

MENU MARZO 2020

ALERGIA PESCADO / FISH ALLERGY

1	2	3	4	5
Arroz con salsa de tomate / Rice with tomato sauce Fte pollo con ensalada / Grilled chicken with salad yogur fruta / Fruit yogurt	Coliflor gratinada / Gratinated cauliflower Lomo al ajillo c/ patatas / Grilled pork garlic loin with potatoes Fruta, leche, pan / fruit, milk, bread	Judías blancas estofadas / Stewed Beans Lacon al horno con ensalada / Baked ham with salad Fruta, leche, pan / fruit, milk, bread	Brocoli Salteado con jamon / Sauted brocoli with ham Tortilla patata con ensalada / Potato Omelette with salad Fruta, leche, pan / fruit, milk, bread	Sopa De Cocido Con Fideos / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas Fruta, Leche, Pan / Fruit, milk, bread
8	9	10	11	12
Macarrones ecologicos carbonara / Bio Macaroni carbonara Salchichas ave con ensalada / turkey sausages with salad yogur fruta / Fruit yogurt	Patatas guisadas verdura / vegetables potato stew Huevos con bechamel y ensalada / Boiled eggs with salad Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Fte de pollo con patata / Grilled chicken breast with potato Fruta, leche, pan / fruit, milk, bread	Paella carne / meat paella Lomo con ensalada / Breaded pork loin with salad Fruta, leche, pan / fruit, milk, bread	Lentejas Guisadas con chorizo / Lentils Stew with "chorizo" hamburguesa de ternera con ensalada / Veal burger with salad Fruta, leche, pan / fruit, milk, bread
15	16	17	18	19
Sopa de picadillo / Egg and ham soup Tortilla de pavo con ensalada mixta / Turkey omelette with salad yogur fruta / Fruit yogurt	Judías pintas / Pinto beans stew sajonia con ensalada / Baked sajonia with salad Fruta, leche, pan / fruit, milk, bread	Crema de espinacas / Spinach cream albondigas en salsa con cous cous / Meatballs in sauce with cous cous Fruta, leche, pan / fruit, milk, bread	Arroz con tomate / Rice in tomato sauce pollo con ensalada / chicken with salad Fruta, leche, pan / fruit, milk, bread	0
22	23	24	25	26
Lentejas estofadas / Lentils stew with vegetables tortilla de patata con ensalada / Potato omelette with salad yogur fruta / Fruit yogurt	espaguetis con verduras / Spageti with vegetables cinta lomo con ensalada / Breaded pork loin with salad Fruta, leche, pan / fruit, milk, bread	Sopa De Cocido Con Fideos / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas Fruta, Leche, Pan / Fruit, milk, bread	Pure de verduras / Vegetables stew pollo asado con patatas / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	0

ALERGIA HUEVO / EGG ALLERGY

1	2	3	4	5
Arroz con salsa de tomate / Rice with tomato sauce Merluza al limon con ensalada / Baked hake in lemon sauce yogur fruta / Fruit yogurt	Coliflor gratinada / Gratinated cauliflower Lomo al ajillo c/ patatas / Grilled pork garlic loin with potatoes Fruta, leche, pan / fruit, milk, bread	Judías blancas estofadas / Stewed Beans Bacalao al horno con ensalada / Baked cod with salad Fruta, leche, pan / fruit, milk, bread	Brocoli Salteado con jamon / Sauted brocoli with ham Tortilla patata y atun con ensalada / tuna Omelette with salad Fruta, leche, pan / fruit, milk, bread	Sopa De Cocido Con Fideos sin huevo / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas Fruta, Leche, Pan / Fruit, milk, bread
8	9	10	11	12
Macarrones sin huevo carbonara / Macaroni carbonara Ventresca de merluza con ensalada / Baked belly hake with salad yogur fruta / Fruit yogurt	Patatas guisadas con calamares / Squid potato stew Rosti york y ensalada / Ham rosti with salad Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Fte de pollo con patata / Grilled chicken breast with potato Fruta, leche, pan / fruit, milk, bread	Paella mixta / Fish and meat paella Limanda horno con ensalada / Baked limanda with salad Fruta, leche, pan / fruit, milk, bread	Lentejas Guisadas con chorizo / Lentils Stew with "chorizo" hamburguesa de ternera con ensalada / Veal burger with salad Fruta, leche, pan / fruit, milk, bread
15	16	17	18	19
Sopa de picadillo sin huevo / ham soup rosti de pavo con ensalada mixta / Turkey rosti with salad yogur fruta / Fruit yogurt	Judías pintas / Pinto beans stew Fte. de pescadilla con ensalada / Baked hake with salad Fruta, leche, pan / fruit, milk, bread	Crema de espinacas / Spinach cream albondigas en salsa con cous cous / Meatballs in sauce with cous cous Fruta, leche, pan / fruit, milk, bread	Arroz con tomate / Rice in tomato sauce Bacalao horno con verduras / Baked cod with vegetables Fruta, leche, pan / fruit, milk, bread	0
22	23	24	25	26
Lentejas estofadas / Lentils stew with vegetables Rosti de patata con ensalada / Potato rosti with salad yogur fruta / Fruit yogurt	espaguetis sin huevo con verduras / Spageti with vegetables ventresca de merluza madrileña con ensalada / Breaded hake with salad Fruta, leche, pan / fruit, milk, bread	Sopa De Cocido Con Fideos sin huevo / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas Fruta, Leche, Pan / Fruit, milk, bread	pure de verduras / Vegetables stew pollo asado con patatas / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	0

ALERGIA LECHE / MILK ALLERGY

1	2	3	4	5
Arroz con salsa de tomate / Rice with tomato sauce Merluza al limon con ensalada / Baked hake in lemon sauce Postre apto / Suitable dessert	Coliflor gratinada / Gratinated cauliflower Lomo al ajillo c/ patatas / Grilled pork garlic loin with potatoes Fruta, pan / fruit, bread	Judías blancas estofadas / Stewed Beans Bacalao al horno con ensalada / Baked cod with salad Fruta, pan / fruit, bread	Brocoli Salteado con jamon / Sauted brocoli with ham Tortilla patata y atun con ensalada / tuna Omelette with salad Fruta, pan / fruit, bread	Sopa De Cocido Con Fideos / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas Fruta, pan / fruit, bread
8	9	10	11	12
Macarrones con tomate / Macaroni in tomato sauce merluza y ensalada / Baked belly hake with salad Postre apto / Suitable dessert	Patatas guisadas con calamares / Squid potato stew Huevos cocidos y ensalada / Boiled eggs with salad Fruta, pan / fruit, bread	Menestra de verdura / Vegetables stew Fte de pollo con patata / Grilled chicken breast with potato Fruta, pan / fruit, bread	Paella mixta / Fish and meat paella Limanda horno con ensalada / Baked limanda with salad Fruta, pan / fruit, bread	Lentejas Guisadas con chorizo / Lentils Stew with "chorizo" hamburguesa de ternera con ensalada / Veal burger with salad Fruta, pan / fruit, bread
15	16	17	18	19
Sopa de picadillo / Egg and ham soup Tortilla de pavo con ensalada mixta / Turkey omelette with salad Postre apto / Suitable dessert	Judías pintas / Pinto beans stew Fte. de pescadilla con ensalada / Baked hake with salad Fruta, pan / fruit, bread	Crema de espinacas / Spinach cream albondigas en salsa con cous cous / Meatballs in sauce with cous cous Fruta, pan / fruit, bread	Arroz con tomate / Rice in tomato sauce Bacalao horno con verduras / Baked cod with vegetables Fruta, pan / fruit, bread	0
22	23	24	25	26
Lentejas estofadas / Lentils stew with vegetables tortilla de patata con ensalada / Potato omelette with salad Postre apto / Suitable dessert	espaguetis con verduras / Spageti with vegetables ventresca de merluza madrileña con ensalada / Breaded hake with salad Fruta, pan / fruit, bread	Sopa De Cocido Con Fideos / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas Fruta, pan / fruit, bread	pure de verduras / Vegetables stew pollo asado con patatas / Roast chicken with potatoes Fruta, pan / fruit, bread	0

ALERGIA LEGUMBRE / LEGUME ALLERGY

1	2	3	4	5
Arroz con salsa de tomate / Rice with tomato sauce Merluza al limon con ensalada / Baked hake in lemon sauce yogur fruta / Fruit yogurt	Coliflor gratinada / Gratinated cauliflower Lomo al ajillo c/ patatas / Grilled pork garlic loin with potatoes Fruta, leche, pan / fruit, milk, bread	Verdura salteada o pure / sauted vegetables or puree Bacalao al horno con ensalada / Baked cod with salad Fruta, leche, pan / fruit, milk, bread	Brocoli Salteado con jamon / Sauted brocoli with ham Tortilla patata y atun con ensalada / tuna Omelette with salad Fruta, leche, pan / fruit, milk, bread	Sopa De Cocido Con Fideos / cocido soup Cocido sin Garbanzos, Ternera, Chorizo, Repollo / meat, and chickpeas Fruta, Leche, Pan / Fruit, milk, bread
8	9	10	11	12
Macarrones ecologicos carbonara / Macaroni carbonara Ventresca de merluza con ensalada / Baked belly hake with salad yogur fruta / Fruit yogurt	Patatas guisadas con calamares / Squid potato stew Huevos con bechamel y ensalada / Boiled eggs with salad Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Fte de pollo con patata / Grilled chicken breast with potato Fruta, leche, pan / fruit, milk, bread	Paella mixta / Fish and meat paella Limanda horno con ensalada / Baked limanda with salad Fruta, leche, pan / fruit, milk, bread	Verdura salteada / sauted vegetables hamburguesa de ternera con ensalada / Veal burger with salad Fruta, leche, pan / fruit, milk, bread
15	16	17	18	19
Sopa de picadillo / Egg and ham soup Tortilla de pavo con ensalada mixta / Turkey omelette with salad yogur fruta / Fruit yogurt	Pasta salteada / Suted pasta Fte. de pescadilla con ensalada / Baked hake with salad Fruta, leche, pan / fruit, milk, bread	Crema de espinacas / Spinach cream albondigas en salsa con cous cous / Meatballs in sauce with cous cous Fruta, leche, pan / fruit, milk, bread	Arroz con tomate / Rice in tomato sauce Bacalao horno con verduras / Baked cod with vegetables Fruta, leche, pan / fruit, milk, bread	0
22	23	24	25	26
Verdura rehogado / Sauted vegetables tortilla de patata con ensalada / Potato omelette with salad yogur fruta / Fruit yogurt	espaguetis con verduras / Spageti with vegetables ventresca de merluza madrileña con ensalada / Breaded hake with salad Fruta, leche, pan / fruit, milk, bread	Sopa De Cocido Con Fideos / cocido soup Cocido sin Garbanzos, Ternera, Chorizo, Repollo / meat, and chickpeas Fruta, Leche, Pan / Fruit, milk, bread	pure de verduras / Vegetables stew pollo asado con patatas / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	0

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

**SIN GLUTEN /
NO GLUTEN**

1	2	3	4	5
Arroz con salsa de tomate / Rice with tomato sauce Merluza al limon con ensalada / Baked hake in lemon sauce yogur fruta / Fruit yogurt	Coliflor gratinada / Grated cauliflower Lomo al ajillo c/ patatas / Grilled pork garlic loin with potatoes Fruta, leche, pan / fruit, milk, bread	Judías blancas estofadas / Stewed Beans Bacalao al horno con ensalada / Baked cod with salad Fruta, leche, pan / fruit, milk, bread	Brocoli Salteado con jamon / Sauted brocoli with ham Tortilla patata y atun con ensalada / tuna Omelette with salad Fruta, leche, pan / fruit, milk, bread	Sopa De Cocido Con Fideos sin gluten/ cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas Fruta, Leche , Pan / Fruit, milk, bread
Macarrones sin gluten carbonara / Bio Macaroni carbonara Ventresca de merluza con ensalada / Baked belly hake with salad yogur fruta / Fruit yogurt	Patatas guisadas con calamares / Squid potato stew Huevos con bechamel y ensalada / Boiled eggs with salad Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Fte de pollo con patata / Grilled chicken breast with potato Fruta, leche, pan / fruit, milk, bread	Paella mixta / Fish and meat paella Limanda horno con ensalada / Baked limanda with salad Fruta, leche, pan / fruit, milk, bread	Lentejas Guisadas con chorizo / Lentils Stew with "chorizo" hamburguesa de ternera con ensalada / Veal burger with salad Fruta, leche, pan / fruit, milk, bread
Sopa de picadillo sin gluten / Egg and ham soup Rosti de pavo con ensalada mixta / Turkey rosti with salad yogur fruta / Fruit yogurt	Judías pintas / Pinto beans stew Fte. de pescadilla con ensalada / Baked hake with salad Fruta, leche, pan / fruit, milk, bread	Crema de espinacas / Spinach cream albondigas en salsa con arroz / Meatballs in sauce with rice Fruta , leche, pan / fruit , milk, bread	Arroz con tomate / Rice in tomato sauce Bacalao horno con verduras / Baked cod with vegetables Fruta, leche, pan / fruit, milk, bread	0 0 0
Lentejas estofadas / Lentils stew with vegetables tortilla de patata con ensalada / Potato omelette with salad yogur fruta / Fruit yogurt	espaguetis sin gluten con verduras / Spageti with vegetables ventresca de merluza madrileña con ensalada / Breaded hake with salad Fruta, leche, pan / fruit, milk, bread	Sopa De Cocido Con Fideos sin gluten/ cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas Fruta, Leche , Pan / Fruit, milk, bread	pure de verduras / Vegetables stew pollo asado con patatas / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	0 0 0

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

**ALERGIA
f. SECO / NUTS
ALLERGY**

1	2	3	4	5
Arroz con salsa de tomate / Rice with tomato sauce Merluza al limon con ensalada / Baked hake in lemon sauce yogur fruta / Fruit yogurt	Coliflor gratinada / Grated cauliflower Lomo al ajillo c/ patatas / Grilled pork garlic loin with potatoes Fruta, leche, pan / fruit, milk, bread	Judías blancas estofadas / Stewed Beans Bacalao al horno con ensalada / Baked cod with salad Fruta, leche, pan / fruit, milk, bread	Brocoli Salteado con jamon / Sauted brocoli with ham Tortilla patata y atun con ensalada / tuna Omelette with salad Fruta, leche, pan / fruit, milk, bread	Sopa De Cocido Con Fideos / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas Fruta, Leche , Pan / Fruit, milk, bread
Macarrones ecologicos carbonara / Bio Macaroni carbonara Ventresca de merluza con ensalada / Baked belly hake with salad yogur fruta / Fruit yogurt	Patatas guisadas con calamares / Squid potato stew Huevos con bechamel y ensalada / Boiled eggs with salad Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Fte de pollo con patata / Grilled chicken breast with potato Fruta, leche, pan / fruit, milk, bread	Paella mixta / Fish and meat paella Limanda horno con ensalada / Baked limanda with salad Fruta, leche, pan / fruit, milk, bread	Lentejas Guisadas con chorizo / Lentils Stew with "chorizo" hamburguesa de ternera con ensalada / Veal burger with salad Fruta, leche, pan / fruit, milk, bread
Sopa de picadillo / Egg and ham soup Tortilla de pavo con ensalada mixta / Turkey omelette with salad yogur fruta / Fruit yogurt	Judías pintas / Pinto beans stew Fte. de pescadilla con ensalada / Baked hake with salad Fruta, leche, pan / fruit, milk, bread	Crema de espinacas / Spinach cream albondigas en salsa con cous cous / Meatballs in sauce with cous cous Fruta , leche, pan / fruit , milk, bread	Arroz con tomate / Rice in tomato sauce Bacalao horno con verduras / Baked cod with vegetables Fruta, leche, pan / fruit, milk, bread	19
Lentejas estofadas / Lentils stew with vegetables tortilla de patata con ensalada / Potato omelette with salad yogur fruta / Fruit yogurt	espaguetis con verduras / Spageti with vegetables ventresca de merluza madrileña con ensalada / Breaded hake with salad Fruta, leche, pan / fruit, milk, bread	Sopa De Cocido Con Fideos / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, Repollo / meat, chickpeas Fruta, Leche , Pan / Fruit, milk, bread	pure de verduras / Vegetables stew pollo asado con patatas / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	26

MENUS COMEDOR PARA EL MES

MARZO 2020



CUTASA SL ALIMENTAMOS BIEN

Avda. Montes de Oca, 21 nave - 24
28703 San Sebastián de los Reyes (Madrid)
Tel: 91 659 22 70