

ALERGIA PESCADO

2	3	4	5	6
	Verdura rehogada o puree / Sauted vegetables or puree Lomo al ajillo con verduras / Grilled Pork Loin with garlic and vegetables Yogurt de fruta/ Fruit yoghurt	Puré de verdura / Vegetables Puree Escalope de ternera con patatas / Breaded veal fillet with chips Fruta, leche, pan / fruit, milk, bread	Lentejas con arroz / Lentils stew with rice Huevos rellenos con tomate / Stuffed eggs in tomato sauce Fruta, leche, pan / fruit, milk, bread	Tallarines con chorizo / Spagetti with chorizo Pollo con ensalada / Baked chicken with salad Fruta, leche, pan / fruit, milk, bread
9	10	11	12	13
Espaguetis con pavo / Spagetti in tomato sauce with turkey Lomo con ensalada / Baked loin with salad Yogurt , Pan / Yoghurt, bread	Lentejas con zanahoria y patata / Lentils stew with vegetables Tortilla de patata con ensalada / Potato omelette with salad Fruta, leche, pan / fruit, milk, bread	Fideuá de pollo / chicken fideua Filete rusos con ensalada / Grilled burger with salad Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Pollo asado con patata / Roast 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
16	17	18	19	20
Verdura rehogada o puree / Sauted vegetables or puree Sajonia al horno con Patatas / Baked Sajonia with chips Fruta, leche, pan / fruit, milk, bread	Macarrones al ajillo / Macaroni in garlic sauce Lomo con ensalada / Baked loin with vegetables Fruta, leche, pan / fruit, milk, bread	Judias blancas con chorizo / Beans stew with chorizo Tortilla de pavo con ensalada / Turkey stew with salad Fruta, leche, pan / fruit, milk, bread	Patatas con costillas / Potato stew with cutlets Salchichas con pisto / Baked sausages with ratatouille Yogurt de fruta/ Fruit yoghurt	judias verdes con jamon / Green beans with ham Pollo en salsa con arroz / Chicken stew with rice Fruta, leche, pan / fruit, milk, bread
23	24	25	26	27
Lentejas con verduras / Lentils stew with vegetables Tortilla de pavo con ensalada / ham omelette with salad Yogurt de fruta/ Fruit yoghurt	Arroz con tomate / Rice in tomato sauce Pollo con ensalada / Battered chicken with salad Fruta, leche, pan / fruit, milk, bread	Puré de calabacín / Courgette puree Albóndigas jardinera con cous-cous / Meatballs stew with cous cous Fruta, leche, pan / fruit, milk, bread	Espaguetis con tomate / Spagetti in tomato sauce Sajonia con verduras / Baked sajonia with vegetables Fruta, leche, pan / fruit, milk, bread	Garbanzos guisados / Chickpeas stew Escalope de pollo con ensalada / Breaded chicken with salad Fruta, leche, pan / fruit, milk, bread

ALERGIA HUEVO

2	3	4	5	6
	Calabacín rebozado / Battered courgette Lomo al ajillo con verduras / Grilled Pork Loin with garlic and vegetables Yogurt de fruta/ Fruit yoghurt	Puré de verdura / Vegetables Puree Escalope de ternera con patatas / Breaded veal fillet with chips Fruta, leche, pan / fruit, milk, bread	Lentejas con arroz / Lentils stew with rice Rosti con tomate / Rosti in tomato sauce Fruta, leche, pan / fruit, milk, bread	Tallarines sin huevo con chorizo / Spagetti with chorizo Bacalao horno con ensalada / Baked cod with salad Fruta, leche, pan / fruit, milk, bread
9	10	11	12	13
Espaguetis sin huevo con pavo / Spagetti in tomato sauce with turkey Merluza al horno con ensalada / Baked hake with salad Yogurt , Pan / Yoghurt, bread	Lentejas con zanahoria y patata / Lentils stew with vegetables Rosti con ensalada / Ham rosti with salad Fruta, leche, pan / fruit, milk, bread	Arroz con pollo/ chicken rice Merluza con ensalada / Grilled hake with salad Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Pollo asado con patata / Roast chicken 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
16	17	18	19	20
Coliflor rebozada / Battered cauliflower Sajonia al horno con Patatas / Baked Sajonia with chips Fruta, leche, pan / fruit, milk, bread	Macarrones sin huevo al ajillo / Macaroni in garlic sauce Limanda con pisto / Baked limanda with ratatouille Fruta, leche, pan / fruit, milk, bread	Judias blancas con chorizo / Beans stew with chorizo Rosti con ensalada / Turkey stew with salad Fruta, leche, pan / fruit, milk, bread	Patatas con costillas / Potato stew with cutlets Merluza horno con ensalada / Baked hake with ratatouille Yogurt de fruta/ Fruit yoghurt	judias verdes con jamon / Green beans with ham Pollo en salsa con arroz / Chicken stew with rice Fruta, leche, pan / fruit, milk, bread
23	24	25	26	27
Lentejas con verduras / Lentils stew with vegetables Rosti con ensalada / rosti with salad Yogurt de fruta/ Fruit yoghurt	Arroz con tomate / Rice in tomato sauce Medallón de merluza con ensalada / Battered hake with salad Fruta, leche, pan / fruit, milk, bread	Puré de calabacín / Courgette puree Albóndigas jardinera con arroz / Meatballs stew with rice Fruta, leche, pan / fruit, milk, bread	Espaguetis sin huevo tomate / Spagetti in tomato sauce Bacalao al horno con verduras / Baked cod with vegetables Fruta, leche, pan / fruit, milk, bread	Garbanzos guisados / Chickpeas stew Escalope de pollo con ensalada / Breaded chicken with salad Fruta, leche, pan / fruit, milk, bread

ALERGIA LECHE

2	3	4	5	6
	Verdura rehogada o puree / Sauted vegetables or puree Lomo al ajillo con verduras / Grilled Pork Loin with garlic and vegetables Postre apto / Suitable dessert	Puré de verdura / Vegetables Puree Ternera con patatas / Breaded veal fillet with chips Fruta, pan / fruit, bread	Lentejas con arroz / Lentils stew with rice Huevos rellenos con tomate / Stuffed eggs in tomato sauce Fruta, pan / fruit, bread	Tallarines con chorizo / Spagetti with chorizo Bacalao horno con ensalada / Baked cod with salad Fruta, pan / fruit, bread
9	10	11	12	13
Espaguetis con pavo / Spagetti in tomato sauce with turkey Merluza al horno con ensalada / Baked hake with salad Postre apto / Suitable dessert	Lentejas con zanahoria y patata / Lentils stew with vegetables Tortilla de patata con ensalada / Potato omelette with salad Fruta, pan / fruit, bread	Fideuá de pollo / chicken fideua Merluza con ensalada / Grilled hake with salad Fruta, pan / fruit, bread	Menestra de verdura / Vegetables stew Pollo asado con patata / Roast chicken with potatoes Fruta, pan / fruit, bread	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, pan / fruit, bread
16	17	18	19	20
Verdura rehogada o puree / Sauted vegetables or puree Sajonia al horno con Patatas / Baked Sajonia with chips Fruta, pan / fruit, bread	Macarrones al ajillo / Macaroni in garlic sauce Limanda con pisto / Baked limanda with ratatouille Fruta, pan / fruit, bread	Judias blancas con chorizo / Beans stew with chorizo Tortilla de pavo con ensalada / Turkey stew with salad Fruta, pan / fruit, milk, bread	Patatas con costillas / Potato stew with cutlets Merluza horno con pisto / Baked hake with ratatouille Postre apto / Suitable dessert	judias verdes con jamon / Green beans with ham Pollo en salsa con arroz / Chicken stew with rice Fruta, pan / fruit, bread
23	24	25	26	27
Lentejas con verduras / Lentils stew with vegetables Tortilla de atún con ensalada / Tuna omelette with salad Postre apto / Suitable dessert	Arroz con tomate / Rice in tomato sauce Medallón de merluza con ensalada / Battered hake with salad Fruta, pan / fruit, bread	Puré de calabacín / Courgette puree Albóndigas jardinera con cous-cous / Meatballs stew with cous cous Fruta, pan / fruit, bread	Espaguetis con tomate / Spagetti in tomato sauce Bacalao al horno con verduras / Baked cod with vegetables Fruta, pan / fruit, bread	Garbanzos guisados / Chickpeas stew Escalope de pollo con ensalada / Breaded chicken with salad Fruta, pan / fruit, bread

ALERGIA LEGUMBRE

2	3	4	5	6
	Calabacín rebozado / Battered courgette Lomo al ajillo con verduras / Grilled Pork Loin with garlic and vegetables Yogurt de fruta/ Fruit yoghurt	Puré de verdura / Vegetables Puree Escalope de ternera con patatas / Breaded veal fillet with chips Fruta, leche, pan / fruit, milk, bread	Arroz con tomate / Rice in tomato sauce Huevos rellenos con tomate / Stuffed eggs in tomato sauce Fruta, leche, pan / fruit, milk, bread	Tallarines con chorizo / Spagetti with chorizo Bacalao horno con ensalada / Baked cod with salad Fruta, leche, pan / fruit, milk, bread
9	10	11	12	13
Espaguetis sin huevo con pavo / Spagetti in tomato sauce with turkey Merluza al horno con ensalada / Baked hake with salad Yogurt , Pan / Yoghurt, bread	Verdura estofada / Vegetables stew Tortilla de patata con ensalada / Potato omelette with salad Fruta, leche, pan / fruit, milk, bread	Fideuá de pollo / chicken fideua Merluza con ensalada / Grilled hake with salad Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Pollo asado con patata / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Sopa de Cocido / Stew Soup Cocido sin garbanzo / Chickpeas, Meat and Cabbage Stew Fruta, leche, pan / fruit, milk, bread
16	17	18	19	20
Coliflor rebozada / Battered cauliflower Sajonia al horno con Patatas / Baked Sajonia with chips Fruta, leche, pan / fruit, milk, bread	Macarrones al ajillo / Macaroni in garlic sauce Limanda con pisto / Baked limanda with ratatouille Fruta, leche, pan / fruit, milk, bread	Arroz con verdura / Rice with vegetables Tortilla de pavo con ensalada / Turkey stew with salad Fruta, leche, pan / fruit, milk, bread	Patatas con costillas / Potato stew with cutlets Merluza horno con pisto / Baked hake with ratatouille Yogurt de fruta/ Fruit yoghurt	Verdura salteada / Sauted vegetables Pollo en salsa con arroz / Chicken stew with rice Fruta, leche, pan / fruit, milk, bread
23	24	25	26	27
Verdura rehogada / Vegetables stew Tortilla de atún con ensalada / Tuna omelette with salad Yogurt de fruta/ Fruit yoghurt	Arroz con tomate / Rice in tomato sauce Medallón de merluza con ensalada / Battered hake with salad Fruta, leche, pan / fruit, milk, bread	Puré de calabacín / Courgette puree Albóndigas jardinera con cous-cous / Meatballs stew with cous cous Fruta, leche, pan / fruit, milk, bread	Espaguetis con tomate / Spagetti in tomato sauce Bacalao al horno con verduras / Baked cod with vegetables Fruta, leche, pan / fruit, milk, bread	Pattas guisadas / Potato stew / Escalope de pollo con ensalada / Breaded chicken with salad 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

ABRIL 2018

CP BUERO VALLEJO

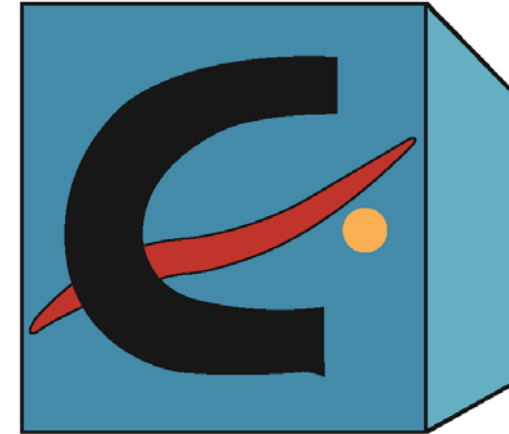
CELIACOS

2	3	4	5	6
	Verdura rehogada o puree / Sauted vegetables or puree Lomo al ajillo con verduras / Grilled Pork Loin with garlic and vegetables Yogurt de fruta/ Fruit yoghurt	Puré de verdura / <i>Vegetables Puree</i> Escalope de ternera con patatas / <i>Breaded veal fillet with chips</i> Fruta, leche, pan / fruit, milk, bread	Lentejas con arroz / <i>Lentils stew with rice</i> Huevos con tomate / <i>Stuffed eggs in tomato sauce</i> Fruta, leche, pan / fruit, milk, bread	Tallarines sin gluten con chorizo / Spagetti with chorizo Bacalao horno con ensalada / Baked cod with salad Fruta, leche, pan / fruit, milk, bread
9	10	11	12	13
Espaguetis sin gluten con pavo / Spagetti in tomato sauce with turkey Merluza al horno con ensalada / <i>Baked hake with salad</i> Yogurt , Pan / Yoghurt, bread	Lentejas con zanahoria y patata / Lentils stew with vegetables Tortilla de patata con ensalada / Potato omelette with salad Fruta, leche, pan / fruit, milk, bread	Arroz con pollo/ <i>chicken rice</i> Merluza con ensalada / Grilled hake with salad Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Pollo asado con patata / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Sopa de Cocido sin gluten / <i>Stew Soup</i> Cocido Completo / <i>Chickpeas, Meat and Cabbage Stew</i> Fruta, leche, pan / fruit, milk, bread
16	17	18	19	20
Verdura rehogada o puree / Sauted vegetables or puree Sajonia al horno con Patatas / Baked Sajonia with chips Fruta, leche, pan / fruit, milk, bread	Macarrones sin gluten al ajillo / <i>Macaroni in garlic sauce</i> Limanda con pisto / Baked limanda with ratatouille Fruta, leche, pan / fruit, milk, bread	Judias blancas con chorizo / Beans stew with chorizo Tortilla de pavo con ensalada / Turkey stew with salad Fruta, leche, pan / fruit, milk, bread	Patatas con costillas / <i>Potato stew with cutles</i> Merluza horno con pisto / Baked hake with ratatouille Yogurt de fruta/ Fruit yoghurt	judias verdes con jamon / Green beans with ham Pollo en salsa con arroz / <i>Chicken stew with rice</i> Fruta, leche, pan / fruit, milk, bread
23	24	25	26	27
Lentejas con verduras / Lentils stew with vegetables Tortilla de atún con ensalada / Tuna omelette with salad Yogurt de fruta/ Fruit yoghurt	Arroz con tomate / <i>Rice in tomato sauce</i> Medallón de merluza con ensalada / <i>Battered hake with salad</i> Fruta, leche, pan / fruit, milk, bread	Puré de calabacín / <i>Courgette puree</i> Albóndigas jardinera con arroz / <i>Meatballs stew with rice</i> Fruta, leche, pan / fruit, milk, bread	Espaguetis sin gluten / <i>Spaghetti in tomato sauce</i> Bacalao al horno con verduras / <i>Baked cod with vegetables</i> Fruta, leche, pan / fruit, milk, bread	Garbanzos guisados / Chickpeas stew Escalope de pollo con ensalada / Battered chicken with salad Fruta, leche, pan / fruit, milk, bread

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

MENU FRUTOS SECOS

2	3	4	5	6
	Calabacín rebozado / Battered courgette Lomo al ajillo con verduras / Grilled Pork Loin with garlic and vegetables Yogurt de fruta/ Fruit yoghurt	Puré de verdura / <i>Vegetables Puree</i> Escalope de ternera con patatas / <i>Breaded veal fillet with chips</i> Fruta, leche, pan / fruit, milk, bread	Lentejas con arroz / <i>Lentils stew with rice</i> Huevos rellenos con tomate / <i>Stuffed eggs in tomato sauce</i> Fruta, leche, pan / fruit, milk, bread	Tallarines con chorizo / Spagetti with chorizo Bacalao horno con ensalada / Baked cod with salad Fruta, leche, pan / fruit, milk, bread
9	10	11	12	13
Espaguetis con pavo / Spagetti in tomato sauce with turkey Merluza al horno con ensalada / <i>Baked hake with salad</i> Yogurt , Pan / Yoghurt, bread	Lentejas con zanahoria y patata / Lentils stew with vegetables Tortilla de patata con ensalada / Potato omelette with salad Fruta, leche, pan / fruit, milk, bread	Fideuá de pollo / chicken fideua Merluza con ensalada / Grilled hake with salad Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Pollo asado con patata / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread	Sopa de Cocido / <i>Stew Soup</i> Cocido Completo / <i>Chickpeas, Meat and Cabbage Stew</i> Fruta, leche, pan / fruit, milk, bread
16	17	18	19	20
Coliflor rebozada / Battered cauliflower Sajonia al horno con Patatas / Baked Sajonia with chips Fruta, leche, pan / fruit, milk, bread	Macarrones al ajillo / <i>Macaroni in garlic sauce</i> Limanda con pisto / Baked limanda with ratatouille Fruta, leche, pan / fruit, milk, bread	Judias blancas con chorizo / Beans stew with chorizo Tortilla de pavo con ensalada / Turkey stew with salad Fruta, leche, pan / fruit, milk, bread	Patatas con costillas / <i>Potato stew with cutles</i> Merluza horno con pisto / Baked hake with ratatouille Yogurt de fruta/ Fruit yoghurt	judias verdes con jamon / Green beans with ham Pollo en salsa con arroz / <i>Chicken stew with rice</i> Fruta, leche, pan / fruit, milk, bread
23	24	25	26	27
Lentejas con verduras / Lentils stew with vegetables Tortilla de atún con ensalada / Tuna omelette with salad Yogurt de fruta/ Fruit yoghurt	Arroz con tomate / <i>Rice in tomato sauce</i> Medallón de merluza con ensalada / <i>Battered hake with salad</i> Fruta, leche, pan / fruit, milk, bread	Puré de calabacín / <i>Courgette puree</i> Albóndigas jardinera con cous-cous / <i>Meatballs stew with cous cous</i> Fruta, leche, pan / fruit, milk, bread	Espaguetis con tomate / Spaghetti in tomato sauce Bacalao al horno con verduras / <i>Baked cod with vegetables</i> Fruta, leche, pan / fruit, milk, bread	Garbanzos guisados / Chickpeas stew Escalope de pollo con ensalada / Battered chicken with salad Fruta, leche, pan / fruit, milk, bread



CUTASA, S.L.
SERVICIO DE COLECTIVIDADES
COMEDORES

CUTASA

ALIMENTAMOS BIEN

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