



CUTASA S.L.



MARZO MENU SIN PESCADO MARCH MENU WITHOUT FISH

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
		1	2	1
				Judias verdes con patata / Sauteed green beans with potatoes Lacon al horno con lechuga y zanahoria / Baked ham with salad Fruta, Leche , Pan / Fruit, milk, bread
4	5	6	7	8
Macarrones ecologicos carbonara / Bio Macaroni carbonara Salchichas ave con ensalada / turkey sausajes with salad yogurt y pan integral / yogurt and bread	Patatas guisadas verdura / vegetables potato stew Huevos cocidos y ensalada / Boiled eggs with salad Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Fte de pollo con patatas / Grilled chicken breast with potatoes Fruta, leche, pan integral / fruit, milk, bread	Paella carne / meat paella Lomo con ensalada / Breaded pork loin with salad Fruta, leche, pan / fruit, milk, bread	Lentejas Guisadas con chorizo / Lentils Stew with "chorizo" hamburguesa de ternera con ensalada / Veal burger with salad Fruta, leche, pan / fruit, milk, bread
11	12	13	14	15
Sopa de picadillo / Egg and ham soup Tortilla de pavo con ensalada mixta / Turkey omelette with salad yogurt y pan integral / yogurt and bread	Judías blancas estofadas / beans stew sajonia con ensalada / Baked sajonia with salad Fruta, Leche , Pan / Fruit, milk, bread	Crema de espinacas / Spinach cream Albondigas en salsa con cous cous/ Meatballs in sauce with cous cous Fruta, Leche , Pan / Fruit, milk, bread	Arroz a la portuguesa / Rice portugese style pollo con ensalada / chicken with salad Fruta, leche, pan / fruit, milk, bread	judias verdes ecologicas salteadas con ajo y pimenton / Sauteed green beans ragout de pavo con patata dado / Turkey stew with potato Fruta, leche, pan / fruit, milk, bread
18	19	20	21	22
espaguetis con verduras / Spageti with vegetables hamburguesa plancha calabacin y zanahoria / Baked loin with salad yogurt y pan integral / yogurt and bread	Pure de calabacin / Courgette puree pollo asado con arroz integral / Roast chicken with rice Fruta, Leche , Pan / Fruit, milk, bread	coliflor rehogada / Sauteed cauliflower Lomo con ensalada / Breaded pork loin with salad Fruta, leche, pan integral / fruit, milk, bread	Sopa De Cocido Con Fideos / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, pollo / meat, chickpeas and vegetables stew Fruta, leche, pan / fruit, milk, bread	NO LECTIVO



CUTASA S.L.



MARZO MENU SIN LECHE MARCH MENU WITHOUT MILK

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
		1	2	1
				Judias verdes con patata / Sauted green beans with potatoes Merluza al limon con lechuga y zanahoria / Baked hake in lemon sauce with salad Fruta, Pan / Fruit, milk, bread
4	5	6	7	8
Macarrones ecologicos con tomate / Bio Macaroni in tomato sauce Ventresca de merluza con lechuga y zanahoria / Baked belly hake with salad Postre apto / Suitable dessert	Patatas guisadas con calamares / Squid potato stew Huevos cocidos y ensalada / Boiled eggs with salad Fruta, pan / fruit, bread	Menestra de verdura / Vegetables stew Fte de pollo con patatas / Grilled chicken breast with potatoes Fruta, pan integral / fruit, bread	Paella mixta / Fish and meat paella Limanda horno con ensalada mixta / Baked limanda with salad Fruta, pan / fruit, bread	Lentejas Guisadas con chorizo / Lentils Stew with "chorizo" hamburguesa de ternera con lechuga y remolacha / Veal burger with salad Fruta, pan / fruit, bread
11	12	13	14	15
Sopa de picadillo / Egg and ham soup Tortilla de pavo con ensalada mixta / Turkey omelette with salad Postre apto / Suitable dessert	Judías blancas estofadas / beans stew Fte. de pescadilla con lechuga, zanahoria y aceitunas/ Baked hake with salad Fruta, Pan / Fruit, milk, bread	Crema de espinacas / Spinach cream Albondigas en salsa con cous cous/ Meatballs in sauce with cous cous Fruta, Pan / Fruit, milk, bread	Arroz a la portuguesa / Rice portugese style Bacalao horno con verduras asadas / Baked cod with baked vegetables Fruta, pan / fruit, bread	judias verdes ecologicas salteadas con ajo y pimenton / Sauted green beans ragout de pavo con patata dado / Turkey stew with potato Fruta, pan / fruit, bread
18	19	20	21	22
espaguetis con verduras / Spageti with vegetables Merluza marinera con calabacin y zanahoria / Baked hake with salad Postre apto / Suitable dessert	Pure de calabacin / Courgette puree pollo asado con arroz integral / Roast chicken with rice Fruta, Pan / Fruit, milk, bread	coliflor rehogada / Sauted cauliflower salmon con lechuga mezclun y remolacha / baked salmon with salad Fruta, pan integral / fruit, bread	Sopa De Cocido Con Fideos / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, pollo / meat, chickpeas and vegetables stew Fruta, pan / fruit, bread	NO LECTIVO



CUTASA S.L.



MARZO MENU SIN HUEVO MARCH MENU WITHOUT EGG

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
		1	2	1
				Judias verdes con patata / Sauted green beans with potatoes Merluza al limon con lechuga y zanahoria / Baked hake in lemon sauce with salad Fruta, Leche , Pan / Fruit, milk, bread
4	5	6	7	8
Macarrones sin huevo con tomate / Bio Macaroni carbonara Ventresca de merluza con lechuga y zanahoria / Baked belly hake with salad yogurt y pan integral / yogurt and bread	Patatas guisadas con calamares / Squid potato stew Rosti y ensalada / Rosti with salad Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Fte de pollo con patatas / Grilled chicken breast with potatoes Fruta, leche, pan integral / fruit, milk, bread	Paella mixta / Fish and meat paella Limanda horno con ensalada mixta / Baked limanda with salad Fruta, leche, pan / fruit, milk, bread	Lentejas Guisadas con chorizo / Lentils Stew with "chorizo" hamburguesa de ternera con lechuga y remolacha / Veal burger with salad Fruta, leche, pan / fruit, milk, bread
11	12	13	14	15
Sopa de picadillo sin huevo / ham soup Rosti de pavo con ensalada mixta / Turkey rosti with salad yogurt y pan integral / yogurt and bread	Judías blancas estofadas / beans stew Fte. de pescadilla con lechuga, zanahoria y aceitunas/ Baked hake with salad Fruta, Leche , Pan / Fruit, milk, bread	Crema de espinacas / Spinach cream Albondigas en salsa con cous cous/ Meatballs in sauce with cous cous Fruta, Leche , Pan / Fruit, milk, bread	Arroz a la portuguesa / Rice portugese style Bacalao horno con verduras asadas / Baked cod with baked vegetables Fruta, leche, pan / fruit, milk, bread	judias verdes ecologicas salteadas con ajo y pimenton / Sauted green beans ragout de pavo con patata dado / Turkey stew with potato Fruta, leche, pan / fruit, milk, bread
18	19	20	21	22
espaguetis sin huevo con verduras / Spageti with vegetables Merluza marinera con calabacin y zanahoria / Baked hake with salad yogurt y pan integral / yogurt and bread	Pure de calabacin / Courgette puree pollo asado con arroz integral / Roast chicken with rice Fruta, Leche , Pan / Fruit, milk, bread	coliflor rehogada / sauted cauliflower salmon con lechuga mezclun y remolacha / baked salmon with salad Fruta, leche, pan integral / fruit, milk, bread	Sopa De Cocido Con Fideos sin huevo / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, pollo / meat, chickpeas and vegetables stew Fruta, leche, pan / fruit, milk, bread	NO LECTIVO



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MARZO MENU SIN LEGUMBRE MARCH MENU WITHOUT LEGUME

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
		1	2	1
				Brocoli con patata / Sauted broccoli with potatoes Merluza al limon con lechuga y zanahoria / Baked hake in lemon sauce with salad Fruta, Leche , Pan / Fruit, milk, bread
4	5	6	7	8
Macarrones ecologicos carbonara / Bio Macaroni carbonara Ventresca de merluza con lechuga y zanahoria / Baked belly hake with salad yogurt y pan integral / yogurt and bread	Patatas guisadas con calamares / Squid potato stew Huevos villaroy y ensalada / Villary eggs with salad Fruta, leche, pan / fruit, milk, bread	Menestra de verdura sin guisante / Vegetables stew Fte de pollo con patatas / Grilled chicken breast with potatoes Fruta, leche, pan integral / fruit, milk, bread	Paella mixta / Fish and meat paella Limanda horno con ensalada mixta / Baked limanda with salad Fruta, leche, pan / fruit, milk, bread	Verdura salteada / sauted vegetables hamburguesa de ternera con lechuga y remolacha / Veal burger with salad Fruta, leche, pan / fruit, milk, bread
11	12	13	14	15
Sopa de picadillo / Egg and ham soup Tortilla de pavo con ensalada mixta / Turkey omelette with salad yogurt y pan integral / yogurt and bread	Patatas guisadas verdura / vegetables potato stew Fte. de pescadilla con lechuga, zanahoria y aceitunas/ Baked hake with salad Fruta, Leche , Pan / Fruit, milk, bread	Crema de espinacas / Spinach cream Albondigas en salsa con cous cous/ Meatballs in sauce with cous cous Fruta, Leche , Pan / Fruit, milk, bread	Arroz a la portuguesa / Rice portugese style Bacalao horno con verduras asadas / Baked cod with baked vegetables Fruta, leche, pan / fruit, milk, bread	Verdura salteada o puree/ sauted vegetables or puree ragout de pavo con patata dado / Turkey stew with potato Fruta, leche, pan / fruit, milk, bread
18	19	20	21	22
espaguetis con verduras / Spageti with vegetables Merluza marinera con calabacin y zanahoria / Baked hake with salad yogurt y pan integral / yogurt and bread	Pure de calabacin / Courgette puree pollo asado con arroz integral / Roast chicken with rice Fruta, Leche , Pan / Fruit, milk, bread	coliflor rebozada / Battered cauliflower salmon con lechuga mezclun y remolacha / baked salmon with salad Fruta, leche, pan integral / fruit, milk, bread	Sopa De Cocido Con Fideos / cocido soup Cocido sin Garbanzos, Ternera, Chorizo, pollo / meat, and vegetables stew Fruta, leche, pan / fruit, milk, bread	NO LECTIVO
				31



CUTASA S.L.



MARZO MENU SIN GLUTEN MARCH MENU WITHOUT GLUTEN

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
		1	2	1
				Judias verdes con patata / Sauted green beans with potatoes Merluza al limon con lechuga y zanahoria / Baked hake in lemon sauce with salad Fruta, Leche , pan sin gluten / Fruit, milk, bread
4	5	6	7	8
Macarrones sin gluten carbonara / Bio Macaroni carbonara Ventresca de merluza con lechuga y zanahoria / Baked belly hake with salad yogurt y pan sin gluten / yogurt and bread	Patatas guisadas con calamares / Squid potato stew Huevos cocidos y ensalada / Boiled eggs with salad Fruta, leche, pan sin gluten / fruit, milk, bread	Menestra de verdura / Vegetables stew Fte de pollo con patatas / Grilled chicken breast with potatoes Fruta, leche, pan sin gluten / fruit, milk, bread	Paella mixta / Fish and meat paella Limanda horno con ensalada mixta / Baked limanda with salad Fruta, leche, pan sin gluten / fruit, milk, bread	Judias blancas guisadas / Beans stew hamburguesa de ternera con lechuga y remolacha / Veal burger with salad Fruta, leche, pan sin gluten / fruit, milk, bread
11	12	13	14	15
Sopa de picadillo sin gluten / Egg and ham soup Tortilla de pavo con ensalada mixta / Turkey omelette with salad yogurt y pan sin gluten / yogurt and bread	Judías blancas estofadas / beans stew Fte. de pescadilla con lechuga, zanahoria y aceitunas/ Baked hake with salad Fruta, Leche , pan sin gluten / Fruit, milk, bread	Crema de espinacas / Spinach cream Albondigas en salsa con arroz / Meatballs in sauce with rice Fruta, Leche , pan sin gluten / Fruit, milk, bread	Arroz a la portuguesa / Rice portugese style Bacalao horno con verduras asadas / Baked cod with baked vegetables Fruta, leche, pan sin gluten / fruit, milk, bread	judias verdes ecologicas salteadas con ajo y pimenton / Sauted green beans ragout de pavo con patata dado / Turkey stew with potato Fruta, leche, pan sin gluten / fruit, milk, bread
18	19	20	21	22
espaguetis sin gluten con verduras / Spageti with vegetables Merluza marinera con calabacin y zanahoria / Baked hake with salad yogurt y pan sin gluten / yogurt and bread	Pure de calabacin / Courgette puree pollo asado con arroz / Roast chicken with rice Fruta, Leche , pan sin gluten / Fruit, milk, bread	coliflor rehogada / Sauted cauliflower salmon con lechuga mezclun y remolacha / baked salmon with salad Fruta, leche, pan sin gluten / fruit, milk, bread	Sopa De Cocido Con Fideos sin gluten / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, pollo / meat, chickpeas and vegetables stew Fruta, leche, pan sin gluten / fruit, milk, bread	NO LECTIVO



CUTASA S.L.



MARZO MENU SIN FRUTO SECO MARCH MENU WITHOUT NUTS

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
		1	2	1
				Judias verdes con patata / Sauted green beans with potatoes Merluza al limon con lechuga y zanahoria / Baked hake in lemon sauce with salad Fruta, Leche , Pan / Fruit, milk, bread
4	5	6	7	8
Macarrones ecologicos carbonara / Bio Macaroni carbonara Ventresca de merluza con lechuga y zanahoria / Baked belly hake with salad yogurt y pan integral / yogurt and bread	Patatas guisadas con calamares / Squid potato stew Huevos villaroy y ensalada / Villary eggs with salad Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Fte de pollo con patatas / Grilled chicken breast with potatoes Fruta, leche, pan integral / fruit, milk, bread	Paella mixta / Fish and meat paella Limanda horno con ensalada mixta / Baked limanda with salad Fruta, leche, pan / fruit, milk, bread	Lentejas Guisadas con chorizo / Lentils Stew with "chorizo" hamburguesa de ternera con lechuga y remolacha / Veal burger with salad Fruta, leche, pan / fruit, milk, bread
11	12	13	14	15
Sopa de picadillo / Egg and ham soup Tortilla de pavo con ensalada mixta / Turkey omelette with salad yogurt y pan integral / yogurt and bread	Judías blancas estofadas / beans stew Fte. de pescadilla con lechuga, zanahoria y aceitunas/ Baked hake with salad Fruta, Leche , Pan / Fruit, milk, bread	Crema de espinacas / Spinach cream Albondigas en salsa con cous cous/ Meatballs in sauce with cous cous Fruta, Leche , Pan / Fruit, milk, bread	Arroz a la portuguesa / Rice portugese style Bacalao horno con verduras asadas / Baked cod with baked vegetables Fruta, leche, pan / fruit, milk, bread	judias verdes ecologicas salteadas con ajo y pimenton / Sauted green beans ragout de pavo con patata dado / Turkey stew with potato Fruta, leche, pan / fruit, milk, bread
18	19	20	21	22
espaguetis con verduras / Spageti with vegetables Merluza marinera con calabacin y zanahoria / Baked hake with salad yogurt y pan integral / yogurt and bread	Pure de calabacin / Courgette puree pollo asado con arroz integral / Roast chicken with rice Fruta, Leche , Pan / Fruit, milk, bread	coliflor rebozada / Battered cauliflower salmon con lechuga mezclun y remolacha / baked salmon with salad Fruta, leche, pan integral / fruit, milk, bread	Sopa De Cocido Con Fideos / cocido soup Cocido Con Garbanzos, Ternera, Chorizo, pollo / meat, chickpeas and vegetables stew Fruta, leche, pan / fruit, milk, bread	NO LECTIVO



CUTASA S.L.



MARZO MENU SIN CARNE DE CERDO MARCH MENU WITHOUT PIG MEAT

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
		1	2	1
				Judias verdes con patata / Sauted green beans with potatoes Merluza al limon con lechuga y zanahoria / Baked hake in lemon sauce with salad Fruta, Leche , Pan / Fruit, milk, bread
4	5	6	7	8
Macarrones ecologicos con tomate / Bio Macaroni in tomato sauce Ventresca de merluza con lechuga y zanahoria / Baked belly hake with salad yogurt y pan integral / yogurt and bread	Patatas guisadas con calamares / Squid potato stew Huevos villaroy y ensalada / Villary eggs with salad Fruta, leche, pan / fruit, milk, bread	Menestra de verdura / Vegetables stew Fte de pollo con patatas / Grilled chicken breast with potatoes Fruta, leche, pan integral / fruit, milk, bread	Paella mixta con pollo / Fish and meat paella Limanda horno con ensalada mixta / Baked limanda with salad Fruta, leche, pan / fruit, milk, bread	Lentejas Guisadas / Lentils Stew hamburguesa de ternera con lechuga y remolacha / Veal burger with salad Fruta, leche, pan / fruit, milk, bread
11	12	13	14	15
Sopa de fideos / Egg soup Tortilla de pavo con ensalada mixta / Turkey omelette with salad yogurt y pan integral / yogurt and bread	Judías blancas estofadas / beans stew Fte. de pescadilla con lechuga, zanahoria y aceitunas/ Baked hake with salad Fruta, Leche , Pan / Fruit, milk, bread	Crema de espinacas / Spinach cream Albondigas ternera en salsa con cous cous/ Meatballs in sauce with cous cous Fruta, Leche , Pan / Fruit, milk, bread	Arroz a la portuguesa / Rice portugese style Bacalao horno con verduras asadas / Baked cod with baked vegetables Fruta, leche, pan / fruit, milk, bread	judias verdes ecologicas salteadas con ajo y pimenton / Sauted green beans ragout de pavo con patata dado / Turkey stew with potato Fruta, leche, pan / fruit, milk, bread
18	19	20	21	22
espaguetis con verduras / Spageti with vegetables Merluza marinera con calabacin y zanahoria / Baked hake with salad yogurt y pan integral / yogurt and bread	Pure de calabacin / Courgette puree pollo asado con arroz integral / Roast chicken with rice Fruta, Leche , Pan / Fruit, milk, bread	coliflor rebozada / Battered cauliflower salmon con lechuga mezclun y remolacha / baked salmon with salad Fruta, leche, pan integral / fruit, milk, bread	Sopa De Cocido Con Fideos / cocido soup Cocido Con Garbanzos, Ternera, pollo / meat, chickpeas and vegetables stew Fruta, leche, pan / fruit, milk, bread	NO LECTIVO