

MENU OCTUBRE 2019

1	2	3	4	
ALERGIA PESCADO / FISH ALLERGY	Crema calabacín / Courgette Puree Hamburguesa ternera con patata / Grilled veal burger with baked potatoes Fruta y leche, pan / Fruit and milk, bread	Lenteja con patata y zanahoria / Stew lentils with vegetable Tortilla de patata con pisto / Potato omelette with pisto Fruta y leche, pan / Fruit and milk, bread	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	Paella pollo / Chicken paella Lomo con ensaladas / Baked loin with salad Fruta y leche, pan / Fruit and milk, bread
7	8	9	10	
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	Judía verde salteada con jamón / Sautéed Green Beans with ham Magro de cerdo estofado con cous cous / Stewed pork with cous cous Fruta y leche, pan / Fruit and milk, bread	Judias blancas guisadas / Stew pinto beans with vegetables Salchichas ave con ensalada / chicken sausages with salad Fruta y leche, pan / Fruit milk,	Crema de verdura / Vegetables puree Escalope pollo con Patata frita / Battered chicken with chips Fruta y leche, pan / Fruit milk	Macarrones con tomate y chorizo / Macaroni in tomato sauce with chorizo Lacón con ensalada / Baked smoked ham with salad Fruta y leche, pan / Fruit milk
14	15	16	17	
Pasta con tomate / Pasta in tomato sauce Estofado de pavo con verdura / Turkey stew with vegetables Yogur de fruta, /Fruit Yoghurt, bread	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread	Coliflor Rebozada / Battered Cauliflower Tortilla de patata con york / Potato omelette with ham Fruta y leche, pan / Fruit and milk, bread	Crema de zanahorias / Carrot cream Lomo asado con puré de manzana / Pork loin fried with apple puree Fruta y leche, pan / Fruit and milk, bread	Lentejas estofadas con verdura / Stewed lentils Pollo con lechuga y apio / Baked chicken with salad Fruta y leche, pan / Fruit and milk, bread
21	22	23	24	
Patatas guisadas con chorizo / Stewed potatoes with chorizo Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Yogur de fruta, pan / Fruit Yoghurt, bread	Judias blancas estofadas/ Stew pinto beans with vegetables Filete con Ensalada Mixta / Grilled fillet and Salad Fruta y leche, pan / Fruit and milk, bread	Arroz con verduras y magro / Rice with vegetables and pork meat Filete con ensalada / Grilled fillet with salad Fruta y leche, pan / Fruit milk, bread	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread	Arroz trees delicias / Three delights rice Pollo con lechuga y maiz / Baked chicken with salad Fruta y leche, pan / Fruit and milk, bread
28	29	30	31	
Lentejas con chorizo / Lentils stew with chorizo Huevos villaroy con lechuga y maiz / Villaroy eggs with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Crema de puerro / Leek puree Lomo con patatas / Grilled pork loin with potatoes Fruta y leche, pan / Fruit and milk, bread	Sopa de fideos/ Noodles oup Pollo guisado con verdura al horno / StewChicken with baked vegetables Fruta y leche, pan / Fruit and milk, bread	FIESTA	

1	2	3	4	5
ALERGIA LECHE / MILK ALLERGY	Crema calabacín / Courgette Puree Hamburguesa con patata / Grilled veal burger with baked potatoes Fruta y pan / Fruit and bread	Lenteja con patata y zanahoria / Stew lentils with vegetable Tortilla de patata con pisto/ Potato omelette with pisto Fruta y pan / Fruit and bread	Sopa de picadillo / Egg and ham Stew Soup Lacón con lechuga,maiz y aceituna / Baked smoked ham with salad Fruta y pan / Fruit and bread	Paella / paella Bacalao con ensaladas / Baked cod with salad Fruta y pan / Fruit and bread
7	8	9	10	11
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	Judía verde salteada con jamón / Sautéed Green Beans with ham Magro de cerdo estofado con cous cous/ Stewed pork with cous cous Fruta y pan / Fruit and bread	Judias blancas guisadas / Stew pinto beans 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 Patata frita / Battered chicken with chips Fruta, pan / Fruit milk	Macarrones con tomate y chorizo / Macaroni in tomato sauce with chorizo Fie. Merluza salsa verde / Baked hake in green sauce Fruta y leche, pan / Fruit milk
14	15	16	17	18
Pasta con tomate / Pasta in tomato sauce Estofado de pavo con verdura / Turkey stew with vegetables Postre apto / Suitable dessert	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y pan / Fruit and bread	Coliflor rehogada o pure / Vegetables puree Tortilla de patata con york / Potato omelette with ham Fruta y pan / Fruit and bread	Crema de zanahorias / Carrot cream Lomo asado con puré de manzana / Pork loin fried with apple puree Fruta y pan / Fruit and bread	Lentejas estofadas con verdura / Stewed lentils Supremas de atún con lechuga y apio / Tuna supremes with lettuce Fruta y pan / Fruit and bread
21	22	23	24	25
Patatas guisadas con chorizo / Stewed potatoes with chorizo Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Postre apto / Suitable dessert	Judias blancas estofadas/ Stew pinto beans with vegetables Limanda romana con Ensalada Mixta / Battered limanda and Salad Fruta y pan / Fruit and bread	Arroz con verduras y magro / Rice with vegetables and pork meat Fie. caballa con lechuga y maiz / Baked mackerel with salad Fruta y pan / Fruit and bread	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y pan / Fruit and bread	Arroz tres delicias / Three delights rice Bacalao romana con lechuga y maiz / Battered cod with salad Fruta y pan / Fruit and bread
28	29	30	31	FIESTA
Lentejas con chorizo / Lentils stew with chorizo Huevos rojana con lechuga y maiz / Boiled eggs with salad Postre apto / Suitable dessert	Crema de puerro / Leek puree Salmón al horno con patata / Baked salmon with potatoes Fruta y pan / Fruit and bread	Sopa de pescado/ Fish soup Pollo guisado con verdura al horno / StewChicken with baked vegetables Fruta , pan / Fruit , bread		

1	2	3	4	5
ALERGIA HUEVO / EGG ALLERGY	Crema calabacín / Courgette Puree Hamburguesa con patata / Grilled veal burger with baked potatoes Fruta y leche, pan / Fruit and milk, bread	Lenteja con patata y zanahoria / Stew lentils with vegetable Rosti de patata con pisto/ Potato rosti with pisto Fruta y leche, pan / Fruit and milk, bread	Sopa de picadillo sin huevo / ham Stew Soup Lacón con lechuga,maiz y aceituna / Baked smoked ham with salad Fruta y leche, pan / Fruit and milk, bread	Paella / paella Bacalao con ensaladas / Baked cod with salad Fruta y leche, pan / Fruit and milk, bread
7	8	9	10	11
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	Judía verde salteada con jamón / Sautéed Green Beans with ham Magro de cerdo estofado con cous cous/ Stewed pork with cous cous Fruta y leche, pan / Fruit and milk, bread	Judias blancas guisadas / Stew pinto beans 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 Patata frita / Battered chicken with chips Fruta y leche, pan / Fruit milk	Macarrones sin huevo con tomate y chorizo / Macaroni in tomato sauce with chorizo Fie. Merluza salsa verde / Baked hake in green sauce Fruta y leche, pan / Fruit milk
14	15	16	17	18
Pasta sin huevo con tomate / Pasta in tomato sauce Estofado de pavo con verdura / Turkey stew with vegetables Yogur de fruta, /Fruit Yoghurt, bread	Sopa de Cocido sin huevo / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread	Coliflor rehogada o pure / Vegetables puree Rosti con york / Rosti with ham Fruta y leche, pan / Fruit and milk, bread	Crema de zanahorias / Carrot cream Lomo asado con puré de manzana / Pork loin fried with apple puree Fruta y leche, pan / Fruit and milk, bread	Lentejas estofadas con verdura / Stewed lentils Pescado horno con lechuga y apio / Baked fish with lettuce Fruta y leche, pan / Fruit and milk, bread
21	22	23	24	25
Patatas guisadas con chorizo / Stewed potatoes with chorizo Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Yogur de fruta, pan / Fruit Yoghurt, bread	Judias blancas estofadas/ Stew pinto beans with vegetables Limanda romana con Ensalada Mixta / Baked limanda and Salad Fruta y leche, pan / Fruit and milk, bread	Arroz con verduras y magro / Rice with vegetables and pork meat Fie. caballa con lechuga y maiz / Baked mackerel with salad Fruta y leche, pan / Fruit milk,	Sopa de Cocido sin huevo / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread	Arroz tres delicias / Three delights rice Bacalao horno con lechuga y maiz / Baked cod with salad Fruta y leche, pan / Fruit and milk, bread
28	29	30	31	FIESTA
Lentejas con chorizo / Lentils stew with chorizo Rosti con lechuga y maiz / Rosti with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Crema de puerro / Leek puree Salmón al horno con patata / Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Sopa de pescado sin huevo/ Fish soup Pollo guisado con verdura al horno / StewChicken with baked vegetables Fruta y leche, pan / Fruit and milk, bread		

1	2	3	4	5
ALERGIA LEGUMBRE / LEGUME ALLERGY	Crema calabacín / Courgette Puree Hamburguesa casera con patata / Grilled burger with baked potatoes Fruta y leche, pan / Fruit milk	Verdura estofada o pure / Vegetables stew Tortilla de patata con pisto/ Potato omelette with pisto Fruta y leche, pan / Fruit and milk, bread	Sopa de picadillo / Egg and ham Stew Soup Lomo con lechuga,maiz y aceituna / Baked loin with salad Fruta y leche, pan / Fruit milk,	Paella / paella Bacalao con ensaladas / Baked cod with salad Fruta y leche, pan / Fruit and milk, bread
7	8	9	10	11
Espaguetis con salsa de tomate / Spagetti in Tomato Sauce Tortilla con lechuga y zanahoria / Omelette with Salad Gelatina de frutas /Fruit jelly	Arroz con tomate /Rice in tomato sauce Magro de cerdo estofado con cous cous/ Stewed pork with cous cous Fruta y leche, pan / Fruit and milk, bread	Verdura salteada o pure / Sautéed vegetables Ventresca Merluza horno lechuga / Baked Hake belly with salad Fruta y leche, pan / Fruit milk,	Crema de verdura / Vegetables puree Escalope pollo con Patata frita / Battered chicken with chips Fruta y leche, pan / Fruit milk	Macarrones con tomate y chorizo / Macaroni in tomato sauce with chorizo Fie. Merluza salsa verde / Baked hake in green sauce Fruta y leche, pan / Fruit milk
14	15	16	17	18
Lasaña vegetal / Vegetable lasagna Estofado de pavo con verdura / Turkey stew with vegetables Yogur de fruta, /Fruit Yoghurt, bread	Sopa de Cocido / Stew Soup Cocido Completo sin legumbres/ Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread	Coliflor Rebozada / Battered Cauliflower Tortilla de patata con york / Potato omelette with ham Fruta y leche, pan / Fruit and milk, bread	Crema de zanahorias / Carrot cream Lomo asado con puré de manzana / Pork loin fried with apple puree Fruta y leche, pan / Fruit and milk, bread	Verduras estofadas / Vegetables stew Supremas de atún con lechuga y apio / Tuna supremes with lettuce Fruta y leche, pan / Fruit and milk, bread
21	22	23	24	25
Patatas guisadas con chorizo / Stewed potatoes with chorizo Filete pollo con ensalada / Grilled fillet with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Verdura estofadas o pure / Stew vegetables Limanda romana con Ensalada Mixta / Battered limanda and Salad Fruta y leche, pan / Fruit and milk, bread	Arroz con verduras y magro / Rice with vegetables and pork meat Fie. caballa con lechuga y maiz / Baked mackerel with salad Fruta y leche, pan / Fruit milk,	Sopa de Cocido sin huevo / Stew Soup Cocido Completo sin legumbre/ Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread	Arroz tres delicias sin guisante / Three delights rice Bacalao romana con lechuga y maiz / Battered cod with salad Fruta y leche, pan / Fruit and milk, bread
28	29	30	31	FIESTA
Arroz rehogado / Sautéed rice Huevos villaroy con lechuga y maiz / Villaroy eggs with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Crema de puerro / Leek puree Salmón al horno con patata / Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Sopa de pescado/ Fish soup Pollo guisado con verdura al horno / StewChicken with baked vegetables 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 2019



A.G.A

ALIMENTAMOS BIEN

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

1	2	3	4	5
CELIACOS / CELIAC PEOPLE	Crema calabacín / Courgette Puree Hamburguesa sin gluten con patata / Grilled veal burger with baked potatoes Fruta y leche, / Fruit and milk,	Lenteja con patata y zanahoria / Stew lentils with vegetable Tortilla de patata con pisto/ Potato omelette with pisto Fruta y leche, / Fruit and milk,	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,	Paella / paella Bacalao con ensaladas / Baked cod with salad Fruta y leche, pan / Fruit and milk, bread
7	8	9	10	11
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	Judía verde salteada con jamón / Sauted Green Beans with ham Magro de cerdo estofado con arroz / Stewed pork with rice Fruta y leche, / Fruit and milk,	Judias blancas guisadas / Stew pinto beans with vegetables Ventresca Merluza horno lechuga / Baked Hake belly with salad Fruta y leche, / Fruit milk,	Crema de verdura / Vegetables puree Escalope pollo con Patata frita / Battered chicken with chips Fruta y leche, / Fruit milk	Macarrones sin gluten con tomate y chorizo / Macaroni in tomato sauce with chorizo Fte. Merluza salsa verde / Baked hake in green sauce Fruta y leche, pan / Fruit milk
14	15	16	17	18
Pasta sin gluten con tomate / Pasta in tomato sauce Estofado de pavo con verdura / Turkey stew with vegetables Yogur de fruta, /Fruit Yoghurt,	Sopa de Cocido sin gluten / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, / Fruit and milk,	Coliflor rebogada o puree / Vegetables puree Tortilla de patata con york / Potato omelette with ham Fruta y leche, / Fruit and milk,	Crema de zanahorias / Carrot cream Lomo asado con puré de manzana / Pork loin fried with apple puree Fruta y leche, / Fruit and milk,	Lentejas estofadas con verdura / Stewed lentils Pescado horno con lechuga y apio / Baked fish with lettuce Fruta y leche, / Fruit and milk,
21	22	23	24	25
Patatas guisadas con chorizo / Stewed potatoes with chorizo Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Yogur de fruta, / Fruit Yoghurt,	Judias blancas estofadas/ Stew pinto beans with vegetables Limanda horno con Ensalada Mixta / Battered limanda and Salad Fruta y leche, / Fruit and milk,	Arroz con verduras y magro / Rice with vegetables and pork meat Fte. caballa con lechuga y maiz / Baked mackerel with salad Fruta y leche, / Fruit milk,	Sopa de Cocido sin gluten / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, / Fruit and milk,	Arroz tres delicias sin huevo / Three delights rice Bacalao horno con lechuga y maiz / Baked cod with salad Fruta y leche, / Fruit and milk,
28	29	30	31	
Lentejas con chorizo / Lentils stew with chorizo Huevos riojana con lechuga y maiz / Boiled eggs with salad Yogur de fruta, / Fruit Yoghurt,	Crema de puerro / Leak puree Salmón al horno con patata / Baked salmon with potatoes Fruta y leche, / Fruit and milk,	Sopa de pescado sin gluten/ Fish soup Pollo guisado con verdura al horno / StewChicken with baked vegetables Fruta y leche, / Fruit and milk,	FIESTA	

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

FRUTO SECO/NUTTY ALLERGY	2	3	4	5
Crema calabacín / Courgette Puree Hamburguesa ternera con patata / Grilled veal burger with baked potatoes Fruta y leche, pan / Fruit and milk, bread	Lenteja con patata y zanahoria / Stew lentils with vegetable Tortilla de patata con pisto/ Potato omelette with pisto Fruta y leche, pan / Fruit and milk, bread	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	Paella / paella Bacalao con ensaladas / Baked cod with salad Fruta y leche, pan / Fruit and milk, bread	
7	8	9	10	11
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	Judía verde salteada con jamón / Sauted Green Beans with ham Magro de cerdo estofado con cous cous/ Stewed pork with cous cous Fruta y leche, pan / Fruit and milk,	Judias blancas guisadas / Stew pinto beans 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 Patata frita / Battered chicken with chips Fruta y leche, pan / Fruit milk	Macarrones con tomate y chorizo / Macaroni in tomato sauce with chorizo Fte. Merluza salsa verde / Baked hake in green sauce Fruta y leche, pan / Fruit milk
14	15	16	17	18
Pasta con tomate / Pasta in tomato sauce Estofado de pavo con verdura / Turkey stew with vegetables Yogur de fruta, /Fruit Yoghurt, bread	Sopa de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread	Coliflor Rebozada / Battered Cauliflower Tortilla de patata con york / Potato omelette with ham Fruta y leche, pan / Fruit and milk, bread	Crema de zanahorias / Carrot cream Lomo asado con puré de manzana / Pork loin fried with apple puree Fruta y leche, pan / Fruit and milk, bread	Lentejas estofadas con verdura / Stewed lentils Supremas de atún con lechuga y apio / Tuna supremes with lettuce Fruta y leche, pan / Fruit and milk, bread
21	22	23	24	25
Patatas guisadas con chorizo / Stewed potatoes with chorizo Salchichas de pavo con lechuga y zanahoria / Turkey Sausage with Salad Yogur de fruta, pan / Fruit Yoghurt, bread	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	Arroz con verduras y magro / Rice with vegetables and pork meat Fte. caballa con lechuga y maiz / Baked mackerel with salad Fruta y leche, pan / Fruit milk,	Sops de Cocido / Stew Soup Cocido Completo / Chickpeas, Meat and Cabbage Stew Fruta y leche, pan / Fruit and milk, bread	Arroz tres delicias / Three delights rice Bacalao romana con lechuga y maiz / Battered cod with salad Fruta y leche, pan / Fruit and milk, bread
28	29	30	31	
Lentejas con chorizo / Lentils stew with chorizo Huevos villaroy con lechuga y maiz / Villaroy eggs with salad Yogur de fruta, pan / Fruit Yoghurt, bread	Crema de puerro / Leak puree Salmón al horno con patata / Baked salmon with potatoes Fruta y leche, pan / Fruit and milk, bread	Sopa de pescado/ Fish soup Pollo guisado con verdura al horno / StewChicken with baked vegetables Fruta y leche, pan / Fruit and milk, bread	FIESTA	