



# MENU FEBRERO 2021

## ALERGIA PESCADO / FISH ALLERGY

1	2	3	4	5
Patatas con costillas / potato stew with cutlets Tortilla de pavo con ensalada / Turkey omelette with salad Yogurt , Pan / Yoghurt, bread	Macarrones con pavo y tomate / Macaroni with turkey in tomato sauce lomo con ensalada / Grilled loin in sauce with salad Fruta, Leche , Pan / Fruit, milk, bread	Judías Verdes Rehogadas / Sautéed green beans Pollo Con Patata panadera / Chicken with potatoes Fruta, Leche , Pan / Fruit, milk, bread	Pure de calabaza / Pumpkin puree lomo al ajillo con arroz pilaf / Grilled pork loin with pilaf rice Fruta, Leche , Pan / Fruit, milk,	Alubias guisadas / Beans stew Filete de pollo con zanahoria y lechuga/ Baked chicken with salad Fruta, Leche , Pan / Fruit, milk, bread
Arroz tres delicias / Three delights fried rice Salchichas con ensalada / Grilled sausages with salad Yogurt , Pan / Yoghurt, bread	Puré de zanahoria / Carrot puree Ragout de pavo con cous cous / Turkey stew with cous cous Fruta, Leche , Pan / Fruit, milk, bread	Sopa De Cocido Con Fideos / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas and vegetables stew Fruta, Leche , Pan / Fruit,	Pasta con tomate / Pasta in tomato sauce Lomo con ensalada mixta / Baked loin with salad Fruta, Leche , Pan / Fruit, milk,	Brocoli rehogado / Sautéed brocoli Filetes Rusos Con Patatas Dado / Burger in sauce wit potatoes Fruta, Leche , Pan / Fruit, milk, bread
Espaguetis Boloñesa / Bolognese spaghetti Filete De Lomo Con Ensalada / Baked pork loin with salad Yogurt , Pan / Yoghurt, bread	Judías Pintas guisadas / Pinto Beans stew Huevos revueltos con jamon Y Ensalada / scrambled eggs with ham and salad Fruta, Leche , Pan / Fruit, milk, bread	Crema De Verduras / Vegetables cream Escalope de pollo Con Patatas / Breaded chicken with potatoes Fruta, Leche , Pan / Fruit, milk, bread	Arroz Con Verduras / Rice with vegetables Pollo Con Tomate / Baked Chicken in tomato sauce Fruta, Leche , Pan / Fruit, milk, bread	<b>FESTIVO</b>
<b>FESTIVO</b>	Lentejas Guisada Con chorizo / Lentils stew with chorizo Huevos cocidos con pisto / Boiled eggs with pisto Yogurt , Pan / Yoghurt, bread	Caracolas con tomate / Pasta shells with tomato Salchichas con lechuga y maiz / Baked sausages with salad Fruta, Leche , Pan / Fruit, milk, bread	Pure de calabacin / courgette puree Filete de pollo con Patatas / Grilled chicken with potatoes Fruta, Leche , Pan / Fruit, milk, bread	Sopa De Cocido Con Fideos / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas and vegetables stew Fruta, Leche , Pan / Fruit, milk

## ALERGIA HUEVO / EGG ALLERGY

1	2	3	4	5
Patatas con costillas / potato stew with cutlets Rosti de pavo con ensalada / turkey rosti with salad Yogurt , Pan / Yoghurt, bread	Macarrones sin huevo con pavo y tomate / Macaroni with turkey in tomato sauce Salmón al horno con ensalada / Baked Salmon with salad Fruta, Leche , Pan / Fruit, milk, bread	Judías Verdes Rehogadas / Sautéed green beans Pollo Con Patata panadera / chicken with potatoes Fruta, Leche , Pan / Fruit, milk, bread	Pure de calabaza / Pumpkin puree Lomo al ajillo con arroz pilaf / Grilled pork loin with pilaf rice Fruta, Leche , Pan / Fruit, milk,	Alubias guisadas / Beans stew Filete de limanda con zanahoria y lechuga/ Baked limanda with salad Fruta, Leche , Pan / Fruit, milk, bread
Arroz tres delicias sin huevo / Three delights fried rice Dados de rape con ensalada / Battered monkfish with salad Yogurt , Pan / Yoghurt, bread	Puré de zanahoria / Carrot puree Ragout de pavo con cous cous / Turkey stew with cous cous Fruta, Leche , Pan / Fruit, milk, bread	Sopa De Cocido Con Fideos sin huevo / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas and vegetables stew Fruta, Leche , Pan / Fruit,	Pasta sin huevo con tomate / Pasta in tomato sauce Bacalao con ensalada mixta / Baked cod with salad Fruta, Leche , Pan / Fruit, milk,	Brocoli rehogado / Sautéed brocoli Filetes Rusos caseros Con Patatas Dado / Burger in sauce wit potatoes Fruta, Leche , Pan / Fruit, milk, bread
Espaguetis Boloñesa sin huevo / Bolognese spaghetti Filete De Limanda Con Ensalada / Baked sole with salad Yogurt , Pan / Yoghurt, bread	Judías Pintas guisadas / Pinto Beans stew Rosti De jamon Con Pavo Y Ensalada / Ham Rosti with salad Fruta, Leche , Pan / Fruit, milk, bread	Crema De Verduras / Vegetables cream Escalope de pollo Con Patatas / Breaded chicken with potatoes Fruta, Leche , Pan / Fruit, milk, bread	Arroz Con Verduras / Rice with vegetables Ventresca merluza horna Con Tomate / Baked belly hake in tomato sauce Fruta, Leche , Pan / Fruit, milk, bread	<b>FESTIVO</b>
<b>FESTIVO</b>	Lentejas Guisada Con chorizo / Lentils stew with chorizo Rosti Con pisto / Turkey rosti with pisto Yogurt , Pan / Yoghurt, bread	Pasta sin huevo con tomate / Pasta shells with tomato Merluza con lechuga y maiz / Baked hake with salad Fruta, Leche , Pan / Fruit, milk, bread	Pure de calabacin / courgette puree Filete de pollo con Patatas / Grilled chicken with potatoes Fruta, Leche , Pan / Fruit, milk, bread	Sopa De Cocido Con Fideos sin huevo / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas and vegetables stew Fruta, Leche , Pan / Fruit,

## ALERGIA LECHE / MILK ALLERGY

1	2	3	4	5
Patatas con costillas / potato stew with cutlets Tortilla de pavo con ensalada / Turkey omelette with salad Postre apto / Suitable dessert	Macarrones con pavo y tomate / Macaroni with turkey in tomato sauce Salmón al horno con ensalada / Baked Salmon with salad Fruta, Pan / Fruit, bread	Judías Verdes Rehogadas / Sautéed green beans Pollo Con Patata panadera / Chicken with potatoes Fruta, Pan / Fruit, bread	Pure de calabaza / Pumpkin puree Lomo al ajillo con arroz pilaf / Grilled pork loin with pilaf rice Fruta, Pan / Fruit, bread,	Alubias guisadas / Beans stew Filete de limanda con zanahoria y lechuga/ Baked limanda with salad Fruta, Pan / Fruit, bread
Arroz tres delicias / Three delights fried rice Dados de rape con ensalada / Battered monkfish with salad Postre apto / Suitable dessert	Puré de zanahoria / Carrot puree Ragout de pavo con cous cous / Turkey stew with cous cous Fruta, Pan / Fruit, bread	Sopa De Cocido Con Fideos / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas and vegetables stew Fruta, Pan / Fruit, bread	Pasta con tomate / Pasta in tomato sauce Bacalao con ensalada mixta / Baked cod with salad Fruta, Pan / Fruit, bread,	Brocoli rehogado / Sautéed brocoli Filetes Rusos caseros Con Patatas Dado / Burger in sauce wit potatoes Fruta, Pan / Fruit, bread
Espaguetis Boloñesa / Bolognese spaghetti Filete De Limanda Con Ensalada / Baked sole with salad Postre apto / Suitable dessert	Judías Pintas guisadas / Pinto Beans stew Huevos revueltos con jamon Y Ensalada / scrambled eggs with ham and salad Fruta, Pan / Fruit, bread	Crema De Verduras / Vegetables cream Escalope de pollo Con Patatas / Breaded chicken with potatoes Fruta, Pan / Fruit, bread	Arroz Con Verduras / Rice with vegetables Tomate / Baked belly hake in tomato sauce Fruta, Pan / Fruit, bread	<b>FESTIVO</b>
<b>FESTIVO</b>	Lentejas Guisada Con chorizo / Lentils stew with chorizo Huevos cocidos Con pisto / Boiled eggs with pisto Postre apto / Suitable dessert	Caracolas con tomate / Pasta shells with tomato Merluza con lechuga y maiz / Baked hake with salad Fruta, Pan / Fruit, bread	Pure de calabacin / courgette puree Filete de pollo con Patatas / Grilled chicken with potatoes Fruta, Pan / Fruit, bread	Sopa De Cocido Con Fideos / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas and vegetables stew Fruta, Pan / Fruit, bread

## ALERGIA LEGUMBRE / LEGUME ALLERGY

1	2	3	4	5
Patatas con costillas / potato stew with cutlets Tortilla de pavo con ensalada / Turkey omelette with salad Yogurt , Pan / Yoghurt, bread	Macarrones con pavo y tomate / Macaroni with turkey in tomato sauce Salmón al horno con ensalada / Baked Salmon with salad Fruta, Leche , Pan / Fruit, milk, bread	verdura guisadas / vegetable stew Pollo Con Patata panadera / Chicken with potatoes Fruta, Leche , Pan / Fruit, milk, bread	Pure de calabaza / Pumpkin puree Lomo al ajillo con arroz pilaf / Grilled pork loin with pilaf rice Fruta, Leche , Pan / Fruit, milk,	Arroz salteado / Sautéed rice Filete de limanda con zanahoria y lechuga/ Baked limanda with salad Fruta, Leche , Pan / Fruit, milk, bread
Arroz tres delicias / Three delights fried rice Dados de rape con ensalada / Battered monkfish with salad Yogurt , Pan / Yoghurt, bread	Puré de zanahoria / Carrot puree Ragout de pavo con cous cous / Turkey stew with cous cous Fruta, Leche , Pan / Fruit, milk, bread	Sopa De Cocido Con Fideos / cocido soup Cocido sin Garbanzos, Ternera, Repollo / meat, chickpeas and vegetables stew Fruta, Leche , Pan / Fruit, milk,	lasaña boloñesa / Bolognese lasagna Bacalao rebozado con ensalada mixta / Battered cod with salad Fruta, Leche , Pan / Fruit, milk,	Brocoli rehogado / Sautéed brocoli Filetes Rusos Con Patatas Dado / Burger in sauce wit potatoes Fruta, Leche , Pan / Fruit, milk, bread
Espaguetis Boloñesa / Bolognese spaghetti Filete De Limanda Con Ensalada / Baked sole with salad Yogurt , Pan / Yoghurt, bread	Verdura guisada / Sautéed vegetables Huevos revueltos con jamon Y Ensalada / scrambled eggs with ham and salad Fruta, Leche , Pan / Fruit, milk, bread	Crema De Verduras / Vegetables cream Escalope de pollo Con Patatas / Breaded chicken with potatoes Fruta, Leche , Pan / Fruit, milk, bread	Arroz tomate / Rice with tomato Ventresca merluza horna Con Tomate / Baked belly hake in tomato sauce Fruta, Leche , Pan / Fruit, milk, bread	<b>FESTIVO</b>
<b>FESTIVO</b>	Arroz con tomate / Rice in tomato sauce Huevos villarroy Con pisto / villarroy eggs with pisto Yogurt , Pan / Yoghurt, bread	Caracolas con tomate / Pasta shells with tomato Merluza con lechuga y maiz / Baked hake with salad Fruta, Leche , Pan / Fruit, milk, bread	Pure de calabacin / courgette puree Filete de pollo con Patatas / Grilled chicken with potatoes Fruta, Leche , Pan / Fruit, milk, bread	Sopa De Cocido Con Fideos / cocido soup Cocido sin Garbanzos, Ternera, Repollo / meat, chickpeas and vegetables stew Fruta, Leche , Pan / Fruit, milk,

La sopa de cocido se elaborara con caldo realizado con carne y pollo aparte, sin contacto con garbanzos

# MENUS COMEDOR PARA EL MES

## FEBRERO 2021

CELIACOS / CELIAC PEOPLE				1
1	2	3	4	5
Patatas con costillas / potato stew with cuttles Tortilla de pavo con ensalada / Turkey omelette with salad Yogurt , Pan sin gluten / Yoghurt, bread	Macarrones sin gluten con pavo y tomate / Macaroni with turkey in tomato sauce Salmón al horno con ensalada / Baked Salmon with salad Fruta, Leche , Pan sin gluten / Fruit, milk, bread	Judías Verdes Rehogadas / Sauted green beans Pollo Con Patata panadera / Chicken with potatoes Fruta, Leche , Pan sin gluten / Fruit, milk, bread	Pure de calabaza / Pumpkin puree Lomo al ajillo con arroz pilaf / Grillrd porl loin with pilaf rice Fruta, Leche , Pan sin gluten / Fruit, milk, bread	Alubias guisadas / Beans stew Filete de limanda com zanahoria y lechuga/ Baked limanda with salad Fruta, Leche , Pan sin gluten / Fruit, milk, bread
8	9	10	11	12
Arroz tres delicias / Three delights fried rice Dados de rape con ensalada / Battered monkfish with salad Yogurt , Pan sin gluten / Yoghurt, bread	Puré de zanahoria / Carrot puree Ragout de pavo con arroz / Turkey stew with rice Fruta, Leche , Pan / Fruit, milk, bread	Sopa De Cocido sin gluten / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas and vegetables stew Fruta, Leche , Pan / Fruit,	Pasta sin gluten con tomate / Pasta in tomato sauce Bacalao con ensalada mixta / Baked cod with salad Fruta, Leche , Pan / Fruit, milk,	Brocoli rehogado / Sauted brocoli Filetes Rusos aptos Con Patatas Dado / Burguer in sace wit potatoes Fruta, Leche , Pan / Fruit, milk, bread
15	16	17	18	19
Espaguetis sin gluten Boloñesa / Bolognese spagetti Filete De Limanda Con Ensalada / Baked sole with salad Yogurt , Pan / Yoghurt, bread	Judías Pintas guisadas / Pinto Beans stew Huevos revueltos con jamon Y Ensalada / screambled eggs with ham and salad Fruta, Leche , Pan sin gluten / Fruit, milk, bread	Crema De Verduras / Vegetables cream Escalope de pollo Con Patatas / Breaded chicken with potatoes Fruta, Leche , Pan / Fruit, milk, bread	Arroz Con Verduras / Rice with vegetables Ventresca merluza horno Con Tomate / Baked belly hake in tomato sauce Fruta, Leche , Pan sin gluten / Fruit, milk, bread	<b>FESTIVO</b>
22	23	24	25	26
<b>FESTIVO</b>	Lentejas Guisada Con chorizo / Lentils stew with chorizo Huevos cocidos Con pisto / Boiled eggs with pisto Yogurt , Pan / Yoghurt, bread	Pasta sin gluten con tomate / Pasta shells with tomato Merluza con lechuga y maiz / Baked hake with salad Fruta, Leche , Pan / Fruit, milk, bread	Pure de calabacin / courgette puree Filete de pollo con Patatas / Grilled chicken with potatoes Fruta, Leche , Pan sin gluten / Fruit, milk, bread	Sopa De Cocido sin gluten / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas and vegetables stew Fruta, Leche , Pan / Fruit,

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

FRUTO SECO/NUTTY ALLERGY				1
1	2	3	4	5
Patatas con costillas / potato stew with cuttles Tortilla de pavo con ensalada / Turkey omelette with salad Yogurt , Pan / Yoghurt, bread	Macarrones con pavo y tomate / Macaroni with turkey in tomato sauce Salmón al horno con ensalada / Baked Salmon with salad Fruta, Leche , Pan / Fruit, milk, bread	Judías Verdes Rehogadas / Sauted green beans Pollo Con Patata panadera / Chicken with potatoes Fruta, Leche , Pan / Fruit, milk, bread	Pure de calabaza / Pumpkin puree Lomo al ajillo con arroz pilaf / Grillrd porl loin with pilaf rice Fruta, Leche , Pan / Fruit, milk,	Alubias guisadas / Beans stew Filete de limanda com zanahoria y lechuga/ Baked limanda with salad Fruta, Leche , Pan / Fruit, milk, bread
8	9	10	11	12
Arroz tres delicias / Three delights fried rice Dados de rape con ensalada / Battered monkfish with salad Yogurt , Pan / Yoghurt, bread	Puré de zanahoria / Carrot puree Ragout de pavo con cous cous / Turkey stew with cous cous Fruta, Leche , Pan / Fruit, milk, bread	Sopa De Cocido Con Fideos / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas and vegetables stew Fruta, Leche , Pan / Fruit,	Pasta con tomate / Pasta in tomato sauce Bacalao con ensalada mixta / Baked cod with salad Fruta, Leche , Pan / Fruit, milk,	Brocoli rehogado / Sauted brocoli Filetes Rusos Con Patatas Dado / Burguer in sace wit potatoes Fruta, Leche , Pan / Fruit, milk, bread
15	16	17	18	19
Espaguetis Boloñesa / Bolognese spagetti Filete De Limanda Con Ensalada / Baked sole with salad Yogurt , Pan / Yoghurt, bread	Judías Pintas guisadas / Pinto Beans stew Huevos revueltos con jamon Y Ensalada / screambled eggs with ham and salad Fruta, Leche , Pan / Fruit, milk, bread	Crema De Verduras / Vegetables cream Escalope de pollo Con Patatas / Breaded chicken with potatoes Fruta, Leche , Pan / Fruit, milk, bread	Arroz Con Verduras / Rice with vegetables Ventresca merluza horno Con Tomate / Baked belly hake in tomato sauce Fruta, Leche , Pan / Fruit, milk, bread	<b>FESTIVO</b>
22	23	24	25	26
<b>FESTIVO</b>	Lentejas Guisada Con chorizo / Lentils stew with chorizo Huevos cocidos Con pisto / Boiled eggs with pisto Yogurt , Pan / Yoghurt, bread	Caracolas con tomate / Pasta shells with tomato Merluza con lechuga y maiz / Baked hake with salad Fruta, Leche , Pan / Fruit, milk, bread	Pure de calabacin / courgette puree Filete de pollo con Patatas / Grilled chicken with potatoes Fruta, Leche , Pan / Fruit, milk, bread	Sopa De Cocido Con Fideos / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas and vegetables stew Fruta, Leche , Pan / Fruit,



# CUTASA

## ALIMENTAMOS BIEN

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