

# MENU ABRIL 2019

| 1   | 2  | 3  | 4   | 5   |
|---|--|--|---|---|
| Fideua pollo / chicken fideua<br>Filete con ensalada mixta /<br>Battered fillet with salad<br>Yogurt de fruta/ Fruit yoghurt  | Calabacín rebozado apto /<br>Battered courgette<br>Lomo al ajillo con puré de<br>patata / Grilled Pork Loin with<br>garlic and Potato puree<br>Fruta, leche, pan / fruit, milk,<br>bread | Lentejas con arroz / Lentils<br>stew with rice<br>Huevos rellenos con tomate /<br>Stuffed eggs in tomato sauce<br>Fruta, leche, pan / fruit, milk,<br>bread                    | Puré de verdura / Vegetables<br>Puree<br>Hamburguesa con patatas /<br>Grilled burger with chips<br>Fruta, leche, pan / fruit, milk,<br>bread  | Tallarines con chorizo /<br>Spagetti with chorizo<br>Pollo con ensalada / Grilled<br>chicken with salad<br>Fruta, leche, pan / fruit, milk,<br>bread  |
| 8   | 9  | 10   | 11  | 12  |
| Espaguetis con pavo / Spagetti<br>in tomato sauce with turkey<br>Sachichas al horno con<br>ensalada / Baked sausages with<br>salad<br>Yogurt , Pan / Yoghurt, bread | Lentejas con zanahoria y<br>puerro / Lentils stew with<br>vegetables<br>Tortilla de patata con ensalada<br>/ Potato omelette with salad<br>Fruta, leche, pan / fruit, milk,<br>bread     | Arroz ecologico con pollo /<br>Chicken bio rice<br>Lomo con ensalada / Grilled<br>pork loin with salad<br>Fruta, leche, pan / fruit, milk,<br>bread                            | Menestra de verdura /<br>Vegetables stew<br>Pollo asado con patatas / Roast<br>chicken with potatoes<br>Fruta, leche, pan / fruit, milk,<br>bread   | NO LECTIVO  |
| 15  | 16   | 17   | 18  | 19  |
| NO LECTIVO  | NO LECTIVO   | NO LECTIVO   | NO LECTIVO  | NO LECTIVO  |
| 22  | 23   | 24   | 25  | 26  |
| NO LECTIVO  | Arroz con tomate / Rice in<br>tomato sauce<br>Cinta de lomo al horno con<br>Patatas / Baked pork loin with<br>chips<br>Yogurt , Pan / Yoghurt, bread                                     | Puré de calabacín ecologico /<br>bio Courgette puree<br>Albóndigas jardinera con cous-<br>cous / Meatballs stew with<br>cous cous<br>Fruta, leche, pan / fruit, milk,<br>bread | Espaguetis con chorizo y<br>tomate / Spaghetti in tomato<br>sauce with chorizo<br>Cinta lomo al horno con<br>verduras / Baked Pork loin<br>with vegetables<br>Fruta, leche, pan / fruit, milk,<br>bread | Judias blancas gisadas con<br>verduras / Beans stew with<br>vegetables<br>Filete de pollo con lechuga y<br>maiz / Grilled chicken breast<br>with salad<br>Fruta, leche, pan / fruit, milk,<br>bread |
| 29  | 30   | <b>ALERGIA<br/>PESCADO</b>   |   |   |
| Coliflor rebozada apta /<br>Battered cauliflower<br>Tortilla con ensalada /<br>Omelette with salad<br>Yogurt de fruta/ Fruit yoghurt                                | Sopa de Cocido / Stew Soup<br>Cocido Completo / Chickpeas,<br>Meat and Cabbage Stew<br>Fruta, leche, pan / fruit, milk,<br>bread   |  |   |   |

| 1   | 2  | 3  | 4   | 5   |
|---|--|--|---|---|
| Fideua mixta / Fish and meat<br>fideua<br>Filete de merluza rebozado con<br>ensalada mixta / Battered hake<br>with salad<br>Postre apto / Suitable dessert  | Calabacín rebozado / Battered<br>courgette<br>Lomo al ajillo con puré de<br>patata / Grilled Pork Loin with<br>garlic and Potato puree<br>Fruta, pan / fruit, bread  | Lentejas con arroz / Lentils<br>stew with rice<br>Huevos cocidos con tomate /<br>Stuffed eggs in tomato sauce<br>Fruta, pan / fruit, bread                     | Puré de verdura / Vegetables<br>Puree<br>Hamburguesa con patatas /<br>Grilled burger with chips<br>Fruta, pan / fruit, bread  | Tallarines con chorizo /<br>Spagetti with chorizo<br>Bacalao horn con ensalada /<br>Baked cod with salad<br>Fruta, pan / fruit, bread   |
| 8   | 9  | 10   | 11  | 12  |
| Espaguetis con pavo / Spagetti<br>in tomato sauce with turkey<br>Merluza al horno con ensalada<br>/ Baked hake with salad<br>Postre apto / Suitable dessert | Lentejas con zanahoria y<br>puerro / Lentils stew with<br>vegetables<br>Tortilla de patata con ensalada<br>/ Potato omelette with salad<br>Fruta, pan / fruit, bread | Arroz ecologico con pollo /<br>Chicken bio rice<br>Suprema de merluza con<br>ensalada / Hake supreme with<br>salad<br>Fruta, pan / fruit, bread                | Menestra de verdura /<br>Vegetables stew<br>Pollo asado con patatas / Roast<br>chicken with potatoes<br>Fruta, pan / fruit, bread   | NO LECTIVO  |
| 15  | 16   | 17   | 18  | 19  |
| NO LECTIVO  | NO LECTIVO   | NO LECTIVO   | NO LECTIVO  | NO LECTIVO  |
| 22  | 23   | 24   | 25  | 26  |
| NO LECTIVO  | Arroz con tomate / Rice in<br>tomato sauce<br>Cinta de lomo al horno con<br>Patatas / Baked pork loin with<br>chips<br>Postre apto / Suitable dessert                | Puré de calabacín ecologico /<br>bio Courgette puree<br>Albóndigas jardinera con cous-<br>cous / Meatballs stew with<br>cous cous<br>Fruta, pan / fruit, bread | Espaguetis con chorizo y<br>tomate / Spaghetti in tomato<br>sauce with chorizo<br>Bacalao al horno con verduras<br>/ Baked cod with vegetables<br>Fruta, pan / fruit, bread | Judias blancas gisadas con<br>verduras / Beans stew with<br>vegetables<br>Filete de pollo con lechuga y<br>maiz / Grilled chicken breast<br>with salad<br>Fruta, pan / fruit, bread |
| 29  | 30   | <b>ALERGIA<br/>LECHE</b>   |   |   |
| Coliflor rebozada apta /<br>Battered cauliflower<br>Tortilla de atún con ensalada /<br>Tuna omelette with salad<br>Postre apto / Suitable dessert           | Sopa de Cocido / Stew Soup<br>Cocido Completo / Chickpeas,<br>Meat and Cabbage Stew<br>Fruta, pan / fruit, bread   | Tortilla de atún con ensalada /<br>Tuna omelette with salad  |   |   |

| 1   | 2   | 3  | 4   | 5   |
|---|---|--|---|---|
| paella mixta / Fish and meat<br>Paella<br>Filete de merluza rebozado con<br>ensalada mixta / Battered hake<br>with salad<br>Yogurt de fruta/ Fruit yoghurt              | Calabacín rebozado / Battered<br>courgette<br>Lomo al ajillo con puré de<br>patata / Grilled Pork Loin with<br>garlic and Potato puree<br>Fruta, leche, pan / fruit, milk,<br>bread | Lentejas con arroz / Lentils<br>stew with rice<br>Rosti con tomate / Rosti in<br>tomato sauce<br>Fruta, leche, pan / fruit, milk,<br>bread                                     | Puré de verdura / Vegetables<br>Puree<br>Hamburguesa con patatas /<br>Grilled burger with chips<br>Fruta, leche, pan / fruit, milk,<br>bread  | Tallarines sin huevo con<br>chorizo / Spagetti with chorizo<br>Bacalao horn con ensalada /<br>Baked cod with salad<br>Fruta, leche, pan / fruit, milk,<br>bread                                     |
| 8   | 9   | 10   | 11  | 12  |
| Espaguetis sin huevo con pavo /<br>Spagetti in tomato sauce with<br>turkey<br>Merluza al horno con ensalada<br>/ Baked hake with salad<br>Yogurt , Pan / Yoghurt, bread | Lentejas con zanahoria y<br>puerro / Lentils stew with<br>vegetables<br>Rosti de patata con ensalada /<br>Potato omelette with salad<br>Fruta, leche, pan / fruit, milk,<br>bread   | Arroz ecologico con pollo /<br>Chicken bio rice<br>Suprema de merluza con<br>ensalada / Hake supreme with<br>salad<br>Fruta, leche, pan / fruit, milk,<br>bread                | Menestra de verdura /<br>Vegetables stew<br>Pollo asado con patatas / Roast<br>chicken with potatoes<br>Fruta, leche, pan / fruit, milk,<br>bread   | NO LECTIVO  |
| 15  | 16  | 17   | 18  | 19  |
| NO LECTIVO  | NO LECTIVO  | NO LECTIVO   | NO LECTIVO  | NO LECTIVO  |
| 22  | 23  | 24   | 25  | 26  |
| NO LECTIVO  | Arroz con tomate / Rice in<br>tomato sauce<br>Cinta de lomo al horno con<br>Patatas / Baked pork loin with<br>chips<br>Yogurt , Pan / Yoghurt, bread                                | Puré de calabacín ecologico /<br>bio Courgette puree<br>Albóndigas jardinera con cous-<br>cous / Meatballs stew with<br>cous cous<br>Fruta, leche, pan / fruit, milk,<br>bread | Espaguetis sin huevo con<br>chorizo y tomate / Spaghetti in<br>tomato sauce with chorizo<br>Bacalao al horno con verduras<br>/ Baked cod with vegetables<br>Fruta, leche, pan / fruit, milk,<br>bread | Judias blancas gisadas con<br>verduras / Beans stew with<br>vegetables<br>Filete de pollo con lechuga y<br>maiz / Grilled chicken breast<br>with salad<br>Fruta, leche, pan / fruit, milk,<br>bread |
| 29  | 30  | <b>ALERGIA<br/>HUEVO</b>   |   |   |
| Coliflor rebozada / Battered<br>cauliflower<br>Rosti de atún con ensalada /<br>Tuna omelette with salad<br>Yogurt de fruta/ Fruit yoghurt                               | Sopa de Cocido sin huevo /<br>Stew Soup<br>Cocido Completo sin garbanzo<br>/ Chickpeas, Meat and<br>Cabbage Stew<br>Fruta, leche, pan / fruit, milk,<br>bread                       |  |   |   |

| 1  | 2  | 3  | 4   | 5   |
|--|--|--|---|---|
| Fideua mixta / Fish and meat<br>fideua<br>Filete de merluza rebozado con<br>ensalada mixta / Battered hake<br>with salad<br>Yogurt de fruta/ Fruit yoghurt | Calabacín rebozado apto /<br>Battered courgette<br>Lomo al ajillo con puré de<br>patata / Grilled Pork Loin with<br>garlic and Potato puree<br>Fruta, leche, pan / fruit, milk,<br>bread | Arroz con tomate / Rice in<br>tomato sauce<br>Huevos rellenos con tomate /<br>Stuffed eggs in tomato sauce<br>Fruta, leche, pan / fruit, milk,<br>bread                        | Puré de verdura / Vegetables<br>Puree<br>Hamburguesa con patatas /<br>Grilled burger with chips<br>Fruta, leche, pan / fruit, milk,<br>bread  | Tallarines con chorizo /<br>Spagetti with chorizo<br>Bacalao horn con ensalada /<br>Baked cod with salad<br>Fruta, leche, pan / fruit, milk,<br>bread   |
| 8  | 9  | 10   | 11  | 12  |
| Espaguetis con pavo / Spagetti<br>in tomato sauce with turkey<br>Merluza al horno con ensalada<br>/ Baked hake with salad<br>Yogurt , Pan / Yoghurt, bread | Verduras estofadas / Sauted<br>vegetables<br>Tortilla de patata con ensalada<br>/ Potato omelette with salad<br>Fruta, leche, pan / fruit, milk,<br>bread                                | Arroz ecologico con pollo /<br>Chicken bio rice<br>Suprema de merluza con<br>ensalada / Hake supreme with<br>salad<br>Fruta, leche, pan / fruit, milk,<br>bread                | Espinacas reogadas / Spinach<br>stew<br>Pollo asado con patatas / Roast<br>chicken with potatoes<br>Fruta, leche, pan / fruit, milk,<br>bread   | NO LECTIVO  |
| 15   | 16   | 17   | 18  | 19  |
| NO LECTIVO   | NO LECTIVO   | NO LECTIVO   | NO LECTIVO  | NO LECTIVO  |
| 22   | 23   | 24   | 25  | 26  |
| NO LECTIVO   | Arroz con tomate / Rice in<br>tomato sauce<br>Cinta de lomo al horno con<br>Patatas / Baked pork loin with<br>chips<br>Yogurt , Pan / Yoghurt, bread                                     | Puré de calabacín ecologico /<br>bio Courgette puree<br>Albóndigas jardinera con cous-<br>cous / Meatballs stew with<br>cous cous<br>Fruta, leche, pan / fruit, milk,<br>bread | Espaguetis con chorizo y<br>tomate / Spaghetti in tomato<br>sauce with chorizo<br>Bacalao al horno con verduras<br>/ Baked cod with vegetables<br>Fruta, leche, pan / fruit, milk,<br>bread | Judias blancas gisadas con<br>verduras / Beans stew with<br>vegetables<br>Filete de pollo con lechuga y<br>maiz / Grilled chicken breast<br>with salad<br>Fruta, leche, pan / fruit, milk,<br>bread |
| 29   | 30   | <b>ALERGIA<br/>LEGUMBRE</b>  |   |   |
| Coliflor rebozada / Battered<br>cauliflower<br>Tortilla de atún con ensalada /<br>Tuna omelette with salad<br>Yogurt de fruta/ Fruit yoghurt               | Sopa de Cocido / Stew Soup<br>Cocido Completo sin garbanzo<br>/ Chickpeas, Meat and<br>Cabbage Stew<br>Fruta, leche, pan / fruit, milk,<br>bread   |  |   |   |

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

# MENUS COMEDOR PARA EL MES

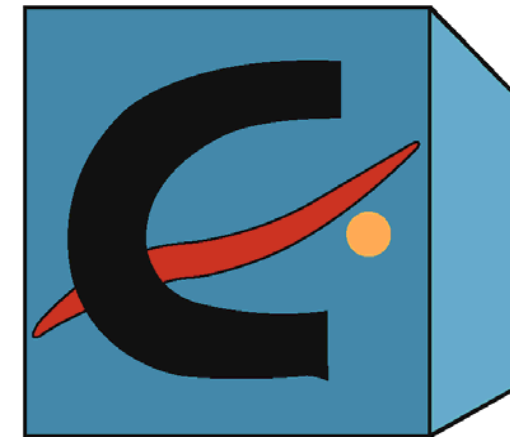
## ABRIL 2019

CEIP BUERO VALLEJO

| 1  | 2   | 3  | 4  | 5  |
|--|---|--|--|--|
| paella mixta / Fish and meat Paella<br>Filete de merluza rebozado con ensalada mixta / Battered hake with salad<br>Yogurt de fruta/ Fruit yoghurt              | Calabacín rebozado apto/ Battered courgette<br>Lomo al ajillo con puré de patata / Grilled Pork Loin with garlic and Potato puree<br>Fruta, leche, pan / fruit, milk, bread | Lentejas con arroz / Lentils stew with rice<br>Huevos rellenos con tomate / Stuffed eggs in tomato sauce<br>Fruta, leche, pan / fruit, milk, bread       | Puré de verdura / Vegetables Puree<br>Hamburguesa con patatas / Grilled burger with chips<br>Fruta, leche, pan / fruit, milk, bread  | Tallarines sin gluten con chorizo / Spagetti with chorizo<br>Bacalao horno con ensalada / Baked cod with salad<br>Fruta, leche, pan / fruit, milk, bread                             |
| 8  | 9   | 10   | 11   | 12   |
| Espaguetis sin gluten con pavo / Spagetti in tomato sauce with turkey<br>Merluza al horno con ensalada / Baked hake with salad<br>Yogurt, Pan / Yoghurt, bread | Lentejas con zanahoria y puerro / Lentils stew with vegetables<br>Tortilla de patata con ensalada / Potato omelette with salad<br>Fruta, leche, pan / fruit, milk, bread    | Arroz ecológico con pollo / Chicken bio rice<br>Suprema de merluza con ensalada / Hake supreme with salad<br>Fruta, leche, pan / fruit, milk, bread      | Menestra de verdura / Vegetables stew<br>Pollo asado con patatas / Roast chicken with potatoes<br>Fruta, leche, pan / fruit, milk, bread   | NO LECTIVO   |
| 15   | 16  | 17   | 18   | 19   |
| NO LECTIVO   | NO LECTIVO  | NO LECTIVO   | NO LECTIVO   | NO LECTIVO   |
| 22   | 23  | 24   | 25   | 26   |
| NO LECTIVO   | Arroz con tomate / Rice in tomato sauce<br>Cinta de lomo al horno con patatas / Baked pork loin with chips<br>Yogurt, Pan / Yoghurt, bread                                  | Puré de calabacín ecológico / bio Courgette puree<br>Albóndigas jardinera con arroz / Meatballs stew with rice<br>Fruta, leche, pan / fruit, milk, bread | Espaguetis sin gluten con chorizo y tomate / Spaghetti in tomato sauce with chorizo<br>Bacalao al horno con verduras / Baked cod with vegetables<br>Fruta, leche, pan / fruit, milk, bread | Judías blancas gisadas con verduras / Beans stew with vegetables<br>Filete de pollo con lechuga y maíz / Grilled chicken breast with salad<br>Fruta, leche, pan / fruit, milk, bread |
| 29   | 30  |  |  |  |
| Coliflor rebozada apta / Battered cauliflower<br>Tortilla de atún con ensalada / Tuna omelette with salad<br>Yogurt de fruta/ Fruit yoghurt                    | Sopa de Cocido sin gluten/ Stew Soup<br>Cocido Completo / Chickpeas, Meat and Cabbage Stew<br>Fruta, leche, pan / fruit, milk, bread  |  |  | <b>CELIACOS</b>  |

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

| 1   | 2  | 3   | 4   | 5  |
|---|--|---|---|--|
| Fideua mixta / Fish and meat fideua<br>Filete de merluza rebozado con ensalada mixta / Battered hake with salad<br>Yogurt de fruta/ Fruit yoghurt   | Calabacín rebozado / Battered courgette<br>Lomo al ajillo con puré de patata / Grilled Pork Loin with garlic and Potato puree<br>Fruta, leche, pan / fruit, milk, bread  | Lentejas con arroz / Lentils stew with rice<br>Huevos rellenos con tomate / Stuffed eggs in tomato sauce<br>Fruta, leche, pan / fruit, milk, bread                | Puré de verdura / Vegetables Puree<br>Hamburguesa con patatas / Grilled burger with chips<br>Fruta, leche, pan / fruit, milk, bread   | Tallarines con chorizo / Spagetti with chorizo<br>Bacalao horno con ensalada / Baked cod with salad<br>Fruta, leche, pan / fruit, milk, bread  |
| 8   | 9  | 10  | 11  | 12   |
| Espaguetis con pavo / Spagetti in tomato sauce with turkey<br>Merluza al horno con ensalada / Baked hake with salad<br>Yogurt, Pan / Yoghurt, bread | Lentejas con zanahoria y puerro / Lentils stew with vegetables<br>Tortilla de patata con ensalada / Potato omelette with salad<br>Fruta, leche, pan / fruit, milk, bread | Arroz ecológico con pollo / Chicken bio rice<br>Suprema de merluza con ensalada / Hake supreme with salad<br>Fruta, leche, pan / fruit, milk, bread               | Menestra de verdura / Vegetables stew<br>Pollo asado con patatas / Roast chicken with potatoes<br>Fruta, leche, pan / fruit, milk, bread  | NO LECTIVO   |
| 15  | 16   | 17  | 18  | 19   |
| NO LECTIVO  | NO LECTIVO   | NO LECTIVO  | NO LECTIVO  | NO LECTIVO   |
| 22  | 23   | 24  | 25  | 26   |
| NO LECTIVO  | Arroz con tomate / Rice in tomato sauce<br>Cinta de lomo al horno con patatas / Baked pork loin with chips<br>Yogurt, Pan / Yoghurt, bread                               | Puré de calabacín ecológico / bio Courgette puree<br>Albóndigas jardinera con cous-cous / Meatballs stew with cous cous<br>Fruta, leche, pan / fruit, milk, bread | Espaguetis con chorizo y tomate / Spaghetti in tomato sauce with chorizo<br>Bacalao al horno con verduras / Baked cod with vegetables<br>Fruta, leche, pan / fruit, milk, bread | Judías blancas gisadas con verduras / Beans stew with vegetables<br>Filete de pollo con lechuga y maíz / Grilled chicken breast with salad<br>Fruta, leche, pan / fruit, milk, bread |
| 29  | 30   |   |   |  |
| Coliflor rebozada / Battered cauliflower<br>Tortilla de atún con ensalada / Tuna omelette with salad<br>Yogurt de fruta/ Fruit yoghurt              | Sopa de Cocido / Stew Soup<br>Cocido Completo / Chickpeas, Meat and Cabbage Stew<br>Fruta, leche, pan / fruit, milk, bread   |   |   | <b>MENU<br/>FRUTOS<br/>SECOS</b>   |



**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