



# CUTASA S.L.



## JUNIO MENU SIN PESCADO JUNE MENU WITHOUT FISH

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
		1	2	3
		Lentejas ecologicas con verduras /Bio Lentils stew with vegetables  Tortilla de patatas con lechuga y aceituna / Potato omelette with salad  Fruta, Leche y pan integral/ Fruit, Milk and wholemeal bread	Ensalada campera sin atun(patata, tomate,cebolla, ) /Potato salad  lomo al horno con lechuga, maiz / Baked hake with salad  Fruta, Leche y pan / Fruit, Milk and bread	judias verdes salteadas con pimenton / Stew green beans with potato  Pollo asado con patata panadera/ Roast chicken with potatoes  Fruta, Leche y pan / Fruit, Milk and bread
6	7	8	9 día de murcia	10
ensalada de pasta tricolor / Pasta salad  Tortilla de pavo con calabacin salteado / Turkey omelette with courgette  helado, pan integral / Ice cream and whole bread	Judias blancas ecologicas guisadas con verdura / beans stew  Salchichas con zanahoria baby / Baked sausajes with carrot  Fruta, Leche y pan / Fruit, Milk and bread	Brocoli gratinado / gratined brocoli  filete pollo plancha con arroz integral salteado / Grilled chicken breast with rice  Fruta, Leche y pan integral/ Fruit, Milk and wholemeal bread	Arroz en caldero sin pescado / Cardero rice  Lacon con patata / Baked ham with potatoes  Fruta, Leche y pan / Fruit, Milk and bread	Crema de verdura / Vegetables cream  Pavo guisado con cous cous / Turkey stew in sauce with cous cous  Fruta, Leche y pan / Fruit, Milk and bread
13	14	15	16	17
Arroz con salsa de tomate / Rice in tomato sauce  Pollo con champiñon / Battered chicken with mushrooms  helado, pan integral / Ice cream and whole bread	Judias blancas estofadas con verdura / Beans stew  Tortilla de patata con pisto / Potato omelette with pisto  Fruta, Leche y pan / Fruit, Milk and bread	Coliflor rebozada / Sauted cauliflower  Cinta de lomo con ensalada / Baked pork loin with salad  Fruta, Leche y pan integral/ Fruit, Milk and wholemeal bread	Pure de puerros / Leek puree  filete de pollo plancha arroz blanco/ Baked chicken fillet with rice  Fruta, Leche y pan / Fruit, Milk and bread	Sopa de Cocido / Stew Soup  Cocido Completo (Garbanzo,chorizo,pollo,ternera, verdura) / Chickpeas, Meat and Cabbage Stew  Fruta, Leche y pan / Fruit, Milk and bread
20	21	22	23	24
Espaguetis integrales con tomate / spaghetti wiht tomato  Filete de pollo rebozado con ensalada mixta / Battered chchicken with salad  Yogurt, pan integral / yoghurt and whole bread	judias verdes ecologicas salteadas con zanahoria y patata / Sauted green beans  Lomo al ajillo horno con pure de manzana/ Baked Pork Loin with apple puree  Fruta, Leche y pan / Fruit, Milk and bread	ensalada de arroz / Rice salad  hamburguesa de pavo con lechuga y maiz / Turkey burger with salad  Fruta, Leche y pan integral/ Fruit, Milk and wholemeal bread	Lentejas guisadas con arroz integral / Lentils stew with rice  Huevos cocidos con ensalada / Boliled eggs with salad  Fruta, Leche y pan / Fruit, Milk and bread	entremes variados  Pizza apta  Postre especial



# CUTASA S.L.



## JUNIO MENU SIN JUNE MENU WITHOUT MILK

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
		1	2	3
		Lentejas ecologicas con verduras /Bio Lentils stew with vegetables Tortilla de patatas con lechuga y aceituna / Potato omelette with salad Fruta, y pan integral/ Fruit and wholemeal bread	Ensalada campera(patata, tomate,cebolla, atun) /Potato salad Fte. Merluza al horno con lechuga, maiz y quinoa / Baked hake with salad Fruta, y pan / Fruit and bread	judias verdes salteadas con pimenton / Stew green beans with potato Pollo asado con patata panadera/ Roast chicken with potatoes Fruta, y pan / Fruit and bread
6	7	8	9 día de murcia	10
ensalada de pasta tricolor / Pasta salad Tortilla de pavo con calabacin salteado / Turkey omelette with courgette Postre apto / Suitable dessert	Judias blancas ecologicas guisadas con verdura / beans stew Ilmanda rebozada con zanahoria baby / Baked limanda with carrot Fruta, y pan / Fruit and bread	Brocoli gratinado / gratined brocoli filete pollo plancha con arroz integral salteado / Grilled chicken breast with rice Fruta, y pan integral/ Fruit and wholemeal bread	Arroz en caldero / Cardero rice Bacalao al ajo cabañil(patat, ajo, vinagre y perejil) / Baked cod with potatoes Fruta, y pan / Fruit and bread	Crema de verdura / Vegetables cream Pavo guisado con cous cous / Turkey stew in sauce with cous cous Fruta, y pan / Fruit and bread
13	14	15	16	17
Arroz con salsa de tomate / Rice in tomato sauce Merluza salsa verde con champiñon / Battered hake with mushrooms Postre apto / Suitable dessert	Judias blancas estofadas con verdura / Beans stew Tortilla de patata con pisto / Potato omelette with pisto Fruta, y pan / Fruit and bread	Coliflor rehogada / Sauted cauliflower Salmon a la naranja / salmon in orange sauce Fruta, y pan integral/ Fruit and wholemeal bread	Pure de puerros / Leek puree filete de pollo plancha arroz blanco/ Baked chicken fillet with rice Fruta, y pan / Fruit and bread	Sopa de Cocido / Stew Soup Cocido Completo (Garbanzo,chorizo,pollo,ternera, verdura) / Chickpeas, Meat and Cabbage Stew Fruta, y pan / Fruit and bread
20	21	22	23	24
Espaguetis integrales con tomate / spaghetti with tomato Filete de merluza rebozado con ensalada mixta / Battered hake with salad Postre apto / Suitable dessert	judias verdes ecologicas salteadas con zanahoria y patata / Sauted green beans Lomo al ajillo horno con pure de manzana/ Baked Pork Loin with apple puree Fruta, y pan / Fruit and bread	ensalada de arroz / Rice salad hamburguesa de pavo con lechuga y maiz / Turkey burger with salad Fruta, y pan integral/ Fruit and wholemeal bread	Lentejas guisadas con arroz integral / Lentils stew with rice Huevos cocidos con ensalada / Boiled eggs with salad Fruta, y pan / Fruit and bread	entremes variados Pizza sin leche Postre especial apto



# CUTASA S.L.



## JUNIO MENU SIN HUEVO JUNE MENU WITHOUT EGG

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
		1	2	3
		Lentejas ecologicas con verduras /Bio Lentils stew with vegetables Rosti de patatas con lechuga y aceituna / Potato rosti with salad Fruta, Leche y pan integral/ Fruit, Milk and wholemeal bread	Ensalada campera sin huevo(patata, tomate,cebolla, atun) /Potato salad Fte. Merluza al horno con lechuga, maiz y quinoa / Baked hake with salad Fruta, Leche y pan / Fruit, Milk and bread	judias verdes salteadas con pimenton / Stew green beans with potato Pollo asado con patata panadera/ Roast chicken with potatoes Fruta, Leche y pan / Fruit, Milk and bread
6	7	8	9 día de murcia	10
ensalada de pasta sin huevo / Pasta salad Rosti de pavo con calabacin salteado / Turkey rosti with courgette helado, pan integral / Ice cream and whole bread	Judias blancas ecologicas guisadas con verdura / beans stew Ilmanda con zanahoria baby / Baked ilmanda with carrot Fruta, Leche y pan / Fruit, Milk and bread	Brocoli gratinado / gratined brocoli filete pollo plancha con arroz integral salteado / Grilled chicken breast with rice Fruta, Leche y pan integral/ Fruit, Milk and wholemeal bread	Arroz en caldero / Cardero rice Bacalao al ajo cabañil(patata, ajo, vinagre y perejil) / Baked cod with potatoes Fruta, Leche y pan / Fruit, Milk and bread	Crema de verdura / Vegetables cream Pavo guisado con cous cous / Turkey stew in sauce with cous cous Fruta, Leche y pan / Fruit, Milk and bread
13	14	15	16	17
Arroz con salsa de tomate / Rice in tomato sauce Merluza salsa verde con champiñon / Battered hake with mushrooms helado, pan integral / Ice cream and whole bread	Judias blancas estofadas con verdura / Beans stew Rosti de patata con pisto / Potato roati with pisto Fruta, Leche y pan / Fruit, Milk and bread	Coliflor rehogada / Sauted cauliflower Salmon a la naranja / salmon in orange sauce Fruta, Leche y pan integral/ Fruit, Milk and wholemeal bread	Pure de puerros / Leek puree filete de pollo plancha arroz blanco/ Baked chicken fillet with rice Fruta, Leche y pan / Fruit, Milk and bread	Sopa de Cocido sin huevo / Stew Soup Cocido Completo (Garbanzo,chorizo,pollo,ternera, verdura) / Chickpeas, Meat and Cabbage Stew Fruta, Leche y pan / Fruit, Milk and bread
20	21	22	23	24
Espaguetis sin huevo con tomate / spaghetti wiht tomato Filete de merluza empanado con ensalada mixta / Battered hake with salad Yogurt, pan integral / yoghurt and whole bread	judias verdes ecologicas salteadas con zanahoria y patata / Sauted green beans Lomo al ajillo horno con pure de manzana/ Baked Pork Loin with apple puree Fruta, Leche y pan / Fruit, Milk and bread	ensalada de arroz / Rice salad hamburguesa de pavo con lechuga y maiz / Turkey burger with salad Fruta, Leche y pan integral/ Fruit, Milk and wholemeal bread	Lentejas guisadas con arroz integral / Lentils stew with rice Rosti patata con ensalada / Potato rosti with salad Fruta, Leche y pan / Fruit, Milk and bread	entremes variados Pizza sin huevo Postre especial apto



# CUTASA S.L.



## JUNIO MENU SIN LEGUMBRE JUNE MENU WITHOUT LEGUME

LUNES	MARTES	MÉRCOLES	JUEVES	VIERNES
		1	2	3
		Verduras salteadas /Sauted vegetables Tortilla de patatas con lechuga y aceituna / Potato omelette with salad Fruta, Leche y pan integral/ Fruit, Milk and wholemeal bread	Ensalada campera(patata, tomate,cebolla, atun) /Potato salad Fte. Merluza al horno con lechuga, maiz y quinoa / Baked hake with salad Fruta, Leche y pan / Fruit, Milk and bread	Arroz con tomate / Rice in tomato sauce Pollo asado con patata panadera/ Roast chicken with potatoes Fruta, Leche y pan / Fruit, Milk and bread
6	7	8	9 día de murcia	10
ensalada de pasta tricolor / Pasta salad Tortilla de pavo con calabacin salteado / Turkey omelette with courgette helado, pan integral / Ice cream and whole bread	Champiñon rehogado /sauted mushrooms Ilmanda rebozada con zanahoria baby / Baked limanda with carrot Fruta, Leche y pan / Fruit, Milk and bread	Brocoli gratinado / gratined broccoli filete pollo plancha con arroz integral salteado / Grilled chicken breast with rice Fruta, Leche y pan integral/ Fruit, Milk and wholemeal bread	Arroz en caldero / Cardero rice Bacalao al ajo cabañil(patat, ajo, vinagre y perejil) / Baked cod with potatoes Fruta, Leche y pan / Fruit, Milk and bread	Crema de verdura / Vegetables cream Pavo guisado con cous cous / Turkey stew in sauce with cous cous Fruta, Leche y pan / Fruit, Milk and bread
13	14	15	16	17
Arroz con salsa de tomate / Rice in tomato sauce Merluza salsa verde con champiñon / Battered hake with mushrooms helado, pan integral / Ice cream and whole bread	Verduras estofadas / Vegetable stew Tortilla de patata con pisto / Potato omelette with pisto Fruta, Leche y pan / Fruit, Milk and bread	Coliflor rebozada / Sauted cauliflower Salmon a la naranja / salmon in orange sauce Fruta, Leche y pan integral/ Fruit, Milk and wholemeal bread	Pure de puerros / Leek puree filete de pollo plancha arroz blanco/ Baked chicken fillet with rice Fruta, Leche y pan / Fruit, Milk and bread	Sopa de Cocido / Stew Soup Cocido Completo sihn garbanzos (,chorizo,pollo,ternera, verdura) / Chickpeas, Meat and Cabbage Stew Fruta, Leche y pan / Fruit, Milk and bread
20	21	22	23	24
Espaguetis integrales con tomate / spaghetti wiht tomato Filete de merluza rebozado con ensalada mixta / Battered hake with salad Yogurt, pan integral / yoghurt and whole bread	espinacas con zanahoria y patata / Sauted vegetables with carrot Lomo al ajillo horno con pure de manzana/ Baked Pork Loin with apple puree Fruta, Leche y pan / Fruit, Milk and bread	ensalada de arroz / Rice salad hamburguesa de pavo con lechuga y maiz / Turkey burger with salad Fruta, Leche y pan integral/ Fruit, Milk and wholemeal bread	Ensalada de patata /Potato salad Huevos villaroy con ensalada / Boliled eggs with salad Fruta, Leche y pan / Fruit, Milk and bread	entremes variados Pizza apta Postre especial



# CUTASA S.L.



## JUNIO MENU SIN GLUTEN JUNE MENU WITHOUT GLUTEN

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
		1	2	3
		Lentejas ecologicas con verduras /Bio Lentils stew with vegetables Tortilla de patatas con lechuga y aceituna / Potato omelette with salad Fruta, Leche y pan sin gluten/ Fruit, Milk and wholemeal bread	Ensalada campera(patata, tomate,cebolla, atun) /Potato salad Fte. Merluza al horno con lechuga, maiz y quinoa / Baked hake with salad Fruta, Leche y pan sin gluten / Fruit, Milk and bread	judias verdes salteadas con pimenton / Stew green beans with potato Pollo asado con patata panadera/ Roast chicken with potatoes Fruta, Leche y pan sin gluten / Fruit, Milk and bread
6	7	8	9 día de murcia	10
ensalada de pasta sin gluten / Pasta salad Tortilla de pavo con calabacin salteado / Turkey omelette with courgette helado, pan sin gluten / Ice cream and whole bread	Judias blancas ecologicas guisadas con verdura / beans stew Ilmanda rebozada con zanahoria baby / Baked limanda with carrot Fruta, Leche y pan sin gluten / Fruit, Milk and bread	Brocoli gratinado / gratined brocoli filete pollo plancha con arroz integral salteado / Grilled chicken breast with rice Fruta, Leche y pan sin gluten/ Fruit, Milk and wholemeal bread	Arroz en caldero / Cardero rice Bacalao al ajo cabañil(patat, ajo, vinagre y perejil) / Baked cod with potatoes Fruta, Leche y pan sin gluten / Fruit, Milk and bread	Crema de verdura / Vegetables cream Pavo guisado con arroz / Turkey stew in sauce with rice Fruta, Leche y pan sin gluten / Fruit, Milk and bread
13	14	15	16	17
Arroz con salsa de tomate / Rice in tomato sauce Merluza salsa verde con champiñon / Battered hake with mushrooms helado, pan sin gluten / Ice cream and whole bread	Judias blancas estofadas con verdura / Beans stew Tortilla de patata con pisto / Potato omelette with pisto Fruta, Leche y pan sin gluten / Fruit, Milk and bread	Coliflor rehogada/ Sauted cauliflower Salmon a la naranja / salmon in orange sauce Fruta, Leche y pan sin gluten/ Fruit, Milk and wholemeal bread	Pure de puerros / Leek puree filete de pollo plancha arroz blanco/ Baked chicken fillet with rice Fruta, Leche y pan sin gluten / Fruit, Milk and bread	Sopa de Cocido sin gluten / Stew Soup Cocido Completo (Garbanzo,chorizo,pollo,ternera, verdura) / Chickpeas, Meat and Cabbage Stew Fruta, Leche y pan sin gluten / Fruit, Milk and bread
20	21	22	23	24
Espaguetis sin gluten con tomate / spaghetti wiht tomato Filete de merluza rebozado con ensalada mixta / Battered hake with salad Yogurt, pan sin gluten / yoghurt and whole bread	judias verdes ecologicas salteadas con zanahoria y patata / Sauted green beans Lomo al ajillo horno con pure de manzana/ Baked Pork Loin with apple puree Fruta, Leche y pan sin gluten / Fruit, Milk and bread	ensalada de arroz / Rice salad hamburguesa de pavo con lechuga y maiz / Turkey burger with salad Fruta, Leche y pan sin gluten/ Fruit, Milk and wholemeal bread	Lentejas guisadas con arroz integral / Lentils stew with rice Huevos cocidos con ensalada / Boliled eggs with salad Fruta, Leche y pan / Fruit, Milk and bread	entremes variados sin gluten Pizza sin gluten Postre especial apto



# CUTASA S.L.



## JUNIO MENU SIN FRUTO SECO JUNE MENU WITHOUT NUTS

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
		1	2	3
		Lentejas ecologicas con verduras /Bio Lentils stew with vegetables Tortilla de patatas con lechuga y aceituna / Potato omelette with salad Fruta, Leche y pan integral/ Fruit, Milk and wholemeal bread	Ensalada campera(patata, tomate,cebolla, atun) /Potato salad Fte. Merluza al horno con lechuga, maiz y quinoa / Baked hake with salad Fruta, Leche y pan / Fruit, Milk and bread	judias verdes salteadas con pimenton / Stew green beans with potato Pollo asado con patata panadera/ Roast chicken with potatoes Fruta, Leche y pan / Fruit, Milk and bread
6	7	8	9 día de murcia	10
ensalada de pasta tricolor / Pasta salad Tortilla de pavo con calabacin salteado / Turkey omelette with courgette helado, pan integral / Ice cream and whole bread	Judias blancas ecologicas guisadas con verdura / beans stew Ilmanda rebozada con zanahoria baby / Baked limanda with carrot Fruta, Leche y pan / Fruit, Milk and bread	Brocoli gratinado / gratined brocoli filete pollo plancha con arroz integral salteado / Grilled chicken breast with rice Fruta, Leche y pan integral/ Fruit, Milk and wholemeal bread	Arroz en caldero / Cardero rice Bacalao al ajo cabañil(patat, ajo, vinagre y perejil) / Baked cod with potatoes Fruta, Leche y pan / Fruit, Milk and bread	Crema de verdura / Vegetables cream Pavo guisado con cous cous / Turkey stew in sauce with cous cous Fruta, Leche y pan / Fruit, Milk and bread
13	14	15	16	17
Arroz con salsa de tomate / Rice in tomato sauce Merluza salsa verde con champiñon / Battered hake with mushrooms helado, pan integral / Ice cream and whole bread	Judias blancas estofadas con verdura / Beans stew Tortilla de patata con pisto / Potato omelette with pisto Fruta, Leche y pan / Fruit, Milk and bread	Coliflor rebozada / Sauted cauliflower Salmon a la naranja / salmon in orange sauce Fruta, Leche y pan integral/ Fruit, Milk and wholemeal bread	Pure de puerros / Leek puree filete de pollo plancha arroz blanco/ Baked chicken fillet with rice Fruta, Leche y pan / Fruit, Milk and bread	Sopa de Cocido / Stew Soup Cocido Completo (Garbanzo,chorizo,pollo,ternera, verdura) / Chickpeas, Meat and Cabbage Stew Fruta, Leche y pan / Fruit, Milk and bread
20	21	22	23	24
Espaguetis integrales con tomate / spaghetti wiht tomato Filete de merluza rebozado con ensalada mixta / Battered hake with salad Yogurt, pan integral / yoghurt and whole bread	judias verdes ecologicas salteadas con zanahoria y patata / Sauted green beans Lomo al ajillo horno con pure de manzana/ Baked Pork Loin with apple puree Fruta, Leche y pan / Fruit, Milk and bread	ensalada de arroz / Rice salad hamburguesa de pavo con lechuga y maiz / Turkey burger with salad Fruta, Leche y pan integral/ Fruit, Milk and wholemeal bread	Lentejas guisadas con arroz integral / Lentils stew with rice Huevos villaroy con ensalada / Boliled eggs with salad Fruta, Leche y pan / Fruit, Milk and bread	entremes variados Pizza napolitana Postre especial apto



# CUTASA S.L.



## JUNIO MENU SIN CARNE DE CERDO JUNE MENU WITHOUT PIG MEAT

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
		1	2	3
		Lentejas ecologicas con verduras /Bio Lentils stew with vegetables Tortilla de patatas con lechuga y aceituna / Potato omelette with salad Fruta, Leche y pan integral/ Fruit, Milk and wholemeal bread	Ensalada campera(patata, tomate,cebolla, atun) /Potato salad Fte. Merluza al horno con lechuga, maiz y quinoa / Baked hake with salad Fruta, Leche y pan / Fruit, Milk and bread	judias verdes salteadas con pimenton / Stew green beans with potato Pollo asado con patata panadera/ Roast chicken with potatoes Fruta, Leche y pan / Fruit, Milk and bread
6	7	8	9 día de murcia	10
ensalada de pasta tricolor / Pasta salad Tortilla de pavo con calabacin salteado / Turkey omelette with courgette helado, pan integral / Ice cream and whole bread	Judias blancas ecologicas guisadas con verdura / beans stew Ilmanda rebozada con zanahoria baby / Baked limanda with carrot Fruta, Leche y pan / Fruit, Milk and bread	Brocoli gratinado / gratined brocoli filete pollo plancha con arroz integral salteado / Grilled chicken breast with rice Fruta, Leche y pan integral/ Fruit, Milk and wholemeal bread	Arroz en caldero / Cardero rice Bacalao al ajo cabañil(patat, ajo, vinagre y perejil) / Baked cod with potatoes Fruta, Leche y pan / Fruit, Milk and bread	Crema de verdura / Vegetables cream Pavo guisado con cous cous / Turkey stew in sauce with cous cous Fruta, Leche y pan / Fruit, Milk and bread
13	14	15	16	17
Arroz con salsa de tomate / Rice in tomato sauce Merluza salsa verde con champiñon / Battered hake with mushrooms helado, pan integral / Ice cream and whole bread	Judias blancas estofadas con verdura / Beans stew Tortilla de patata con pisto / Potato omelette with pisto Fruta, Leche y pan / Fruit, Milk and bread	Coliflor rebozada / Sauted cauliflower Salmon a la naranja / salmon in orange sauce Fruta, Leche y pan integral/ Fruit, Milk and wholemeal bread	Pure de puerros / Leek puree filete de pollo plancha arroz blanco/ Baked chicken fillet with rice Fruta, Leche y pan / Fruit, Milk and bread	Sopa de Cocido / Stew Soup Cocido Completo (Garbanzo,pollo,ternera, verdura) / Chickpeas, Meat and Cabbage Stew Fruta, Leche y pan / Fruit, Milk and bread
20	21	22	23	24
Espaguetis integrales con tomate / spaghetti wiht tomato Filete de merluza rebozado con ensalada mixta / Battered hake with salad Yogurt, pan integral / yoghurt and whole bread	judias verdes ecologicas salteadas con zanahoria y patata / Sauted green beans Pollo horno con pure de manzana/ Baked chicken with apple puree Fruta, Leche y pan / Fruit, Milk and bread	ensalada de arroz / Rice salad hamburguesa de pavo con lechuga y maiz / Turkey burger with salad Fruta, Leche y pan integral/ Fruit, Milk and wholemeal bread	Lentejas guisadas con arroz integral / Lentils stew with rice Huevos villaroy con ensalada / Boliled eggs with salad Fruta, Leche y pan / Fruit, Milk and bread	pavo, queso , pollo Pizza vegetal Postre especial