

MENU DICIEMBRE 18

ALERGIA PESCADO / FISH ALLERGY

3	4	5	6	7
Crema de zanahoria / Carrot cream Lomo a la riojana con patatas / Grilled pork loin in tomato and vegetables sauce Natillas, pan / crème caramle, bread	Arroz con magro / Meat paella Sajonia horno con ensalada / Baked sajonía with salad Fruta y leche, pan / Fruit and milk, bread	Patatas con verdura / Potato stew with vegetables Salchichas de pollo con ensalada / Baked chicken sausajes with salad Fruta y leche, pan / Fruit and milk, bread	FESTIVO	FESTIVO
10	11	12	13	14
Arroz a la cubana / Rice in Tomato Sauce Lacón asado con ensalada / Baked smoke ham with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Lentejas burgalesa / Stewed lentils Pollo con ensalada / Grilled chicken with salad Fruta y leche, pan / Fruit and milk, bread	Calabacín rebozado o pure / Battered courgette Ftes. Rusos en salsa patata dado / Grilled burger with potatoes 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	Pasta boloñesa / Pasta in bolognese sauce Filete con ensalada / Grilled fillet with salad Fruta y leche, pan / Fruit and milk, bread
17	18	19	20	21
Macarrones al ajillo / Macaronni in garlic sauce Salchichas con pisto / Sausages with ratatouille Yogur de fruta, pan / Fruit Yoghurt, bread	Sopa de puchero / Meat soup Tortilla de patata con lechuga y maíz / Potato omelette with lettuce and corn Fruta y leche, pan / Fruit and milk, bread	Judías Verdes con tomate / Green beans in tomato sauce Albóndigas jardinera con cous cous / Meatballs in Sauce with cous cous Fruta y leche, pan / Fruit and milk, bread	Arroz con pollo / Rice with chicken Lomo con lechuga tomate y aceitunas / Grilled loin with salad Fruta y leche, pan / Fruit and milk, bread	MENU DE NAVIDAD Hamburguesa completa con patatas fritas y ensalada / Burger with fried potatoes and salad Dulces de navidad / Christmas Sweets

ALERGIA HUEVO / EGG ALLERGY

3	4	5	6	7
Crema de zanahoria / Carrot cream Lomo a la riojana con patatas / Grilled pork loin in tomato and vegetables sauce Yogur de fruta, pan / Fruit Yoghurt, bread	Arroz con magro / Meat paella Bacalao con tomate y ensalada / Baked cod in tomato sauce Fruta y leche, pan / Fruit and milk, bread	Patatas marinera / Potato stew marinera style Salchichas de pollo con ensalada / Baked chicken sausajes with salad Fruta y leche, pan / Fruit and milk, bread	FESTIVO	FESTIVO
10	11	12	13	14
Arroz a la cubana / Rice in Tomato Sauce Lacón asado con ensalada / Baked smoke ham with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Lentejas burgalesa / Stewed lentils Merluza salsa con guisantes / Merluza in sauce with peas Fruta y leche, pan / Fruit and milk, bread	Calabacín rebozado o pure / Battered courgette Ftes. Rusos en salsa patata dado / Grilled burger with potatoes 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	Pasta boloñesa sin huevo / Pasta in bolognese sauce Filete hallibut albardado con ensalada / Battered hallibut with salad Fruta y leche, pan / Fruit and milk, bread
17	18	19	20	21
Macarrones sin huevo al ajillo / Macaronni in garlic sauce Dados merluza con pisto / Baked hake with ratatouille Yogur de fruta, pan / Fruit Yoghurt, bread	Sopa de puchero sin huevo / Meat soup Rosti de patata con lechuga y maíz / Potato rosti with lettuce and corn Fruta y leche, pan / Fruit and milk, bread	Judías Verdes con tomate / Green beans in tomato sauce Albóndigas jardinera con arroz / Meatballs in Sauce with rice Fruta y leche, pan / Fruit and milk, bread	Arroz con pollo / Rice with chicken Limanda horno con lechuga tomate y aceitunas / Burger with fried potatoes and salad Fruta y leche, pan / Fruit and milk, bread	MENU DE NAVIDAD Hamburguesa completa con patatas fritas y ensalada / Burger with fried potatoes and salad Dulces de navidad / Christmas Sweets

ALERGIA LECHE / MILK ALLERGY

3	4	5	6	7
Crema de zanahoria / Carrot cream Lomo a la riojana con patatas / Grilled pork loin in tomato and vegetables sauce Postre apto / Suitable dessert	Arroz con magro / Meat paella Bacalao con tomate y ensalada / Baked cod in tomato sauce Fruta, pan / Fruit, bread	Patatas marinera / Potato stew marinera style Salchichas de pavo con ensalada / Baked turkey sausajes with salad Fruta, pan / Fruit, bread	FESTIVO	FESTIVO
10	11	12	13	14
Arroz a la cubana / Rice in Tomato Sauce Lacón asado con ensalada / Baked smoke ham with salad Postre apto / Suitable dessert	Lentejas burgalesa / Stewed lentils Merluza salsa con guisantes / Baked hake in sauce with peas Fruta, pan / Fruit, bread	Calabacín rebozado o pure / Battered courgette Ftes. Rusos en salsa patata dado / Grilled burger with potatoes Fruta, pan / Fruit, bread	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta, pan / Fruit, bread	Pasta boloñesa / Pasta in bolognese sauce Filete hallibut rebozado con ensalada / Battered hallibut with salad Fruta, pan / Fruit, bread
17	18	19	20	21
Macarrones al ajillo / Macaronni in garlic sauce Dados merluza con pisto / Baked hake with ratatouille Postre apto / Suitable dessert	Sopa de puchero / Meat soup Tortilla de patata con lechuga y maíz / Potato omelette with lettuce and corn Fruta, pan / Fruit, bread	Judías Verdes con tomate / Green beans in tomato sauce Albóndigas jardinera con cous cous / Meatballs in Sauce with cous cous Fruta, pan / Fruit, bread	Arroz con pollo / Rice with chicken Limanda rebozada con lechuga tomate y aceitunas / Fried potatoes and tomato with lettuce and corn Fruta, pan / Fruit, bread	MENU DE NAVIDAD Hamburguesa completa con patatas fritas y ensalada / Burger with fried potatoes and salad Dulces de navidad / Christmas Sweets

ALERGIA LEGUMBRE / LEGUME ALLERGY

3	4	5	6	7
Crema de zanahoria / Carrot cream Lomo a la riojana con patatas / Grilled pork loin in tomato and vegetables sauce Natillas, pan / crème caramle, bread	Arroz con magro / Meat paella Bacalao con tomate y ensalada / Baked cod in tomato sauce Fruta y leche, pan / Fruit and milk, bread	Patatas marinera / Potato stew marinera style Salchichas de pollo con ensalada / Baked chicken sausajes with salad Fruta y leche, pan / Fruit and milk, bread	FESTIVO	FESTIVO
10	11	12	13	14
Arroz a la cubana / Rice in Tomato Sauce Lacón asado con ensalada / Baked smoke ham with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Verduras salteadas / Sauted vegetables Merluza salsa con ensalada / Baked hake in sauce with salad Fruta y leche, pan / Fruit and milk, bread	Calabacín rebozado o pure / Battered courgette Ftes. Rusos en salsa patata dado / Grilled burger with potatoes Fruta y leche, pan / Fruit and milk, bread	Sopa de Cocido sin garbanzo / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread	Isaño boloñesa / Bolognese lasagna Filete hallibut rebozado con ensalada / Battered hallibut with salad Fruta y leche, pan / Fruit and milk, bread
17	18	19	20	21
Macarrones al ajillo / Macaronni in garlic sauce Dados merluza con pisto / Baked hake with ratatouille Yogur de fruta, pan / Fruit Yoghurt, bread	Sopa de fideos / Meat soup Tortilla de patata con lechuga y maíz / Potato omelette with lettuce and corn Fruta y leche, pan / Fruit and milk, bread	Verdura estofada / Vegetables stew Albóndigas jardinera con cous cous / Meatballs in Sauce with cous cous Fruta y leche, pan / Fruit and milk, bread	Arroz con pollo / Rice with chicken Limanda rebozada con lechuga tomate y aceitunas / Fried potatoes and tomato with lettuce and corn Fruta y leche, pan / Fruit and milk, bread	MENU DE NAVIDAD Hamburguesa completa con patatas fritas y ensalada / Burger with fried potatoes and salad Dulces de navidad / Christmas Sweets

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

**CELIACOS /
CELIAC PEOPLE**

3	4	5	6	7
Crema de zanahoria / Carrot cream Lomo a la riojana con patatas / Grilled pork loin in tomato and vegetables sauce Natillas, pan / creme caramle, bread	Arroz con magro / Meat paella Bacalao con tomate y ensalada / Baked cod in tomato sauce Fruta y leche, pan / Fruit and milk, bread	Patatas marinera / Potato stew marinera style Salchichas de pollo con ensalada / Baked chicken sausages with salad Fruta y leche, pan / Fruit and milk, bread	FESTIVO	FESTIVO
10	11	12	13	14
Arroz a la cubana / Rice in Tomato Sauce Lacón asado con ensalada / Baked smoke ham with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Lentejas burgalesa / Stewed lentils Merluza salsa con guisantes / Baked hake in sauce with peas Fruta y leche, pan / Fruit and milk, bread	Calabacín rebozado o pure / Battered courgette Ftes. Rusos en salsa patata dado / Grilled burger with potatoes 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	Pasta boloñesa sin gluten / Pasta in bolognese sauce Filete hallibut con ensalada / Battered hallibut with salad Fruta y leche, pan / Fruit and milk, bread
17	18	19	20	21
Macarrones sin gluten al ajillo / Macaronni in garlic sauce Dados merluza con pisto / Baked hake with ratatouille Yogur de fruta, pan / Fruit Yoghurt, bread	Sopa de puchero sin gluten / Meat soup Tortilla de patata con lechuga y maíz / Potato omelette with lettuce and corn Fruta y leche, pan / Fruit and milk, bread	Judías Verdes con tomate / Green beans in tomato sauce Albóndigas jardinera con rice / Meatballs in Sauce with rice Fruta y leche, pan / Fruit and milk, bread	Arroz con pollo / Rice with chicken Limanda horno con lechuga tomate y aceitunas / Fruta y leche, pan / Fruit and milk, bread	MENU DE NAVIDAD Hamburguesa completa sin gluten con patatas fritas y ensalada / Burger with fried potatoes and salad Dulces de navidad aptos / Christmas Sweets

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

**FRUTO
SECO/NUTTY
ALLERGY**

3	4	5	6	7
Crema de zanahoria / Carrot cream Lomo a la riojana con patatas / Grilled pork loin in tomato and vegetables sauce Natillas, pan / creme caramle, bread	Arroz con magro / Meat paella Bacalao con tomate y ensalada / Baked cod in tomato sauce Fruta y leche, pan / Fruit and milk, bread	Patatas marinera / Potato stew marinera style Salchichas de pollo con ensalada / Baked chicken sausages with salad Fruta y leche, pan / Fruit and milk, bread	FESTIVO	FESTIVO
10	11	12	13	14
Arroz a la cubana / Rice in Tomato Sauce Lacón asado con ensalada / Baked smoke ham with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Lentejas burgalesa / Stewed lentils Merluza salsa con guisantes / Baked hake in sauce with peas Fruta y leche, pan / Fruit and milk, bread	Calabacín rebozado o pure / Battered courgette Ftes. Rusos en salsa patata dado / Grilled burger with potatoes 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	Pasta boloñesa / Pasta in bolognese sauce Filete hallibut rebozado con ensalada / Battered hallibut with salad Fruta y leche, pan / Fruit and milk, bread
17	18	19	20	21
Macarrones al ajillo / Macaronni in garlic sauce Dados merluza con pisto / Baked hake with ratatouille Yogur de fruta, pan / Fruit Yoghurt, bread	Sopa de puchero / Meat soup Tortilla de patata con lechuga y maíz / Potato omelette with lettuce and corn Fruta y leche, pan / Fruit and milk, bread	Judías Verdes con tomate / Green beans in tomato sauce Albóndigas jardinera con cous cous / Meatballs in Sauce with cous cous Fruta y leche, pan / Fruit and milk, bread	Arroz con pollo / Rice with chicken Limanda rebozada con lechuga tomate y aceitunas / Fruta y leche, pan / Fruit and milk, bread	MENU DE NAVIDAD Hamburguesa completa con patatas fritas y ensalada / Burger with fried potatoes and salad Dulces de navidad aptos / Christmas Sweets

MENUS COMEDOR PARA EL MES

DICIEMBRE 2018



A.G.A

ALIMENTAMOS BIEN

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