



# CUTASA S.L.



## OCTUBRE MENU SIN PESCADO OCTUBRE MENU WITHOUT FISH

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Arroz ecologico con pollo / Bio Rice with chicken	Menestra de verdura salteada / sauted vegetables	Espaguetis con salsa de tomate / Spagetti with Tomato Sauce	Crema de calabacin / Cream of courgette	Judías blancas estofadas/ Stew white beans with vegetables
Salchichas con ensalada / Sausages with salad	Magro guisado con cous cous / Pork meat stew with cous cous	Tortilla De jamon con lechuga y zanahoria / Turkey Omelette with lettuce and carrot	Albondigas guisadas con tomate y patata / Meatballs stew with potatoes	Pollo horno lechuga / Baked chicken with lettuce
Yogur, pan integral / Yoghurt, bread	Fruta y leche, pan / Fruit and milk, bread	Fruta y leche, pan integral / Fruit and milk, bread	Fruta y leche, pan / Fruit and milk, bread	Fruta y leche, pan / Fruit and milk, bread
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
coliflor rehogada / sauted cauliflower	Lentejas ecologicas con patata y zanahoria / bio Stew lentils with potato and carrot	Crema de zanahoria / Cream of carrot soup	<b>FESTIVO</b>	<b>NO LECTIVO</b>
Tortilla de patata y pavo con lechuga, zanahoria y aceitunas / Potato omelete with salad	Lacon con lechuga y maiz / Baked hams with salad	Escalope de pollo con patatas / Breaded chicken with potatoes		
Yogur, pan integral / Yoghurt, bread	Fruta y leche, pan / Fruit and milk, bread	Fruta y leche, pan integral / Fruit and milk, bread		
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Patatas guisadas con ternera / Stewed potatoes with veal	Judías pintas con verduras / Pinto beans with vegetables	Judías verdes salteadas con jamón / Sauted Green Beans with ham	Espaguetis integrales boloñesa / Bolognesse spaghetti	Sopa de Cocido / Cocido Soup
Salchichas de pavo con tomate / Turkey Sausages with tomato	Huevos villarroy con ensalada / Villarroy eggs with salad	Pavo estofado con patatas / Turkey stew with potatoes	Lomo con ensalada / grilled pork loin with salad	Cocido Completo / Chickpeas, Meat and Cabbage Stew
Yogur, pan integral / Yoghurt, bread	Fruta y leche, pan / Fruit and milk, bread	Fruta y leche, pan integral / Fruit and milk, bread	Manza ecologica leche, pan / bio apple and milk, bread	Fruta y leche, pan / Fruit and milk, bread
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Arroz con tomate / Rice in tomato sauce	Lentejas jardinera / Lentils stew with vegetables	Brocoli salteado con jamon / Sauted brocoli with ham	Crema de zanahoria y puerro / Carrot, potato y leek puree	Macarrones integrales carbonara / Macaronni in carbonara sauce
Tortilla de patata con ensalada mixta / Potato omelete with salad	Hamburguesa al horno con patata cocida/ Baked burger with potatoes	Pollo chiliendron con cous cous / Chicken strew with cous cous	Lacon gallega con patata cocida / Baked ham with boiled potato	Lomo plancha con calabacin dado / Grilled pork loin with sauted courgette
Yogur, pan integral / Yoghurt, bread	Fruta y leche, pan / Fruit and milk, bread	Fruta y leche, pan integral / Fruit and milk, bread	Fruta y leche, pan / Fruit and milk, bread	Fruta y leche, pan / Fruit and milk, bread
<b>30</b>	<b>31</b>			
Judias verdes salteadas con pavo / Sauted green beans ADO: soja	Espaguetis terrorificos / Terrifying spaghetti			
Huevos revueltos con lechuga y maiz / Scrambled eggs with salad	Dedos sangrientos / Bloody fingers			
Yogur, pan integral / Yoghurt, bread	Fruta y leche, pan / Fruit and milk, bread			



# CUTASA S.L.



## OCTUBRE MENU SIN LECHE OCTUBRE MENU WITHOUT MILK

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Arroz ecologico con pollo / Bio Rice with chicken  Fte. De Merluza en salsa verde / baked hake in sauce  Postre apto, pan integral / suitable dessert, bread	Menestra de verdura salteada / sauted vegetables  Magro guisado con cous cous / Pork meat stew with cous cous  Fruta y pan / Fruit and bread	Espaguetis con salsa de tomate / Spagetti with Tomato Sauce  Tortilla De jamon con lechuga y zanahoria / Turkey Omelette with lettuce and carrot  Fruta , pan integral / Fruit , bread	Crema de calabacin / Cream of courgette  Albondigas guisadas con tomate y patata / Meatballs stew with potatoes  Fruta y pan / Fruit and bread	Judías blancas estofadas/ Stew white beans with vegetables  Bacalao horno lechuga / Baked cod with lettuce  Fruta y pan / Fruit and bread
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
coliflor rehogada / sauted cauliflower  Tortilla de patata y pavo con lechuga, zanahoria y aceitunas / Potato omelete with salad  Postre apto, pan integral / suitable dessert, bread	Lentejas ecologicas con patata y zanahoria / bio Stew lentils with potato and carrot  Lenguadina con lechuga y maiz / grilled sole with salad  Fruta y pan / Fruit and bread	Crema de zanahoria / Cream of carrot soup  Escalope de pollo con patatas / Breaded chicken with potatoes  Fruta , pan integral / Fruit , bread	<b>FESTIVO</b>	<b>NO LECTIVO</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Patatas guisadas con ternera / Stewed potatoes with veal  Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad  Postre apto, pan integral / suitable dessert, bread	Judías pintas con verduras / Pinto beans with vegetables  Huevos cocidos con ensalada / Boiled eggs with salad  Fruta y pan / Fruit and bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham  Pavo estofado con patatas / Turkey stew with potatoes  Fruta , pan integral / Fruit , bread	Espaguetis integrales boloñesa / Bolognesse spaghetti  Bacalao rebozado con ensalada / Battered cod with salad  Manza ecologica , pan / bio apple , bread	Sopa de Cocido / Cocido Soup  Cocido Completo / Chickpeas, Meat and Cabbage Stew  Fruta y pan / Fruit and bread
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Arroz con tomate / Rice in tomato sauce  Tortilla de patata con ensalada mixta / Potato omelete with salad  Postre apto, pan integral / suitable dessert, bread	Lentejas jardinera / Lentils stew with vegetables  Salmón al horno con patata cocida/ Baked salmon with potatoes  Fruta y pan / Fruit and bread	Brocoli salteado con jamon / Sauted brocoli with ham  Pollo chiliendron con cous cous / Chicken strew with cous cous  Fruta , pan integral / Fruit , bread	Crema de zanahoria y puerro / Carrot, potato y leek puree  Lacon gallega con patata cocida / Baked ham with boiled potato  Fruta y pan / Fruit and bread	Macarrones integrales con tomate / Macaronni in tomato sauce  Ventresca de merluza con calabacin dado / Bked hake with sauted courgette  Fruta y pan / Fruit and bread
<b>30</b>	<b>31</b>			
Judias verdes salteadas con pavo / Sauted green beans ADO: soja  Huevos revueltos con lechuga y maiz / Scrambled eggs with salad  Postre apto, pan integral / suitable dessert, bread	Espaguetis terrorificos / Terrifying spaghetti  Dedos sangrientos / Bloody fingers  Fruta y pan / Fruit and bread			



# CUTASA S.L.



## OCTUBRE MENU SIN HUEVO OCTUBRE MENU WITHOUT EGG

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Arroz ecologico con pollo / Bio Rice with chicken  Fte. De Merluza en salsa verde / baked hake in sauce  Yogur, pan integral / Yoghurt, bread	Menestra de verdura salteada / sauted vegetables  Magro guisado con cous cous / Pork meat stew with cous cous  Fruta y leche, pan / Fruit and milk, bread	Espaguetis sin huevo con salsa de tomate / Spagetti with Tomato Sauce  Rosti De jamon con lechuga y zanahoria / Turkey rosti with lettuce and carrot  Fruta y leche, pan integral / Fruit and milk, bread	Crema de calabacin / Cream of courgette  Albondigas guisadas con tomate y patata / Meatballs stew with potatoes  Fruta y leche, pan / Fruit and milk, bread	Judías blancas estofadas/ Stew white beans with vegetables  Bacalao horno lechuga / Baked cod with lettuce  Fruta y leche, pan / Fruit and milk, bread
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
coliflor rehogada / sauted cauliflower  Rosti patata y pavo con lechuga, zanahoria y aceitunas / Potato rosti with salad  Yogur, pan integral / Yoghurt, bread	Lentejas ecologicas con patata y zanahoria / bio Stew lentils with potato and carrot  Lenguadina con lechuga y maiz / grilled sole with salad  Fruta y leche, pan / Fruit and milk, bread	Crema de zanahoria / Cream of carrot soup  Escalope de pollo con patatas / Breaded chicken with potatoes  Fruta y leche, pan integral / Fruit and milk, bread	<b>FESTIVO</b>	<b>NO LECTIVO</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Patatas guisadas con ternera / Stewed potatoes with veal  Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad  Yogur, pan integral / Yoghurt, bread	Judías pintas con verduras / Pinto beans with vegetables  Rosti con ensalada / Rosti with salad  Fruta y leche, pan / Fruit and milk, bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham  Pavo estofado con patatas / Turkey stew with potatoes  Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis sin huevo boloñesa / Bolognese spaghetti  Bacalao con ensalada / baked Cod with salad  Manza ecologica leche, pan / bio apple and milk, bread	Sopa de Cocido sin huevo / Cocido Soup  Cocido Completo / Chickpeas, Meat and Cabbage Stew  Fruta y leche, pan / Fruit and milk, bread
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Arroz con tomate / Rice in tomato sauce  Rosti de patata con ensalada mixta / Potato rosti with salad  Yogur, pan integral / Yoghurt, bread	Lentejas jardinera / Lentils stew with vegetables  Salmón al horno con patata cocida/ Baked salmon with potatoes  Fruta y leche, pan / Fruit and milk, bread	Brocoli salteado con jamon / Sauted brocoli with ham  Pollo chiliandron con cous cous / Chicken strew with cous cous  Fruta y leche, pan integral / Fruit and milk, bread	Crema de zanahoria y puerro / Carrot, potato y leek puree  Lacon gallega con patata cocida / Baked ham with boiled potato  Fruta y leche, pan / Fruit and milk, bread	Macarrones sin huevo carbonara / Macaronni in carbonara sauce  Ventresca de merluza con calabacin dado / Bked hake with sauted courgette  Fruta y leche, pan / Fruit and milk, bread
<b>30</b>	<b>31</b>			
Judias verdes salteadas con pavo / Sauted green beans ADO: soja  Rosti con lechuga y maiz  Yogur, pan integral / Yoghurt, bread	Espaguetis sin huevo terrorificos / Terrifying spaghetti  Dedos sangrientos / Bloody fingers  Fruta y leche, pan / Fruit and milk, bread			



# CUTASA S.L.



## OCTUBRE MENU SIN LEGUMBRE OCTUBRE MENU WITHOUT LEGUME

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
2	3	4	5	6
Arroz ecologico con pollo / Bio Rice with chicken  Fte. De Merluza en salsa verde / baked hake in sauce  Yogur, pan integral / Yoghurt, bread	Menestra de verdura salteada / sauted vegetables  Magro guisado con cous cous / Pork meat stew with cous cous  Fruta y leche, pan / Fruit and milk, bread	Espaguetis con salsa de tomate / Spagetti with Tomato Sauce  Tortilla De jamon con lechuga y zanahoria / Turkey Omelette with lettuce and carrot  Fruta y leche, pan integral / Fruit and milk, bread	Crema de calabacin / Cream of courgette  Albondigas guisadas con tomate y patata / Meatballs stew with potatoes  Fruta y leche, pan / Fruit and milk, bread	Verduras saltadas / Sauted vegetables  Bacalao horno lechuga / Baked cod with lettuce  Fruta y leche, pan / Fruit and milk, bread
9	10	11	12	13
Coliflor rebozada / Battered cauliflower  Tortilla de patata y pavo con lechuga, zanahoria y aceitunas / Potato omelete with salad  Yogur, pan integral / Yoghurt, bread	Arroz blanco con tomate /rice in toamto sauce  Lenguadina con lechuga y maiz / grilled sole with salad  Fruta y leche, pan / Fruit and milk, bread	Crema de zanahoria / Cream of carrot soup  Escalope de pollo con patatas / Breaded chicken with potatoes  Fruta y leche, pan integral / Fruit and milk, bread	<b>FESTIVO</b>	<b>NO LECTIVO</b>
16	17	18	19	20
Patatas guisadas con ternera / Stewed potatoes with veal  Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad  Yogur, pan integral / Yoghurt, bread	verduras estofadas / Vegetbles stew  Huevos villarroy con ensalada / Villaroy eggs with salad  Fruta y leche, pan / Fruit and milk, bread	Pure de verduras / Vegetables puree  Pavo estofado con patatas / Turkey stew with potatoes  Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis integrales boloñesa / Bolognesse spagetti  Bacalao rebozado con ensalada / Battered cod with salad  Manza ecologica leche, pan / bio apple and milk, bread	Sopa de Cocido / Cocido Soup  Cocido sin garbanzo / Chickpeas, Meat and Cabbage Stew  Fruta y leche, pan / Fruit and milk, bread
23	24	25	26	27
Arroz con tomate / Rice in tomato sauce  Tortilla de patata con ensalada mixta / Potato omelete with salad  Yogur, pan integral / Yoghurt, bread	champiñon salteado / Sauted mushrooms  Salmón al horno con patata cocida/ Baked salmon with potatoes  Fruta y leche, pan / Fruit and milk, bread	Brocoli salteado con jamon / Sauted brocoli with ham  Pollo chiliendron con cous cous / Chicken strew with cous cous  Fruta y leche, pan integral / Fruit and milk, bread	Crema de zanahoria y puerro / Carrot, potato y leek puree  Lacon gallega con patata cocida / Baked ham with boiled potato  Fruta y leche, pan / Fruit and milk, bread	Macarrones integrales carbonara / Macaronni in carbonara sauce  Ventresca de merluza con calabacin dado / Bked hake with sauted courgette  Fruta y leche, pan / Fruit and milk, bread
30	31			
espinacas salteadas con pavo / Sauted spinach  Huevos revueltos con lechuga y maiz / Scrambled eggs with salad  Yogur, pan integral / Yoghurt, bread	Espaguetis terrorificos / Terrifying spaghetti  Dedos sangrientos / Bloody fingers  Fruta y leche, pan / Fruit and milk, bread			



# CUTASA S.L.



## OCTUBRE MENU SIN GLUTEN OCTUBRE MENU WITHOUT GLUTEN

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Arroz ecologico con pollo / Bio Rice with chicken  Fte. De Merluza en salsa verde / baked hake in sauce  Yogur, pan sin gluten / Yoghurt, bread	Menestra de verdura salteada / sauted vegetables  Magro guisado con arroz / Pork meat stew with rice  Fruta y leche, pan sin gluten / Fruit and milk, bread	Espaguetis sin gluten con salsa de tomate / Spagetti with Tomato Sauce  Tortilla De jamon con lechuga y zanahoria / Turkey Omelette with lettuce and carrot  Fruta y leche, pan sin gluten / Fruit and milk, bread	Crema de calabacin / Cream of courgette  Albondigas guisadas con tomate y patata / Meatballs stew with potatoes  Fruta y leche, pan sin gluten / Fruit and milk, bread	Judías blancas estofadas/ Stew white beans with vegetables  Bacalao horno lechuga / Baked cod with lettuce  Fruta y leche, pan sin gluten / Fruit and milk, bread
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
coliflor rehogada / sauted cauliflower  Tortilla de patata y pavo con lechuga, zanahoria y aceitunas / Potato omelete with salad  Yogur, pan sin gluten / Yoghurt, bread	Lentejas ecologicas con patata y zanahoria / bio Stew lentils with potato and carrot  Lenguadina con lechuga y maiz / grilled sole with salad  Fruta y leche, pan sin gluten / Fruit and milk, bread	Crema de zanahoria / Cream of carrot soup  Escalope de pollo con patatas / Breaded chicken with potatoes  Fruta y leche, pan sin gluten / Fruit and milk, bread	<b>FESTIVO</b>	<b>NO LECTIVO</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Patatas guisadas con ternera / Stewed potatoes with veal  Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad  Yogur, pan sin gluten / Yoghurt, bread	Judías pintas con verduras / Pinto beans with vegetables  Huevos cocidos con ensalada / Boiled eggs with salad  Fruta y leche, pan sin gluten / Fruit and milk, bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham  Pavo estofado con patatas / Turkey stew with potatoes  Fruta y leche, pan sin gluten / Fruit and milk, bread	Espageti sin gluten boloñesa / Bolognesse spaghetti  Bacalao con ensalada / baked Cod with salad  Fruta y leche, pan sin gluten / Fruit and milk, bread	Sopa de Cocido sin gluten / Cocido Soup  Cocido Completo / Chickpeas, Meat and Cabbage Stew  Fruta y leche, pan sin gluten / Fruit and milk, bread
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Arroz con tomate / Rice in tomato sauce  Tortilla de patata con ensalada mixta / Potato omelete with salad  Yogur, pan sin gluten / Yoghurt, bread	Lentejas jardinera / Lentils stew with vegetables  Salmón al horno con patata cocida/ Baked salmon with potatoes  Fruta y leche, pan sin gluten / Fruit and milk, bread	Brocoli salteado con jamon / Sauted brocoli with ham  Pollo chilindron con arroz / Chicken stew with rice  Fruta y leche, pan sin gluten / Fruit and milk, bread	Crema de zanahoria y puerro / Carrot, potato y leek puree  Lacon gallega con patata cocida / Baked ham with boiled potato  Fruta y leche, pan sin gluten / Fruit and milk, bread	Macarrones sin gluten carbonara / Macaronni in carbonara sauce  Ventresca de merluza con calabacin dado / Bked hake with sauted courgette  Fruta y leche, pan sin gluten / Fruit and milk, bread
<b>30</b>	<b>31</b>			
Judias verdes salteadas con pavo / Sauted green beans ADO: soja  Huevos revueltos con lechuga y maiz / Scrambled eggs with salad  Yogur, pan sin gluten / Yoghurt, bread	Espaguetis sin gluten terrorificos / Terrifying spaghetti  Dedos sangrientos / Bloody fingers  Fruta y leche, pan sin gluten / Fruit and milk, bread			



# CUTASA S.L.



## OCTUBRE MENU SIN FRUTO SECO OCTUBRE MENU WITHOUT NUTS

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Arroz ecologico con pollo / Bio Rice with chicken  Fte. De Merluza en salsa verde / baked hake in sauce  Yogur, pan integral / Yoghurt, bread	Menestra de verdura salteada / sauted vegetables  Magro guisado con cous cous / Pork meat stew with cous cous  Fruta y leche, pan / Fruit and milk, bread	Espaguetis con salsa de tomate / Spagetti with Tomato Sauce  Tortilla De jamon con lechuga y zanahoria / Turkey Omelette with lettuce and carrot  Fruta y leche, pan integral / Fruit and milk, bread	Crema de calabacin / Cream of courgette  Albondigas guisadas con tomate y patata / Meatballs stew with potatoes  Fruta y leche, pan / Fruit and milk, bread	Judías blancas estofadas/ Stew white beans with vegetables  Bacalao horno lechuga / Baked cod with lettuce  Fruta y leche, pan / Fruit and milk, bread
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
coliflor rehogada / sauted cauliflower  Tortilla de patata y pavo con lechuga, zanahoria y aceitunas / Potato omelete with salad  Yogur, pan integral / Yoghurt, bread	Lentejas ecologicas con patata y zanahoria / bio Stew lentils with potato and carrot  Lenguadina con lechuga y maiz / grilled sole with salad  Fruta y leche, pan / Fruit and milk, bread	Crema de zanahoria / Cream of carrot soup  Escalope de pollo con patatas / Breaded chicken with potatoes  Fruta y leche, pan integral / Fruit and milk, bread	<b>FESTIVO</b>	<b>NO LECTIVO</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Patatas guisadas con ternera / Stewed potatoes with veal  Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad  Yogur, pan integral / Yoghurt, bread	Judías pintas con verduras / Pinto beans with vegetables  Huevos villarroy con ensalada / Villaroy eggs with salad  Fruta y leche, pan / Fruit and milk, bread	Judías verdes salteadas con jamón / Sauted Green Beans with ham  Pavo estofado con patatas / Turkey stew with potatoes  Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis integrales boloñesa / Bolognesse spaghetti  Bacalao rebozado con ensalada / Battered cod with salad  Manza ecologica leche, pan / bio apple and milk, bread	Sopa de Cocido / Cocido Soup  Cocido Completo / Chickpeas, Meat and Cabbage Stew  Fruta y leche, pan / Fruit and milk, bread
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Arroz con tomate / Rice in tomato sauce  Tortilla de patata con ensalada mixta / Potato omelete with salad  Yogur, pan integral / Yoghurt, bread	Lentejas jardinera / Lentils stew with vegetables  Salmón al horno con patata cocida/ Baked salmon with potatoes  Fruta y leche, pan / Fruit and milk, bread	Brocoli salteado con jamon / Sauted brocoli with ham  Pollo chiliandron con cous cous / Chicken strew with cous cous  Fruta y leche, pan integral / Fruit and milk, bread	Crema de zanahoria y puerro / Carrot, potato y leek puree  Lacon gallega con patata cocida / Baked ham with boiled potato  Fruta y leche, pan / Fruit and milk, bread	Macarrones integrales carbonara / Macaronni in carbonara sauce  Ventresca de merluza con calabacin dado / Bked hake with sauted courgette  Fruta y leche, pan / Fruit and milk, bread
<b>30</b>	<b>31</b>			
Judias verdes salteadas con pavo / Sauted green beans ADO: soja  Huevos revueltos con lechuga y maiz / Scrambled eggs with salad  Yogur, pan integral / Yoghurt, bread	Espaguetis terrorificos / Terrifying spaghetti  Dedos sangrientos / Bloody fingers  Fruta y leche, pan / Fruit and milk, bread			



# CUTASA S.L.



## OCTUBRE MENU SIN CARNE DE CERDO OCTUBRE MENU WITHOUT PIG MEAT

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Arroz ecologico con pollo / Bio Rice with chicken  Fte. De Merluza en salsa verde / baked hake in sauce  Yogur, pan integral / Yoghurt, bread	Menestra de verdura salteada / sauted vegetables  Pavo guisado con cous cous / turkey stew with cous cous  Fruta y leche, pan / Fruit and milk, bread	Espaguetis con salsa de tomate / Spagetti with Tomato Sauce  Tortilla con lechuga y zanahoria / Omelette with lettuce and carrot  Fruta y leche, pan integral / Fruit and milk, bread	Crema de calabacin / Cream of courgette  Albondigas ternera guisadas con tomate y patata / Meatballs stew with potatoes  Fruta y leche, pan / Fruit and milk, bread	Judías blancas estofadas/ Stew white beans with vegetables  Bacalao horno lechuga / Baked cod with lettuce  Fruta y leche, pan / Fruit and milk, bread
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
coliflor rehogada / sauted cauliflower  Tortilla de patata y pavo con lechuga, zanahoria y aceitunas / Potato omelete with salad  Yogur, pan integral / Yoghurt, bread	Lentejas ecologicas con patata y zanahoria / bio Stew lentils with potato and carrot  Lenguadina con lechuga y maiz / grilled sole with salad  Fruta y leche, pan / Fruit and milk, bread	Crema de zanahoria / Cream of carrot soup  Escalope de pollo con patatas / Breaded chicken with potatoes  Fruta y leche, pan integral / Fruit and milk, bread	<b>FESTIVO</b>	<b>NO LECTIVO</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Patatas guisadas con ternera / Stewed potatoes with veal  Merluza horno con lechuga, zanahoria y aceitunas / Baked hake with salad  Yogur, pan integral / Yoghurt, bread	Judías pintas con verduras / Pinto beans with vegetables  Huevos villarroy con ensalada / Villaroy eggs with salad  Fruta y leche, pan / Fruit and milk, bread	Judías verdes salteadas / Sauted Green Beans  Pavo estofado con patatas / Turkey stew with potatoes  Fruta y leche, pan integral / Fruit and milk, bread	Espaguetis integrales boloñesa / Bolognesse spaghetti  Bacalao rebozado con ensalada / Battered cod with salad  Manza ecologica leche, pan / bio apple and milk, bread	Sopa de Cocido / Cocido Soup  Cocido pollo y ternera / Chickpeas, Meat and Cabbage Stew  Fruta y leche, pan / Fruit and milk, bread
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Arroz con tomate / Rice in tomato sauce  Tortilla de patata con ensalada mixta / Potato omelete with salad  Yogur, pan integral / Yoghurt, bread	Lentejas jardinera / Lentils stew with vegetables  Salmón al horno con patata cocida/ Baked salmon with potatoes  Fruta y leche, pan / Fruit and milk, bread	Brocoli salteado con jamon / Sauted brocoli with ham  Pollo chiliendron con cous cous / Chicken strew with cous cous  Fruta y leche, pan integral / Fruit and milk, bread	Crema de zanahoria y puerro / Carrot, potato y leek puree  Pavo gallega con patata cocida / Baked turkey with boiled potato  Fruta y leche, pan / Fruit and milk, bread	Macarrones integrales carbonara / Macaronni in carbonara sauce  Ventresca de merluza con calabacin dado / Bked hake with sauted courgette  Yogur, pan integral / Yoghurt, bread
<b>30</b>	<b>31</b>			
Judias verdes salteadas con pavo / Sauted green beans ADO: soja  Huevos revueltos con lechuga y maiz / Scrambled eggs with salad  Yogur, pan integral / Yoghurt, bread	Espaguetis terrorificos / Terrifying spaghetti  Dedos sangrientos ( salchiachas pavo)/ Bloody fingers  Fruta y leche, pan / Fruit and milk, bread			