



CUTASA S.L. COLECTIVIDADES

MENUS DEL MES DE OCTUBRE SIN CERDO



LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

	1 Crema calabacín / Courgette Puree Hamburguesa ternera con patata / Grilled veal burger with baked potatoes Fruta y leche, pan / Fruit and milk, bread	2 Judias blancas guisadas / Stew pinto beans with vegetables Tortilla de patata con pisto/ Potato omelette with pisto Fruta y leche, pan / Fruit and milk, bread	3 Sopa de fideo / Stew Soup Pavo plancha con lechuga,maiz y aceituna / Grilled turkey ham with salad Fruta y leche, pan / Fruit and milk, bread	4 Paella pollo / Chickern paellla Bacalao romana con ensalada / Battered cod with salad Fruta y leche, pan / Fruit and milk, bread
7 Espaguetis con salsa de tomate / Spagetti in Tomato Sauce Tortilla De pavo con lechuga y zanahoria / Turkey Omelette with Salad Gelatina de frutas /Fruit gelatine	8 Judías verdes salteadas / Sauted Green Beans Escalope pollo con Patata frita / Battered chicken with chips Fruta y leche, pan / Fruit and milk, bread	9 Lentejas con patata y zanahoria / Stew lentils with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with salad Fruta y leche, pan / Fruit and milk, bread	10 Crema de verdura / Vegetables puree Pavo con patatas/ Grilled turkey with potatoes Fruta y leche, pan / Fruit milk	11 Brocoli rehogado / Sauted brocoli Salchichas ave con ensalada / turkey sausages with salad Fruta y leche, pan / Fruit milk
14 Macarrones con tomate / Macaroni in tomato sauce Pavo asado con puré de manzana / Baked turkey with apple puree Yogur de fruta, pan / Fruit Yoghurt, bread	15 Sopa / Stew Soup Patata, Zanahoria, Carne de Ternera y Pollo / Potato, carrot, veal and chicken Fruta y leche, pan / Fruit and milk, bread	16 Arroz con verduras / Rice with vegetables Fte. hallibut con lechuga y maiz / Baked hallibut with salad Fruta y leche, pan / Fruit and milk, bread	17 Crema de zanahoria / Carrot cream Estofado de pavo con cous cous / Turkey stew with cous cous Fruta y leche, pan / Fruit and milk, bread	18 Lentejas estofadas con verdura / Stewed lentils Pescadilla romana con lechuga y apio / Battered hake with salad Fruta y leche, pan / Fruit and milk, bread
21 Arroz con verduras / Rice with vegetables Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Yogur de fruta, pan / Fruit Yoghurt, bread	22 Judias blancas estofadas/ Stew pinto beans with vegetables Limanda romana con Ensalada Mixta / Battered limanda and Salad Fruta y leche, pan / Fruit and milk, bread	23 Coliflor Rebozada / Battered Cauliflower Tortilla de patata con ensalada / Potato omelette with salad Fruta y leche, pan / Fruit and milk, bread	24 Patatas guisadas con pollo / Stewed potatoes with chicken Bacalao horno con lechuga y maiz / Baked cod with salad Fruta y leche, pan / Fruit and milk, bread	25 Sopa / Stew Soup Patata, Zanahoria, Carne de Ternera y Pollo / Potato, carrot, veal and chicken Fruta y leche, pan / Fruit and milk, bread
28 Lentejas estofadas / Lentils stew Cazon con patata / Baked cazon with potatoes Yogur de fruta, pan / Fruit Yoghurt, bread	29 Crema de puerro / Leak puree Huevos riojana con lechuga y maiz / Stuffed eggs in tomato sauce with salad Fruta y leche, pan / Fruit and milk, bread	30 Sopa de pescado/ Fish soup Pollo asado con verdura al horno / Roast Chicken with baked vegetables Fruta y leche, pan / Fruit and milk, bread		