salad Fruta y leche, pan / Fruit and milk, bread
26	27	28	29	30
Lentejas estofadas / <i>Stewed lentils</i> Escalopines lomo cerdo al ajillo con ensalada / Grilled garlic pork loin with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Arroz de pollo / <i>Chicken rice</i> Merluza a la plancha con ensalada / Breded hake with salad Fruta y leche, pan / Fruit and milk, bread	Puré de verduras / <i>Vegetables puree</i> Escalope de pollo con patatas fritas / Grilled chicken breast with potatoes Fruta y leche, pan / Fruit and milk, bread	Espaguetis sin gluten boloñesa / <i>Spagetti in bolognese sauce</i> Salmon con ensalada / Baked salmon with salad Fruta y leche, pan / Fruit and milk, bread	Calabacín plancha / Grilled courgette Estofado de ternera con patata / Veal stew with potatoes Fruta y leche, pan / Fruit and milk, bread

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

FRUTO SECO/NUTTY ALLERGY				
5	6	7	8	9
Arroz con Verduras / <i>Rice with Vegetables</i> Tortilla de york con ensalada / ham omelette with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Puré coliflor y calabacín / <i>Cauliflower and courgette puree</i> Pollo asado con patatas / Roast chicken with potatoes Fruta y leche, pan / Fruit,milk	Potaje de Garbanzos Castellano / Chickpeas Stew Bacalao al horno con ensalada / Baked cod with salad Fruta y leche, pan / Fruit and milk, bread	Espaguetis con chorizo / Spaghetti with chorizo Hamburguesa de ternera con champiñón / Grilled burger with mushrooms Fruta y leche, pan / Fruit and milk, bread	Coliflor rebozada / Battered cauliflower Fletan empanado con ensalada/ Breaded fletan with salad Fruta y leche, pan / Fruit and milk, bread
12	13	14	15	16
Lentejas hortelana / <i>Lentils Stew</i> Lacón con ensalada mixta / Baked ham with mixed salad Yogur de fruta, pan / Fruit Yoghurt, bread	Judías verdes rehogadas con patata / <i>Green beans with boiled potatoes</i> Limanda rebozada con patata vapor / Baked limanda with boiled potatoes Fruta y leche, pan / Fruit,milk	Patatas guisadas marinera / potato stewwith 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 / <i>Beans Stew with Spanish Sausage</i> Huevos cocidos con salsa de tomate / Boiled eggs in tomato sauce Fruta y leche, pan / Fruit and milk, bread	Crema de puerros / <i>Leek cream</i> Dados merluza salsa verde / Hake fish dices in green sauce Fruta y leche, pan / Fruit and milk, bread
19	20	21	22	23
Macarrones con pavo / <i>Macarroni in tomato sauce</i> Limanda Menier con ensalada / Limanda "meuniere" with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Ramitos coliflor / Battered cauliflower Pollo en pepitoria con Patatas / Chicken stew with chips Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido / <i>Stew Soup</i> Cocido Completo / Chickpeas, 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	Judías blancas guisadas / <i>Beans stew</i> Tortilla de patata con ensalada / Potato omelette with salad Fruta y leche, pan / Fruit and milk, bread
26	27	28	29	30
Lentejas estofadas / <i>Stewed lentils</i> Escalopines lomo cerdo al ajillo con ensalada / Grilled garlic pork loin with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Fideuá de pollo / <i>Chicken fideua</i> Merluza a la romana con ensalada / Breded hake with salad Fruta y leche, pan / Fruit and milk, bread	Puré de verduras / <i>Vegetables puree</i> Escalope de pollo con patatas fritas / Grilled chicken breast with potatoes Fruta y leche, pan / Fruit and milk, bread	Espaguetis boloñesa / <i>Spagetti in bolognese sauce</i> Salmon con ensalada / Baked salmon with salad Fruta y leche, pan / Fruit and milk, bread	Calabacín rebozado / Battered courgette Estofado de ternera con patata / Veal stew with potatoes Fruta y leche, pan / Fruit and milk, bread



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