

Para cenar este mes
RECOMENDAMOS

| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES |
|--|---|--|---|--|
| | | 1 Arroz con tomate Boquerones Fritos Fruta | 2 Acelgas Rehogadas Tortilla de pavo Fruta | 3 Puré de verdura Cinta de Lomo Fruta y cuajada |
| 6 Arroz tres delicias Lenguado plancha Fruta | 7 Pisto Salchichas con puré patata Fruta | 8 Sopa de Estrellas Empanadillas Fruta | 9 Ensalada variada Tortilla al gusto Fruta | 10 Alcachofas con Jamón Filete de pollo Fruta |
| 13 Ensalada Mixta Alitas de Pollo Fruta | 14 Sopa de Verdura Lomo asado Fruta | 15 Pasta con tomate Varitas de Pescado Fruta | 16 Guisantes con Jamón Tortilla de queso Fruta | 17 NO LECTIVO |
| 20 NO LECTIVO | 21 Ensalada Filete ternera Fruta | 22 Arroz con tomate Calamares rebozados Fruta | 23 Consomé Huevos rellenos de atún Fruta y leche | 24 Ensalada Salchichas con tomate Fruta |
| 27 Pisto Cinta de lomo Fruta | 28 Sopa de Lluvia Lenguado al Horno Fruta | 29 Ensalada Filete ternera Fruta | 30 Ensalada al Gusto Filete ruso con tomate Fruta | 31 Pasta al ajillo Gallo a la plancha Fruta |

MIGUEL DELIBES



Artesanía
Gastronómica
Alcarreña

ALIMENTANDO EL PRESENTE
DE TU FUTURO

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| LUNES | | | | | MARTES | | | | | MIÉRCOLES | | | | | JUEVES | | | | | VIERNES | | | | |
|---|--|--|--|--|--|--|--|--|--|---|--|--|--|--|---|--|--|--|--|--|--|--|--|--|
| | | | | | | | | | | 1 | | | | | 2 | | | | | 3 | | | | |
| | | | | | | | | | | Puré de verdura / Vegetables Puree | | | | | Judías verdes rehogadas / sauted green beans | | | | | Arroz con champiñon / Rice with mushrooms | | | | |
| | | | | | | | | | | Filete de pollo con patata panadera / Roast Chicken with baked potatoes | | | | | Lomo plancha con ensalada /Grilled pork loin with salad | | | | | Limanda empanada con ensalada / Breaded limanda with salad | | | | |
| | | | | | | | | | | Fruta, leche, pan / fruit, milk, bread | | | | | Fruta, leche, pan / fruit, milk, bread | | | | | Fruta, leche, pan / fruit, milk, bread | | | | |
| | | | | | | | | | | Kcal. 648 Prot. 27 Lip 19 H.C. 92 | | | | | Kcal. 670 Prot. 25 Lip 19 H.C. 99 | | | | | Kcal. 692 Prot. 21 Lip 27 H.C. 92 | | | | |
| 6 | | | | | 7 | | | | | 8 | | | | | 9 | | | | | 10 | | | | |
| Puré de calabacin / courgette puree | | | | | Paella pollo / Chicken paella | | | | | Garbanzos guisados / Chickpeas stew | | | | | Buñuelos de coliflor / Battered cauliflower | | | | | Judías blancas estofadas / Stewed Beans | | | | |
| Albóndigas jardinera con patata / Meatballs in sauce with vegetables and potato | | | | | Tortilla patata con ensalada / Potato Omelette with salad | | | | | Bacalao horno con cebolla y pimiento / Baked Cod with baked vegetables | | | | | Lacón asado con patatas panadera / Baked Smoked ham with baked potatoes | | | | | Merluza al limon con ensalada / Baked hake in lemon sauce with salad | | | | |
| Flan, pan / Custard, bread | | | | | Fruta, leche, pan / fruit, milk, bread | | | | | Fruta, leche, pan / fruit, milk, bread | | | | | Fruta, leche, pan / fruit, milk, bread | | | | | Fruta, leche, pan / fruit, milk, bread | | | | |
| Kcal. 613 Prot. 26 Lip 27 H.C. 66 | | | | | Kcal. 695 Prot. 27 Lip 28 H.C. 85 | | | | | Kcal. 601 Prot. 32 Lip 15 H.C. 84 | | | | | Kcal. 654 Prot. 27 Lip 31 H.C. 67 | | | | | Kcal. 619 Prot. 31 Lip 17 H.C. 86 | | | | |
| 13 | | | | | 14 | | | | | 15 | | | | | 16 | | | | | 17 | | | | |
| Lentejas Guisadas con chorizo / Lentils Stew with "chorizo" | | | | | Judías verdes salteadas / Sauted green beans | | | | | Macarrones carbonara / Macaroni carbonara | | | | | Patatas guisadas con calamares / Squid potato stew | | | | | FIESTA | | | | |
| Tortilla con ensalada / omelette with salad | | | | | Dados de magro con cous cous / Pork ragout stew with cous cous | | | | | Ventresca de merluza con ensalada / Baked belly hake with salad | | | | | Pollo con ensalada / chicken stew with salad | | | | | | | | | |
| Yogur de fruta , pan / fruit yoghurt, bread | | | | | Fruta, leche, pan / fruit, milk, bread | | | | | Fruta, leche, pan / fruit, milk, bread | | | | | Fruta, leche, pan / fruit, milk, bread | | | | | | | | | |
| Kcal. 647 Prot. 30 Lip 30 H.C. 64 | | | | | Kcal. 931 Prot. 36 Lip 49 H.C. 88 | | | | | Kcal. 757 Prot. 32 Lip 26 H.C. 98 | | | | | Kcal. 646 Prot. 27 Lip 23 H.C. 83 | | | | | | | | | |
| 20 | | | | | 21 | | | | | 22 | | | | | 23 | | | | | 24 | | | | |
| FIESTA | | | | | Tallarines con tomate y york / Spagetti with ham in tomato sauce | | | | | Crema de espinacas / Spinach cream | | | | | Judías pintas con arroz / Pinto beans with rice | | | | | Sopa de picadillo / Egg and ham soup | | | | |
| | | | | | Abadejo en salsa con ensalada / Baked cod with salad | | | | | Ragout de pavo con patata dado / Turkey stew with potatoes | | | | | Ftee. de pescadilla con ensalada / Baked hake with salad | | | | | Lomo de sajonia con ensalada / Grilled sajonia ham with salad | | | | |
| | | | | | Yogur de fruta , pan / fruit yoghurt, bread | | | | | Fruta, leche, pan / fruit, milk, bread | | | | | Fruta, leche, pan / fruit, milk, bread | | | | | Fruta, leche, pan / fruit, milk, bread | | | | |
| Kcal. 658 Prot. 30 Lip 21 H.C. 87 | | | | | Kcal. 776 Prot. 37 Lip 32 H.C. 85 | | | | | Kcal. 682 Prot. 32 Lip 18 H.C. 99 | | | | | Kcal. 670 Prot. 25 Lip 19 H.C. 99 | | | | | | | | | |
| 27 | | | | | 28 | | | | | 29 | | | | | 30 | | | | | 31 | | | | |
| Lentejas con patata y zanahoria / Lentils stew with vegetables | | | | | Crema de calabaza / Pumpkin Cream | | | | | Fideuá de pollo / Chicken fideua | | | | | Patatas con costillas / Potato stew with cuttles | | | | | Brócoli rebozado / Battered brocoly | | | | |
| Merluza al horno con pisto / Baked hake with ratatouille | | | | | Ternera Estofada con verdura y patata / Veal stew with vegetables and potato | | | | | Dados de cazón en salsa / Baked dogfish in sauce | | | | | Huevos con bechamel / Boiled eggs with bechamel | | | | | Pollo en salsa con arroz / Chicken stew with rice | | | | |
| Yogur de fruta , pan / fruit yoghurt, bread | | | | | Fruta, leche, pan / fruit, milk, bread | | | | | Fruta, leche, pan / fruit, milk, bread | | | | | Fruta, leche, pan / fruit, milk, bread | | | | | Fruta, leche, pan / fruit, milk, bread | | | | |
| Kcal. 536 Prot. 34 Lip 14 H.C. 69 | | | | | Kcal. 779 Prot. 26 Lip 33 H.C. 95 | | | | | Kcal. 794 Prot. 37 Lip 29 H.C. 97 | | | | | Kcal. 640 Prot. 21 Lip 25 H.C. 83 | | | | | Kcal. 646 Prot. 30 Lip 23 H.C. 81 | | | | |