

MENU MARZO 2019

ALERGIA PESCADO / FISH ALLERGY

| 4 | 5 | 6 | 7 | 8 |
|--|--|--|---|--|
| FESTIVO | Pasta con tomate / pasta in tomato sauce Lomo al ajillo c/ patatas / Grilled pork garlic loin with potatoes yogur fruta / Fruit yogurt | Judías blancas estofadas / <i>Stewed Beans</i> Salchichas con ensalada / Baked sausages with salad Fruta, leche, pan / fruit, milk, bread | Paella carne / <i>meat paella</i> Tortilla con ensalada / <i>Omelette with salad</i> Fruta, leche, pan / fruit, milk, bread | Buñuelos de coliflor / <i>Battered cauliflower</i> hamburguesa de ternera con ensalada / Veal burger with salad Fruta, Leche, Pan / Fruit, |
| 11 | 12 | 13 | 14 | 15 |
| Sopa De Cocido Con Fideos / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, / meat, chickpeas and vegetables stew yogur fruta / Fruit yogurt | Arroz con verduras / <i>Rice with vegetables</i> pollo con ensalada / grilled chicken with salad Fruta, leche, pan / fruit, milk, bread | Lentejas Guisadas con chorizo / <i>Lentils Stew with "chorizo"</i> huevos cocidos con ensalada / boiled eggs with salad Fruta, leche, pan / fruit, milk, bread | Patatas ecologicas guisadas con carne / meat potato stew Lomo con ensalada / <i>Breaded Pork loin with salad</i> Fruta, leche, pan / fruit, milk, bread | Sopa de estrellas / Stars soup Fte de pollo con verdura asada / Grilled chicken breast with vegetables Fruta, leche, pan / fruit, milk, bread |
| 18 | 19 | 20 | 21 | 22 |
| fideua pollo / chicken fideua cinta de lomo con ensalada / Grilled pork loin with salad yogur fruta / Fruit yogurt | Judías pintas con arroz / <i>Pinto beans with rice</i> Filete con ensalada / <i>Grilled fillet with salad</i> Fruta, leche, pan / fruit, milk, bread | Verdura estofada o puree Ragout de pavo con patatas / Turkey stew with potatoes Fruta ecologica, leche, pan / Bio fruit, milk, bread | Paella carne / <i>meat paella</i> Lacon horn con ensalada / Baked hake with salad Fruta, leche, pan / fruit, milk, bread | Judías verdes rehogadas / Sautéed green beans Dados de lomo con ensalada / <i>Pork ragout stew with cous cous</i> Fruta, leche, pan / fruit, milk, bread |
| 25 | 26 | 27 | 28 | 29 |
| Lentejas con chorizo / Lentils stew with chorizo tortilla de patata con ensalada / Potato omelette with salad yogur fruta / Fruit yogurt | Sopa de picadillo / Egg and ham soup albondigas en salsa con verduras / Meatballs in sauce with vegetables Fruta, leche, pan / fruit, milk, bread | espaguetis con j. york / Spageti with ham Lomo con ensalada / Breaded loin with salad Fruta, leche, pan / fruit, milk, bread | pure de verduras / Vegetables stew pollo guisado con patatas / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread | judias blancas / Beans stew Sajonia con ensalada / Baked Sajonia with salad Fruta, leche, pan / fruit, milk, bread |

ALERGIA HUEVO / EGG ALLERGY

| 4 | 5 | 6 | 7 | 8 |
|--|--|--|--|--|
| FESTIVO | Pasta sin huevo con tomate / pasta in tomato sauce Lomo al ajillo c/ patatas / Grilled pork garlic loin with potatoes yogur fruta / Fruit yogurt | Judías blancas estofadas / <i>Stewed Beans</i> Merluza al limon con ensalada / Baked hake in lemon sauce Fruta, leche, pan / fruit, milk, bread | Paella mixta / <i>fish and meat paella</i> Rosti atún con ensalada / <i>tuna rosti with salad</i> Fruta, leche, pan / fruit, milk, bread | Buñuelos de coliflor / <i>Battered cauliflower</i> hamburguesa de ternera con ensalada / Veal burger with salad Fruta, Leche, Pan / Fruit, milk, bread |
| 11 | 12 | 13 | 14 | 15 |
| Sopa De Cocido sin gluten / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, / meat, chickpeas and vegetables stew yogur fruta / Fruit yogurt | Arroz con verduras / <i>Rice with vegetables</i> Ventresca de merluza con ensalada / Baked belly hake with salad Fruta, leche, pan / fruit, milk, bread | Lentejas Guisadas con chorizo / <i>Lentils Stew with "chorizo"</i> Rosti con ensalada / Rosti with salad Fruta, leche, pan / fruit, milk, bread | Patatas ecologicas guisadas con calamares / Squid potato stew Limanda empanada con ensalada / <i>Breaded limanda with salad</i> Fruta, leche, pan / fruit, milk, bread | Sopa de estrellas sin huevo / Stars soup Fte de pollo con verdura asada / Grilled chicken breast with vegetables Fruta, leche, pan / fruit, milk, bread |
| 18 | 19 | 20 | 21 | 22 |
| Paella mixta / Fish and meat paella cinta de lomo con ensalada / Grilled pork loin with salad yogur fruta / Fruit yogurt | Judías pintas con arroz / <i>Pinto beans with rice</i> Fte. de pescadilla con ensalada / <i>Baked hake with salad</i> Fruta, leche, pan / fruit, milk, bread | Calabacin rebozado / Battered courgette Ragout de pavo con patatas / Turkey stew with potatoes Fruta ecologica, leche, pan / Bio fruit, milk, bread | Paella carne / <i>meat paella</i> Merluza rebozada con ensalada / Battered hake with salad Fruta, leche, pan / fruit, milk, bread | Judías verdes rehogadas / Sautéed green beans Dados de magro con cous cous / <i>Pork ragout stew with cous cous</i> Fruta, leche, pan / fruit, milk, bread |
| 25 | 26 | 27 | 28 | 29 |
| Lentejas con chorizo / Lentils stew with chorizo Rosti de patata con ensalada / Potato Rosti with salad yogur fruta / Fruit yogurt | Sopa de picadillo sin huevo / ham soup albondigas en salsa con verduras / Meatballs in sauce with vegetables Fruta, leche, pan / fruit, milk, bread | Espaguetis sin huevo con j. york / Spageti with ham ventresca de merluza madreña con ensalada / Breaded hake with salad Fruta, leche, pan / fruit, milk, bread | pure de verduras / Vegetables stew pollo guisado con patatas / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread | judias blancas / Beans stew bacalao encebollado / Baked cod with onion Fruta, leche, pan / fruit, milk, bread |

ALERGIA LECHE / MILK ALLERGY

| 4 | 5 | 6 | 7 | 8 |
|--|---|--|---|---|
| FESTIVO | Pasta con tomate / pasta in tomato sauce Lomo al ajillo c/ patatas / Grilled pork garlic loin with potatoes Postre apto / Suitable dessert | Judías blancas estofadas / <i>Stewed Beans</i> Merluza al limon con ensalada / Baked hake in lemon sauce Fruta, pan / fruit, bread | Paella mixta / <i>fish and meat paella</i> Tortilla atún con ensalada / <i>tuna Omelette with salad</i> Fruta, pan / fruit, bread | Buñuelos de coliflor / <i>Battered cauliflower</i> hamburguesa de ternera con ensalada / Veal burger with salad Fruta, pan / fruit, bread |
| 11 | 12 | 13 | 14 | 15 |
| Sopa De Cocido Con Fideos / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, / meat, chickpeas and vegetables stew Postre apto / Suitable dessert | Arroz con verduras / <i>Rice with vegetables</i> Ventresca de merluza con ensalada / Baked belly hake with salad Fruta, pan / fruit, bread | Lentejas Guisadas con chorizo / <i>Lentils Stew with "chorizo"</i> huevos villaroy con ensalada / Villaroy eggs with salad Fruta, pan / fruit, bread | Patatas ecologicas guisadas con calamares / Squid potato stew Limanda empanada con ensalada / <i>Breaded limanda with salad</i> Fruta, pan / fruit, bread | Sopa de estrellas / Stars soup Fte de pollo con verdura asada / Grilled chicken breast with vegetables Fruta, pan / fruit, bread |
| 18 | 19 | 20 | 21 | 22 |
| fideua mixta / Fish and meat fideua cinta de lomo con ensalada / Grilled pork loin with salad Postre apto / Suitable dessert | Judías pintas con arroz / <i>Pinto beans with rice</i> Fte. de pescadilla con ensalada / <i>Baked hake with salad</i> Fruta, pan / fruit, bread | Verdura estofada o puree Ragout de pavo con patatas / Turkey stew with potatoes Fruta, pan / fruit, bread | Paella carne / <i>meat paella</i> Merluza rebozada con ensalada / Battered hake with salad Fruta, pan / fruit, bread | Judías verdes rehogadas / Sautéed green beans Dados de magro con cous cous / <i>Pork ragout stew with cous cous</i> Fruta, pan / fruit, bread |
| 25 | 26 | 27 | 28 | 29 |
| Lentejas con chorizo / Lentils stew with chorizo tortilla de patata con ensalada / Potato omelette with salad Postre apto / Suitable dessert | Sopa de picadillo / Egg and ham soup albondigas en salsa con verduras / Meatballs in sauce with vegetables Fruta, pan / fruit, bread | espaguetis con j. york / Spageti with ham ventresca de merluza madreña con ensalada / Breaded hake with salad Fruta, pan / fruit, bread | pure de verduras / Vegetables stew pollo guisado con patatas / Roast chicken with potatoes Fruta, pan / fruit, bread | judias blancas / Beans stew bacalao encebollado / Baked cod with onion Fruta, pan / fruit, bread |

ALERGIA LEGUMBRE / LEGUME ALLERGY

| 4 | 5 | 6 | 7 | 8 |
|--|--|---|--|--|
| FESTIVO | lasaña boloñesa / Bolognese lasagna Lomo al ajillo c/ patatas / Grilled pork garlic loin with potatoes yogur fruta / Fruit yogurt | Verdura estofadas / <i>Stewed vegetables</i> Merluza al limon con ensalada / Baked hake in lemon sauce Fruta, leche, pan / fruit, milk, bread | Paella mixta / <i>fish and meat paella</i> Tortilla atún con ensalada / <i>tuna Omelette with salad</i> Fruta, leche, pan / fruit, milk, bread | Buñuelos de coliflor / <i>Battered cauliflower</i> hamburguesa de ternera con ensalada / Veal burger with salad Fruta, Leche, Pan / Fruit, milk, bread |
| 11 | 12 | 13 | 14 | 15 |
| Sopa De Cocido Con Fideos / cocido soup Cocido sin Garbanzos, Ternera, Chorizo, / meat, chickpeas and vegetables stew yogur fruta / Fruit yogurt | Arroz con verduras / <i>Rice with vegetables</i> Ventresca de merluza con ensalada / Baked belly hake with salad Fruta, leche, pan / fruit, milk, bread | Lentejas Guisadas con chorizo / <i>Lentils Stew with "chorizo"</i> huevos villaroy con ensalada / Villaroy eggs with salad Fruta, leche, pan / fruit, milk, bread | Patatas ecologicas guisadas con calamares / Squid potato stew Limanda empanada con ensalada / <i>Breaded limanda with salad</i> Fruta, leche, pan / fruit, milk, bread | Sopa de estrellas / Stars soup Fte de pollo con verdura asada / Grilled chicken breast with vegetables Fruta, leche, pan / fruit, milk, bread |
| 18 | 19 | 20 | 21 | 22 |
| fideua mixta / Fish and meat fideua cinta de lomo con ensalada / Grilled pork loin with salad yogur fruta / Fruit yogurt | Verdura rehogada o puree / <i>Stewed vegetables or puree</i> Fte. de pescadilla con ensalada / <i>Baked hake with salad</i> Fruta, leche, pan / fruit, milk, bread | Calabacin rebozado / Battered courgette Ragout de pavo con patatas / Turkey stew with potatoes Fruta ecologica, leche, pan / Bio fruit, milk, bread | Paella carne / <i>meat paella</i> Merluza rebozada con ensalada / Battered hake with salad Fruta, leche, pan / fruit, milk, bread | Pasta saltada con pavo / Sautéed pasta Dados de magro con cous cous / <i>Pork ragout stew with cous cous</i> Fruta, leche, pan / fruit, milk, bread |
| 25 | 26 | 27 | 28 | 29 |
| Verdura rehogada o puree / <i>Stewed vegetables or puree</i> tortilla de patata con ensalada / Potato omelette with salad yogur fruta / Fruit yogurt | Sopa de picadillo / Egg and ham soup albondigas en salsa con verduras / Meatballs in sauce with vegetables Fruta, leche, pan / fruit, milk, bread | espaguetis con j. york / Spageti with ham ventresca de merluza madreña con ensalada / Breaded hake with salad Fruta, leche, pan / fruit, milk, bread | pure de verduras / Vegetables stew pollo guisado con patatas / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread | Arroz con tomate / Rice in tomato sauce bacalao encebollado / Baked cod with onion 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

MARZO 2019

| CELIACOS / CELIAC PEOPLE | | | | |
|---|---|--|---|---|
| 4 | 5 | 6 | 7 | 8 |
| FESTIVO | Pasta sin gluten con tomate / pasta in tomato sauce Lomo al ajillo c/ patatas / Grilled pork garlic loin with potatoes yogur fruta / Fruit yogurt | Judías blancas estofadas / Stewed Beans Merluza al limon con ensalada / Baked hake in lemon sauce Fruta, leche, pan sin gluten / fruit, milk, bread | Paella mixta / fish and meat paella Tortilla atún con ensalada / tuna Omelette with salad Fruta, leche, pan sin gluten / fruit, milk, bread | Buñuelos de coliflor sin gluten / Battered cauliflower hamburguesa de ternera con ensalada / Veal burger with salad Fruta, leche, pan sin gluten / fruit, milk, bread |
| 11 | 12 | 13 | 14 | 15 |
| Sopa De Cocido sin gluten / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, / meat, chickpeas and vegetables stew yogur fruta / Fruit yogurt | Arroz con verduras / Rice with vegetables Ventresca de merluza con ensalada / Baked belly hake with salad Fruta, leche, pan sin gluten / fruit, milk, bread | Lentejas Guisadas con chorizo / Lentils Stew with "chorizo" huevos villaroy con ensalada / Villaroy eggs with salad Fruta, leche, pan sin gluten / fruit, milk, bread | Patatas ecologicas guisadas con calamares / Squid potato stew Limanda empanada con ensalada / Breaded limanda with salad Fruta, leche, pan sin gluten / fruit, milk, bread | Sopa de estrellitas sin gluten / Stars soup Fte de pollo con verdura asada / Grilled chicken breast with vegetables Fruta, leche, pan sin gluten / fruit, milk, bread |
| 18 | 19 | 20 | 21 | 22 |
| Paella mixta / Fish and meat paella cinta de lomo con ensalada / Grilled pork loin with salad yogur fruta / Fruit yogurt | Judías pintas con arroz / Pinto beans with rice Fte. de pescadilla con ensalada / Baked hake with salad Fruta, leche, pan sin gluten / fruit, milk, bread | Calabacin rehogado sauted courgette Ragout de pavo con patatas / Turkey stew with potatoes Fruta, leche, pan sin gluten / fruit, milk, bread | Paella carne / meat paella Merluza rebozada con ensalada / Battered hake with salad Fruta, leche, pan sin gluten / fruit, milk, bread | Judías verdes rehogadas / Sauted green beans Dados de magro con arroz / Pork ragout stew with rice Fruta, leche, pan sin gluten / fruit, milk, bread |
| 25 | 26 | 27 | 28 | 29 |
| Lentejas con chorizo / Lentils stew with chorizo tortilla de patata con ensalada / Potato omelette with salad yogur fruta / Fruit yogurt | Sopa de picadillo sin gluten / Egg and ham soup albondigas en salsa con verduras / Meatballs in sauce with vegetables Fruta, leche, pan sin gluten / fruit, milk, bread | espaguetis sin gluten con j. york / Spageti with ham ventresca de merluza madrileña con ensalada / Breaded hake with salad Fruta, leche, pan sin gluten / fruit, milk, bread | pure de verduras / Vegetables stew pollo guisado con patatas / Roast chicken with potatoes Fruta, leche, pan sin gluten / fruit, milk, bread | judias blancas / Beans stew bacalao encebollado / Baked cod with onion Fruta, leche, pan sin gluten / fruit, milk, bread |

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

| FRUTO SECO/NUTTY ALLERGY | | | | |
|---|--|---|--|--|
| 4 | 5 | 6 | 7 | 8 |
| FESTIVO | Pasta sin huevo con tomate / pasta in tomato sauce Lomo al ajillo c/ patatas / Grilled pork garlic loin with potatoes yogur fruta / Fruit yogurt | Judías blancas estofadas / Stewed Beans Merluza al limon con ensalada / Baked hake in lemon sauce Fruta, leche, pan / fruit, milk, bread | Paella mixta / fish and meat paella Tortilla atún con ensalada / tuna Omelette with salad Fruta, leche, pan / fruit, milk, bread | Buñuelos de coliflor / Battered cauliflower hamburguesa de ternera con ensalada / Veal burger with salad Fruta, Leche, Pan / Fruit, |
| 11 | 12 | 13 | 14 | 15 |
| Sopa De Cocido Con Fideos / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, / meat, chickpeas and vegetables stew yogur fruta / Fruit yogurt | Arroz con verduras / Rice with vegetables Ventresca de merluza con ensalada / Baked belly hake with salad Fruta, leche, pan / fruit, milk, bread | Lentejas Guisadas con chorizo / Lentils Stew with "chorizo" huevos villaroy con ensalada / Villaroy eggs with salad Fruta, leche, pan / fruit, milk, bread | Patatas ecologicas guisadas con calamares / Squid potato stew Limanda empanada con ensalada / Breaded limanda with salad Fruta, leche, pan / fruit, milk, bread | Sopa de estrellitas / Stars soup Fte de pollo con verdura asada / Grilled chicken breast with vegetables Fruta, leche, pan / fruit, milk, bread |
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| fideua mixta / Fish and meat fideua cinta de lomo con ensalada / Grilled pork loin with salad yogur fruta / Fruit yogurt | Judías pintas con arroz / Pinto beans with rice Fte. de pescadilla con ensalada / Baked hake with salad Fruta, leche, pan / fruit, milk, bread | Calabacin rebozado / Battered courgette Ragout de pavo con patatas / Turkey stew with potatoes Fruta ecologica, leche, pan / Bio fruit, milk, bread | Paella carne / meat paella Merluza rebozada con ensalada / Battered hake with salad Fruta, leche, pan / fruit, milk, bread | Judías verdes rehogadas / Sauted green beans Dados de magro con cous cous / Pork ragout stew with cous cous Fruta, leche, pan / fruit, milk, bread |
| 25 | 26 | 27 | 28 | 29 |
| Lentejas con chorizo / Lentils stew with chorizo tortilla de patata con ensalada / Potato omelette with salad yogur fruta / Fruit yogurt | Sopa de picadillo / Egg and ham soup albondigas en salsa con verduras / Meatballs in sauce with vegetables yogur fruta / Fruit yogurt | espaguetis con j. york / Spageti with ham ventresca de merluza madrileña con ensalada / Breaded hake with salad Fruta, leche, pan / fruit, milk, bread | pure de verduras / Vegetables stew pollo guisado con patatas / Roast chicken with potatoes Fruta, leche, pan / fruit, milk, bread | judias blancas / Beans stew bacalao encebollado / Baked cod with onion Fruta, leche, pan / fruit, milk, bread |



A.G.A

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