



CUTASA S.L.



OCTUBRE MENU SIN PESCADO OCTUBRE MENU WITHOUT FISH

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
	1	2	3	4
	Menestra de verdura salteada / sauted vegetables Magro guisado con cous cous / Pork meat stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Espaguetis con salsa de tomate / Spagetti with Tomato Sauce Salchichas con ensalada / Sausages with salad Fruta y leche, pan integral / Fruit and milk, bread	Crema de calabacin / Cream of courgette Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas estofadas/ Stew white beans with vegetables Pollo horno lechuga / Baked chicken with lettuce Fruta y leche, pan / Fruit and milk, bread
7	8	9	10	11
coliflor rehogada / sauted cauliflower Tortilla de patata y pavo con lechuga, zanahoria y aceitunas / Potato omelete with salad Yogur, pan integral / Yoghurt, bread	Lentejas ecologicas con patata y zanahoria / bio Stew lentils with potato and carrot Lacon con pimientos / Baked hams with peppers Fruta y leche, pan / Fruit and milk, bread	Crema de zanahoria / Cream of carrot soup Pollo guisado con cous cous / Chicken stew with cous cous Fruta y leche, pan integral / Fruit and milk, bread	Judías `pintas con arroz magro guisado con verdura Fruta y leche, pan / Fruit and milk, bread	patatas guisadas riojana / Potato stew with squid Lomo plancha con lechuga y maiz /Grilled pork loin with salad Fruta y leche, pan / Fruit and milk, bread
14	15	16	17	18
Fideua de pollo / Chicken fideua Salchichas de pavo con tomate / Turkey Sausages with tomato Yogur, pan integral / Yoghurt, bread	Judías pintas con verduras / Pinto beans with vegetables Tortilla de patata con ensalada mixta / Potato omelete with salad Fruta y leche, pan / Fruit and milk, bread	Judías verdes salteadas con jamón / Sauteed Green Beans with ham Pavo estofado con arroz integral/ Turkey stew with rice Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis integrales boloñesa / Bolognesse spagetti Lomo con ensalada / grilled pork loin with salad Manza ecologica leche, pan / bio apple and milk, bread	Sopa de Cocido / Cocido Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
21	22	23	24	25
Arroz con tomate / Rice in tomato sauce Tortilla de patata con ensalada mixta / Potato omelete with salad Yogur, pan integral / Yoghurt, bread	Lentejas jardinera / Lentils stew with vegetables Hamburguesa al horno con patata cocida/ Baked burger with potatoes Fruta y leche, pan / Fruit and milk, bread	Brocoli salteado con jamon / Sauteed brocoli with ham Pollo guisado con cous cous / Chicken strew with cous cous Fruta y leche, pan integral / Fruit and milk, bread	Crema de zanahoria y puerro / Carrot, potato y leek puree Lacon gallega con patata cocida / Baked ham with boiled potato Fruta y leche, pan / Fruit and milk, bread	Macarrones integrales carbonara / Macaronni in carbonara sauce Lomo plancha con calabacin dado / Grilled pork loin with sauted courgette Fruta y leche, pan / Fruit and milk, bread
28	29	30	31	
Judías verdes salteadas con pavo / Sauteed green beans ADO: soja Huevos revueltos con patatas / Scrambled eggs with potatoes Yogur, pan integral / Yoghurt, bread	Arroz ecologico con pollo / Bio Rice with chicken Cinta d elomo con ensalada/ Grilled pork loin with salad Fruta y leche, pan / Fruit and milk, bread	crema verduras / Vegetable cream ternera guisada con patatas / Veal stew with potatoes Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis terrorificos / Terrifying spaghetti Dedos sangrientos / Bloody fingers Fruta y leche, pan / Fruit and milk, bread	



CUTASA S.L.



OCTUBRE MENU SIN LECHE OCTUBRE MENU WITHOUT MILK

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
	1	2	3	4
	Menestra de verdura salteada / sauted vegetables Magro guisado con cous cous / Pork meat stew with cous cous Fruta y pan / Fruit and bread	Espaguetis con salsa de tomate / Spagetti with Tomato Sauce Fte. De Merluza en salsa verde / baked hake in sauce Fruta , pan integral / Fruit , bread	Crema de calabacin / Cream of courgette Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y pan / Fruit and bread	Judías blancas estofadas/ Stew white beans with vegetables Bacalao horno lechuga / Baked cod with lettuce Fruta y pan / Fruit and bread
7	8	9	10	11
coliflor rehogada / sauted cauliflower Tortilla de patata y pavo con lechuga, zanahoria y aceitunas / Potato omelete with salad Postre apto, pan integral / suitable dessert, bread	Lentejas ecologicas con patata y zanahoria / bio Stew lentils with potato and carrot Lenguadina romana con pimientos/ Breaded sole with peppers Fruta y pan / Fruit and bread	Crema de zanahoria / Cream of carrot soup Pollo guisado con cous cous / Chicken stew with cous cous Fruta , pan integral / Fruit , bread	Judías `pintas con arroz magro guisado con verdura Fruta y pan / Fruit and bread	patatas guisadas riojana / Potato stew with squid Filete merluza rebozado con lechuga y maiz /Battered hake with salad Fruta y pan / Fruit and bread
14	15	16	17	18
Fideua de pollo / Chicken fideua Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad Postre apto, pan integral / suitable dessert, bread	Judías pintas con verduras / Pinto beans with vegetables Tortilla de patata con ensalada mixta / Potato omelete with salad Fruta y pan / Fruit and bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pavo estofado con arroz integral/ Turkey stew with rice Fruta , pan integral / Fruit , bread	Espaguetis integrales boloñesa / Bolognesse spagetti Bacalao rebozado con ensalada / Battered cod with salad Manza ecologica , pan / bio apple , bread	Sopa de Cocido / Cocido Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y pan / Fruit and bread
21	22	23	24	25
Arroz con tomate / Rice in tomato sauce Tortilla de patata con ensalada mixta / Potato omelete with salad Postre apto, pan integral / suitable dessert, bread	Lentejas jardinera / Lentils stew with vegetables Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y pan / Fruit and bread	Brocoli salteado con jamon / Sauted brocoli with ham Pollo guisado con cous cous / Chicken strew with cous cous Fruta , pan integral / Fruit , bread	Crema de zanahoria y puerro / Carrot, potato y leek puree Lacón gallega con patata cocida / Baked ham with boiled potato Fruta y pan / Fruit and bread	Macarrones integrales con tomate / Macaronni in tomato sauce Ventresca de merluza con calabacin dado / Bked hake with sauted courgette Fruta y pan / Fruit and bread
28	29	30	31	
Judías verdes salteadas con pavo / Sauted green beans ADO: soja Huevos revueltos con patatas / Scrambled eggs with potatoes Postre apto, pan integral / suitable dessert, bread	Arroz ecologico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / Baked hake in green sauce Fruta y pan / Fruit and bread	crema verduras / Vegetable cream ternera guisada con patatas / Veal stew with potatoes Fruta , pan integral / Fruit , bread	Espaguetis terrorificos / Terrifying spaghetti Dedos sangrientos / Bloody fingers Fruta y pan / Fruit and bread	



CUTASA S.L.



OCTUBRE MENU SIN HUEVO OCTUBRE MENU WITHOUT EGG

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
	1	2	3	4
	Menestra de verdura salteada / sauted vegetables Magro guisado con cous cous / Pork meat stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Espaguetis sin huevo con salsa de tomate / Spagetti with Tomato Sauce Fte. De Merluza en salsa verde / baked hake in sauce Fruta y leche, pan integral / Fruit and milk, bread	Crema de calabacin / Cream of courgette Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas estofadas/ Stew white beans with vegetables Bacalao horno lechuga / Baked cod with lettuce Fruta y leche, pan / Fruit and milk, bread
7	8	9	10	11
coliflor rehogada / sauted cauliflower Rosti patata y pavo con lechuga, zanahoria y aceitunas / Potato rosti with salad Yogur, pan integral / Yoghurt, bread	Lentejas ecologicas con patata y zanahoria / bio Stew lentils with potato and carrot Lenguadina horno con pimientos/ Breaded sole with peppers Fruta y leche, pan / Fruit and milk, bread	Crema de zanahoria / Cream of carrot soup Pollo guisado con cous cous / Chicken stew with cous cous Fruta y leche, pan integral / Fruit and milk, bread	Judías `pintas con arroz magro guisado con verdura Fruta y leche, pan / Fruit and milk, bread	patatas guisadas riojana / Potato stew with squid Filete merluza plancha con leghuga y maiz /Grilled hake with salad Fruta y leche, pan / Fruit and milk, bread
14	15	16	17	18
arroz con de pollo / Chicken rice Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad Yogur, pan integral / Yoghurt, bread	Judías pintas con verduras / Pinto beans with vegetables Rosti de patata con ensalada mixta / Potato rosti with salad Fruta y leche, pan / Fruit and milk, bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pavo estofado con arroz integral/ Turkey stew with rice Fruta y leche, pan integral / Fruit and milk, bread	Espageti sin huevo boloñesa / Bolognese spagetti Bacalao con ensalada / baked Cod with salad Manza ecologica leche, pan / bio apple and milk, bread	Sopa de Cocido sin huevo / Cocido Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
21	22	23	24	25
Arroz con tomate / Rice in tomato sauce Rosti de patata con ensalada mixta / Potato rosti with salad Yogur, pan integral / Yoghurt, bread	Lentejas jardinera / Lentils stew with vegetables Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Brocoli salteado con jamon / Sauted brocoli with ham Pollo guisado con cous cous / Chicken strew with cous cous Fruta y leche, pan integral / Fruit and milk, bread	Crema de zanahoria y puerro / Carrot, potato y leek puree Lacon gallega con patata cocida / Baked ham with boiled potato Fruta y leche, pan / Fruit and milk, bread	Macarrones sin huevo carbonara / Macaronni in carbonara sauce Ventresca de merluza con calabacin dado / Bked hake with sauted courgette Fruta y leche, pan / Fruit and milk, bread
28	29	30	31	
Judías verdes salteadas con pavo / Sauted green beans Rosti con ensalada / Rosti with salad Yogur, pan integral / Yoghurt, bread	Arroz ecologico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / Baked hake in green sauce Fruta y leche, pan / Fruit and milk, bread	crema verduras / Vegetable cream ternera guisada con patatas / Veal stew with potatoes Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis sin huevo terrorificos / Terrifying spagetti Dedos sangrientos / Bloody fingers Fruta y leche, pan / Fruit and milk, bread	



CUTASA S.L.



OCTUBRE MENU SIN LEGUMBRE OCTUBRE MENU WITHOUT LEGUME

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
	1	2	3	4
	Menestra de verdura salteada / sauted vegetables Magro guisado con cous cous / Pork meat stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Espaguetis con salsa de tomate / Spagetti with Tomato Sauce Fte. De Merluza en salsa verde / baked hake in sauce Fruta y leche, pan integral / Fruit and milk, bread	Crema de calabacin / Cream of courgette Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y leche, pan / Fruit and milk, bread	Verduras salteadas / Sauted vegetables Bacalao horno lechuga / Baked cod with lettuce Fruta y leche, pan / Fruit and milk, bread
7	8	9	10	11
Coliflor rebozada / Battered cauliflower Tortilla de patata y pavo con lechuga, zanahoria y aceitunas / Potato omelete with salad Yogur, pan integral / Yoghurt, bread	Arroz blanco con tomate /rice in toamto sauce Lenguadina romana con pimientos/ Breaded sole with peppers Fruta y leche, pan / Fruit and milk, bread	Crema de zanahoria / Cream of carrot soup Pollo guisado con cous cous / Chicken stew with cous cous Fruta y leche, pan integral / Fruit and milk, bread	arroz salteado magro guisado con verdura Fruta y leche, pan / Fruit and milk, bread	patatas guisadas riojana / Potato stew with squid Filete merluza rebozado con leghuga y maiz /Battered hake with salad Fruta y leche, pan / Fruit and milk, bread
14	15	16	17	18
Fideua de pollo / Chicken fideua Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad Yogur, pan integral / Yoghurt, bread	verduras estofadas / Vegetbles stew Tortilla de patata con ensalada mixta / Potato omelete with salad Fruta y leche, pan / Fruit and milk, bread	Pure de verduras / Vegetables puree Pavo estofado con arroz integral/ Turkey stew with rice Fruta y leche, pan integral / Fruit and milk, bread	Espageti integrales boloñesa / Bolognesse spagetti Bacalao rebozado con ensalada / Battered cod with salad Manza ecologica leche, pan / bio apple and milk, bread	Sopa de Cocido / Cocido Soup Cocido sin garbanzo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
21	22	23	24	25
Arroz con tomate / Rice in tomato sauce Tortilla de patata con ensalada mixta / Potato omelete with salad Yogur, pan integral / Yoghurt, bread	champiñon salteado / Sauted mushrooms Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Brocoli salteado con jamon / Sauted brocoli with ham Pollo guisado con cous cous / Chicken strew with cous cous Fruta y leche, pan integral / Fruit and milk, bread	Crema de zanahoria y puerro / Carrot, potato y leek puree Lacón gallega con patata cocida / Baked ham with boiled potato Fruta y leche, pan / Fruit and milk, bread	Macarrones integrales carbonara / Macaronni in carbonara sauce Ventresca de merluza con calabacin dado / Bked hake with sauted courgette Fruta y leche, pan / Fruit and milk, bread
28	29	30	31	
espinacas salteadas con pavo / Sauted spinach Huevos revueltos con patatas / Scrambled eggs with potatoes Yogur, pan integral / Yoghurt, bread	Arroz ecologico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / Baked hake in green sauce Fruta y leche, pan / Fruit and milk, bread	crema verduras / Vegetable cream ternera guisada con patatas / Veal stew with potatoes Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis terrorificos / Terrifying spaghetti Dedos sangrientos / Bloody fingers Fruta y leche, pan / Fruit and milk, bread	



CUTASA S.L.



OCTUBRE MENU SIN GLUTEN OCTUBRE MENU WITHOUT GLUTEN

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
	1	2	3	4
	Menestra de verdura salteada / sauted vegetables Magro guisado con arroz / Pork meat stew with rice Fruta y leche, pan sin gluten / Fruit and milk, bread	Espaguetis sin gluten con salsa de tomate / Spagetti with Tomato Sauce Fte. De Merluza en salsa verde / baked hake in sauce Fruta y leche, pan sin gluten / Fruit and milk, bread	Crema de calabacin / Cream of courgette Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y leche, pan sin gluten / Fruit and milk, bread	Judías blancas estofadas/ Stew white beans with vegetables Bacalao horno lechuga / Baked cod with lettuce Fruta y leche, pan sin gluten / Fruit and milk, bread
7	8	9	10	11
coliflor rehogada / sauted cauliflower Tortilla de patata y pavo con lechuga, zanahoria y aceitunas / Potato omelete with salad Yogur, pan sin gluten / Yoghurt, bread	Arroz blanco con tomate /rice in tomato sauce Lenguadina romana con pimientos/ Breaded sole with peppers Fruta y leche, pan sin gluten / Fruit and milk, bread	Crema de zanahoria / Cream of carrot soup Pollo guisado con arroz / Chicken stew with rice Fruta y leche, pan sin gluten / Fruit and milk, bread	Judías `pintas con arroz magro guisado con verdura Fruta y leche, pan sin gluten / Fruit and milk, bread	patatas guisadas riojana / Potato stew with squid Filete merluza rebozado con lechuga y maiz /Battered hake with salad Fruta y leche, pan sin gluten / Fruit and milk, bread
14	15	16	17	18
arroz con de pollo / Chicken rice Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad Yogur, pan sin gluten / Yoghurt, bread	Judías pintas con verduras / Pinto beans with vegetables Tortilla de patata con ensalada mixta / Potato omelete with salad Fruta y leche, pan sin gluten / Fruit and milk, bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pavo estofado con arroz integral/ Turkey stew with rice Fruta y leche, pan sin gluten / Fruit and milk, bread	Espaguetis sin gluten boloñesa / Bolognesse spagetti Bacalao con ensalada / baked Cod with salad Fruta y leche, pan sin gluten / Fruit and milk, bread	Sopa de Cocido sin gluten / Cocido Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan sin gluten / Fruit and milk, bread
21	22	23	24	25
Arroz con tomate / Rice in tomato sauce Tortilla de patata con ensalada mixta / Potato omelete with salad Yogur, pan sin gluten / Yoghurt, bread	champiñon salteado / Sauted mushrooms Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y leche, pan sin gluten / Fruit and milk, bread	Brocoli salteado con jamon / Sauted brocoli with ham Pollo guisado con cous cous / Chicken stew with cous cous Fruta y leche, pan sin gluten / Fruit and milk, bread	Crema de zanahoria y puerro / Carrot, potato y leek puree Lacón gallega con patata cocida / Baked ham with boiled potato Fruta y leche, pan sin gluten / Fruit and milk, bread	Macarrones sin gluten carbonara / Macaronni in carbonara sauce Ventresca de merluza con calabacin dado / Baked hake with sauted courgette Fruta y leche, pan sin gluten / Fruit and milk, bread
28	29	30	31	
Judías verdes salteadas con pavo / Sauted green beans ADO: soja Huevos revueltos con patatas / Scrambled eggs with potatoes Yogur, pan sin gluten / Yoghurt, bread	Arroz ecologico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / Baked hake in green sauce Fruta y leche, pan sin gluten / Fruit and milk, bread	crema verduras / Vegetable cream ternera guisada con patatas / Veal stew with potatoes Fruta y leche, pan sin gluten / Fruit and milk, bread	Espaguetis sin gluten terrorificos / Terrifying spaghetti Dedos sangrientos / Bloody fingers Fruta y leche, pan sin gluten / Fruit and milk, bread	



CUTASA S.L.



OCTUBRE MENU SIN FRUTO SECO OCTUBRE MENU WITHOUT NUTS

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
	1	2	3	4
	Menestra de verdura salteada / sauted vegetables Magro guisado con cous cous / Pork meat stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Espaguetis con salsa de tomate / Spagetti with Tomato Sauce Fte. De Merluza en salsa verde / baked hake in sauce Fruta y leche, pan integral / Fruit and milk, bread	Crema de calabacin / Cream of courgette Albondigas guisadas con tomate y patata / Meatballs stew with potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas estofadas/ Stew white beans with vegetables Bacalao horno lechuga / Baked cod with lettuce Fruta y leche, pan / Fruit and milk, bread
7	8	9	10	11
coliflor rehogada / sauted cauliflower Tortilla de patata y pavo con lechuga, zanahoria y aceitunas / Potato omelete with salad Yogur, pan integral / Yoghurt, bread	Lentejas ecologicas con patata y zanahoria / bio Stew lentils with potato and carrot Lenguadina romana con pimientos/ Breaded sole with peppers Fruta y leche, pan / Fruit and milk, bread	Crema de zanahoria / Cream of carrot soup Pollo guisado con cous cous / Chicken stew with cous cous Fruta y leche, pan integral / Fruit and milk, bread	Judías `pintas con arroz magro guisado con verdura Fruta y leche, pan / Fruit and milk, bread	patatas guisadas riojana / Potato stew with squid Filete merluza rebozado con lechuga y maiz /Battered hake with salad Fruta y leche, pan / Fruit and milk, bread
14	15	16	17	18
Fideua de pollo / Chicken fideua Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad Yogur, pan integral / Yoghurt, bread	Judías pintas con verduras / Pinto beans with vegetables Tortilla de patata con ensalada mixta / Potato omelete with salad Fruta y leche, pan / Fruit and milk, bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham Pavo estofado con arroz integral/ Turkey stew with rice Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis integrales boloñesa / Bolognesse spagetti Bacalao rebozado con ensalada / Battered cod with salad Manza ecologica leche, pan / bio apple and milk, bread	Sopa de Cocido / Cocido Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
21	22	23	24	25
Arroz con tomate / Rice in tomato sauce Tortilla de patata con ensalada mixta / Potato omelete with salad Yogur, pan integral / Yoghurt, bread	Lentejas jardinera / Lentils stew with vegetables Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Brocoli salteado con jamon / Sauted brocoli with ham Pollo guisado con cous cous / Chicken strew with cous cous Fruta y leche, pan integral / Fruit and milk, bread	Crema de zanahoria y puerro / Carrot, potato y leek puree Lacón gallega con patata cocida / Baked ham with boiled potato Fruta y leche, pan / Fruit and milk, bread	Macarrones integrales carbonara / Macaronni in carbonara sauce Ventresca de merluza con calabacin dado / Bked hake with sauted courgette Fruta y leche, pan / Fruit and milk, bread
28	29	30	31	
Judías verdes salteadas con pavo / Sauted green beans ADO: soja Huevos revueltos con patatas / Scrambled eggs with potatoes Yogur, pan integral / Yoghurt, bread	Arroz ecologico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / Baked hake in green sauce Fruta y leche, pan / Fruit and milk, bread	crema verduras / Vegetable cream ternera guisada con patatas / Veal stew with potatoes Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis terrorificos / Terrifying spaghetti Dedos sangrientos / Bloody fingers Fruta y leche, pan / Fruit and milk, bread	



CUTASA S.L.



OCTUBRE MENU SIN CARNE DE CERDO OCTUBRE MENU WITHOUT PIG MEAT

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
	1	2	3	4
	Menestra de verdura salteada / sauted vegetables Pavo guisado con cous cous / turkey stew with cous cous Fruta y leche, pan / Fruit and milk, bread	Espaguetis con salsa de tomate / Spagetti with Tomato Sauce Fte. De Merluza en salsa verde / baked hake in sauce Fruta y leche, pan integral / Fruit and milk, bread	Crema de calabacin / Cream of courgette Albondigas ternera guisadas con tomate y patata / Meatballs stew with potatoes Fruta y leche, pan / Fruit and milk, bread	Judías blancas estofadas/ Stew white beans with vegetables Bacalao horno lechuga / Baked cod with lettuce Fruta y leche, pan / Fruit and milk, bread
7	8	9	10	11
coliflor rehogada / sauted cauliflower Tortilla de patata y pavo con lechuga, zanahoria y aceitunas / Potato omelete with salad Yogur, pan integral / Yoghurt, bread	Lentejas ecologicas con patata y zanahoria / bio Stew lentils with potato and carrot Lenguadina romana con pimientos/ Breaded sole with peppers Fruta y leche, pan / Fruit and milk, bread	Crema de zanahoria / Cream of carrot soup Pollo guisado con cous cous / Chicken stew with cous cous Fruta y leche, pan integral / Fruit and milk, bread	Judías `pintas con arroz pollo guisado con verdura Fruta y leche, pan / Fruit and milk, bread	patatas guisadas riojana / Potato stew with squid Filete merluza rebozado con lechuga y maiz /Battered hake with salad Fruta y leche, pan / Fruit and milk, bread
14	15	16	17	18
Fideua de pollo / Chicken fideua Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad Yogur, pan integral / Yoghurt, bread	Judías pintas con verduras / Pinto beans with vegetables Tortilla de patata con ensalada mixta / Potato omelete with salad Fruta y leche, pan / Fruit and milk, bread	Judías verdes salteadas / Sauted Green Beans Pavo estofado con arroz integral/ Turkey stew with rice Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis integrales boloñesa / Bolognesse spagetti Bacalao rebozado con ensalada / Battered cod with salad Manza ecologica leche, pan / bio apple and milk, bread	Sopa de Cocido / Cocido Soup Cocido pollo y ternera / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
21	22	23	24	25
Arroz con tomate / Rice in tomato sauce Tortilla de patata con ensalada mixta / Potato omelete with salad Yogur, pan integral / Yoghurt, bread	Lentejas jardinera / Lentils stew with vegetables Salmón al horno con patata cocida/ Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Brocoli salteado con jamon / Sauted brocoli with ham Pollo guisado con cous cous / Chicken strew with cous cous Fruta y leche, pan integral / Fruit and milk, bread	Crema de zanahoria y puerro / Carrot, potato y leek puree Pavo gallega con patata cocida / Baked turkey with boiled potato Fruta y leche, pan / Fruit and milk, bread	Macarrones integrales carbonara / Macaronni in carbonara sauce Ventresca de merluza con calabacin dado / Bked hake with sauted courgette Yogur, pan integral / Yoghurt, bread
28	29	30	31	
Judías verdes salteadas con pavo / Sauted green beans ADO: soja Huevos revueltos con patatas / Scrambled eggs with potatoes Yogur, pan integral / Yoghurt, bread	Arroz ecologico con pollo / Bio Rice with chicken Fte. De Merluza en salsa verde / Baked hake in green sauce Fruta y leche, pan / Fruit and milk, bread	crema verduras / Vegetable cream ternera guisada con patatas / Veal stew with potatoes Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis terrorificos / Terrifying spaghetti Dedos sangrientos (salchiachas pavo)/ Bloody fingers Fruta y leche, pan / Fruit and milk, bread	