

# MENU DICIEMBRE 2020

## ALERGIA PESCADO / FISH ALLERGY

|  | 1   | 2  | 3   | 4   |
|--|---|--|---|---|
|  | Lentejas con arroz / Lentils stew with rice<br>Lomo con tomate y ensalada / Baked pork loin in tomato sauce<br>Fruta y leche, pan / Fruit and milk, bread           | Patatas guisadas / Potato stew<br>Salchichas de pavo con ensalada / Baked chicken sausages with salad<br>Fruta y leche, pan / Fruit and milk, bread    | Arroz y magro / Rice with meat<br>Filete pollo horno con ensalada / Baked chicken with salad<br>Fruta y leche, pan / Fruit and milk, bread                              | Crema de calabacín ecológico / Ecologic Courgette cream<br>Albóndigas jardinera con cous cous / Meatballs in Sauce with cous cous<br>Fruta y leche, pan / Fruit and milk, bread |
| 7  | 8   | 9  | 10  | 11  |
| FESTIVO  | FESTIVO   | Macarrones con carne picada / Bolognese macaronni<br>Salchichas con ensalada / Baked sausages with salad<br>Yogur de fruta, pan / Fruit Yoghurt, bread | Judías Verdes con tomate / Green beans in tomato sauce<br>Ftes. Rusos en salsa patata dado / Grilled burger with potatoes<br>Fruta y leche, pan / Fruit and milk, bread | Sopa de Cocido / Stew Soup<br>Cocido Completo / Chickpeas, Meat and Cabbage Stew<br>Fruta y leche, pan / Fruit and milk, bread  |
| 14   | 15  | 16   | 17  | 18  |
| Arroz ecológico con pollo / Ecologic Rice with chicken<br>Lacon horno con lechuga tomate y aceitunas / Battered lacon with salad<br>Natillas, pan / creme caramel, bread     | judías blancas guisadas / Beans stew<br>Tortilla de patata con lechuga y maíz / Potato omelette with lettuce and corn<br>Fruta y leche, pan / Fruit and milk, bread | Crema de Puerro / Leek Cream<br>Lomo empanado con patatas / Breaded pork loin with potatoes<br>Fruta y leche, pan / Fruit and milk, bread              | Lentejas estofadas / Lentils stew<br>Dados rape con pisto / Baked monkfish with ratatouille<br>Fruta y leche, pan / Fruit and milk, bread                               | brocoli gratinado / Gratinated brocoli<br>filete de pollo plancha con patatas / Crilled chicken breast with potatoes<br>Fruta y leche, pan / Fruit and milk, bread              |
| 19   | 20  |  |   |   |
| Espaguetis carbonara / Spagetti in carbonara sauce<br>Ventresca de merluza con lechuga maíz y aceituna / Baked hake with salad<br>Yogur de fruta, pan / Fruit Yoghurt, bread | Tiras de pollo / Chicken fingers<br>Hamburguesa completa con patatas fritas y ensalada / Burger with fried potatoes and salad<br>Dulces de navidad / Christmas      |  |   |   |

## ALERGIA HUEVO / EGG ALLERGY

|   | 1  | 2  | 3   | 4   |
|---|--|--|---|---|
|   | Lentejas con arroz / Lentils stew with rice<br>Filete merluza horno con ensalada / Baked hake with salad<br>Fruta y leche, pan / Fruit and milk, bread         | Patatas marinera / Potato stew marinera style<br>Salchichas de pavo con ensalada / Baked chicken sausages with salad<br>Fruta y leche, pan / Fruit and milk, bread | Arroz y magro / Rice with meat<br>Bacalao tomate y ensalada / Baked cod in tomato sauce<br>Fruta y leche, pan / Fruit and milk, bread                                   | Crema de calabacín ecológico / Ecologic Courgette cream<br>Albóndigas jardinera con cous cous / Meatballs in Sauce with cous cous<br>Fruta y leche, pan / Fruit and milk, bread |
| 7   | 8  | 9  | 10  | 11  |
| FESTIVO   | FESTIVO  | Macarrones sin huevo con carne picada / Bolognese macaronni<br>Filete halibut horno con ensalada / Battered halibut with salad<br>Yogur de fruta, pan / Fruit      | Judías Verdes con tomate / Green beans in tomato sauce<br>Ftes. Rusos en salsa patata dado / Grilled burger with potatoes<br>Fruta y leche, pan / Fruit and milk, bread | Sopa de Cocido sin huevo / Stew Soup<br>Cocido Completo / Chickpeas, Meat and Cabbage Stew<br>Fruta y leche, pan / Fruit and milk, bread  |
| 14  | 15   | 16   | 17  | 18  |
| Arroz ecológico con pollo / Ecologic Rice with chicken<br>Limanda rebozada con lechuga tomate y aceitunas / Battered limanda with salad<br>Natillas, pan / creme caramel, bread | judías blancas guisadas / Beans stew<br>Rosti de patata con lechuga y maíz / Potato rosti with lettuce and corn<br>Fruta y leche, pan / Fruit and milk, bread  | Crema de Puerro / Leek Cream<br>Lomo empanado con patatas / Breaded pork loin with potatoes<br>Fruta y leche, pan / Fruit and milk, bread                          | lentejas estofadas / Lentils stew<br>Dados rape con pisto / Baked monkfish with ratatouille<br>Fruta y leche, pan / Fruit and milk, bread                               | brocoli gratinado / Gratinated brocoli<br>Filete de pollo plancha con patatas / Crilled chicken breast with potatoes<br>Fruta y leche, pan / Fruit and milk, bread              |
| 19  | 20   |  |   |   |
| Espaguetis sin huevo carbonara / Spagetti in carbonara sauce<br>Ventresca de merluza con lechuga maíz y aceituna / Baked hake with salad<br>Yogur de fruta, pan / Fruit         | Tiras de pollo / Chicken fingers<br>Hamburguesa completa con patatas fritas y ensalada / Burger with fried potatoes and salad<br>Dulces de navidad / Christmas |  |   |   |

## ALERGIA LECHE / MILK ALLERGY

|   | 1  | 2   | 3  | 4  |
|---|--|---|--|--|
|   | Lentejas con arroz / Lentils stew with rice<br>Filete merluza horno con ensalada / Baked hake with salad<br>Fruta y pan / Fruit and bread                      | Patatas marinera / Potato stew marinera style<br>Salchichas de pavo con ensalada / Baked chicken sausages with salad<br>Fruta y pan / Fruit and bread     | Arroz y magro / Rice with meat<br>Bacalao tomate y ensalada / Baked cod in tomato sauce<br>Fruta y pan / Fruit and bread                                   | Crema de calabacín ecológico / Ecologic Courgette cream<br>Albóndigas jardinera con cous cous / Meatballs in Sauce with cous cous<br>Fruta y pan / Fruit and bread |
| 7   | 8  | 9   | 10   | 11   |
| FESTIVO   | FESTIVO  | Macarrones con carne picada / Bolognese macaronni<br>Filete halibut rebozado con ensalada / Battered halibut with salad<br>Postre apto / Suitable dessert | Judías Verdes con tomate / Green beans in tomato sauce<br>Ftes. Rusos en salsa patata dado / Grilled burger with potatoes<br>Fruta y pan / Fruit and bread | Sopa de Cocido / Stew Soup<br>Cocido Completo / Chickpeas, Meat and Cabbage Stew<br>Fruta y pan / Fruit and bread  |
| 14  | 15   | 16  | 17   | 18   |
| Arroz ecológico con pollo / Ecologic Rice with chicken<br>Limanda rebozada con lechuga tomate y aceitunas / Battered limanda with salad<br>Postre apto / Suitable dessert | judías blancas guisadas / Beans stew<br>Tortilla de patata con lechuga y maíz / Potato omelette with lettuce and corn<br>Fruta y pan / Fruit and bread         | Crema de Puerro / Leek Cream<br>Lomo empanado con patatas / Breaded pork loin with potatoes<br>Fruta y pan / Fruit and bread                              | Lentejas estofadas / Lentils stew<br>Dados rape con pisto / Baked monkfish with ratatouille<br>Fruta y pan / Fruit and bread                               | brocoli gratinado / Gratinated brocoli<br>filete de pollo plancha con patatas / Crilled chicken breast with potatoes<br>Fruta y pan / Fruit and bread              |
| 19  | 20   |   |  |  |
| Espaguetis con tomate / Spagetti in tomato sauce<br>Ventresca de merluza con lechuga maíz y aceituna / Baked hake with salad<br>Postre apto / Suitable dessert            | Tiras de pollo / Chicken fingers<br>Hamburguesa completa con patatas fritas y ensalada / Burger with fried potatoes and salad<br>Dulces de navidad / Christmas |   |  |  |

## ALERGIA LEGUMBRE / LEGUME ALLERGY

|   | 1   | 2   | 3  | 4   |
|---|---|---|--|---|
|   | Verdura estofada o pure / Vegetables stew or puree<br>Filete merluza horno con ensalada / Baked hake with salad<br>Fruta y leche, pan / Fruit and milk, bread                     | Patatas marinera / Potato stew marinera style<br>Salchichas de pavo con ensalada / Baked chicken sausages with salad<br>Fruta y leche, pan / Fruit and milk, bread    | Arroz y magro / Rice with meat<br>Bacalao tomate y ensalada / Baked cod in tomato sauce<br>Fruta y leche, pan / Fruit and milk, bread                  | Crema de calabacín ecológico / Ecologic Courgette cream<br>Albóndigas jardinera con cous cous / Meatballs in Sauce with cous cous<br>Fruta y leche, pan / Fruit and milk, bread |
| 7   | 8   | 9   | 10   | 11  |
| FESTIVO   | FESTIVO   | Macarrones con carne picada / Bolognese macaronni<br>Filete halibut rebozado con ensalada / Battered halibut with salad<br>Yogur de fruta, pan / Fruit Yoghurt, bread | champiñón salteado / Sauted mushrooms<br>Ftes. Rusos en salsa patata dado / Grilled burger with potatoes<br>Fruta y leche, pan / Fruit and milk, bread | Sopa de Cocido / Stew Soup<br>Cocido Completo sin legumbre / Chickpeas, Meat and Cabbage Stew<br>Fruta y leche, pan / Fruit and milk, bread                                     |
| 14  | 15  | 16  | 17   | 18  |
| Arroz ecológico con pollo / Ecologic Rice with chicken<br>Limanda rebozada con lechuga tomate y aceitunas / Battered limanda with salad<br>Natillas, pan / creme caramel, bread | Verdura estofada o pure / Vegetables stew or puree<br>Tortilla de patata con lechuga y maíz / Potato omelette with lettuce and corn<br>Fruta y leche, pan / Fruit and milk, bread | Crema de Puerro / Leek Cream<br>Lomo empanado con patatas / Breaded pork loin with potatoes<br>Fruta y leche, pan / Fruit and milk, bread                             | Arroz salteado / Sauted rice<br>Dados rape con pisto / Baked monkfish with ratatouille<br>Fruta y leche, pan / Fruit and milk, bread                   | brocoli gratinado / Gratinated brocoli<br>filete de pollo plancha con patatas / Crilled chicken breast with potatoes<br>Fruta y leche, pan / Fruit and milk, bread              |
| 19  | 20  |   |  |   |
| Espaguetis carbonara / Spagetti in carbonara sauce<br>Ventresca de merluza con lechuga maíz y aceituna / Baked hake with salad<br>Yogur de fruta, pan / Fruit Yoghurt, bread    | Nugets de pollo / Chicken nuggets<br>Hamburguesa completa con patatas fritas y ensalada / Burger with fried potatoes and salad<br>Dulces de navidad / Christmas                   |   |  |   |

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

**CELIACOS /  
CELIAC PEOPLE**

|   | 1   | 2  | 3   | 4  |
|---|---|--|---|--|
|   | Lentejas con arroz / Lentils stew with rice<br>Filete merluza horno con ensalada / Baked hake with salad<br>Fruta y leche, pan / Fruit and milk, bread                      | Patatas marinera / Potato stew marinera style<br>Salchichas de pavo con ensalada / Baked chicken sausages with salad<br>Fruta y leche, pan / Fruit and milk, bread | Arroz y magro / Rice with meat<br>Bacalao tomate y ensalada / Baked cod in tomato sauce<br>Fruta y leche, pan / Fruit and milk, bread                                   | Crema de calabacín ecológico / Ecologic Courgette cream<br>Albóndigas jardinera con arroz / Meatballs in Sauce with rice<br>Fruta y leche, pan / Fruit and milk, bread |
| 7   | 8   | 9  | 10  | 11   |
| FESTIVO   | FESTIVO   | Macarrones sin gluten con carne picada / Bolognese macaronni<br>Filete halibut rebozado con ensalada / Battered halibut with salad<br>Yogur de fruta, pan / Fruit  | Judías Verdes con tomate / Green beans in tomato sauce<br>Ftes. Rusos en salsa patata dado / Grilled burger with potatoes<br>Fruta y leche, pan / Fruit and milk, bread | Sopa de Cocido sin gluten / Stew Soup<br>Cocido Completo / Chickpeas, Meat and Cabbage Stew<br>Fruta y leche, pan / Fruit and milk, bread                              |
| 14  | 15  | 16   | 17  | 18   |
| Arroz ecológico con pollo / Ecologic Rice with chicken<br>Limanda rebozada con lechuga tomate y aceitunas / Battered limanda with salad<br>Natillas, pan / creme caramel, bread | judias blancas guisadas / Beans stew<br>Tortilla de patata con lechuga y maiz / Potato omelette with lettuce and corn<br>Fruta y leche, pan / Fruit and milk, bread         | Crema de Puerro / Leek Cream<br>Lomo horno con patatas / Baked pork loin with potatoes<br>Fruta y leche, pan / Fruit and milk, bread                               | lentejas estofadas / Lentils stew<br>Dados rape con pisto / Baked monkfish with ratatouille<br>Fruta y leche, pan / Fruit and milk, bread                               | brocoli gratinado / Gratinated brocoli<br>filete de pollo plancha con patatas / Crilled chicken breast with potatoes<br>Fruta y leche, pan / Fruit and milk, bread     |
| 19  | 20  |  |   |  |
| Espaguetis sin gluten carbonara / Spagetti in carbonara sauce<br>Ventresca de merluza con lechuga maiz y aceituna / Baked hake with salad<br>Yogur de fruta, pan / Fruit        | tiras de pollo sin gluten / Chicken nuggets<br>Hamburguesa sin gluten completa con patatas fritas y ensalada / Burger with fried potatoes and salad<br>Dulces navidad aptos |  |   |  |

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

**FRUTO  
SECO/NUTTY  
ALLERGY**

|   | 1   | 2  | 3   | 4   |
|---|---|--|---|---|
|   | Lentejas con arroz / Lentils stew with rice<br>Filete merluza horno con ensalada / Baked hake with salad<br>Fruta y leche, pan / Fruit and milk, bread              | Patatas marinera / Potato stew marinera style<br>Salchichas de pavo con ensalada / Baked chicken sausages with salad<br>Fruta y leche, pan / Fruit and milk, bread       | Arroz y magro / Rice with meat<br>Bacalao tomate y ensalada / Baked cod in tomato sauce<br>Fruta y leche, pan / Fruit and milk, bread                                   | Crema de calabacín ecológico / Ecologic Courgette cream<br>Albóndigas jardinera con cous cous / Meatballs in Sauce with cous cous<br>Fruta y leche, pan / Fruit and milk, bread |
| 7   | 8   | 9  | 10  | 11  |
| FESTIVO   | FESTIVO   | Macarrones con carne picada / Bolognese macaronni<br>Filete halibut rebozado con ensalada / Battered halibut with salad<br>Yogur de fruta, pan / Fruit<br>Yoghurt, bread | Judías Verdes con tomate / Green beans in tomato sauce<br>Ftes. Rusos en salsa patata dado / Grilled burger with potatoes<br>Fruta y leche, pan / Fruit and milk, bread | Sopa de Cocido / Stew Soup<br>Cocido Completo / Chickpeas, Meat and Cabbage Stew<br>Fruta y leche, pan / Fruit and milk, bread  |
| 14  | 15  | 16   | 17  | 18  |
| Arroz ecológico con pollo / Ecologic Rice with chicken<br>Limanda rebozada con lechuga tomate y aceitunas / Battered limanda with salad<br>Natillas, pan / creme caramel, bread | judias blancas guisadas / Beans stew<br>Tortilla de patata con lechuga y maiz / Potato omelette with lettuce and corn<br>Fruta y leche, pan / Fruit and milk, bread | Crema de Puerro / Leek Cream<br>Lomo empanado con patatas / Breaded pork loin with potatoes<br>Fruta y leche, pan / Fruit and milk, bread                                | Lentejas estofadas / Lentils stew<br>Dados rape con pisto / Baked monkfish with ratatouille<br>Fruta y leche, pan / Fruit and milk, bread                               | brocoli gratinado / Gratinated brocoli<br>filete de pollo plancha con patatas / Crilled chicken breast with potatoes<br>Fruta y leche, pan / Fruit and milk, bread              |
| 19  | 20  |  |   |   |
| Espaguetis carbonara / Spagetti in carbonara sauce<br>Ventresca de merluza con lechuga maiz y aceituna / Baked hake with salad<br>Yogur de fruta, pan / Fruit<br>Yoghurt, bread | Nuggets de pollo / Chicken nuggets<br>Hamburguesa completa con patatas fritas y ensalada / Burger with fried potatoes and salad<br>Dulces de navidad aptos          |  |   |   |

# MENUS COMEDOR PARA EL MES

**DICIEMBRE 2020**



**A.G.A.**

**ALIMENTAMOS BIEN**

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