



# CUTASA S.L.



## MAYO MENU SIN PESCADO MAY MENU WITHOUT FISH

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
			1	2
6	7	8	9	10
Fideua de pollo / Chicken fideua  Tortilla patata con lechuga, tomate y remolacha/ Potato omelette with salad  Yogurt de fruta / Fruit yoghurt	Judías verdes ecologicas con tomate / Bio Green beans in tomato sauce  Lomo al horno con arroz salteado / Baked pork loin with sauted rice  Fruta, leche, pan / fruit, milk, bread	Tallarines integrales con pavo / spaghetti in tomato sauce with turkey  Filete pollo con ensalada / grilled chicken with salad  Fruta, leche, pan / fruit, milk, bread	Crema de calabacin / courgette cream  Hamburguesa ternera planca con cous cous/ Grilled burger with cous cous  Fruta, leche, pan / fruit, milk, bread	Alubias blancas estofadas / Beans stew with vegetables  Lacon con pisto/ baked ham with pisto  Fruta, leche, pan / fruit, milk, bread
13	14	15	16	17
Ensalada de pasta / Pasta salad  Cinta lomo con lechuga y maiz / Baked pork loin with lettuce and corn  Yogurt, pan integral / yoghurt and whole bread	Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables  Salchichas de Pavo al horno con tomate frito / Baked turkey sausages with tomato  Fruta, leche, pan / fruit, milk, bread	Brocoli salteado con jamon / Sauted broccoli with ham  Jamoncitos de pollo asados con patatas panadera / roasted chicken thighs with potatoes  Fruta, leche, pan / fruit, milk, bread	pure de verduras / Vegetables cream  Lomo al ajillo horno con ensalada mixta / Baked pork loin with salad  Fruta, leche, pan / fruit, milk, bread	Judias blancas estofadas / Beans stew  pollo con menestra de verdura / Battered chicken with vegetables  Fruta, leche, pan / fruit, milk, bread
20	21	22	23	24
Arroz caldoso con pollo / Stewed rice with chicken  Salchichas horno con ensalada de lechuga y remolacha / Baked sausages with salad  Yogurt de fruta / Fruit yoghurt	Judias verdes salteadas pimenton / Sauted Green beans  Pavo estofado con cous cous / Turkey stew with cous cous  Fruta, leche, pan / fruit, milk, bread	Lentejas estofadas / Lentils stew  Tortilla de patata y pavo con tomate natural / Turkey omelette with tomato  Fruta, leche, pan / fruit, milk, bread	Sopa De Cocido Con Fideos / cocido soup  Cocido Con Garbanzos, Ternera, Chorizo, pollo / meat, chickpeas and vegetables stew  Fruta, leche, pan / fruit, milk, bread	Macarrones con pavo / Macaroni in tomato sauce with turkey  Lacon con zanahoria baby / Baked ham with carrot  Fruta, leche, pan / fruit, milk, bread
27	28	29	30	31
Menestra de Verduras / Vegetables stew  Albondigas con patata dado / Meatballs with potatoes  Yogurt de fruta / Fruit yoghurt	paella carne / meat paella  filete pollo con pisto / Baked chicken with pisto  Fruta, leche, pan / fruit, milk, bread	Lentejas estofadas con verdura / Lentils stew  Tortilla de calabacin y ensalada con tomate / Courgette omelette and salad with tomato  Fruta, leche, pan / fruit, milk, bread	Caracolas con tomate gratinadas / Gratines pasta shells in tomato sauce  Lomo plancha con ensalada / Baked loin with salad  Fruta, leche, pan / fruit, milk, bread	Guisantes saltados con cebolla / Sauted peas with onion  Escalope de pollo con cous cous / Breaded chicken with cous cous  Fruta, leche, pan / fruit, milk, bread



# CUTASA S.L.



## MAYO MENU SIN LECHE MAY MENU WITHOUT MILK

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
			1	2
6	7	8	9	10
Fideua de pollo / Chicken fideua Tortilla patata con lechuga, tomate y remolacha/ Potato omelette with salad Postre apto / suitable dessert	Judías verdes ecologicas con tomate / Bio Green beans in tomato sauce Lomo al horno con arroz salteado / Baked pork loin with sauted rice Fruta, pan / fruit,bread	Tallarines integrales con pavo / spagetti in tomate suce with turkey Ventresca de merluza al horno y ensalada / Baked hake belly with salad Fruta, pan / fruit,bread	Crema de calabacin / courgette cream Hamburguesa ternera planca con cous cous/ Grilled burger with cous cous Fruta, pan / fruit,bread	Alubias blancas estofadas / Beans stew with vegetables Salmón al horno con salsa de naranja / Baked salmon with orange sauce Fruta, pan / fruit,bread
13	14	15	16	17
Ensalada de pasta / Pasta salad Bacalao asado con champiñones / Roasted cod with mushrooms Postre apto / suitable dessert	Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables Salchichas de Pavo al horno con tomate frito / Baked turkey sausajes with tomato Fruta, pan / fruit,bread	Brocoli salteado con jamon / Sauted broccoli with ham Jamoncitos de pollo asados con patatas panadera / roasted chicken thighs with potatoes Fruta, pan / fruit,bread	pure de verduras / Vegetables cream Lomo al ajillo horno con ensalada mixta / Baked pork loin with salad Fruta, pan / fruit,bread	Judias blancas estofadas / Beans stew Fte. De pescadilla romana con menestra de verdura / Battered hake with vegetables Fruta, pan / fruit,bread
20	21	22	23	24
Arroz caldoso con pollo y gambas / Stewed rice with chicken Limanda horno con ensalada de lechuga y remolacha / Baked limanda with salad Postre apto / suitable dessert	Judias verdes salteadas pimenton / Sauted Green beans Pavo estofado con cous cous / Turkey stew with cous cous Fruta, pan / fruit,bread	Lentejas estofadas / Lentils stew Tortilla de patata y pavo con tomate natural / Turkey omelette with tomato Fruta, pan / fruit,bread	Sopa De Cocido Con Fideos / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, pollo / meat, chickpeas and vegetables stew Fruta, pan / fruit,bread	Macarrones con pavo / Macaroni in tomato sauce with turkey Merluza horno con zanahoria baby / Baked hake with carrot Fruta, pan / fruit,bread
27	28	29	30	31
Menestra de Verduras / Vegetables stew Albondigas con patata dado / Meatballs with potatoes Postre apto / suitable dessert	paella mixta / Fish and meat paella Bacalao al horno con pisto / Baked cod with pisto Fruta, pan / fruit,bread	Lentejas estofadas con verdura / Lentils stew Tortilla de calabacin y ensalada con tomate / Courgette omelette and salad with tomato Fruta, pan / fruit,bread	Caracolas con tomate gratinadas / Gratines pasta shells in tomato sauce Pescadilla rebozada con lechuga y remolacha/ Battered hake with salad Fruta, pan / fruit,bread	Guisantes saltados con cebolla / Sauted peas with onion Escalope de pollo con cous cous / Breaded chicken with cous cous Fruta, pan / fruit,bread



# CUTASA S.L.



## MAYO MENU SIN HUEVO MAY MENU WITHOUT EGG

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
			1	2
6	7	8	9	10
Arroz de pollo / Chicken rice	Judías verdes ecologicas con tomate / Bio Green beans in tomato sauce	Pasta sin huevo con pavo / spaghetti in tomato suce with turkey	Crema de calabacin / courgette cream	Alubias blancas estofadas / Beans stew with vegetables
Rosti patata con lechuga, tomate y remolacha/ Potato rosti with salad	Lomo al horno con arroz salteado / Baked pork loin with sauted rice	Ventresca de merluza al horno y ensalada / Baked hake belly with salad	Hamburguesa ternera planca con cous cous/ Grilled burger with cous cous	Salmón al horno con salsa de naranja / Baked salmon with orange sauce
Yogurt de fruta / Fruit yoghurt	Fruta, leche, pan / fruit, milk, bread	Fruta, leche, pan / fruit, milk, bread	Fruta, leche, pan / fruit, milk, bread	Fruta, leche, pan / fruit, milk, bread
13	14	15	16	17
Ensalada de pasta sin huevo / Pasta salad	Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables	Brocoli salteado con jamon / Sauted brocoli with ham	pure de verduras / Vegetables cream	Judias blancas estofadas / Beans stew
Bacalao asado con champiñones / Roasted cod with mushrooms	Salchichas de Pavo al horno con tomate frito / Baked turkey sausajes with tomato	Jamonicitos de pollo asados con patatas panadera / roasted chicken thighs with potatoes	Lomo al ajillo horno con ensalada mixta / Baked pork loin with salad	Fte. De pescadilla con menestra de verdura / Battered hake with vegetables
Yogurt, pan integral / yoghurt and whole bread	Fruta, leche, pan / fruit, milk, bread	Fruta, leche, pan / fruit, milk, bread	Fruta, leche, pan / fruit, milk, bread	Fruta, leche, pan / fruit, milk, bread
20	21	22	23	24
Arroz caldoso con pollo y gambas / Stewed rice with chicken	Judias verdes salteadas pimenton / Sauted Green beans	Lentejas estofadas / Lentils stew	Sopa De Cocido Con Fideos sin huevo / cocido soup	Macarrones sin huevo con pavo / Macaroni in tomato sauce with turkey
Limanda horno con ensalada de lechuga y remolacha / Baked limanda with salad	Pavo estofado con cous cous / Turkey stew with cous cous	rosti de pavo con zanahoria rallada / Turkey rosti with carrot	Cocido Con Garbanzos, Ternera, Chorizo, pollo / meat, chickpeas and vegetables stew	Merluza horno con zanahoria baby / Baked hake with carrot
Yogurt de fruta / Fruit yoghurt	Fruta, leche, pan / fruit, milk, bread	Fruta, leche, pan / fruit, milk, bread	Fruta, leche, pan / fruit, milk, bread	Fruta, leche, pan / fruit, milk, bread
27	28	29	30	31
Menestra de Verduras / Vegetables stew	paella mixta / Fish and meat paella	Lentejas estofadas con verdura / Lentils stew	Pasta sin huevo con tomate gratinadas / Gratines pasta shells in tomato sauce	Guisantes saltados con cebolla / Sauted peas with onion
Albondigas con patata dado / Meatballs with potatoes	Bacalao al horno con pisto / Baked cod with pisto	Rosti de calabacín y cebolla con rodaja de tomate / Cougette rosti with salad	Pescadilla plancha con lechuga y remolacha/ Bettered hake with salad	Escalope de pollo con cous cous / Breaded chicken with cous cous
Yogurt de fruta / Fruit yoghurt	Fruta, leche, pan / fruit, milk, bread	Fruta, leche, pan / fruit, milk, bread	Fruta, leche, pan / fruit, milk, bread	Fruta, leche, pan / fruit, milk, bread



# CUTASA S.L.



## MAYO MENU SIN LEGUMBRE MAY MENU WITHOUT LEGUME

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
			1	2
6	7	8	9	10
Fideua de pollo / Chicken fideua  Tortilla patata con lechuga, tomate y remolacha/ Potato omelette with salad  Yogurt de fruta / Fruit yoghurt	arroz con tomate / Rice in tomato sauce  Lomo al horno con arroz salteado / Baked pork loin with sauted rice  Fruta, leche, pan / fruit, milk, bread	Tallarines integrales con pavo / spaghetti in tomato sauce with turkey  Ventresca de merluza al horno y ensalada / Baked hake belly with salad  Fruta, leche, pan / fruit, milk, bread	Crema de calabacin / courgette cream  Hamburguesa ternera planca con cous cous/ Grilled burger with cous cous  Fruta, leche, pan / fruit, milk, bread	Verduras salteadas / Sauted vegetables  Salmón al horno con salsa de naranja / Baked salmon with orange sauce  Fruta, leche, pan / fruit, milk, bread
13	14	15	16	17
Ensalada de pasta / Pasta salad  Bacalao asado con champiñones / Roasted cod with mushrooms  Yogurt, pan integral / yoghurt and whole bread	Arroz Salteado / Sauted rice  Salchichas de Pavo al horno con tomate frito / Baked turkey sausages with tomato  Fruta, leche, pan / fruit, milk, bread	Brocoli salteado con jamon / Sauted broccoli with ham  Jamoncitos de pollo asados con patatas panadera / roasted chicken thighs with potatoes  Fruta, leche, pan / fruit, milk, bread	pure de verduras / Vegetables cream  Merluza horno con zanahoria baby / Baked hake with carrot  Fruta, leche, pan / fruit, milk, bread	verduras estofadas / vegetables stew  Fte. De pescadilla romana con menestra de verdura / Battered hake with vegetables  Fruta, leche, pan / fruit, milk, bread
20	21	22	23	24
Arroz caldoso con pollo y gambas / Stewed rice with chicken  Limanda horno con ensalada de lechuga y remolacha / Baked limanda with salad  Yogurt de fruta / Fruit yoghurt	Brocoli salteado/ sauted brocoly  Pavo estofado con cous cous / Turkey stew with cous cous  Fruta, leche, pan / fruit, milk, bread	Patatas guisados / Potato stew  Tortilla de patata y pavo con tomate natural / Turkey omelette with tomato  Fruta, leche, pan / fruit, milk, bread	Sopa De Cocido Con Fideos / cocido soup  Cocido sin Garbanzos, Ternera, Chorizo, pollo / meat, chickpeas and vegetables stew  Fruta, leche, pan / fruit, milk, bread	Macarrones con pavo / Macaroni in tomato sauce with turkey  Lomo al ajillo horno con ensalada mixta / Baked pork loin with salad  Fruta, leche, pan / fruit, milk, bread
27	28	29	30	31
Menestra de Verduras / Vegetables stew  Albondigas con patata dado / Meatballs with potatoes  Yogurt de fruta / Fruit yoghurt	paella mixta / Fish and meat paella  Bacalao al horno con pisto / Baked cod with pisto  Fruta, leche, pan / fruit, milk, bread	Verduras estofadas / Vegetables stew  Tortilla de calabacin y ensalada con tomate / Courgette omelette and salad with tomato  Fruta, leche, pan / fruit, milk, bread	Caracolas con tomate gratinadas / Gratines pasta shells in tomato sauce  Pescadilla rebozada con lechuga y remolacha/ Battered hake with salad  Fruta, leche, pan / fruit, milk, bread	verdura saltados con cebolla / Sauted peas with onion  Escalope de pollo con cous cous / Breaded chicken with cous cous  Fruta, leche, pan / fruit, milk, bread



# CUTASA S.L.



## MAYO MENU SIN GLUTEN MAY MENU WITHOUT GLUTEN

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
			1	2
6	7	8	9	10
Arroz de pollo / Chicken rice	Judías verdes ecologicas con tomate / Bio Green beans in tomato sauce	Pasta sin gluten con pavo / spaghetti in tomato suce with turkey	Crema de calabacin / courgette cream	Alubias blancas estofadas / Beans stew with vegetables
Tortilla patata con lechuga, tomate y remolacha/ Potato omelette with salad	Lomo al horno con arroz salteado / Baked pork loin with sauted rice	Ventresca de merluza al horno y ensalada / Baked hake belly with salad	Hamburguesa ternera planca con arroz/ Grilled burger with rice	Salmón al horno con salsa de naranja / Baked salmon with orange sauce
Yogurt de fruta / Fruit yoghurt	Fruta, leche, pan sin gluten / fruit, milk, bread	Fruta, leche, pan sin gluten / fruit, milk, bread	Fruta, leche, pan sin gluten / fruit, milk, bread	Fruta, leche, pan sin gluten / fruit, milk, bread
13	14	15	16	17
Ensalada de pasta sin gluten/ Pasta salad	Garbanzos guisados / Chickpeas stew	Brocoli salteado con jamon / Sauted broccoli with ham	pure de verduras / Vegetables cream	Judias blancas estofadas / Beans stew
Bacalao asado con champiñones / Roasted cod with mushrooms	Salchichas de Pavo al horno con tomate frito / Baked turkey sausages with tomato	Jamonicitos de pollo asados con patatas panadera / roasted chicken thighs with potatoes	Lomo al ajillo horno con ensalada mixta / Baked pork loin with salad	Fte. De pescadilla romana con menestra de verdura / Battered hake with vegetables
Yogurt, pan integral / yoghurt and whole bread	Fruta, leche, pan sin gluten / fruit, milk, bread	Fruta, leche, pan sin gluten / fruit, milk, bread	Fruta, leche, pan sin gluten / fruit, milk, bread	Fruta, leche, pan sin gluten / fruit, milk, bread
20	21	22	23	24
Arroz caldoso con pollo y gambas / Stewed rice with chicken	Judias verdes salteadas pimenton / Sauted Green beans	Judias estofadas / Beans stew	Sopa De Cocido Con Fideos sin gluten / cocido soup	Macarrones sin gluten con pavo / Macaroni in tomato sauce with turkey
Limanda horno con ensalada de lechuga y remolacha / Baked limanda with salad	Pavo estofado con arroz / Turkey stew with rice	Tortilla de patata y pavo con tomate natural / Turkey omelette with tomato	Cocido Con Garbanzos, Ternera, Chorizo, pollo / meat, chickpeas and vegetables stew	Merluza horno con zanahoria baby / Baked hake with carrot
Yogurt de fruta / Fruit yoghurt	Fruta, leche, pan sin gluten / fruit, milk, bread	Fruta, leche, pan sin gluten / fruit, milk, bread	Fruta, leche, pan sin gluten / fruit, milk, bread	Fruta, leche, pan sin gluten / fruit, milk, bread
27	28	29	30	31
Menestra de Verduras / Vegetables stew	paella mixta / Fish and meat paella	Lentejas estofadas con verdura / Lentils stew	Pasta sin gluten con tomate gratinadas / Gratines pasta shells in tomato sauce	Guisantes saltados con cebolla / Sauted peas with onion
Albondigas con patata dado / Meatballs with potatoes	Bacalao al horno con pisto / Baked cod with pisto	Tortilla de calabacin y ensalada con tomate / Courgette omelette and salad with tomato	Pescadilla rebozada con lechuga y remolacha/ Bettered hake with salad	Escalope de pollo con arroz / Breaded chicken with rice
Yogurt de fruta / Fruit yoghurt	Fruta, leche, pan sin gluten / fruit, milk, bread	Fruta, leche, pan sin gluten / fruit, milk, bread	Fruta, leche, pan sin gluten / fruit, milk, bread	Fruta, leche, pan sin gluten / fruit, milk, bread



# CUTASA S.L.

## MAYO MENU SIN FRUTO SECO MAY MENU WITHOUT NUTS



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
			1	2
6	7	8	9	10
Fideua de pollo / Chicken fideua  Tortilla patata con lechuga, tomate y remolacha/ Potato omelette with salad  Yogurt de fruta / Fruit yoghurt	Judías verdes ecologicas con tomate / Bio Green beans in tomato sauce  Lomo al horno con arroz salteado / Baked pork loin with sauted rice  Fruta, leche, pan / fruit, milk, bread	Tallarines integrales con pavo / spaghetti in tomato suce with turkey  Ventresca de merluza al horno y ensalada / Baked hake belly with salad  Fruta, leche, pan / fruit, milk, bread	Crema de calabacin / courgette cream  Hamburguesa ternera planca con cous cous/ Grilled burger with cous cous  Fruta, leche, pan / fruit, milk, bread	Alubias blancas estofadas / Beans stew with vegetables  Salmón al horno con salsa de naranja / Baked salmon with orange sauce  Fruta, leche, pan / fruit, milk, bread
13	14	15	16	17
Ensalada de pasta / Pasta salad  Bacalao asado con champiñones / Roasted cod with mushrooms  Yogurt, pan integral / yoghurt and whole bread	Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables  Salchichas de Pavo al horno con tomate frito / Baked turkey sausajes with tomato  Fruta, leche, pan / fruit, milk, bread	Brocoli salteado con jamon / Sauted broccoli with ham  Jamoncitos de pollo asados con patatas panadera / roasted chicken thighs with potatoes  Fruta, leche, pan / fruit, milk, bread	pure de verduras / Vegetables cream  Lomo al ajillo horno con ensalada mixta / Baked pork loin with salad  Fruta, leche, pan / fruit, milk, bread	Judias blancas estofadas / Beans stew  Fte. De pescadilla romana con menestra de verdura / Battered hake with vegetables  Fruta, leche, pan / fruit, milk, bread
20	21	22	23	24
Arroz caldoso con pollo y gambas / Stewed rice with chicken  Limanda horno con ensalada de lechuga y remolacha / Baked limanda with salad  Yogurt de fruta / Fruit yoghurt	Judias verdes salteadas pimenton / Sauted Green beans  Pavo estofado con cous cous / Turkey stew with cous cous  Fruta, leche, pan / fruit, milk, bread	Lentejas estofadas / Lentils stew  Tortilla de patata y pavo con tomate natural / Turkey omelette with tomato  Fruta, leche, pan / fruit, milk, bread	Sopa De Cocido Con Fideos / cocido soup  Cocido Con Garbanzos, Ternera, Chorizo, pollo / meat, chickpeas and vegetables stew  Fruta, leche, pan / fruit, milk, bread	Macarrones con pavo / Macaroni in tomato sauce with turkey  Merluza horno con zanahoria baby / Baked hake with carrot  Fruta, leche, pan / fruit, milk, bread
27	28	29	30	31
Menestra de Verduras / Vegetables stew  Albondigas con patata dado / Meatballs with potatoes  Yogurt de fruta / Fruit yoghurt	paella mixta / Fish and meat paella  Bacalao al horno con pisto / Baked cod with pisto  Fruta, leche, pan / fruit, milk, bread	Lentejas estofadas con verdura / Lentils stew  Tortilla de calabacin y ensalada con tomate / Courgette omelette and salad with tomato  Fruta, leche, pan / fruit, milk, bread	Caracolas con tomate gratinadas / Gratines pasta shells in tomato sauce  Pescadilla rebozada con lechuga y remolacha/ Battered hake with salad  Fruta, leche, pan / fruit, milk, bread	Guisantes saltados con cebolla / Sauted peas with onion  Escalope de pollo con cous cous / Breaded chicken with cous cous  Fruta, leche, pan / fruit, milk, bread



# CUTASA S.L.



## MAYO MENU SIN CARNE DE CERDO MAY MENU WITHOUT PIG MEAT

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
			1	2
6	7	8	9	10
Fideua de pollo / Chicken fideua  Tortilla patata con lechuga, tomate y remolacha/ Potato omelette with salad  Yogurt de fruta / Fruit yoghurt	Judías verdes ecologicas con tomate / Bio Green beans in tomato sauce  Pavo al horno con arroz salteado / Bakedturkey with sauted rice  Fruta, leche, pan / fruit, milk, bread	Tallarines integrales con pavo / spagetti in tomate suce with turkey  Ventresca de merluza al horno y ensalada / Baked hake belly with salad  Fruta, leche, pan / fruit, milk, bread	Crema de calabacin / courgette cream  Hamburguesa ternera planca con cous cous/ Grilled burger with cous cous  Fruta, leche, pan / fruit, milk, bread	Alubias blancas estofadas / Beans stew with vegetables  Salmón al horno con salsa de naranja / Baked salmon with orange sauce  Fruta, leche, pan / fruit, milk, bread
13	14	15	16	17
Ensalada de pasta / Pasta salad  Bacalao asado con champiñones / Roasted cod with mushrooms  Yogurt, pan integral / yoghurt and whole bread	Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables  Salchichas de Pavo al horno con tomate frito / Baked turkey sausajes with tomato  Fruta, leche, pan / fruit, milk, bread	Brocoli salteado / Sauted brocoli  Jamoncitos de pollo asados con patatas panadera / roasted chicken thighs with potatoes  Fruta, leche, pan / fruit, milk, bread	pure de verduras / Vegetables cream  Pollo horno con ensalada mixta / Baked turkey loin with salad  Fruta, leche, pan / fruit, milk, bread	Judias blancas estofadas / Beans stew  Fte. De pescadilla romana con menestra de verdura / Battered hake with vegetables  Fruta, leche, pan / fruit, milk, bread
20	21	22	23	24
Arroz caldoso con pollo y gambas / Stewed rice with chicken  Limanda horno con ensalada de lechuga y remolacha / Baked limanda with salad  Yogurt de fruta / Fruit yoghurt	Judias verdes salteadas pimenton / Sauted Green beans  Pavo estofado con cous cous / Turkey stew with cous cous  Fruta, leche, pan / fruit, milk, bread	Lentejas estofadas / Lentils stew  Tortilla de patata y pavo con tomate natural / Turkey omelette with tomato  Fruta, leche, pan / fruit, milk, bread	Sopa De Cocido Con Fideos / cocido soup  Cocido Con Garbanzos, Ternera y pollo / meat, chickpeas and vegetables stew  Fruta, leche, pan / fruit, milk, bread	Macarrones con pavo / Macaroni in tomato sauce with turkey  Merluza horno con zanahoria baby / Baked hake with carrot  Fruta, leche, pan / fruit, milk, bread
27	28	29	30	31
Menestra de Verduras / Vegetables stew  Albondigas ternera con patata dado / Meatballs with potatoes  Yogurt de fruta / Fruit yoghurt	paella mixta / Fish and meat paella  Bacalao al horno con pisto / Baked cod with pisto  Fruta, leche, pan / fruit, milk, bread	Lentejas estofadas con verdura / Lentils stew  Tortilla de calabacin y ensalada con tomate / Courgette omelette and salad with tomato  Fruta, leche, pan / fruit, milk, bread	Caracolas con tomate gratinadas / Gratines pasta shells in tomato sauce  Pescadilla rebozada con lechuga y remolacha/ Bettered hake with salad  Fruta, leche, pan / fruit, milk, bread	Guisantes saltados con cebolla / Sauted peas with onion  Escalope de pollo con cous cous / Breaded chicken with cous cous  Fruta, leche, pan / fruit, milk, bread