

MENU ABRIL 2021

ALERGIA PESCADO / FISH ALLERGY					
5	6	7	8	9	
NO LECTIVO	Espaguetis con chorizo y tomate / Spaghetti in tomato sauce with Lomo con zanahoria baby / Grilled pork loin with carrot Yogurt / Yoghurt	Guisantes salteados con jamon / Sauted peas with ham Albóndigas jardinera con cous cous / Meatballs stew with cous cous Fruta, leche, pan / fruit, milk, bread	Lentejas guisadas con verduras / lentils stew with vegetables Tortilla de espinacas con ensalada mixta /spinach omelette with salad Fruta, leche, pan / fruit, milk, bread	Arroz con tomate / Rice in tomato sauce Pollo con verduras asadas/ Baked chicken with vegetables Fruta, leche, pan / fruit, milk, bread	
12	13	14	15	16	
Lentejas guisadas con verduras / lentils stew with vegetables Huevos cocidos con zanahoria rallada / Villaroy eggs with carrot Yogurt / Yoghurt	paella carne / meat paella Salchichas horno con calabaza asada / Baked sausages with pumpkin Fruta, leche, pan / fruit, milk, bread	Brocoli salteado con pavo / Sauted broccoli with turkey Pollo estofado con arroz integral/ Chicken stew with rice Fruta, leche, pan / fruit, milk, bread	Crema de puerro y zanahoria / Carrot and lek cream Sajonia con patata vapor / Baked sajoniawith 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	
19	20	21	22	23	
Lentejas con zanahoria y puerro / Lentils stew with vegetables Cinta de lomo con champiñon salteado / Grilled pork loin with Gelatina / Jelly	Espaguetis con tomate / Spagetti in tomato sauce Hamburguesa con lechuga zanahoria y aceitunas / Grilled burger with Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Pollo asado con patatas / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Judias pintas estofadas / pinto beans stew Tortilla de patata con ensalada mixta / Potato omelette with salad Fruta, leche, pan / fruit, milk, bread	paella con pollo y verduras / Chicken and vegetable paella Lacón horno con pisto / Baked ham with pisto Fruta, leche, pan / fruit, milk, bread	
26	27	28	29	30	
Fideua pollo / meat fideua Filete de pollo con ensalada mixta / Battered chicken with salad Yogurt de fruta/ Fruit yoghurt	Coliflor salteada / Sauted cauliflower Lomo al ajillo con puré de patata / Grilled Pork Loin with garlic and Fruta, leche, pan / fruit, milk, bread	Garbanzos guisados /Chickpeas stew Huevos rellenos con pisto / Stuffed eggs with pisto Fruta, leche, pan / fruit, milk, bread	Puré de verdura / Vegetables Puree Hamburguesa plancha con patatas / Grilled burger with chips Fruta, leche, pan / fruit, milk, bread	Tallarines con tomate / Spagetti with tomato pavo plancha con ensalada / Baked turkey with salad Fruta, leche, pan / fruit, milk, bread	

ALERGIA HUEVO / EGG ALLERGY					
5	6	7	8	9	
NO LECTIVO	Espaguetis sin huevo con chorizo y tomate / Spaghetti in tomato sauce Limanda rebozada sin huevo con zanahoria baby / Breaded limanda Yogurt / Yoghurt	Guisantes salteados con jamon / Sauted peas with ham Albóndigas jardinera con cous cous / Meatballs stew with cous cous Fruta, leche, pan / fruit, milk, bread	Lentejas guisadas con verduras / lentils stew with vegetables Rosti de patata con ensalada mixta / Potato rosti with salad Fruta, leche, pan / fruit, milk, bread	Arroz con tomate / Rice in tomato sauce Pescadilla al horno con verduras asadas/ Baked hake with vegetables Fruta, leche, pan / fruit, milk, bread	
12	13	14	15	16	
Lentejas guisadas con verduras / lentils stew with vegetables Rosti con zanahoria rallada / Rosti with carrot Yogurt / Yoghurt	paella mixta / Fish and meat paella Bacalao horno encebollado / Baked cod with onion Fruta, leche, pan / fruit, milk, bread	Brocoli salteado con pavo / Sauted broccoli with turkey Pollo estofado con arroz integral/ Chicken stew with rice Fruta, leche, pan / fruit, milk, bread	Crema de puerro y zanahoria / Carrot and lek cream Merluza a la gallega con patata vapor / Baked hake with potatoes Fruta, leche, pan / fruit, milk, bread	Sopa de Cocido sin huevo / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, leche, pan / fruit, milk, bread	
19	20	21	22	23	
Lentejas con zanahoria y puerro / Lentils stew with vegetables Cinta de lomo con champiñon salteado / Grilled pork loin with Gelatina / Jelly	Espaguetis con tomate / Spagetti in tomato sauce Filete de merluza con lechuga zanahoria y aceitunas / Baked hake Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Pollo asado con patatas / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Judias pintas estofadas / pinto beans stew Rosti de patata con ensalada mixta / Potato omelette with salad Fruta, leche, pan / fruit, milk, bread	paella con pollo y verduras / Chicken and vegetable paella Limanda horno con pisto / Baked limanda with pisto Fruta, leche, pan / fruit, milk, bread	
26	27	28	29	30	
Paella mixta / Fish and meat paella Filete de merluza con ensalada mixta / grilled hake with salad Yogurt de fruta/ Fruit yoghurt	Coliflor salteada / Sauted cauliflower Lomo al ajillo con puré de patata / Grilled Pork Loin with garlic and Fruta, leche, pan / fruit, milk, bread	Garbanzos guisados /Chickpeas stew rosti con pisto / rosti with pisto Fruta, leche, pan / fruit, milk, bread	Puré de verdura / Vegetables Puree Hamburguesa plancha con patatas / Grilled burger with chips Fruta, leche, pan / fruit, milk, bread	Tallarines sin huevo con tomate / Spagetti with tomato Salmon horno con verduras / Baked salmon with vegetables Fruta, leche, pan / fruit, milk, bread	

ALERGIA LECHE / MILK ALLERGY					
5	6	7	8	9	
NO LECTIVO	Espaguetis con chorizo y tomate / Spaghetti in tomato sauce with Limanda rebozada con zanahoria baby / Breaded limanda with carrot Postre apto / Suitable dessert	Guisantes salteados con jamon / Sauted peas with ham Albóndigas jardinera con cous cous / Meatballs stew with cous cous Fruta, pan / fruit, bread	Lentejas guisadas con verduras / lentils stew with vegetables Tortilla de espinacas con ensalada mixta /spinach omelette with salad Fruta, pan / fruit, bread	Arroz con tomate / Rice in tomato sauce Pescadilla al horno con verduras asadas/ Baked hake with vegetables Fruta, pan / fruit, bread	
12	13	14	15	16	
Lentejas guisadas con verduras / lentils stew with vegetables Huevos cocidos con zanahoria rallada / Villaroy eggs with carrot Postre apto / Suitable dessert	paella mixta / Fish and meat paella Bacalao horno encebollado / Baked cod with onion Fruta, pan / fruit, bread	Brocoli salteado con pavo / Sauted broccoli with turkey Pollo estofado con arroz integral/ Chicken stew with rice Fruta, pan / fruit, bread	Crema de puerro y zanahoria / Carrot and lek cream Merluza a la gallega con patata vapor / Baked hake with potatoes Fruta, pan / fruit, bread	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, pan / fruit, bread	
19	20	21	22	23	
Lentejas con zanahoria y puerro / Lentils stew with vegetables Cinta de lomo con champiñon salteado / Grilled pork loin with Gelatina / Jelly	Espaguetis con tomate / Spagetti in tomato sauce Filete de merluza con lechuga zanahoria y aceitunas / Baked hake Fruta, pan / fruit, bread	Menestra de verdura / Vegetables stew Pollo asado con patatas / Roast chicken with potatoes Fruta, pan / fruit, bread	Judias pintas estofadas / pinto beans stew Tortilla de patata con ensalada mixta / Potato omelette with salad Fruta, pan / fruit, bread	paella con pollo y verduras / Chicken and vegetable paella Limanda horno con pisto / Baked limanda with pisto Fruta, pan / fruit, bread	
26	27	28	29	30	
Fideua mixta / Fish and meat fideua Filete de merluza rebozado con ensalada mixta / Battered hake with Postre apto / Suitable dessert	Coliflor salteada / Sauted cauliflower Lomo al ajillo con puré de patata / Grilled Pork Loin with garlic and Fruta, pan / fruit, bread	Garbanzos guisados /Chickpeas stew Huevos rellenos con pisto / Stuffed eggs with pisto Fruta, pan / fruit, bread	Puré de verdura / Vegetables Puree Hamburguesa plancha con patatas / Grilled burger with chips Fruta, pan / fruit, bread	Tallarines con tomate / Spagetti with tomato pavo plancha con ensalada / Baked turkey with salad Fruta, pan / fruit, bread	

ALERGIA LEGUMBRE / LEGUME ALLERGY					
5	6	7	8	9	
NO LECTIVO	Espaguetis con chorizo y tomate / Spaghetti in tomato sauce with Limanda rebozada con zanahoria baby / Breaded limanda with carrot Yogurt / Yoghurt	Vedura salteada con jamon / Sauted vegetables with ham Albóndigas jardinera con cous cous / Meatballs stew with cous cous Fruta, leche, pan / fruit, milk, bread	Ensalada mixta / Mixed salad Tortilla de espinacas con ensalada mixta /spinach omelette with salad Fruta, leche, pan / fruit, milk, bread	Arroz con tomate / Rice in tomato sauce Pescadilla al horno con verduras asadas/ Baked hake with vegetables Fruta, leche, pan / fruit, milk, bread	
12	13	14	15	16	
Ensalada mixta / Mixed salad Huevos cocidos con zanahoria rallada / Villaroy eggs with carrot Yogurt / Yoghurt	paella mixta / Fish and meat paella Bacalao horno encebollado / Baked cod with onion Fruta, leche, pan / fruit, milk, bread	Brocoli salteado con pavo / Sauted broccoli with turkey Pollo estofado con arroz integral/ Chicken stew with rice Fruta, leche, pan / fruit, milk, bread	Crema de puerro y zanahoria / Carrot and lek cream Merluza a la gallega con patata vapor / Baked hake with potatoes Fruta, leche, pan / fruit, milk, bread	Sopa de Cocido / Stew Soup Cocido Completo sin garbanzos / Meat and Cabbage Stew Fruta, leche, pan / fruit, milk, bread	
19	20	21	22	23	
Verdura salteada / sauted vegetables Cinta de lomo con champiñon salteado / Grilled pork loin with Gelatina / Jelly	Espaguetis con tomate / Spagetti in tomato sauce Filete de merluza con lechuga zanahoria y aceitunas / Baked hake Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Pollo asado con patatas / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Judias pintas estofadas / pinto beans stew Rosti de patata con ensalada mixta / Potato omelette with salad Fruta, leche, pan / fruit, milk, bread	paella con pollo y verduras / Chicken and vegetable paella Limanda horno con pisto / Baked limanda with pisto Fruta, leche, pan / fruit, milk, bread	
26	27	28	29	30	
Fideua mixta / Fish and meat fideua Filete de merluza rebozado con ensalada mixta / Battered hake with Yogurt de fruta/ Fruit yoghurt	Coliflor salteada / Sauted cauliflower Lomo al ajillo con puré de patata / Grilled Pork Loin with garlic and Fruta, leche, pan / fruit, milk, bread	Arroz salteado / Sauted rice Huevos rellenos con pisto / Stuffed eggs with pisto Fruta, leche, pan / fruit, milk, bread	Puré de verdura / Vegetables Puree Hamburguesa plancha con patatas / Grilled burger with chips Fruta, leche, pan / fruit, milk, bread	Tallarines con tomate / Spagetti with tomato Salmon horno con verduras / Baked salmon with vegetables Fruta, leche, pan / fruit, milk, bread	

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

**SIN GLUTEN /
NO GLUTEN**

5	6	7	8	9
NO LECTIVO	Espaguetis sin gluten con chorizo y tomate / Spaghetti in tomato sauce Limanda rebozada con zanahoria baby / Breaded limanda with carrot Yogurt / Yoghurt	Guisantes salteados con jamon / Sauted peas with ham Albóndigas jardinera con arroz / Meatballs stew with rice Fruta, leche, pan / fruit, milk, bread	Lentejas guisadas con verduras / lentils stew with vegetables Tortilla de espinacas con ensalada mixta /spinach omelette with salad Fruta, leche, pan / fruit, milk, bread	Arroz con tomate / Rice in tomato sauce Pescadilla al horno con verduras asadas/ Baked hake with vegetables Fruta, leche, pan / fruit, milk, bread
12	13	14	15	16
Lentejas guisadas con verduras / lentils stew with vegetables Huevos cocidos con zanahoria rallada / Villaroy eggs with carrot Yogurt / Yoghurt	paella mixta / Fish and meat paella Bacalao horno encebollado / Baked cod with onion Fruta, leche, pan / fruit, milk, bread	Brocoli salteado con pavo / Sauted broccoli with turkey Pollo estofado con arroz integral/ Chicken stew with rice Fruta, leche, pan / fruit, milk, bread	Crema de puerro y zanahoria / Carrot and lek cream Merluza a la gallega con patata vapor / Baked hake 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
19	20	21	22	23
Lentejas con zanahoria y puerro / Lentils stew with vegetables Cinta de lomo con champiñon salteado / Grilled pork loin with Gelatina / Jelly	Espaguetis con tomate / Spagetti in tomato sauce Filete de merluza con lechuga zanahoria y aceitunas / Baked hake Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Pollo asado con patatas / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Judias pintas estofadas / pinto beans stew Tortilla de patata con ensalada mixta / Potato omelette with salad Fruta, leche, pan / fruit, milk, bread	paella con pollo y verduras / Chicken and vegetable paella Limanda horno con pisto / Baked limanda with pisto Fruta, leche, pan / fruit, milk, bread
26	27	28	29	30
Paella / Paella Filete de merluza rebozado con ensalada mixta / Battered hake with Yogurt de fruta/ Fruit yoghurt	Coliflor salteada / Sauted cauliflower Lomo al ajillo con puré de patata / Grilled Pork Loin with garlic and Fruta, leche, pan / fruit, milk, bread	Garbanzos guisados /Chickpeas stew Huevos rellenos con pisto / Stuffed eggs with pisto Fruta, leche, pan / fruit, milk, bread	Puré de verdura / Vegetables Puree Hamburguesa plancha con patatas / Grilled burger with chips Fruta, leche, pan / fruit, milk, bread	Tallarines sin gluten con tomate / Spagetti with tomato Salmon horno con verduras / Baked salmon with vegetables Fruta, leche, pan / fruit, milk, bread

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

**ALERGIA
f. SECO / NUTS
ALLERGY**

5	6	7	8	9
NO LECTIVO	Espaguetis con chorizo y tomate / Spaghetti in tomato sauce with Limanda rebozada con zanahoria baby / Breaded limanda with carrot Yogurt / Yoghurt	Guisantes salteados con jamon / Sauted peas with ham Albóndigas jardinera con cous cous / Meatballs stew with cous cous Fruta, leche, pan / fruit, milk, bread	Lentejas guisadas con verduras / lentils stew with vegetables Tortilla de espinacas con ensalada mixta /spinach omelette with salad Fruta, leche, pan / fruit, milk, bread	Arroz con tomate / Rice in tomato sauce Pescadilla al horno con verduras asadas/ Baked hake with vegetables Fruta, leche, pan / fruit, milk, bread
12	13	14	15	16
Lentejas guisadas con verduras / lentils stew with vegetables Huevos cocidos con zanahoria rallada / Villaroy eggs with carrot Yogurt / Yoghurt	paella mixta / Fish and meat paella Bacalao horno encebollado / Baked cod with onion Fruta, leche, pan / fruit, milk, bread	Brocoli salteado con pavo / Sauted broccoli with turkey Pollo estofado con arroz integral/ Chicken stew with rice Fruta, leche, pan / fruit, milk, bread	Crema de puerro y zanahoria / Carrot and lek cream Merluza a la gallega con patata vapor / Baked hake 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
19	20	21	22	23
Lentejas con zanahoria y puerro / Lentils stew with vegetables Cinta de lomo con champiñon salteado / Grilled pork loin with Gelatina / Jelly	Espaguetis con tomate / Spagetti in tomato sauce Filete de merluza con lechuga zanahoria y aceitunas / Baked hake Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Pollo asado con patatas / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Judias pintas estofadas / pinto beans stew Tortilla de patata con ensalada mixta / Potato omelette with salad Fruta, leche, pan / fruit, milk, bread	paella con pollo y verduras / Chicken and vegetable paella Limanda horno con pisto / Baked limanda with pisto Fruta, leche, pan / fruit, milk, bread
26	27	28	29	30
Fideua mixta / Fish and meat fideua Filete de merluza rebozado con ensalada mixta / Battered hake with Yogurt de fruta/ Fruit yoghurt	Coliflor salteada / Sauted cauliflower Lomo al ajillo con puré de patata / Grilled Pork Loin with garlic and Fruta, leche, pan / fruit, milk, bread	Garbanzos guisados /Chickpeas stew Huevos rellenos con pisto / Stuffed eggs with pisto Fruta, leche, pan / fruit, milk, bread	Puré de verdura / Vegetables Puree Hamburguesa plancha con patatas / Grilled burger with chips Fruta, leche, pan / fruit, milk, bread	Tallarines con tomate / Spagetti with tomato Salmon horno con verduras / Baked salmon with vegetables Fruta, leche, pan / fruit, milk, bread

MENUS COMEDOR PARA EL MES

ABRIL 2021



CUTASA SL ALIMENTAMOS BIEN

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