

MENU MAYO 2019

ALERGIA PESCADO

6	7	8	9	10
Arroz con verduras / Rice with vegetables filete con ensalada / Grilled fillet with salad Yogur variado/ Fruit yoghurt	Lentejas estofadas / Lentils stew Huevos villaroy y ensalada / Villaroy eggs and salad Fruta y leche / Fruit and milk	Puré de calabacín / Courgette puree Lomo al horno con arroz salteado / Baked pork loin with sauted rice Fruta y leche / Fruit and milk	Espirales con J. york y tomate / Pasta with ham in tomato sauce Pollo con lechuga y maíz / Grilled chicken with corn and lettuce Fruta y leche / Fruit and milk	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche / Fruit and milk
13	14	15	16	17
Judías verdes con tomate / Green beans in tomato sauce Estofado de ternera con cous cous / Veal stew with cous cous Helado / Ice Cream	Fideua pollo / Fideua pollo Tortilla y ensalada / omelette with salad Fruta y leche / Fruit and milk	Patatas guisadas con pollo / Potato stew with chicken Filete con pisto / Grilled Fillet with vegetables and tomato Fruta y leche / Fruit and milk	Crema de verdura / Vegetables cream Filete pollo con patatas / Breaded chicken with potatoes Fruta y leche / Fruit and milk	Judías blancas estofadas / Beans stew with vegetables Salchichas con ensalada / Grilled sausages with salad Fruta y leche / Fruit and milk
20	21	22	23	24
Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables Hamburguesa con ensalada / Grilled burger with salad Helado / Ice Cream	Ensalada de pasta sin atún / Pasta salad without tuna Lomo con ensalada / Grilled pork loin with salad Fruta y leche / Fruit and milk	Pasta con tomate / Pasta in tomato sauce Salchicha de ave y ensalada / Turkey sausage with salad Fruta y leche / Fruit and milk	Paella de carne / Meat paella Tortilla con ensalada / Omelette with salad Fruta y leche / Fruit and milk	Crema de espinacas / Spinach cream Pollo guisado con patatas / Stew hicken with baked potatoes Fruta y leche / Fruit and milk
27	28	29	30	31
Arroz con tomate / Rice in tomato sauce Filete pollo con ensalada / Grilled chicken breast with salad Helado/ Ice Cream	Crema de puerro / Leek cream Albóndigas en salsa con patatas / Meatballs in sauce with potatoes Fruta y leche / Fruit and milk	Lentejas con chorizo / Lentils stew with chorizo Tortilla de patata con pisto / Potato omelette with pisto Fruta y leche / Fruit and milk	Sopa de verdura / Vegetables soup Lomo ajillo con ensalada / Grilled pork loin with salad Fruta y leche / Fruit and milk	Macarrones con pavo / Macaroni in tomato sauce and turkey Merluza horno con ensalada / Baked hake with salad Fruta y leche / Fruit and milk

ALERGIA HUEVO

6	7	8	9	10
Arroz con verduras / Rice with vegetables Bacalao encebollado / Baked cod with onion Yogur variado/ Fruit yoghurt	Lentejas estofadas / Lentils stew Rosti y ensalada / rosti and salad Fruta, Leche / Fruit, Milk	Puré de calabacín / Courgette puree Lomo al horno con arroz salteado / Baked pork loin with sauted rice Fruta, Leche / Fruit, Milk	Pasta sin huevo con J. york y tomate / Pasta with ham in tomato sauce Salmon homocon lechuga y maíz / Baked salmon with corn and lettuce Fruta, Leche / Fruit, Milk	Sopa de Cocido sin huevo / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, Leche / Fruit, Milk
13	14	15	16	17
Judías verdes con tomate / Green beans in tomato sauce Estofado de ternera con Arroz / Veal stew with rice Helado apto / Ice Cream	Pasta sin huevo con tomate / Pasta in tomato sauce Rosti y ensalada / omelette with salad Fruta, Leche / Fruit, Milk	Patatas guisadas con pollo / Potato stew with chicken atun con pisto / Tuna with pisto Fruta, Leche / Fruit, Milk	Crema de verdura / Vegetables cream Filete pollo con patatas / Breaded chicken with potatoes Fruta, Leche / Fruit, Milk	Judías blancas estofadas / Beans stew with vegetables Limanda horno con ensalada / Baked limanda with salad Fruta, Leche / Fruit, Milk
20	21	22	23	24
Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables Hamburguesa casera con ensalada / Grilled burger with salad Helado apto / Ice Cream	Ensalada de pasta sin huevo / Pasta salad Bacalao asado con ensalada / Baked cod with salad Fruta, Leche / Fruit, Milk	Pasta con tomate / Pasta in tomato sauce Salchicha de ave y ensalada / Turkey sausage with salad Fruta, Leche / Fruit, Milk	Paella de carne / Meat paella Fte. De pescadilla horno con ensalada / Baked hake with salad Fruta, Leche / Fruit, Milk	Crema de espinacas / Spinach cream Pollo guisado con patatas / Stew hicken with baked potatoes Fruta, Leche / Fruit, Milk
27	28	29	30	31
Arroz con tomate / Rice in tomato sauce Bacalao horno con ensalada / Baked cod with salad Helado apto / Ice Cream	Crema de puerro / Leek cream Albóndigas en salsa con patatas / Meatballs in sauce with potatoes Fruta, Leche / Fruit, Milk	Lentejas con chorizo / Lentils stew with chorizo Rosti de patata con pisto / Potato rosti with pisto Fruta, Leche / Fruit, Milk	Sopa de verdura / Vegetables soup Lomo ajillo con ensalada / Grilled pork loin with salad Fruta, Leche / Fruit, Milk	Macarrones sin huevo con pavo / Macaroni in tomato sauce and turkey Merluza horno con ensalada / Baked hake with salad Fruta, Leche / Fruit, Milk

ALERGIA LECHE

6	7	8	9	10
Arroz con verduras / Rice with vegetables Bacalao encebollado / Baked cod with onion Postre apto / Suitable dessert	Lentejas estofadas / Lentils stew Huevos cocidos con tomate / Stuffed eggs in tomato sauce Fruta / Fruit	Puré de calabacín / Courgette puree Lomo fresco al horno con arroz salteado / Baked pork loin with sauted rice Fruta / Fruit	Espirales con J. york y tomate / Pasta with ham in tomato sauce Salmon homocon lechuga y maíz / Baked salmon with corn and lettuce Fruta / Fruit	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta / Fruit
13	14	15	16	17
Judías verdes con tomate / Green beans in tomato sauce Estofado de ternera con cous cous / Veal stew with cous cous Postre apto / Suitable dessert	Fideua / Fideua Tortilla y ensalada / omelette with salad Fruta, Leche / Fruit, Milk	Patatas guisadas con pollo / Potato stew with chicken atun con pisto / Tuna with pisto Fruta / Fruit	Crema de verdura / Vegetables cream Filete pollo con patatas / Breaded chicken with potatoes Fruta / Fruit	Judías blancas estofadas / Beans stew with vegetables Limanda romana con ensalada / Battered limanda with salad Fruta / Fruit
20	21	22	23	24
Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables Hamburguesa casera con ensalada / Grilled burger with salad Postre apto / Suitable dessert	Ensalada de pasta / Pasta salad Bacalao asado con ensalada / Baked cod with salad Fruta / Fruit	Pasta con tomate / Pasta in tomato sauce Salchicha de ave y ensalada / Turkey sausage with salad Fruta / Fruit	Paella de carne / Meat paella Fte. De pescadilla romana con ensalada / Battered hake with salad Fruta / Fruit	Crema de espinacas / Spinach cream Pollo guisado con patatas / Stew hicken with baked potatoes Fruta / Fruit
27	28	29	30	31
Arroz con tomate / Rice in tomato sauce Bacalao horno con ensalada / Baked cod with salad Postre apto / Suitable dessert	Crema de puerro / Leek cream Albóndigas en salsa con patatas / Meatballs in sauce with potatoes Fruta / Fruit	Lentejas con chorizo / Lentils stew with chorizo Tortilla de patata con pisto / Potato omelette with pisto Fruta / Fruit	Sopa de verdura / Vegetables soup Lomo ajillo con ensalada / Grilled pork loin with salad Fruta / Fruit	Macarrones con pavo / Macaroni in tomato sauce and turkey Merluza horno con ensalada / Baked hake with salad Fruta / Fruit

ALERGIA LEGUMBRE

6	7	8	9	10
Arroz con verduras / Rice with vegetables Bacalao encebollado / Baked cod with onion Yogur variado/ Fruit yoghurt	Verdura rehogada / Suted vegetables Huevos villaroy y ensalada / Villaroy eggs and salad Fruta, Leche / Fruit, Milk	Puré de calabacín / Courgette puree Lomo al horno con arroz salteado / Baked pork loin with sauted rice Fruta, Leche / Fruit, Milk	Espirales con J. york y tomate / Pasta with ham in tomato sauce Salmon homocon lechuga y maíz / Baked salmon with corn and lettuce Fruta, Leche / Fruit, Milk	Sopa De Cocido Con Fideos / cocido soup Cocido sin Garbanzos, Ternera, Repollo / meat, chickpeas and vegetables stew Fruta, Leche / Pan / Fruit, milk,
13	14	15	16	17
Verdura salteada / Sauted vegetables Estofado de ternera con cous cous / Veal stew with cous cous Helado apto / Ice Cream	Pasta con tomate / Pasta in tomato sauce Tortilla y ensalada / omelette with salad Fruta, Leche / Fruit, Milk	Patatas guisadas con pollo / Potato stew with chicken Suprema de atun con pisto / Tuna supreme with pisto Fruta, Leche / Fruit, Milk	Crema de verdura / Vegetables cream Filete pollo con patatas / Breaded chicken with potatoes Fruta, Leche / Fruit, Milk	Arroz con tomate / Rice in tomato sauce Limanda romana con ensalada / Battered limanda with salad Fruta, Leche / Fruit, Milk
20	21	22	23	24
Verdura estofada / Stew vegetables Hamburguesa con ensalada / Grilled burger with salad Helado apto / Ice Cream	Ensalada de pasta / Pasta salad Bacalao asado con ensalada / Baked cod with salad Fruta, Leche / Fruit, Milk	Lasaña vegetal / Vegetal lasagna Salchicha de ave y ensalada / Turkey sausage with salad Fruta, Leche / Fruit, Milk	Paella de carne / Meat paella Fte. De pescadilla romana con ensalada / Battered hake with salad Fruta, Leche / Fruit, Milk	Crema de espinacas / Spinach cream Pollo guisado con patatas / Stew hicken with baked potatoes Fruta, Leche / Fruit, Milk
27	28	29	30	31
Arroz con tomate / Rice in tomato sauce Bacalao horno con ensalada / Baked cod with salad Helado apto / Ice Cream	Crema de puerro / Leek cream Albóndigas en salsa con patatas / Meatballs in sauce with potatoes Fruta, Leche / Fruit, Milk	Verdura estofada / Stew vegetables Tortilla de patata con pisto / Potato omelette with pisto Fruta, Leche / Fruit, Milk	Sopa de verdura / Vegetables soup Lomo ajillo con ensalada / Grilled pork loin with salad Fruta, Leche / Fruit, Milk	Macarrones con pavo / Macaroni in tomato sauce and turkey Merluza horno con ensalada / Baked hake with salad Fruta, Leche / Fruit, Milk

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

MENUS COMEDOR PARA EL MES

MAYO 2019

CELIACOS

6	7	8	9	10
Arroz con verduras / Rice with vegetables Bacalao encebollado / Baked cod with onion Yogur variado/ Fruit yoghurt	Lentejas estofadas / Lentils stew Huevos cocidos con tomate / Stuffed eggs in tomato sauce Fruta, Leche / Fruit, Milk	Puré de calabacín / Courgette puree Lomo al horno con arroz salteado / Baked pork loin with sauted rice Fruta, Leche / Fruit, Milk	Pasta sin gluten con J. york y tomate / Pasta with ham in tomato sauce Salmon homocon lechuga y maíz / Baked salmon with corn and lettuce Fruta, Leche / Fruit, Milk	Sopa de Cocido sin gluten / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, Leche / Fruit, Milk
13	14	15	16	17
Judías verdes con tomate / Green beans in tomato sauce Estofado de ternera con arroz / Veal stew with rice Helado / Ice Cream	Pasta sin gluten con tomate / Pasta in tomato sauce Tortilla y ensalada / omelette with salad Fruta, Leche / Fruit, Milk	Patatas guisadas con pollo / Potato stew with chicken atun con pisto / Tuna with pisto Fruta, Leche / Fruit, Milk	Crema de verdura / Vegetables creme Filete pollo con patatas / Breaded chicken with potatoes Fruta, Leche / Fruit, Milk	Judías blancas estofadas / Beans stew with vegetables Limanda horno con ensalada / Baked limanda with salad Fruta, Leche / Fruit, Milk
20	21	22	23	24
Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables Hamburguesa casera con ensalada / Grilled burger with salad Helado / Ice Cream	Ensalada de pasta sin gluten / Pasta salad Bacalao asado con ensalada / Baked cod with salad Fruta, Leche / Fruit, Milk	Pasta sin gluten con tomate / Pasta in tomato sauce Salchicha de ave y ensalada / Turkey sausage with salad Fruta, Leche / Fruit, Milk	Paella de carne / Meat paella Fie. De pescadilla horno con ensalada / Battered hake with salad Fruta, Leche / Fruit, Milk	Crema de espinacas / Spinach cream Pollo guisado con patatas / Stew hicken with baked potatoes Fruta, Leche / Fruit, Milk
27	28	29	30	31
Arroz con tomate / Rice in tomato sauce Bacalao horno con ensalada / Baked cod with salad Helado/ Ice Cream	Crema de puerro / Leek cream Albóndigas en salsa con patatas / Meatballs in sauce with potatoes Fruta, Leche / Fruit, Milk	Lentejas con chorizo / Lentils stew with chorizo Tortilla de patata con pisto / Potato omelette with pisto Fruta, Leche / Fruit, Milk	Sopa de verdura / Vegetables soup Lomo ajillo con ensalada / Grilled pork loin with salad Fruta, Leche / Fruit, Milk	Macarrones sin gluten con pavo / Macaroni in tomato sauce and turkey Merluza horno con ensalada / Baked hake with salad Fruta, Leche / Fruit, Milk

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

MENU FRUTOS SECOS

6	7	8	9	10
Arroz con verduras / Rice with vegetables Bacalao encebollado / Baked cod with onion Yogur variado/ Fruit yoghurt	Lentejas estofadas / Lentils stew Huevos villaroy y ensalada / Villaroy eggs and salad Fruta, Leche / Fruit, Milk	Puré de calabacín / Courgette puree Lomo al horno con arroz salteado / Baked pork loin with sauted rice Fruta, Leche / Fruit, Milk	Espirales con J. york y tomate / Pasta with ham in tomato sauce Salmon homocon lechuga y maíz / Baked salmon with corn and lettuce Fruta, Leche / Fruit, Milk	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, Leche / Fruit, Milk
13	14	15	16	17
Judías verdes con tomate / Green beans in tomato sauce Estofado de ternera con cous cous / Veal stew with cous cous Helado apto / Ice Cream	Fideua / Fideua Tortilla y ensalada / omelette with salad Fruta, Leche / Fruit, Milk	Patatas guisadas con pollo / Potato stew with chicken Suprema de atun con pisto / Tuna supreme with pisto Fruta, Leche / Fruit, Milk	Crema de verdura / Vegetables creme Filete pollo con patatas / Breaded chicken with potatoes Fruta, Leche / Fruit, Milk	Judías blancas estofadas / Beans stew with vegetables Limanda romana con ensalada / Battered limanda with salad Fruta, Leche / Fruit, Milk
20	21	22	23	24
Lentejas puerro, patata y zanahoria / Stewed Lentils with vegetables Hamburguesa con ensalada / Grilled burger with salad Helado apto / Ice Cream	Ensalada de pasta / Pasta salad Bacalao asado con ensalada / Baked cod with salad Fruta, Leche / Fruit, Milk	Lasaña vegetal / Vegetal lasagna Salchicha de ave y ensalada / Turkey sausage with salad Fruta, Leche / Fruit, Milk	Paella de carne / Meat paella Fie. De pescadilla romana con ensalada / Battered hake with salad Fruta, Leche / Fruit, Milk	Crema de espinacas / Spinach cream Pollo guisado con patatas / Stew hicken with baked potatoes Fruta, Leche / Fruit, Milk
27	28	29	30	31
Arroz con tomate / Rice in tomato sauce Bacalao horno con ensalada / Baked cod with salad Helado apto/ Ice Cream	Crema de puerro / Leek cream Albóndigas en salsa con patatas / Meatballs in sauce with potatoes Fruta, Leche / Fruit, Milk	Lentejas con chorizo / Lentils stew with chorizo Tortilla de patata con pisto / Potato omelette with pisto Fruta, Leche / Fruit, Milk	Sopa de verdura / Vegetables soup Lomo ajillo con ensalada / Grilled pork loin with salad Fruta, Leche / Fruit, Milk	Macarrones con pavo / Macaroni in tomato sauce and turkey Merluza horno con ensalada / Baked hake with salad Fruta, Leche / Fruit, Milk

Artesanía
Gastronómica
Alcarreña

A.G.A

ALIMENTAMOS BIEN

Avda. Montes de Oca, 19 nave - 24
28703 San Sebastián de los Reyes (Madrid)
Tel: 91 659 22 70