

# MENU ENERO 2021

## ALERGIA PESCADO / FISH ALLERGY

11	12	13	14	15
lentejas guisadas con verduras / lentils stew Lomo con tomate y ensalada / <i>baked loin with salad</i> Melocotón alibar / peaches in sirup	Arroz con tomate/ Rice in tomato sauce Tortilla con ensalada / <i>Omelete with salad o sauce with salad</i> Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Pollo con patatas / baked Chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Sopa de Cocido / <i>Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew</i> Fruta, leche, pan / fruit, milk, bread	Macarrones carbonara / <i>Macaroni in carbonara sauce</i> Salchichas con ensalada / <i>Baked sausages with lettuce, carrot</i> Fruta, leche, pan / fruit, milk, bread
18	19	20	21	22
Fideua de pollo / Chicken fideua Hamburguesa con zanahoria y maiz / <i>Baked burger with carrot and corn</i> Yogur De Frutas/ <i>Fruit yoghurt, bread</i>	Judias verdes con tomate / <i>Stewed green beans in tomato sauce/</i> Albondigas y cous cous/ <i>Meatballs with cous cous</i> Fruta, leche, pan / fruit, milk, bread	Sopa de estrellas / Stars soup Tortilla de patata con ensalada / <i>Potato Omelete with salad</i> Fruta, leche, pan / fruit, milk, bread	Crema de verdura / <i>Vegetables cream</i> Cinta de lomo al ajillo con patatas / <i>Grilled Garlic Pork Loin with potatoes</i> Fruta, leche, pan / fruit, milk, bread	Garbanzos con arroz / <i>Stewed chickpeas with rice</i> Pollo con ensalada mixta / <i>Breaded chicken with mixed salad</i> Fruta, leche, pan / fruit, milk, bread
25	26	27	28	29
Espaguetis con carne / <i>Spagetti bolognesse</i> Pavo con lechuga y maiz / <i>Battered turkey with lettuce and corn</i> Yogur De Frutas/ <i>Fruit yoghurt</i>	Pure de zanahoria / <i>Croet puree</i> Pollo asado con patatas / <i>Roast chicken with potatoes</i> Fruta, Leche , Pan / Fruit, milk, bread	Patatas guisadas con carne / <i>Potato stew with meat</i> Huevos villaroy con ensalada / <i>Villaroy eggs with salad</i> Fruta, Leche , Pan / Fruit, milk, bread	Brocoli salteado / <i>Sauted brocoli</i> Ragout de pavo con patata dado/ <i>Turkey ragout with potatoes</i> Fruta, leche, pan / fruit, milk, bread	Judias blancas guisadas con verduras / <i>Beans stew with vegetables</i> Lomo con pisto / <i>Battered loin with pisto</i> Fruta, leche, pan / fruit, milk, bread

## ALERGIA HUEVO / EGG ALLERGY

11	12	13	14	15
lentejas guisadas con verduras / lentils stew Platija con ensalada / <i>Battered sole with salad</i> Melocotón alibar / peaches in sirup	Arroz con tomate/ Rice in tomato sauce rosti de atún con ensalada / <i>Tuna rosti with salad</i> Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Pollo con patatas / baked Chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Sopa de Cocido sin huevo / <i>Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew</i> Fruta, leche, pan / fruit, milk, bread	Macarrones carbonara sin huevo / <i>Macaroni in carbonara sauce</i> Ventresca merluza con ensalada / <i>Battered belly hake with lettuce, carrot</i> Fruta, leche, pan / fruit, milk, bread
18	19	20	21	22
arroz de pollo / Chicken rice Salmon salsa naranja con zanahoria y maiz / <i>Baked in orange sauce with carrot and corn</i> Yogur De Frutas/ <i>Fruit yoghurt, bread</i>	Judias verdes con tomate / <i>Stewed green beans in tomato sauce/</i> Albondigas y cous cous/ <i>Meatballs with cous cous</i> Fruta, leche, pan / fruit, milk, bread	Sopa de fideos sin huevo / Noodles soup Rosti de york con ensalada / <i>Ham rosti with salad</i> Fruta, leche, pan / fruit, milk, bread	Crema de verdura / <i>Vegetables cream</i> Cinta de lomo al ajillo con patatas / <i>Grilled Garlic Pork Loin with potatoes</i> Fruta, leche, pan / fruit, milk, bread	Garbanzos con arroz / <i>Stewed chickpeas with rice</i> Merluza empanada con ensalada mixta / <i>Breaded hake with mixed salad</i> Fruta, leche, pan / fruit, milk, bread
25	26	27	28	29
Espaguetis con carne sin huevo / <i>Spagetti bolognesse</i> Pescadilla con lechuga y maiz / <i>Battered hake with lettuce and corn</i> Yogur De Frutas/ <i>Fruit yoghurt</i>	Pure de zanahoria / <i>Croet puree</i> Pollo asado con patatas / <i>Roast chicken with potatoes</i> Fruta, Leche , Pan / Fruit, milk, bread	Patatas guisadas con carne / <i>Potato stew with meat</i> rosti con ensalada / <i>rosti with salad</i> Fruta, Leche, Pan / Fruit, milk, bread	Brocoli salteado / <i>Sauted brocoli</i> Ragout de pavo con patata dado/ <i>Turkey ragout with potatoes</i> Fruta, leche, pan / fruit, milk, bread	Judias blancas guisadas con verduras / <i>Beans stew with vegetables</i> Rape con pisto / <i>Battered monkfish with pisto</i> Fruta, leche, pan / fruit, milk, bread

## ALERGIA LECHE / MILK ALLERGY

11	12	13	14	15
lentejas guisadas con verduras / lentils stew Platija con ensalada / <i>Battered sole with salad</i> Melocotón alibar / peaches in sirup	Arroz con tomate/ Rice in tomato sauce Tortilla de atún con ensalada / <i>Tuna Omelete with salad with salad</i> Fruta, pan / fruit, bread	Menestra de verdura / Vegetables stew Pollo con patatas / baked Chicken with potatoes Fruta, pan / fruit, bread	Sopa de Cocido / <i>Stew Soup Cocido Completo sin garbanzo / Chickpeas, Meat and Cabbage Stew</i> Fruta, pan / fruit, bread	Macarrones con tomate / <i>Macaroni in tomato sauce</i> Ventresca merluza con ensalada / <i>Battered belly hake with lettuce, carrot</i> Fruta, pan / fruit, bread
18	19	20	21	22
Fideua de pollo / Chicken fideua Salmon salsa naranja con zanahoria y maiz / <i>Baked in orange sauce with carrot and corn</i> Postre apto / <i>Suitable dessert</i>	Judias verdes con tomate / <i>Stewed green beans in tomato sauce/</i> Albondigas y cous cous/ <i>Meatballs with cous cous</i> Fruta, pan / fruit, bread	Sopa de estrellas / Stars soup Tortilla de patata con ensalada / <i>Potato Omelete with salad</i> Fruta, pan / fruit, bread	Crema de verdura / <i>Vegetables cream</i> Cinta de lomo al ajillo con patatas / <i>Grilled Garlic Pork Loin with potatoes</i> Fruta, pan / fruit, bread	Garbanzos con arroz / <i>Stewed chickpeas with rice</i> Merluza empanada con ensalada mixta / <i>Breaded hake with mixed salad</i> Fruta, pan / fruit, bread
25	26	27	28	29
Espaguetis con carne / <i>Spagetti bolognesse</i> Pescadilla romana con lechuga y maiz / <i>Battered hake with lettuce and corn</i> Postre apto / <i>Suitable dessert</i>	Pure de zanahoria / <i>Croet puree</i> Pollo asado con patatas / <i>Roast chicken with potatoes</i> Fruta, pan / fruit, bread	Patatas guisadas con carne / <i>Potato stew with meat</i> Huevos cocidos con ensalada / <i>Boiled eggs with salad</i> Fruta, pan / fruit, bread	Brocoli salteado / <i>Sauted brocoli</i> Ragout de pavo con patata dado/ <i>Turkey ragout with potatoes</i> Fruta, pan / fruit, bread	Judias blancas guisadas con verduras / <i>Beans stew with vegetables</i> Rape con pisto / <i>Battered monkfish with pisto</i> Fruta, pan / fruit, bread

## ALERGIA LEGUMBRE / LEGUME ALLERGY

11	12	13	14	15
Verduras estofadas / <i>Sauted vegetables</i> Platija con ensalada / <i>Battered sole with salad</i> Melocotón alibar / peaches in sirup	Arroz con tomate/ Rice in tomato sauce Tortilla de atún con ensalada / <i>Tuna Omelete with salad with salad</i> Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Pollo con patatas / baked Chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Sopa de Cocido / <i>Stew Soup Cocido Completo sin garbanzo / Chickpeas, Meat and Cabbage Stew</i> Fruta, leche, pan / fruit, milk, bread	Macarrones carbonara / <i>Macaroni in carbonara sauce</i> Ventresca merluza con ensalada / <i>Battered belly hake with lettuce, carrot</i> Fruta, leche, pan / fruit, milk, bread
18	19	20	21	22
Fideua de pollo / Chicken fideua Salmon salsa naranja con zanahoria y maiz / <i>Baked in orange sauce with carrot and corn</i> Yogur De Frutas/ <i>Fruit yoghurt, bread</i>	Verduras estofadas / <i>Sauted vegetables</i> Albondigas y cous cous/ <i>Meatballs with cous cous</i> Fruta, leche, pan / fruit, milk, bread	Sopa de estrellas / Stars soup Tortilla de patata con ensalada / <i>Potato Omelete with salad</i> Fruta, leche, pan / fruit, milk, bread	Crema de verdura / <i>Vegetables cream</i> Cinta de lomo al ajillo con patatas / <i>Grilled Garlic Pork Loin with potatoes</i> Fruta, leche, pan / fruit, milk, bread	Arroz con tomate / <i>Rice in tomato sauce</i> Merluza empanada con ensalada mixta / <i>Breaded hake with mixed salad</i> Fruta, leche, pan / fruit, milk, bread
25	26	27	28	29
Espaguetis con carne / <i>Spagetti bolognesse</i> Pescadilla romana con lechuga y maiz / <i>Battered hake with lettuce and corn</i> Yogur De Frutas/ <i>Fruit yoghurt</i>	Pure de zanahoria / <i>Croet puree</i> Pollo asado con patatas / <i>Roast chicken with potatoes</i> Fruta, Leche , Pan / Fruit, milk, bread	Patatas guisadas con carne / <i>Potato stew with meat</i> Huevos villaroy con ensalada / <i>Villaroy eggs with salad</i> Fruta, Leche , Pan / Fruit, milk, bread	Brocoli salteado / <i>Sauted brocoli</i> Ragout de pavo con patata dado/ <i>Turkey ragout with potatoes</i> Fruta, leche, pan / fruit, milk, bread	Pure verduras / <i>Vegetables puree</i> Rape con pisto / <i>Battered monkfish with pisto</i> Fruta, leche, pan / fruit, 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

## ENERO 2021

CELIACOS / CELIAC PEOPLE				
		8	9	10
11	12	13	14	15
lentejas guisadas con verduras / lentils stew Platija con ensalada / Battered sole with salad Yogur De Frutas/ Fruit Melocotón alibar / peaches in sirup	Arroz con tomate/ Rice in tomato sauce Tortilla de atún con ensalada / Tuna Omelete with salad with salad Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Pollo con patatas / baked Chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Sopa de Cocido sin gluten / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, leche, pan / fruit, milk, bread	Macarrones carbonara sin gluten / Macarroni in carbonara sauce Ventresca merluza con ensalada / Battered belly hake with lettuce, carrot Fruta, leche, pan / fruit, milk,
18	19	20	21	22
Arroz de pollo / Chicken rice Salmon salsa naranja con zanahoria y maíz / Baked in orange sauce with carrot and corn Yogur De Frutas/ Fruit yoghurt, bread	Judias verdes con tomate / Stewed green beans in tomato sauce/ Albondigas con patatas/ Meatballs with potatoes Fruta, leche, pan / fruit, milk, bread	Sopa de fideos sin gluten / Noodles soup Tortilla de patata con ensalada / Potato Omelete with salad Fruta, leche, pan / fruit, milk, bread	Crema de verdura / Vegetables cream Cinta de lomo al ajillo con patatas / Grilled Garlic Pork Loin with potatoes Fruta, leche, pan / fruit, milk, bread	Garbanzos con arroz / Stewed chickpeas with rice Merluza con ensalada mixta / Breaded hake with mixed salad Fruta, leche, pan / fruit, milk, bread
25	26	27	28	29
Espaguetis sin gluten con carne / Spagetti bolognese Pescadilla con lechuga y maíz / Battered hake with lettuce and corn Yogur De Frutas/ Fruit yoghurt	Pure de zanahoria / Crot puree Pollo asado con patatas / Roast chicken with potatoes Fruta, Leche, Pan / Fruit, milk, bread	Patatas guisadas con carne / Potato stew with meat Huevos con ensalada / boiled eggs with salad Fruta, Leche, Pan / Fruit, milk, bread	Brocoli salteado / Sauted broccoli Ragout de pavo con patata dado/ Turkey ragout with potatoes Fruta, leche, pan / fruit, milk, bread	Judias balancas guisadas con verduras / Beans stew with vegetables Rape con pisto / Battered monkfish with pisto Fruta, leche, pan / fruit, milk, bread

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

FRUTO SECO/NUTTY ALLERGY				
		8	9	10
11	12	13	14	15
lentejas guisadas con verduras / lentils stew Platija con ensalada / Battered sole with salad Melocotón alibar / peaches in sirup	Arroz con tomate/ Rice in tomato sauce Tortilla de atún con ensalada / Tuna Omelete with salad with salad Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Pollo con patatas / baked Chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, leche, pan / fruit, milk, bread	Macarrones carbonara / Macarroni in carbonara sauce Ventresca merluza con ensalada / Battered belly hake with lettuce, carrot Fruta, leche, pan / fruit, milk, bread
18	19	20	21	22
Fideua de pollo / Chicken fideua Salmon salsa naranja con zanahoria y maíz / Baked in orange sauce with carrot and corn Yogur De Frutas/ Fruit	Judias verdes con tomate / Stewed green beans in tomato sauce/ Albondigas y cous cous/ Meatballs with cous cous Fruta, Leche, Pan / Fruit, milk, bread	Sopa de estrellas / Stars soup Tortilla de patata con ensalada / Potato Omelete with salad Fruta, leche, pan / fruit, milk, bread	Crema de verdura / Vegetables cream Cinta de lomo al ajillo con patatas / Grilled Garlic Pork Loin with potatoes Fruta, leche, pan / fruit, milk, bread	Garbanzos con arroz / Stewed chickpeas with rice Merluza empanada con ensalada mixta / Breaded hake with mixed salad Fruta, leche, pan / fruit, milk, bread
25	26	27	28	29
Espaguetis con carne / Spagetti bolognese Pescadilla romana con lechuga y maíz / Battered hake with lettuce and corn Yogur De Frutas/ Fruit yoghurt	Pure de zanahoria / Crot puree Pollo asado con patatas / Roast chicken with potatoes Fruta, Leche, Pan / Fruit, milk, bread	Patatas guisadas con carne / Potato stew with meat Huevos villaroy con ensalada / Villaroy eggs with salad Fruta, Leche, Pan / Fruit, milk, bread	Brocoli salteado / Sauted broccoli Ragout de pavo con patata dado/ Turkey ragout with potatoes Fruta, leche, pan / fruit, milk, bread	Judias balancas guisadas con verduras / Beans stew with vegetables Rape con pisto / Battered monkfish with pisto Fruta, leche, pan / fruit, milk, bread



# CUTASA SL

## ALIMENTAMOS BIEN

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