

MENU OCTUBRE 2021

ALERGIA PESCADO / FISH ALLERGY				
4	5	6	7	8
Espaguetis con salsa de tomate / Spagetti in Tomato Sauce Tortilla De pavo con lechuga y zanahoria / Turkey Omelette with Salad Gelatina de frutas/Fruit jelly	Patatas guisadas / Potato stew Hamburguesa de ternera con parrillada de verduras Fruta y leche, pan / Fruit and milk, bread	Lentejas con patata y zanahoria / Stew lentils with vegetables Salchichas ave con ensalada / chicken sausages with salad Fruta y leche, pan / Fruit milk,	Crema de verdura / Vegetables puree Escalope pollo con Patatas fritas / Battered chicken with chips Fruta y leche, pan / Fruit milk	Sopa de picadillo / Egg and ham Stew Soup Lacón conlechuga,maiz y aceituna / Baked smoked ham with salad Fruta y leche, pan / Fruit and milk, bread
11	12	13	14	15
		Judía verde con tomate / Green Beans with tomato sauce Lomo asado con puré de manzana / Pork loin fried with apple puree Yogur de fruta, pan / Fruit Yoghurt, bread	Macarrones carbonara / Macaronni in carbonara sauce Filete con ensalada / Grilled fillet with salad Fruta y leche, pan / Fruit milk, bread	Crema de zanahorias / Carrot cream Estofado de pavo con cous cous / Turkey stew with cous cous Fruta y leche, pan / Fruit and milk, bread
18	19	20	21	22
Arroz con verduras / Rice with vegetables Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Yogur de fruta, pan / Fruit Yoghurt, bread	Judías blancas estofadas/ Stew pinto beans with vegetables Filete con Ensalada Mixta / Grilled fillet and Salad Fruta y leche, pan / Fruit and milk, bread	Coliflor Rebozada / Battered Cauliflower huevos revueltos con jamon con lechuga y maiz Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread	Patatas guisadas con chorizo / Stewed potatoes with chorizo Pollo con lechuga y maiz / Baked chicken with salad Fruta y leche, pan / Fruit and milk, bread
25	26	27	28	29
Crema de puerro / Leek puree Lomo con patatas / Grilled pork loin with potatoes Yogur de fruta, / Fruit Yoghurt,	Sopa de fideos/ Noodlesoup Pollo asado con verdura al horno / Roast Chicken with baked vegetables Fruta y leche, pan / Fruit and milk, bread	Lentejas con chorizo / Lentils stew with chorizo Huevos riojana con lechuga y maiz / Boiled eggs with salad Fruta y leche, pan / Fruit and milk, bread	Fideua de Pollo / Chicken fideua Salchichas ave con ensalada /Sausages with salad Fruta y leche, pan / Fruit and milk, bread	Brocoli salteado con jamon/ Sauted broccoli with ham Ternera guisada con cous-cous /Pork meat stew with couscous Fruta y leche, pan / Fruit and milk, bread

ALERGIA LECHE / MILK ALLERGY				
4	5	6	7	8
Espaguetis con salsa de tomate / Spagetti in Tomato Sauce Tortilla De pavo con lechuga y zanahoria / Turkey Omelette with Salad Gelatina de frutas/Fruit jelly	Patatas marinera / Potato stew with seafood Hamburguesa de ternera con parrillada de verduras Fruta y pan / Fruit and bread	Lentejas con patata y zanahoria / Stew lentils with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with salad Fruta y pan / Fruit and bread	Crema de verdura / Vegetables puree Escalope pollo con Patatas fritas / Battered chicken with chips Fruta y pan / Fruit and bread	Arroz con tomate / Rice in tomato sauce Merluza con ensalada / Baked hake with salad Fruta y pan / Fruit and bread
11	12	13	14	15
		Judía verde con tomate / Green Beans with tomato sauce Lomo asado con puré de manzana / Pork loin fried with apple puree Postre apto / Suitable dessert	Macarrones con tomate / Macaronni in tomato sauce Fte. Bacalao con lechuga y maiz / Baked Bacalao with salad Fruta y pan / Fruit and bread	Crema de zanahorias / Carrot cream Estofado de pavo con cous cous / Turkey stew with cous cous Fruta y pan / Fruit and bread
18	19	20	21	22
Arroz con verduras / Rice with vegetables Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Postre apto / Suitable dessert	Judías blancas estofadas/ Stew pinto beans with vegetables Limanda romana con Ensalada Mixta / Battered limanda and Salad Fruta y pan / Fruit and bread	Pure de verdura / Vegetables puree huevos revueltos con jamon con lechuga y maiz Fruta y pan / Fruit and bread	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y pan / Fruit and bread	Patatas guisadas con chorizo / Stewed potatoes with chorizo Bacalao horno con lechuga y maiz / Baked cod with salad Fruta y pan / Fruit and bread
25	26	27	28	29
Crema de puerro / Leek puree Salmón al horno con patata / Baked salmon with potatoes Postre apto / Suitable dessert	Sopa de pescado/ Fish soup Pollo asado con verdura al horno / Roast Chicken with baked vegetables Fruta, pan / Fruit, bread	Lentejas con chorizo / Lentils stew with chorizo Huevos riojana con lechuga y maiz / Boiled eggs with salad Fruta y pan / Fruit and bread	Fideua de Pollo / Chicken fideua Caella adobada con ensalada /Breaded caella with salad Fruta y pan / Fruit and bread	Brocoli salteado con jamon/ Sauted broccoli with ham Ternera guisada con cous-cous /Pork meat stew with couscous Fruta y pan / Fruit and bread

ALERGIA HUEVO / EGG ALLERGY				
4	5	6	7	8
Espaguetis sin huevo con salsa de tomate / Spagetti in Tomato Sauce Rosti de pavo con lechuga y zanahoria / Turkey Omelette with Salad Gelatina de frutas/Fruit jelly	Patatas marinera / Potato stew with seafood Hamburguesa de ternera con parrillada de verduras Fruta y leche, pan / Fruit and milk, bread	Lentejas con patata y zanahoria / Stew lentils with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with salad Fruta y leche, pan / Fruit milk,	Crema de verdura / Vegetables puree Escalope pollo con Patatas fritas / Battered chicken with chips Fruta y leche, pan / Fruit milk	Arroz con tomate / Rice in tomato sauce e Merluza con ensalada / Baked hake with salad Fruta y leche, pan / Fruit milk
11	12	13	14	15
		Judía verde con tomate / Green Beans with tomato sauce Lomo asado con puré de manzana / Pork loin fried with apple puree Yogur de fruta, pan / Fruit Yoghurt, bread	Macarrones sin huevo carbonara / Macaronni in carbonara sauce Fte. Bacalao con lechuga y maiz / Baked Bacalao with salad Fruta y leche, pan / Fruit milk,	Crema de zanahorias / Carrot cream Estofado de pavo arroz / Turkey stew with rice Fruta y leche, pan / Fruit and milk, bread
18	19	20	21	22
Arroz con verduras / Rice with vegetables Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Yogur de fruta, pan / Fruit Yoghurt, bread	Judías blancas estofadas/ Stew pinto beans with vegetables Limanda horno con Ensalada Mixta / Baked limanda and Salad Fruta y leche, pan / Fruit and milk, bread	Pure de verdura / Vegetables puree Rosti con york / Rosti with ham Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido sin huevo / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread	Patatas guisadas con chorizo / Stewed potatoes with chorizo Bacalao horno con lechuga y maiz / Baked cod with salad Fruta y leche, pan / Fruit and milk, bread
25	26	27	28	29
Crema de puerro / Leek puree Salmón al horno con patata / Baked salmon with potatoes Yogur de fruta, / Fruit Yoghurt,	Sopa de pescado sin huevo/ Fish soup Pollo asado con verdura al horno / Roast Chicken with baked vegetables Fruta y leche, pan / Fruit and milk, bread	Lentejas con chorizo / Lentils stew with chorizo Rosti con lechuga y maiz / Rosti with salad Fruta y leche, pan / Fruit and milk, bread	Arroz de Pollo / Chicken rice Caella adobada con ensalada /Breaded caella with salad Fruta y leche, pan / Fruit and milk, bread	Brocoli salteado con jamon/ Sauted broccoli with ham Ternera guisada con cous-cous /Pork meat stew with couscous Fruta y leche, pan / Fruit and milk, bread

ALERGIA LEGUMBRE / LEGUME ALLERGY				
4	5	6	7	8
Espaguetis con salsa de tomate / Spagetti in Tomato Sauce Tortilla con lechuga y zanahoria / Omelette with Salad Gelatina de frutas/Fruit jelly	Patatas marinera / Potato stew with seafood Hamburguesa de ternera con parrillada de verduras Fruta y leche, pan / Fruit and milk, bread	Verdura salteada o puree / Sauted vegetables Ventresca Merluza horno lechuga / Baked Hake belly with salad Fruta y leche, pan / Fruit milk,	Crema de verdura / Vegetables puree Escalope pollo con Patatas fritas / Battered chicken with chips Fruta y leche, pan / Fruit milk	Arroz con tomate / Rice in tomato sauce Merluza con ensalada / Baked hake with salad Fruta y leche, pan / Fruit milk
11	12	13	14	15
		Verdura salteada / Sauted vegetables Lomo asado con puré de manzana / Pork loin fried with apple puree Yogur de fruta, pan / Fruit Yoghurt, bread	Macarrones carbonara / Macaronni in carbonara sauce Fte. Bacalao con lechuga y maiz / Baked Bacalao with salad Fruta y leche, pan / Fruit milk, bread	Crema de zanahorias / Carrot cream Estofado de pavo con cous cous / Turkey stew with cous cous Fruta y leche, pan / Fruit and milk, bread
18	19	20	21	22
Arroz con verduras / Rice with vegetables Filete con ensalada / Grilled fillet with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Verdura estofadas o puree / Stew vegetables Limanda romana con Ensalada Mixta / Battered limanda and Salad Fruta y leche, pan / Fruit and milk, bread	Coliflor Rebozada / Battered Cauliflower huevos revueltos con jamon con lechuga y maiz Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido / Stew Soup Cocido Completo sin legumbre/ Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread	Patatas guisadas con chorizo / Stewed potatoes with chorizo Bacalao horno con lechuga y maiz / Baked cod with salad Fruta y leche, pan / Fruit and milk, bread
25	26	27	28	29
Crema de puerro / Leek puree Salmón al horno con patata / Baked salmon with potatoes Yogur de fruta, / Fruit Yoghurt,	Sopa de pescado/ Fish soup Pollo asado con verdura al horno / Roast Chicken with baked vegetables Fruta y leche, pan / Fruit and milk, bread	Arroz rehogado / Sauted rice Huevos riojana con lechuga y maiz / Boiled eggs with salad Fruta y leche, pan / Fruit and milk, bread	Fideua de Pollo / Chicken fideua Caella adobada con ensalada /Breaded caella with salad Fruta y leche, pan / Fruit and milk, bread	Brocoli salteado con jamon/ Sauted broccoli with ham Ternera guisada con cous-cous /Pork meat stew with couscous Fruta y leche, pan / Fruit and 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

OCTUBRE 2021

1				
CELIACOS / CELIAC PEOPLE				Sopa de picadillo sin gluten / Egg and ham Stew Soup Lacón con lechuga,maiz y aceituna / Baked smoked ham with salad Fruta y leche. / Fruit and milk.
4	5	6	7	8
Espaguetis sin gluten con salsa de tomate / Spagetti in Tomato Sauce Tortilla De pavo con lechuga y zanahoria / Turkey Omelette with Salad Gelatina de frutas /Fruit jelly	Patatas marinera / Potato stew with seafood Hamburguesa de ternera con parrillada de verduras Fruta y leche, / Fruit and milk,	Lentejas con patata y zanahoria / Stew lentils with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with salad Fruta y leche, / Fruit milk,	Crema de verdura / Vegetables puree Escalope pollo con Patatas fritas / Battered chicken with chips Fruta y leche, / Fruit milk	Arroz con tomate / Rice in tomato sauce Merluza con ensalada / Baked hake with salad Fruta y leche, pan / Fruit milk
11	12	13	14	15
		Judía verde con tomate / Green Beans with tomato sauce Lomo asado con puré de manzana / Pork loin fried with apple puree Yogur de fruta, pan / Fruit Yoghurt, bread	Macarrones sin gluten carbonara / Macaronni in carbonara sauce Fte. Bacalao con lechuga y maiz / Baked Bacalao with salad Fruta y leche, / Fruit milk,	Crema de zanahorias / Carrot cream Estofado de pavo arroz / Turkey stew with rice Fruta y leche, / Fruit and milk,
18	19	20	21	22
Arroz con verduras / Rice with vegetables Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Yogur de fruta, / Fruit Yoghurt,	Judías blancas estofadas/ Stew pinto beans with vegetables Limanda romano con Ensalada Mixta / Battered limanda and Salad Fruta y leche, / Fruit and milk,	Pure de verdura / Vegetables puree huevos revueltos con jamon con lechuga y maiz Fruta y leche, / Fruit and milk,	Sopa de Cocido sin gluten / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, / Fruit and milk,	Patatas guisadas con chorizo / Stewed potatoes with chorizo Bacalao horno con lechuga y maiz / Baked cod with salad Fruta y leche, / Fruit and milk,
25	26	27	28	29
Crema de puerro / Leak puree Salmón al horno con patata / Baked salmon with potatoes Yogur de fruta, / Fruit Yoghurt,	Sopa de pescado sin gluten/ Fish soup Pollo asado con verdura al horno / Roast Chicken with baked vegetables Fruta y leche, / Fruit and milk,	Lentejas con chorizo / Lentils stew with chorizo Huevos riojana con lechuga y maiz / Boiled eggs with salad Fruta y leche, / Fruit and milk,	Arroz de Pollo / Chicken rice Caella adobada con ensalada /Breaded caella with salad Fruta y leche, / Fruit and milk	Brocoli salteado con jamon/ Sauted broccoli with ham Magro de cerdo guisado con arroz /Pork meat stew with rice Fruta y leche, / Fruit and milk

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

1				
FRUTO SECO/NUTTY ALLERGY				Sopa de picadillo / Egg and ham Stew Soup Lacón con lechuga,maiz y aceituna / Baked smoked ham with salad Fruta y leche, pan / Fruit and milk, bread
4	5	6	7	8
Espaguetis con salsa de tomate / Spagetti in Tomato Sauce Tortilla De pavo con lechuga y zanahoria / Turkey Omelette with Salad Gelatina de frutas /Fruit jelly	Patatas marinera / Potato stew with seafood Hamburguesa de ternera con parrillada de verduras Fruta y leche, pan / Fruit and milk, bread	Lentejas con patata y zanahoria / Stew lentils with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with salad Fruta y leche, pan / Fruit milk,	Crema de verdura / Vegetables puree Escalope pollo con Patatas fritas / Battered chicken with chips Fruta y leche, pan / Fruit milk	Arroz con tomate / Rice in tomato sauce Merluza con ensalada / Baked hake with salad Fruta y leche, pan / Fruit milk
11	12	13	14	15
		Judía verde con tomate / Green Beans with tomato sauce Lomo asado con puré de manzana / Pork loin fried with apple puree Yogur de fruta, pan / Fruit	Macarrones carbonara / Macaronni in carbonara sauce Fte. Bacalao con lechuga y maiz / Baked Bacalao with salad Fruta y leche, pan / Fruit milk, bread	Crema de zanahorias / Carrot cream Estofado de pavo con cous cous / Turkey stew with cous cous Fruta y leche, pan / Fruit and milk, bread
18	19	20	21	22
Arroz con verduras / Rice with vegetables Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Yogur de fruta, pan / Fruit Yoghurt, bread	Judías blancas estofadas/ Stew pinto beans with vegetables Limanda romana con Ensalada Mixta / Battered limanda and Salad Fruta y leche, pan / Fruit and milk, bread	Coliflor Rebozada / Battered Cauliflower huevos revueltos con jamon con lechuga y maiz Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread	Patatas guisadas con chorizo / Stewed potatoes with chorizo Bacalao horno con lechuga y maiz / Baked cod with salad Fruta y leche, pan / Fruit and milk, bread
25	26	27	28	29
Crema de puerro / Leak puree Salmón al horno con patata / Baked salmon with potatoes Yogur de fruta, pan / Fruit Yoghurt, bread	Sopa de pescado/ Fish soup Pollo asado con verdura al horno / Roast Chicken with baked vegetables Fruta y leche, pan / Fruit and milk, bread	Lentejas con chorizo / Lentils stew with chorizo Huevos riojana con lechuga y maiz / Boiled eggs with salad Fruta y leche, pan / Fruit and milk, bread	Fideua de Pollo / Chicken fideua Caella adobada con ensalada /Breaded caella with salad Fruta y leche, pan / Fruit and milk, bread	Brocoli salteado con jamon/ Sauted broccoli with ham Ternera guisada con cous-cous /Pork meat stew with couscous Fruta y leche, pan / Fruit and milk, bread



CUTASA

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CUTASA S.L. COLECTIVIDADES

MENUS DEL MES DE OCTUBRE SIN CERDO



LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

				1 Paella carne / meat paella Bacalao romana con ensalada / Battered cod with salad Fruta y leche, pan / Fruit and milk, bread
3 Espaguetis con salsa de tomate / Spagetti in Tomato Sauce Tortilla De pavo con lechuga y zanahoria / Turkey Omelette with Salad Gelatina de frutas /Fruit jelly	4 Patatas marinera / Potato stew with seafood Hamburguesa de ternera con parrilada de verduras Fruta y leche, pan / Fruit and milk, bread	5 Lentejas con patata y zanahoria / Stew lentils with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with salad Fruta y leche, pan / Fruit milk,	6 Crema de verdura / Vegetables puree Escalope pollo con Patatas fritas / Battered chicken with chips Fruta y leche, pan / Fruit milk	7 arroz con tomate / Rice in tomato sauce Merluza con ensalada / Baked hake with salad Fruta y leche, pan / Fruit milk
11 FESTIVO	12 FESTIVO	13 Judía verde con tomate / Green Beans with tomato sauce Pollo asado con puré de manzana / Chicken fried with apple puree Yogur de fruta, pan / Fruit Yoghurt, bread	14 Macarrones con tomate / Macaronni in tomato sauce Fte. Bacalao con lechuga y maiz / Baked Bacalao with salad Fruta y leche, pan / Fruit milk, bread	15 Crema de zanahorias / Carrot cream Estofado de pavo con cous cous / Turkey stew with cous cous Fruta y leche, pan / Fruit and milk, bread
18 Arroz con verduras / Rice with vegetables Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Yogur de fruta, pan / Fruit Yoghurt, bread	19 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	20 Coliflor Rebozada / Battered Cauliflower huevos revueltos con pavo lechuga y maiz/ Scrambled eggs with lettuce and corn Fruta y leche, pan / Fruit and milk, bread	21 Sopa de Cocido / Cocido soup Patata, Zanahoria, Carne de Ternera y Pollo / Potato, carrot, veal and chicken Fruta y leche, pan / Fruit and milk, bread	22 Patatas guisadas / Stewed potatoes Bacalao horno con lechuga y maiz / Baked cod with salad Fruta y leche, pan / Fruit and milk, bread
25 Crema de puerro / Leak puree Salmón al horno con patata / Baked salmon with potatoes Yogur de fruta, pan / Fruit Yoghurt, bread	26 Sopa de pescado/ Fish soup Pollo asado con verdura al horno / Roast Chicken with baked vegetables Fruta y leche, pan / Fruit and milk, bread	27 Lentejas con verduras / Lentils stew with vegetables Huevos riojana con lechuga y maiz / Boiled eggs with salad Fruta y leche, pan / Fruit and milk, bread	28 Fideua de Pollo / Chicken fideua Caella adobada con ensalada/ Breaded limanda with salad Fruta y leche, pan / Fruit and milk, bread	29 Brocoli rehogado /Sauted broccoli Ternera guisada con cous-cous / veal stew with cous cous Fruta y leche, pan / Fruit and milk, bread