



MENU MAYO 2018

ALERGIA PESCADO

7	8	9	3	4
Verdura rehogada o puree / Sauted vegetables or puree Lomo horn con patata / Baked hake with baked potatoes Yogur variado/ Fruit yoghurt	Arroz con verduras y pollo / Vegetables and chicken paella Huevos rellenos y ensalada / Stuffed eggs and salad Fruta, Leche / Fruit, Milk	Puré de calabacín / Courgette puree Estofado de ternera con cous cous / Veal stew with cous cous Fruta, Leche / Fruit, Milk	Macarrones con tomate / Pasta in tomato sauce Cinta de Lomo con patatas / Grilled pork loin with potatoes Fruta, Leche / Fruit, Milk	Judías Blancas estofadas con verdura / Stew beans with vegetables Lacón con ensalada / Baked ham with salad Fruta y Leche/ Fruit and Milk
14	15	16	17	18
Judías verdes con tomate / Green beans in tomato sauce Lomo al horno con arroz salteado / Baked pork loin with sauted rice Helado / Ice Cream	Fideua pollo / Chicken fideua Tortilla pavo y ensalada / Turkey omelette eith salad Fruta, Leche / Fruit, Milk	Patatas guisadas con pollo / Potato stew with chicken Filete con pisto / Grilled Fillet with vegetables and tomato	Crema de verdura / Vegetables creme Magro en salsa con patatas / Pork meat stew in sauce with potatoes Fruta, Leche / Fruit, Milk	Judías blancas estofadas / Beans stew with vegetables Salchichas con ensalada / Grilled sausages with salad Fruta, Leche / Fruit, Milk
21	22	23	24	25
Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables Hamburguesa con ensalada / Grilled burger with salad Helado / Ice Cream	Patatas guisadas con pollo / Potato stew with chicken Lomo con ensalada / Grilled pork loin with salad Fruta, Leche / Fruit, Milk	Pasta con salsa tomate / Pasta in tomato sauce Tortilla de pavo y ensalada / Turkey omelette with salad Fruta, Leche / Fruit, Milk	Paella de carne / Meat paella Sajonia con ensalada / Grilled Sajonia with salad Fruta, Leche / Fruit, Milk	Crema de espinacas / Spinach cream Pollo asado con patatas / Roast chicken with baked potatoes Fruta, Leche / Fruit, Milk
28	29	30	31	
Arroz con tomate / Rice in tomato sauce Cinta de lomo con ensalada / Baked pork loin with salad Helado/ Ice Cream	Crema de puerro / Leek cream Albóndigas en salsa con patatas / Meatballs in sauce with potatoes Fruta, Leche / Fruit, Milk	Lentejas con chorizo / Lentils stew with chorizo Tortilla de patata con pisto / Potato omelette with pisto Fruta, Leche / Fruit, Milk	Macarrones con pavo / Macaroni in tomato sauce and turkey Lomo ajillo con ensalada / Grilled pork loin with salad Fruta, Leche / Fruit, Milk	

ALERGIA HUEVO

7	8	9	3	4
Verdura rehogada o puree / Sauted vegetables or puree Tronquito merluza horn con patata / Baked hake with baked potatoes Yogur variado/ Fruit yoghurt	Arroz con verduras y pollo / Vegetables and chicken paella Rosti pavo y ensalada / Turkey rosti and salad Fruta, Leche / Fruit, Milk	Puré de calabacín / Courgette puree Estofado de ternera con Arroz / Veal stew with rice Fruta, Leche / Fruit, Milk	Macarrones sin huevo con tomate / Pasta in tomato sauce Cinta de Lomo con patatas / Grilled pork loin with potatoes Fruta, Leche / Fruit, Milk	Judías Blancas estofadas con verdura / Stew beans with vegetables calamar con ensalada / Squid with salad Fruta y Leche/ Fruit and Milk
14	15	16	17	18
Judías verdes con tomate / Green beans in tomato sauce Lomo al horno con arroz salteado / Baked pork loin with sauted rice Helado / Ice Cream	Arroz marinera / Fish fideua Rosti y ensalada / Rosti with salad Fruta, Leche / Fruit, Milk	Patatas guisadas con pollo / Potato stew with chicken Pescado con pisto / baked fishh pisto Fruta, Leche / Fruit, Milk	Crema de verdura / Vegetables creme Magro en salsa con patatas / Pork meat stew in sauce with potatoes Fruta, Leche / Fruit, Milk	Judías blancas estofadas / Beans stew with vegetables Limanda horn con ensalada / Baked limanda with salad Fruta, Leche / Fruit, Milk
21	22	23	24	25
Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables Hamburguesa casera con ensalada / Grilled burger with salad Helado / Ice Cream	Patatas guisadas con pollo / Potato stew with chicken Bacalao con ensalada / Baked cod with salad Fruta, Leche / Fruit, Milk	Pasta sin huevo con salsa tomate / Pasta in tomato sauce Rosti de pavo y ensalada / Turkey Rosti with salad Fruta, Leche / Fruit, Milk	Paella de carne / Meat paella Fie. De pescadilla horn con ensalada / Baked hake with salad Fruta, Leche / Fruit, Milk	Crema de espinacas / Spinach cream Pollo asado con patatas / Roast chicken with baked potatoes Fruta, Leche / Fruit, Milk
28	29	30	31	
Arroz con tomate / Rice in tomato sauce Limanda plancha con ensalada / Grilled limanda with salad Helado/ Ice Cream	Crema de puerro / Leek cream Albóndigas caseras en salsa con patatas / Meatballs in sauce with potatoes Fruta, Leche / Fruit, Milk	Lentejas con chorizo / Lentils stew with chorizo Rosti de patata con pisto / Potato rostie with pisto Fruta, Leche / Fruit, Milk	Macarrones sin huevo con pavo / Macaroni in tomato sauce and turkey Lomo ajillo con ensalada / Grilled pork loin with salad Fruta, Leche / Fruit, Milk	

ALERGIA LECHE

7	8	9	3	4
Verdura rehogada o puree / Sauted vegetables or puree Tronquito merluza horn con patata / Baked hake with baked potatoes Postre apto / Suitable dessert	Arroz con verduras y pollo / Vegetables and chicken paella Huevos coicdos con tomate / Stuffed eggs in tomato sauce Fruta / Fruit	Puré de calabacín / Courgette puree Estofado de ternera con cous cous / Veal stew with cous cous Fruta / Fruit	Macarrones con tomate / Pasta in tomato sauce Cinta de Lomo con patatas / Grilled pork loin with potatoes Fruta / Fruit	Judías Blancas estofadas con verdura / Stew beans with vegetables calamar con ensalada / Squid with salad Fruta / Fruit
14	15	16	17	18
Judías verdes con tomate / Green beans in tomato sauce Lomo fresco al horn con arroz salteado / Baked pork loin with sauted rice Postre apto / Suitable dessert	Fideua marinera / Fish fideua Tortilla bonito y ensalada / Tuna omelette eith salad Fruta / Fruit	Patatas guisadas con pollo / Potato stew with chicken Pescado con pisto / baked fishh pisto Fruta / Fruit	Crema de verdura / Vegetables creme Magro en salsa con patatas / Pork meat stew in sauce with potatoes Fruta / Fruit	Judías blancas estofadas / Beans stew with vegetables Limanda romana con ensalada / Battered limanda with salad Fruta / Fruit
21	22	23	24	25
Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables Hamburguesa casera con ensalada / Grilled burger with salad Postre apto / Suitable dessert	Patatas guisadas con pollo / Potato stew with chicken Bacalao con ensalada / Baked cod with salad Fruta / Fruit	Pasta con salsa tomate / Pasta in tomato sauce Tortilla de pavo y ensalada / Turkey omelette with salad Fruta / Fruit	Paella de carne / Meat paella Fie. De pescadilla romana con ensalada / Battered hake with salad Fruta / Fruit	Crema de espinacas / Spinach cream Pollo asado con patatas / Roast chicken with baked potatoes Fruta / Fruit
28	29	30	31	
Arroz con tomate / Rice in tomato sauce Limanda rebozada con ensalada / Breaded limanda with salad Postre apto / Suitable dessert	Crema de puerro / Leek cream Albóndigas en salsa con patatas / Meatballs in sauce with potatoes Fruta / Fruit	Lentejas con chorizo / Lentils stew with chorizo Tortilla de patata con pisto / Potato omelette with pisto Fruta / Fruit	Macarrones con pavo / Macaroni in tomato sauce and turkey Lomo ajillo plancha con ensalada / Grilled pork loin with salad Fruta / Fruit	

ALERGIA LEGUMBRE

7	8	9	3	4
Coliflor rebozada / Battered couilflower Tronquito merluza horn con patata / Baked hake with baked potatoes Yogur variado/ Fruit yoghurt	Arroz con verduras y pollo / Vegetables and chicken paella Huevos rellenos y ensalada / Stuffed eggs and salad Fruta, Leche / Fruit, Milk	Puré de calabacín / Courgette puree Estofado de ternera con cous cous / Veal stew with cous cous Fruta, Leche / Fruit, Milk	Macarrones con tomate / Pasta in tomato sauce Cinta de Lomo con patatas / Grilled pork loin with potatoes Fruta, Leche / Fruit, Milk	Arroz con verdura / Rice with vegetables Hamburguesa de calamar con ensalada / Squid burger with salad Fruta y Leche/ Fruit and Milk
14	15	16	17	18
Arroz con tomate / Rice in tomato sauce Lomo al horn con arroz salteado / Baked pork loin with sauted rice Helado / Ice Cream	Fideua marinera / Fish fideua Tortilla bonito y ensalada / Tuna omelette with salad Fruta, Leche / Fruit, Milk	Patatas guisadas con pollo / Potato stew with chicken Suprema de atun con pisto / Tuna supreme with pisto Fruta, Leche / Fruit, Milk	Crema de verdura / Vegetables creme Magro en salsa con patatas / Pork meat stew in sauce with potatoes Fruta, Leche / Fruit, Milk	Verdura salteada / Sauted vegetables Limanda romana con ensalada / Battered limanda with salad Fruta, Leche / Fruit, Milk
21	22	23	24	25
Verdura estofada / Stew vegetables Hamburguesa con ensalada / Grilled burger with salad Helado / Ice Cream	Patatas guisadas con pollo / Potato stew with chicken Bacalao con ensalada / Baked cod with salad Fruta, Leche / Fruit, Milk	Lasaña vegetal / Vegetal lasagna Tortilla de pavo y ensalada / Turkey omelette with salad Fruta, Leche / Fruit, Milk	Paella de carne / Meat paella Fie. De pescadilla romana con ensalada / Battered hake with salad Fruta, Leche / Fruit, Milk	Crema de espinacas / Spinach cream Pollo asado con patatas / Roast chicken with baked potatoes Fruta, Leche / Fruit, Milk
28	29	30	31	
Arroz con tomate / Rice in tomato sauce Limanda rebozada con ensalada / Breaded limanda with salad Helado/ Ice Cream	Crema de puerro / Leek cream Albóndigas en salsa con patatas / Meatballs in sauce with potatoes Fruta, Leche / Fruit, Milk	Pasta al ajillo / Pasta in garlic sauce Tortilla de patata con pisto / Potato omelette with pisto Fruta, Leche / Fruit, Milk	Macarrones con pavo / Macaroni in tomato sauce and turkey Lomo ajillo con ensalada / Grilled pork loin with salad Fruta, Leche / Fruit, Milk	

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

CELIACOS

			3	4
			Macarrones sin gluten con tomate / Pasta in tomato sauce Cinta de Lomo con patatas / Grilled pork loin with potatoes Fruta, Leche / Fruit, Milk	Judías Blancas estofadas con verdura / Stew beans with vegetables calamar con ensalada / Squid with salad Fruta y Leche/ Fruit and Milk
7	8	9	10	11
Verdura rehogada o puree / Sautéed vegetables or puree Tronquito merluza horno con patata / Baked hake with baked potatoes Yogur variado/ Fruit yoghurt	Arroz con verduras y pollo / Vegetables and chicken paella Huevos rellenos y ensalada / Stuffed eggs and salad Fruta, Leche / Fruit, Milk	Paré de calabacín / Courgette puree Estofado de ternera con arroz / Veal stew with rice Fruta, Leche / Fruit, Milk	Pasta sin gluten con J. york y tomate / Pasta with ham in tomato sauce Bacalao horno con lechuga y maíz / Baked cod with corn and lettuce Fruta, Leche / Fruit, Milk	Sopa de Cocido sin gluten / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, Leche / Fruit, Milk
14	15	16	17	18
Judías verdes con tomate / Green beans in tomato sauce Lomo al horno con arroz salteado / Baked pork loin with sautéed rice Helado / Ice Cream	Arroz marinera / Fish fideua Tortilla bonitoys ensalada / Tuna omelette with salad Fruta, Leche / Fruit, Milk	Patatas guisadas con pollo / Potato stew with chicken Pescado con pisto / baked fishh pisto Fruta, Leche / Fruit, Milk	Crema de verdura / Vegetables creme Magro en salsa con patatas / Pork meat stew in sauce with potatoes Fruta, Leche / Fruit, Milk	Judías blancas estofadas / Beans stew with vegetables Limanda horno con ensalada / Baked limanda with salad Fruta, Leche / Fruit, Milk
21	22	23	24	25
Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables Hamburguesa casera con ensalada / Grilled burger with salad Helado / Ice Cream	Patatas guisadas con pollo / Potato stew with chicken Bacalao con ensalada / Baked cod with salad Fruta, Leche / Fruit, Milk	Pasta sin gluten con salsa tomate / Pasta in tomato sauce Tortilla de pavo y ensalada / Turkey omelette with salad Fruta, Leche / Fruit, Milk	Paella de carne / Meat paella Fte. De pescadilla horno con ensalada / Battered hake with salad Fruta, Leche / Fruit, Milk	Crema de espinacas / Spinach cream Pollo asado con patatas / Roast chicken with baked potatoes Fruta, Leche / Fruit, Milk
28	29	30	31	
Arroz con tomate / Rice in tomato sauce Limanda plancha con ensalada / Breaded limanda with salad Helado/ Ice Cream	Crema de puerro / Leek cream Albóndigas caseras en salsa con patatas / Meatballs in sauce with potatoes Fruta, Leche / Fruit, Milk	Lentejas con chorizo / Lentils stew with chorizo Tortilla de patata con pisto / Potato omelette with pisto Fruta, Leche / Fruit, Milk	Macarrones sin gluten con pavo / Macaroni in tomato sauce and turkey Lomo ajillo con ensalada / Grilled pork loin with salad Fruta, Leche / Fruit, Milk	

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

MENU FRUTOS SECOS

			3	4
			Macarrones con tomate / Pasta in tomato sauce Cinta de Lomo con patatas / Grilled pork loin with potatoes Fruta, Leche / Fruit, Milk	Judías Blancas estofadas con verdura / Stew beans with vegetables Hamburguesa de calamar con ensalada / Squid burger with salad
7	8	9	10	11
Verdura rehogada o puree / Sautéed vegetables or puree Tronquito merluza horno con patata / Baked hake with baked potatoes Yogur variado/ Fruit yoghurt	Arroz con verduras y pollo / Vegetables and chicken paella Huevos rellenos y ensalada / Stuffed eggs and salad Fruta, Leche / Fruit, Milk	Paré de calabacín / Courgette puree Estofado de ternera con cous cous / Veal stew with cous cous Fruta, Leche / Fruit, Milk	Espirales con J. york y tomate / Pasta with ham in tomato sauce Bacalao horno con lechuga y maíz / Baked cod with corn and lettuce Fruta, Leche / Fruit, Milk	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, Leche / Fruit, Milk
14	15	16	17	18
Judías verdes con tomate / Green beans in tomato sauce Lomo al horno con arroz salteado / Baked pork loin with sautéed rice Helado apto / Ice Cream	Fideua marinera / Fish fideua Tuna omelette with salad Fruta, Leche / Fruit, Milk	Patatas guisadas con pollo / Potato stew with chicken Suprema de atun con pisto / Tuna supreme with pisto Fruta, Leche / Fruit, Milk	Crema de verdura / Vegetables creme Magro en salsa con patatas / Pork meat stew in sauce with potatoes Fruta, Leche / Fruit, Milk	Judías blancas estofadas / Beans stew with vegetables Limanda romana con ensalada / Battered limanda with salad Fruta, Leche / Fruit, Milk
21	22	23	24	25
Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables Hamburguesa con ensalada / Grilled burger with salad Helado apto/ Ice Cream	Patatas guisadas con pollo / Potato stew with chicken Bacalao con ensalada / Baked cod with salad Fruta, Leche / Fruit, Milk	Pasta con salsa tomate / Pasta in tomato sauce Tortilla de pavo y ensalada / Turkey omelette with salad Fruta, Leche / Fruit, Milk	Paella de carne / Meat paella Fte. De pescadilla romana con ensalada / Battered hake with salad Fruta, Leche / Fruit, Milk	Crema de espinacas / Spinach cream Pollo asado con patatas / Roast chicken with baked potatoes Fruta, Leche / Fruit, Milk
28	29	30	31	
Arroz con tomate / Rice in tomato sauce Limanda rebosada con ensalada / Breaded limanda with salad Helado apto/ Ice Cream	Crema de puerro / Leek cream Albóndigas en salsa con patatas / Meatballs in sauce with potatoes Fruta, Leche / Fruit, Milk	Lentejas con chorizo / Lentils stew with chorizo Tortilla de patata con pisto / Potato omelette with pisto Fruta, Leche / Fruit, Milk	Macarrones con pavo / Macaroni in tomato sauce and turkey Lomo ajillo con ensalada / Grilled pork loin with salad Fruta, Leche / Fruit, Milk	

MENUS COMEDOR PARA EL MES

MAYO 2018

CEIP BUERO VALLEJO



CUTASA

ALIMENTAMOS BIEN

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