

MENU ABRIL 2019

1	2	3	4	5
Arroz con salchichas / Rice stew with sausages Filete con ensalada / Grilled fillet with salad Yogurt de fruta/ Fruit yoghurt	Calabacín rebozado apto / Battered courgette Lomo al ajillo con puré de patata / Grilled Pork Loin with garlic and Potato puree Fruta, leche, pan / fruit, milk, bread	Lentejas con arroz / Lentils stew with rice Huevos rellenos con tomate / Stuffed eggs in tomato sauce Fruta, leche, pan / fruit, milk, bread	Puré de verdura / Vegetables Puree Hamburguesa con patatas / Grilled burger with chips Fruta, leche, pan / fruit, milk, bread	Tallarines con chorizo / Spagetti with chorizo Pollo con ensalada / Grilled chicken with salad Fruta, leche, pan / fruit, milk, bread
8	9	10	11	12
Espaguetis con pavo / Spagetti in tomato sauce with turkey Sachichas al horno con ensalada / Baked sausages with salad Yogurt , Pan / Yoghurt, bread	Lentejas con zanahoria y puerro / Lentils stew with vegetables Tortilla de patata con ensalada / Potato omelette with salad Fruta, leche, pan / fruit, milk, bread	Arroz ecologico con pollo / Chicken bio rice Lomo con ensalada / Grilled pork loin with salad Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Pollo guisado con patatas / chicken stew with potatoes 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 Tortilla con ensalada / Omelette with salad Yogurt , Pan / Yoghurt, bread	Puré de calabacín ecologico / bio Courgette puree Albóndigas jardinera con cous-cous / Meatballs stew with cous cous Fruta, leche, pan / fruit, milk, bread	Judias blancas gisadas con verduras / Beans stew with vegetables Filete de pollo con lechuga y maíz / Grilled chicken breast with salad Fruta, leche, pan / fruit, milk,	Espaguetis con chorizo y tomate / Spagetti in tomato sauce with chorizo Cinta lomo al horno con verduras / Baked Pork loin with vegetables Fruta, leche, pan / fruit, milk,
29	30			ALERGIA PESCADO
Coliflor rebozada apta / Battered cauliflower Cinta de lomo al horno con Patatas / Baked pork loin with chips Yogurt de fruta/ Fruit yoghurt	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, leche, pan / fruit, milk, bread			

1	2	3	4	5
Arroz con salchichas / Rice stew with sausages Rabas con ensalada / Fried squid with salad Yogurt de fruta/ Fruit yoghurt	Calabacín rebozado / Battered courgette Lomo al ajillo con puré de patata / Grilled Pork Loin with garlic and Potato puree Fruta, leche, pan / fruit, milk, bread	Lentejas con arroz / Lentils stew with rice Rosti con tomate / Rosti in tomato sauce Fruta, leche, pan / fruit, milk, bread	Puré de verdura / Vegetables Puree Hamburguesa con patatas / Grilled burger with chips Fruta, leche, pan / fruit, milk, bread	Tallarines sin huevo con chorizo / Spagetti with chorizo Salmon horno con ensalada / Baked salmon with salad Fruta, leche, pan / fruit, milk, bread
8	9	10	11	12
Espaguetis sin huevo con pavo / Spagetti in tomato sauce with turkey Merluza al horno con ensalada / Baked hake with salad Yogurt , Pan / Yoghurt, bread	Lentejas con zanahoria y puerro / Lentils stew with vegetables Rosti de patata con ensalada / Potato omelette with salad Fruta, leche, pan / fruit, milk, bread	Arroz ecologico con pollo / Chicken bio rice Suprema de merluza con ensalada / Hake supreme with salad Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Pollo guisado con patatas / chicken stew with potatoes 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 Rosti de atún con ensalada / Tuna omelette with salad Yogurt , Pan / Yoghurt, bread	Puré de calabacín ecologico / bio Courgette puree Albóndigas jardinera con cous-cous / Meatballs stew with cous cous Fruta, leche, pan / fruit, milk, bread	Judias blancas gisadas con verduras / Beans stew with vegetables Filete de pollo con lechuga y maíz / Grilled chicken breast with salad Fruta, leche, pan / fruit, milk,	Espaguetis sin huevo con chorizo y tomate / Spagetti in tomato sauce with chorizo Bacalao al horno con verduras / Baked cod with vegetables Fruta, leche, pan / fruit, milk, bread
29	30			ALERGIA HUEVO
Coliflor rebozada / Battered cauliflower Cinta de lomo al horno con Patatas / Baked pork loin with chips Yogurt de fruta/ Fruit yoghurt	Sopa de Cocido sin huevo / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, leche, pan / fruit, milk, bread			

1	2	3	4	5
Arroz con salchichas / Rice stew with sausages Rabas con ensalada / Fried squid with salad Postre apto / Suitable dessert	Calabacín rebozado / Battered courgette Lomo al ajillo con puré de patata / Grilled Pork Loin with garlic and Potato puree Fruta, pan / fruit, bread	Lentejas con arroz / Lentils stew with rice Huevos cocidos con tomate / Boiled eggs in tomato sauce Fruta, pan / fruit, bread	Puré de verdura / Vegetables Puree Hamburguesa con patatas / Grilled burger with chips Fruta, pan / fruit, bread	Tallarines con chorizo / Spagetti with chorizo Salmon horno con ensalada / Baked salmon with salad Fruta, pan / fruit, bread
8	9	10	11	12
Espaguetis con pavo / Spagetti in tomato sauce with turkey Merluza al horno con ensalada / Baked hake with salad Postre apto / Suitable dessert	Lentejas con zanahoria y puerro / Lentils stew with vegetables Tortilla de patata con ensalada / Potato omelette with salad Fruta, pan / fruit, bread	Arroz ecologico con pollo / Chicken bio rice Suprema de merluza con ensalada / Hake supreme with salad Fruta, pan / fruit, bread	Menestra de verdura / Vegetables stew Pollo guisado con patatas / chicken stew with potatoes 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 tomato sauce Tortilla de atún con ensalada / Tuna omelette with salad Postre apto / Suitable dessert	Puré de calabacín ecologico / bio Courgette puree Albóndigas jardinera con cous-cous / Meatballs stew with cous cous Fruta, pan / fruit, bread	Verdura estofada/ Sauted vegetables Filete de pollo con lechuga y maíz / Grilled chicken breast with salad Fruta, pan / fruit, bread	Espaguetis con chorizo y tomate / Spagetti in tomato sauce with chorizo Bacalao al horno con verduras / Baked cod with vegetables Fruta, pan / fruit, bread
29	30			ALERGIA
Coliflor rebozada apta / Battered cauliflower Cinta de lomo al horno con Patatas / Baked pork loin with chips Postre apto / Suitable dessert	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, pan / fruit, bread			

1	2	3	4	5
Arroz con salchichas / Rice stew with sausages Rabas con ensalada / Fried squid with salad Yogurt de fruta/ Fruit yoghurt	Calabacín rebozado apto / Battered courgette Lomo al ajillo con puré de patata / Grilled Pork Loin with garlic and Potato puree Fruta, leche, pan / fruit, milk, bread	Arroz con tomate / Rice in tomato sauce Huevos rellenos con tomate / Stuffed eggs in tomato sauce Fruta, leche, pan / fruit, milk, bread	Puré de verdura / Vegetables Puree Hamburguesa con patatas / Grilled burger with chips Fruta, leche, pan / fruit, milk, bread	Tallarines con chorizo / Spagetti with chorizo Salmon horno con ensalada / Baked salmon with salad Fruta, leche, pan / fruit, milk, bread
8	9	10	11	12
Espaguetis con pavo / Spagetti in tomato sauce with turkey Merluza al horno con ensalada / Baked hake with salad Yogurt , Pan / Yoghurt, bread	Verduras estofadas / Sauted vegetables Tortilla de patata con ensalada / Potato omelette with salad Fruta, leche, pan / fruit, milk, bread	Arroz ecologico con pollo / Chicken bio rice Suprema de merluza con ensalada / Hake supreme with salad Fruta, leche, pan / fruit, milk, bread	Espinacas reogadas / Spinach stew Pollo guisado con patatas / chicken stew with potatoes 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 Tortilla de atún con ensalada / Tuna omelette with salad Yogurt , Pan / Yoghurt, bread	Puré de calabacín ecologico / bio Courgette puree Albóndigas jardinera con cous-cous / Meatballs stew with cous cous Fruta, leche, pan / fruit, milk, bread	Judias blancas gisadas con verduras / Beans stew with vegetables Filete de pollo con lechuga y maíz / Grilled chicken breast with salad Fruta, leche, pan / fruit, milk,	Espaguetis con chorizo y tomate / Spagetti in tomato sauce with chorizo Bacalao al horno con verduras / Baked cod with vegetables Fruta, leche, pan / fruit, milk, bread
29	30			ALERGIA LEGUMBRE
Coliflor rebozada / Battered cauliflower Cinta de lomo al horno con Patatas / Baked pork loin with chips Yogurt de fruta/ Fruit yoghurt	Sopa de Cocido / Stew Soup Cocido Completo sin garbanzos / Chickpeas, Meat and Cabbage Stew 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

ABRIL 2019

1	2	3	4	5
Arroz con salchichas / Rice stew with sausages Rabas con ensalada / Fried squid with salad Yogurt de fruta/ Fruit yoghurt	Calabacín rebozado apto/ Battered courgette Lomo al ajillo con puré de patata / Grilled Pork Loin with garlic and Potato puree Fruta, leche, pan / fruit, milk, bread	Lentejas con arroz / Lentils stew with rice Huevos rellenos con tomate / Stuffed eggs in tomato sauce Fruta, leche, pan / fruit, milk, bread	Puré de verdura / Vegetables Puree Hamburguesa con patatas / Grilled burger with chips Fruta, leche, pan / fruit, milk, bread	Tallarines sin gluten con chorizo / Spagetti with chorizo Salmon horno con ensalada / Baked salmon with salad Fruta, leche, pan / fruit, milk, bread
8	9	10	11	12
Espaguetis sin gluten con pavo / Spagetti in tomato sauce with turkey Merluza al horno con ensalada / Baked hake with salad Yogurt, Pan / Yoghurt, bread	Lentejas con zanahoria y puerro / Lentils stew with vegetables Tortilla de patata con ensalada / Potato omelette with salad Fruta, leche, pan / fruit, milk, bread	Arroz ecologico con pollo / Chicken bio rice Suprema de merluza con ensalada / Hake supreme with salad Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Pollo guisado con patatas / chicken stew with potatoes 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 Tortilla de atún con ensalada / Tuna omelette with salad Yogurt, Pan / Yoghurt, bread	Puré de calabacín ecologico / bio Courgette puree Albóndigas jardinera con arroz / Meatballs stew with rice Fruta, leche, pan / fruit, milk, bread	Judias blancas gisadas con verduras / Beans stew with vegetables Filete de pollo con lechuga y maíz / Grilled chicken breast with salad Fruta, leche, pan / fruit, milk, bread	Espaguetis sin gluten con chorizo y tomate / Spagetti in tomato sauce with chorizo Bacalao al horno con verduras / Baked cod with vegetables Fruta, leche, pan / fruit, milk, bread
29	30			
Coliflor rebozada apta / Battered cauliflower Cinta de lomo al horno con Patatas / Baked pork loin with chips Yogurt de fruta/ Fruit yoghurt	Sopa de Cocido sin gluten/ Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, leche, pan / fruit, milk, bread			CELIACOS

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

1	2	3	4	5
Arroz con salchichas / Rice stew with sausages Rabas con ensalada / Fried squid with salad Yogurt de fruta/ Fruit yoghurt	Calabacín rebozado / Battered courgette Lomo al ajillo con puré de patata / Grilled Pork Loin with garlic and Potato puree Fruta, leche, pan / fruit, milk, bread	Lentejas con arroz / Lentils stew with rice Huevos rellenos con tomate / Stuffed eggs in tomato sauce Fruta, leche, pan / fruit, milk, bread	Puré de verdura / Vegetables Puree Hamburguesa con patatas / Grilled burger with chips Fruta, leche, pan / fruit, milk, bread	Tallarines con chorizo / Spagetti with chorizo Salmon horno con ensalada / Baked salmon with salad Fruta, leche, pan / fruit, milk, bread
8	9	10	11	12
Espaguetis con pavo / Spagetti in tomato sauce with turkey Merluza al horno con ensalada / Baked hake with salad Yogurt, Pan / Yoghurt, bread	Lentejas con zanahoria y puerro / Lentils stew with vegetables Tortilla de patata con ensalada / Potato omelette with salad Fruta, leche, pan / fruit, milk, bread	Arroz ecologico con pollo / Chicken bio rice Suprema de merluza con ensalada / Hake supreme with salad Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Pollo guisado con patatas / chicken stew with potatoes 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 Tortilla de atún con ensalada / Tuna omelette with salad Yogurt, Pan / Yoghurt, bread	Puré de calabacín ecologico / bio Courgette puree Albóndigas jardinera con cous-cous / Meatballs stew with cous cous Fruta, leche, pan / fruit, milk, bread	Judias blancas gisadas con verduras / Beans stew with vegetables Filete de pollo con lechuga y maíz / Grilled chicken breast with salad Fruta, leche, pan / fruit, milk, bread	Espaguetis con chorizo y tomate / Spagetti in tomato sauce with chorizo Bacalao al horno con verduras / Baked cod with vegetables Fruta, leche, pan / fruit, milk, bread
29	30			
Coliflor rebozada / Battered cauliflower Cinta de lomo al horno con Patatas / Baked pork loin with chips Yogurt de fruta/ Fruit yoghurt	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, leche, pan / fruit, milk, bread			MENU FRUTOS SECOS



A.G.A

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