



CUTASA S.L.



NOVIEMBRE MENU SIN PESCADO

NOVIEMBRE MENU WITHOUT FISH

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
	2	3	4	5
	Arroz con Verduras / Rice with Vegetables Tortilla de York con lechuga y maiz / Ham omelette with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Pure de Calabacin / Courgette puree Jamoncitos de pollo asado con patata panadera / Baked chicken with baked potatoes Fruta y leche, pan integral/ Fruit and milk, bread	Espaguetis con chorizo / Spaghetti in tomato sauce with chorizo Lomo salsa con champiñon / Grilled pork loin in sauce Fruta y leche, pan / Fruit and milk, bread	Coliflor rehogada / Battered cauliflower Hamburguesa de ternera con pure patata al pimenton / grilled veal burger with potato puree Fruta y leche, pan / Fruit and milk, bread
8	9	10	11	12
Paella pollo / meat paella Tortilla de patata con ensalada / Potato omelette with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Judías verdes rehogadas / Green beans with boiled potatoes Lacónal horno con patata vapor / Baked ham with boiled potato Fruta y leche, pan / Fruit and milk, bread	Lentejas ecologicas con patata y zanahoria / bio Lentils Stew salchichas pavo con pisto / Susajes with pisto Fruta y leche, pan integral/ Fruit and milk, bread	Crema de puerros / Leek cream Filete de pollo a la plancha con patatas / Grilled chicken breast with potatoes Fruta y leche, pan / Fruit and milk, bread	judias asturianas / bean stew asturian style cinta de lomo con lechuga y aceitunas / Baked loin with lettuce and olives Fruta y leche, pan / Fruit and milk, bread
15	16	17	18	19
Macarrones integrales con pavo / Macaroni in tomato sauce with turkey Filete de pollo con lechuga y maiz / Baked chicken with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Judías blancas guisadas / Beans stew Huevos cocidos con salsa de tomate / Boiled eggs in tomato sauce Fruta y leche, pan / Fruit and milk, bread	Brocoli rehogado con jamon / Sauted brocoli with ham Pollo en pepitoria con arroz ecologico integral / Chicken stew rice Fruta y leche, pan integral/ Fruit and milk, bread	Pasta con tomate / Pasta in tomato sauce Sajonia horno con zanahoria baby / Baked sajonia with carrot 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
22	23	24	25	26
Lentejas estofadas / Stewed lentils Escalopines lomo cerdo al ajillo con lechuga y maiz / Grilled garlic pork loin with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Arroz con magro y zanahoria / Rice with pork meat and carrot F. pollo con ensalada mixta / Grilled chicken with salad Manzana ecológica y leche, pan / Fruit and milk, bread	Puré de verduras / Vegetables puree Albondigas de ternera c/ cous-cous / veal meatballs with cous cous Fruta y leche, pan integral/ Fruit and milk, bread	Espaguetis boloñesa / Spaghetti in Bolognese sauce Lomo con lechuga y cebolla / Fried pork loin with salad Fruta y leche, pan / Fruit and milk, bread	Menestra verdura salteada / Vegetables stew Estofado de ternera con patata / Veal stew with potatoes Fruta y leche, pan / Fruit and milk, bread
29	30			
Fideua de Pollo / chicken fideua Huevos revueltos con jamón / Scrambled eggs with ham Yogur de fruta, pan integral / Fruit Yoghurt, bread	Spaguetis carbonara / Spagetti in carbonara sauce Lacón al horno con pisto/ Baked ham with pisto Fruta y leche, pan / Fruit and milk, bread			



CUTASA S.L.



NOVIEMBRE MENU SIN LECHE NOVIEMBRE MENU WITHOUT MILK

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
	2	3	4	5
	Arroz con Verduras / Rice with Vegetables Tortilla de York con lechuga y maiz / Ham omelette with salad Postre apto, pan / Suitable dessert, bread	Pure de Calabacin / Courgette puree Jamoncitos de pollo asado con patata panadera / Baked chicken with baked potatoes Fruta, pan integral/ Fruit , bread	Espaguetis con chorizo / Spaghetti in tomato sauce with chorizo Dados rape salsa con champiñon / monkfish dices in sauce Fruta , pan / Fruit , bread	Coliflor rehogada / Battered cauliflower Hamburguesa de ternera con pure patata al pimenton / grilled veal burger with potato puree Fruta , pan / Fruit , bread
8	9	10	11	12
Paella mixta / fish and meat paella Tortilla de patata con ensalada / Potato omelette with salad Postre apto, pan / Suitable dessert, bread	Judías verdes rehogadas / Green beans with boiled potatoes Lacónal horno con patata vapor / Baked ham with boiled potato Fruta , pan / Fruit , bread	Lentejas ecologicas con patata y zanahoria / bio Lentils Stew Limanda rebozada con pisto / Baked limanda with pisto Fruta, pan integral/ Fruit , bread	Crema de puerros / Leek cream Filete de pollo a la plancha con patatas / Grilled chicken breast with potatoes Fruta , pan / Fruit , bread	judias asturianas / bean stew asturian style Ventresca de merluza con lechuga y aceitunas / Baked hake with lettuce and olives Fruta , pan / Fruit , bread
15	16	17	18	19
Macarrones integrales con pavo / Macaroni in tomato sauce with turkey Filete de merluza menier con lechuga y maiz / Baked hake with salad Postre apto, pan / Suitable dessert, bread	Judías blancas guisadas / Beans stew Huevos cocidos con salsa de tomate / Boiled eggs in tomato sauce Fruta , pan / Fruit , bread	Brocoli rehogado con jamon / Sauted brocoli with ham Pollo en pepitoria con arroz ecologico integral / Chicken stew rice Fruta, pan integral/ Fruit , bread	Pasta con tomate / Pasta in tomato sauce Bacalao horno con zanahoria baby / Baked Hake with carrot Fruta , pan / Fruit , bread	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta , pan / Fruit , bread
22	23	24	25	26
Lentejas estofadas / Stewed lentils Escalopines lomo cerdo al ajillo con lechuga y maiz / Grilled garlic pork loin with salad Postre apto, pan / Suitable dessert, bread	Arroz con magro y zanahoria / Rice with pork meat and carrot Merluza a la romana con ensalada mixta / Battered hake with salad Manzana ecológica, pan / Fruit , bread	Puré de verduras / Vegetables puree Albondigas de ternera c/ cous-cous / veal meatballs with cous cous Fruta, pan integral/ Fruit , bread	Espaguetis boloñesa / Spaghetti in Bolognese sauce Rabas de calamar con lechuga y cebolla / Fried squid with salad Fruta , pan / Fruit , bread	Menestra verdura salteada / Vegetables stew Estofado de ternera con patata / Veal stew with potatoes Fruta , pan / Fruit , bread
29	30			
Fideua de Pollo / chicken fideua Huevos revueltos con jamón / Scrambled eggs with ham Postre apto, pan / Suitable dessert, bread	Spaguetis con tomate / Spagetti in tomato sauce Bacalao asado con pisto/ Baked cod with pisto Fruta , pan / Fruit , bread			



CUTASA S.L.



NOVIEMBRE MENU SIN HUEVO NOVIEMBRE MENU WITHOUT EGG

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
	2	3	4	5
	Arroz con Verduras / Rice with Vegetables York plancha con lechuga y maiz / Grilled ham with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Pure de Calabacin / Courgette puree Jamoncitos de pollo asado con patata panadera / Baked chicken with baked potatoes Fruta y leche, pan integral/ Fruit and milk, bread	Espaguetis sin huevo con chorizo / Spaghetti in tomato sauce with chorizo Dados rape salsa con champiñon / monkfish dices in sauce Fruta y leche, pan / Fruit and milk, bread	Coliflor rehogada / Battered cauliflower Hamburguesa de ternera con pure patata al pimenton / grilled veal burger with potato puree Fruta y leche, pan / Fruit and milk, bread
8	9	10	11	12
Paella mixta / fish and meat paella Rosti con ensalada / Rosti with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Judías verdes rehogadas / Green beans with boiled potatoes Lacónal horno con patata vapor / Baked ham with boiled potato Fruta y leche, pan / Fruit and milk, bread	Lentejas ecologicas con patata y zanahoria / bio Lentils Stew Limanda rebozada con pisto / Baked limanda with pisto Fruta y leche, pan integral/ Fruit and milk, bread	Crema de puerros / Leek cream Filete de pollo a la plancha con patatas / Grilled chicken breast with potatoes Fruta y leche, pan / Fruit and milk, bread	judias asturianas / bean stew asturian style Ventresca de merluza con lechuga y aceitunas / Baked hake with lettuce and olives Fruta y leche, pan / Fruit and milk, bread
15	16	17	18	19
Macarrones sin huevo con pavo / Macaroni in tomato sauce with turkey Filete de merluza menier con lechuga y maiz / Baked hake with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Judías blancas guisadas / Beans stew Rosti con salsa de tomate /Rosti in tomato sauce Fruta y leche, pan / Fruit and milk, bread	Brocoli rehogado con jamon / Sauted brocoli with ham Pollo en pepitoria con arroz ecologico integral / Chicken stew rice Fruta y leche, pan integral/ Fruit and milk, bread	Pasta sin huevo con tomate / Pasta in tomato sauce Bacalao horno con zanahoria baby / Baked Hake with carrot 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
22	23	24	25	26
Lentejas estofadas / Stewed lentils Escalopines lomo cerdo al ajillo con lechuga y maiz / Grilled garlic pork loin with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Arroz con magro y zanahoria / Rice with pork meat and carrot Merluza horno con ensalada mixta / Battered hake with salad Manzana ecológica y leche, pan / Fruit and milk, bread	Puré de verduras / Vegetables puree Albondigas de ternera c/ cous-cous / veal meatballs with cous cous Fruta y leche, pan integral/ Fruit and milk, bread	Espaguetis sin huevo boloñesa / Spaghetti in Bolognese sauce calamar con lechuga y cebolla / Fried squid with salad Fruta y leche, pan / Fruit and milk, bread	Menestra verdura salteada / Vegetables stew Estofado de ternera con patata / Veal stew with potatoes Fruta y leche, pan / Fruit and milk, bread
29	30			
Arroz de Pollo / chicken rice Lacon asado / Baked ham with ham Yogur de fruta, pan integral / Fruit Yoghurt, bread	Spaguetis sin huevo carbonara / Spagetti in carbonara sauce Bacalao asado con pisto/ Baked cod with pisto Fruta y leche, pan / Fruit and milk, bread			



CUTASA S.L.



NOVIEMBRE MENU SIN LEGUMBRE NOVIEMBRE MENU WITHOUT LEGUME

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
	2	3	4	5
	Arroz con Verduras / Rice with Vegetables Tortilla de York con lechuga y maiz / Ham omelette with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Pure de Calabacin / Courgette puree Jamoncitos de pollo asado con patata panadera / Baked chicken with baked potatoes Fruta y leche, pan integral/ Fruit and milk, bread	Espaguetis con chorizo / Spaghetti in tomato sauce with chorizo Dados rape salsa con champiñon / monkfish dices in sauce Fruta y leche, pan / Fruit and milk, bread	Coliflor rebozada / Battered cauliflower Hamburguesa de ternera con pure patata al pimenton / grilled veal burger with potato puree Fruta y leche, pan / Fruit and milk, bread
8	9	10	11	12
Paella mixta / fish and meat paella Tortilla de patata con ensalada / Potato omelette with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Pure de verdura / Vegetables puree Lacónal horno con patata vapor / Baked ham with boiled potato Fruta y leche, pan / Fruit and milk, bread	Pasta salteada / Sauted pasta Limanda rebozada con pisto / Baked limanda with pisto Fruta y leche, pan integral/ Fruit and milk, bread	Crema de puerros / Leek cream Filete de pollo a la plancha con patatas / Grilled chicken breast with potatoes Fruta y leche, pan / Fruit and milk, bread	Arroz con tomate / Rice in tomato sauce Ventresca de merluza con lechuga y aceitunas / Baked hake with lettuce and olives Fruta y leche, pan / Fruit and milk, bread
15	16	17	18	19
Macarrones integrales con pavo / Macaroni in tomato sauce with turkey Filete de merluza menier con lechuga y maiz / Baked hake with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Champiñones salteados / Sauted mushrooms Huevos cocidos con salsa de tomate / Boiled eggs in tomato sauce Fruta y leche, pan / Fruit and milk, bread	Brocoli rehogado con jamon / Sauted brocoli with ham Pollo en pepitoria con arroz ecologico integral / Chicken stew rice Fruta y leche, pan integral/ Fruit and milk, bread	Lasaña de carne / Meat Lasagna Bacalao horno con zanahoria baby / Baked Hake with carrot Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido / Stew Soup Cocido Completo sin garbanzo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
22	23	24	25	26
Patatas guisadas / Potato stew Escalopines lomo cerdo al ajillo con lechuga y maiz / Grilled garlic pork loin with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Arroz con magro y zanahoria / Rice with pork meat and carrot Merluza a la romana con ensalada mixta / Battered hake with salad Manzana ecológica y leche, pan / Fruit and milk, bread	Puré de verduras / Vegetables puree Albondigas de ternera c/ cous-cous / veal meatballs with cous cous Fruta y leche, pan integral/ Fruit and milk, bread	Espaguetis boloñesa / Spaghetti in Bolognese sauce Rabas de calamar con lechuga y cebolla / Fried squid with salad Fruta y leche, pan / Fruit and milk, bread	Menestra verdura salteada sin guisante / Vegetables stew Estofado de ternera con patata / Veal stew with potatoes Fruta y leche, pan / Fruit and milk, bread
29	30			
Fideua de Pollo / chicken fideua Huevos revueltos con jamón / Scrambled eggs with ham Yogur de fruta, pan integral / Fruit Yoghurt, bread	Spaguetis carbonara / Spagetti in carbonara sauce Bacalao asado con pisto/ Baked cod with pisto Fruta y leche, pan / Fruit and milk, bread			



CUTASA S.L.



NOVIEMBRE MENU SIN GLUTEN NOVIEMBRE MENU WITHOUT GLUTEN

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
	2	3	4	5
	Arroz con Verduras / Rice with Vegetables Tortilla de York con lechuga y maiz / Ham omelette with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Pure de Calabacin / Courgette puree Jamoncitos de pollo asado con patata panadera / Baked chicken with baked potatoes Fruta y leche, pan integral/ Fruit and milk, bread	Espaguetis sin gluten con chorizo / Spaghetti in tomato sauce with chorizo Dados rape salsa con champiñon / monkfish dices in sauce Fruta y leche, pan / Fruit and milk, bread	Coliflor rehogada / sauted cauliflower Hamburguesa de ternera con pure patata al pimenton / grilled veal burger with potato puree Fruta y leche, pan / Fruit and milk, bread
8	9	10	11	12
Paella mixta / fish and meat paella Tortilla de patata con ensalada / Potato omelette with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Judías verdes rehogadas / Green beans with boiled potatoes Lacónal horno con patata vapor / Baked ham with boiled potato Fruta y leche, pan / Fruit and milk, bread	Lentejas ecologicas con patata y zanahoria / bio Lentils Stew Limanda con pisto / Baked limanda with pisto Fruta y leche, pan integral/ Fruit and milk, bread	Crema de puerros / Leek cream Filete de pollo a la plancha con patatas / Grilled chicken breast with potatoes Fruta y leche, pan / Fruit and milk, bread	judias asturianas / bean stew asturian style Ventresca de merluza con lechuga y aceitunas / Baked hake with lettuce and olives Fruta y leche, pan / Fruit and milk, bread
15	16	17	18	19
Macarrones sin gluten con pavo / Macaroni in tomato sauce with turkey Filete de merluza menier con lechuga y maiz / Baked hake with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Judías blancas guisadas / Beans stew Huevos cocidos con salsa de tomate / Boiled eggs in tomato sauce Fruta y leche, pan / Fruit and milk, bread	Brocoli rehogado con jamon / Sauteed brocoli with ham Pollo en pepitoria con arroz ecologico integral / Chicken stew rice Fruta y leche, pan integral/ Fruit and milk, bread	Pasta sin gluten con tomate / Pasta in tomato sauce Bacalao horno con zanahoria baby / Baked Hake with carrot Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido sin gluten / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
22	23	24	25	26
Lentejas estofadas / Stewed lentils Escalopines lomo cerdo al ajillo con lechuga y maiz / Grilled garlic pork loin with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Arroz con magro y zanahoria / Rice with pork meat and carrot Merluza a la romana con ensalada mixta / Battered hake with salad Manzana ecológica y leche, pan / Fruit and milk, bread	Puré de verduras / Vegetables puree Albondigas de ternera con arroz / veal meatballs with rice Fruta y leche, pan integral/ Fruit and milk, bread	Espaguetis sin gluten boloñesa / Spaghetti in Bolognese sauce Rabas de calamar plancha con lechuga y cebolla / Fried squid with salad Fruta y leche, pan / Fruit and milk, bread	Menestra verdura salteada / Vegetables stew Estofado de ternera con patata / Veal stew with potatoes Fruta y leche, pan / Fruit and milk, bread
29	30			
Arroz de Pollo / chicken rice Huevos revueltos con jamón / Scrambled eggs with ham Yogur de fruta, pan integral / Fruit Yoghurt, bread	Spaguetis sin huevo carbonara / Spagetti in carbonara sauce Bacalao asado con pisto/ Baked cod with pisto Fruta y leche, pan / Fruit and milk, bread			



CUTASA S.L.



NOVIEMBRE MENU SIN FRUTO SECO NOVIEMBRE MENU WITHOUT NUTS

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
	2	3	4	5
	Arroz con Verduras / Rice with Vegetables Tortilla de York con lechuga y maiz / Ham omelette with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Pure de Calabacin / Courgette puree Jamoncitos de pollo asado con patata panadera / Baked chicken with baked potatoes Fruta y leche, pan integral/ Fruit and milk, bread	Espaguetis con chorizo / Spaghetti in tomato sauce with chorizo Dados rape salsa con champiñon / monkfish dices in sauce Fruta y leche, pan / Fruit and milk, bread	Coliflor rebozada / Battered cauliflower Hamburguesa de ternera con pure patata al pimenton / grilled veal burger with potato puree Fruta y leche, pan / Fruit and milk, bread
8	9	10	11	12
Paella mixta / fish and meat paella Tortilla de patata con ensalada / Potato omelette with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Judías verdes rehogadas / Green beans with boiled potatoes Lacónal horno con patata vapor / Baked ham with boiled potato Fruta y leche, pan / Fruit and milk, bread	Lentejas ecologicas con patata y zanahoria / bio Lentils Stew Limanda rebozada con pisto / Baked limanda with pisto Fruta y leche, pan integral/ Fruit and milk, bread	Crema de puerros / Leek cream Filete de pollo a la plancha con patatas / Grilled chicken breast with potatoes Fruta y leche, pan / Fruit and milk, bread	judias asturianas / bean stew asturian style Ventresca de merluza con lechuga y aceitunas / Baked hake with lettuce and olives Fruta y leche, pan / Fruit and milk, bread
15	16	17	18	19
Macarrones integrales con pavo / Macaroni in tomato sauce with turkey Filete de merluza menier con lechuga y maiz / Baked hake with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Judías blancas guisadas / Beans stew Huevos cocidos con salsa de tomate / Boiled eggs in tomato sauce Fruta y leche, pan / Fruit and milk, bread	Brocoli rehogado con jamon / Sauted brocoli with ham Pollo en pepitoria con arroz ecologico integral / Chicken stew rice Fruta y leche, pan integral/ Fruit and milk, bread	Pasta con tomate / Pasta in tomato sauce Bacalao horno con zanahoria baby / Baked Hake with carrot 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
22	23	24	25	26
Lentejas estofadas / Stewed lentils Escalopines lomo cerdo al ajillo con lechuga y maiz / Grilled garlic pork loin with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Arroz con magro y zanahoria / Rice with pork meat and carrot Merluza a la romana con ensalada mixta / Battered hake with salad Manzana ecológica y leche, pan / Fruit and milk, bread	Puré de verduras / Vegetables puree Albondigas de ternera c/ cous-cous / veal meatballs with cous cous Fruta y leche, pan integral/ Fruit and milk, bread	Espaguetis boloñesa / Spaghetti in Bolognese sauce Rabas de calamar con lechuga y cebolla / Fried squid with salad Fruta y leche, pan / Fruit and milk, bread	Menestra verdura salteada / Vegetables stew Estofado de ternera con patata / Veal stew with potatoes Fruta y leche, pan / Fruit and milk, bread
29	30			
Fideua de Pollo / chicken fideua Huevos revueltos con jamón / Scrambled eggs with ham Yogur de fruta, pan integral / Fruit Yoghurt, bread	Spaguetis carbonara / Spagetti in carbonara sauce Bacalao asado con pisto/ Baked cod with pisto Fruta y leche, pan / Fruit and milk, bread			



CUTASA S.L.



NOVIEMBRE MENU SIN CARNE DE CERDO

NOVIEMBRE MENU WITHOUT PIG MEAT

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
	2	3	4	5
	Arroz con Verduras / Rice with Vegetables Tortilla con lechuga y maiz / omelette with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Pure de Calabacin / Courgette puree Jamoncitos de pollo asado con patata panadera / Baked chicken with baked potatoes Fruta y leche, pan integral/ Fruit and milk, bread	Espaguetis con tomate / Spaghetti in tomato sauce Dados rape salsa con champiñon / monkfish dices in sauce Fruta y leche, pan / Fruit and milk, bread	Coliflor rebozada / Battered cauliflower Hamburguesa de ternera con pure patata al pimenton / grilled veal burger with potato puree Fruta y leche, pan / Fruit and milk, bread
8	9	10	11	12
Paella mixta / fish and meat paella Tortilla de patata con ensalada / Potato omelette with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Judías verdes rehogadas / Green beans with boiled potatoes Pavo al horno con patata vapor / Baked turkey with boiled potato Fruta y leche, pan / Fruit and milk, bread	Lentejas ecologicas con patata y zanahoria / bio Lentils Stew Limanda rebozada con pisto / Baked limanda with pisto Fruta y leche, pan integral/ Fruit and milk, bread	Crema de puerros / Leek cream Filete de pollo a la plancha con patatas / Grilled chicken breast with potatoes Fruta y leche, pan / Fruit and milk, bread	judias asturianas / bean stew asturian style Ventresca de merluza con lechuga y aceitunas / Baked hake with lettuce and olives Fruta y leche, pan / Fruit and milk, bread
15	16	17	18	19
Macarrones integrales con pavo / Macaroni in tomato sauce with turkey Filete de merluza menier con lechuga y maiz / Baked hake with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Judías blancas guisadas / Beans stew Huevos cocidos con salsa de tomate / Boiled eggs in tomato sauce Fruta y leche, pan / Fruit and milk, bread	Brocoli rehogado / Sauted brocoli Pollo en pepitoria con arroz ecologico integral / Chicken stew rice Fruta y leche, pan integral/ Fruit and milk, bread	Pasta con tomate / Pasta in tomato sauce Bacalao horno con zanahoria baby / Baked Hake with carrot Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido / Stew Soup Cocido con pollo y ternera / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread
22	23	24	25	26
Lentejas estofadas / Stewed lentils Pollo con lechuga y maiz / Grilled chicken with salad Yogur de fruta, pan integral / Fruit Yoghurt, bread	Arroz con zanahoria / Rice with carrot Merluza a la romana con ensalada mixta / Battered hake with salad Manzana ecológica y leche, pan / Fruit and milk, bread	Puré de verduras / Vegetables puree Albondigas de ternera c/ cous-cous / veal meatballs with cous cous Fruta y leche, pan integral/ Fruit and milk, bread	Espaguetis boloñesa / Spaghetti in Bolognese sauce Rabas de calamar con lechuga y cebolla / Fried squid with salad Fruta y leche, pan / Fruit and milk, bread	Menestra verdura salteada / Vegetables stew Estofado de ternera con patata / Veal stew with potatoes Fruta y leche, pan / Fruit and milk, bread
29	30			
Fideua de Pollo / chicken fideua Huevos revueltos / Scrambled eggs Yogur de fruta, pan integral / Fruit Yoghurt, bread	Spaguetis carbonara sin bacon / Spagetti in carbonara sauce Bacalao asado con pisto/ Baked cod with pisto Fruta y leche, pan / Fruit and milk, bread			