

MES: Noviembre 2019

COLEGIO: LA INMACULADA PP ESCOLAPIOS

Lunes	Martes	Miércoles	Jueves	Viernes	Valoración
SIN GLUTEN,PLV,MARISCO, PIÑA Y FRESAS				1 FESTIVO	VE: 0/0 GT: 0 GS: 0 HC: 0 AZ: 0 PROT: 0 SAL: 0
4 Lentejas estofadas con arroz Tortilla francesa de atún con ensalada Postre especial y pan (sin gluten) Lentils with rice Tuna omelette with salad Special desserts and bread (gluten free)	5 Sopa de verduras Chuleta de Sajonia con ensalada primavera (lechuga, tomate y maíz) Fruta y pan (sin gluten) Vegetables soup Kassler with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread (gluten free)	6 Pasta (sin gluten) con tomate Abadejo al horno con ensalada de lechuga, zanahoria y maíz Fruta y pan (sin gluten) Pasta (gluten free) with tomato sauce Baked haddock with lettuce, carrot & sweetcorn Fruit and bread (gluten free)	7 Salteado de guisantes con jamón Hamburguesa a la plancha con patatas fritas Fruta y pan (sin gluten) Sautéed peas with ham Grilled hamburger with french fries Fruit and bread (gluten free)	8 Crema de calabaza Filete de palometa con pisto Fruta y pan (sin gluten) Butternut squash cream Pomfret with ratatouille Fruit and bread (gluten free)	VE: 2302/551 GT: 19 GS: 4 HC: 69 AZ: 21 PROT: 33 SAL: 2
11 Judías verdes salteadas Pollo asado con patatas asadas Postre especial y pan (sin gluten) Sautéed green beans Grilled chicken with baked potatoes Special desserts and bread (gluten free)	12 Sopa de cocido (sin gluten) Cocido completo Fruta y pan (sin gluten) "Cocido" Soup (gluten free) Full course "cocido" stew Fruit and bread (gluten free)	13 Arroz con salsa de tomate Ventresca de merluza al horno con ensalada de lechuga y aceitunas negras Fruta y pan (sin gluten) Rice with tomato sauce Baked hake with lettuce & olives Fruit and bread (gluten free)	14 JORNADA RIOJANA Crema de verduras Huevos a la riojana Melocotones al mosto y pan (sin gluten) Vegetables cream Rioja style eggs Peaches in must and bread (gluten free)	15 Pasta (sin gluten) con tomate Lomo al ajillo con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan (sin gluten) Pasta (gluten free) with tomato sauce Tenderloin with garlic with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread (gluten free)	VE: 2611/625 GT: 21 GS: 5 HC: 78 AZ: 22 PROT: 35 SAL: 2
18 Sopa de picadillo (sin gluten) Magro en salsa con patatas fritas Postre especial y pan (sin gluten) Broth with ham & egg bits (gluten free) Lean pork in sauce with french fries Special desserts and bread (gluten free)	19 Lentejas a la jardinera Caella a la plancha con ensalada de lechuga y tomate Fruta y pan (sin gluten) Vegetables lentils Grilled smooth dogfish with lettuce & tomatoes Fruit and bread (gluten free)	20 Arroz con salsa de tomate Revuelto de champiñones con ensalada Fruta y pan (sin gluten) Rice with tomato sauce Scrambled eggs with mushrooms with salad Fruit and bread (gluten free)	21 Brócoli con patatas Jamoncitos de pollo al chilindrón con ensalada de lechuga, zanahoria y maíz Fruta y pan (sin gluten) Broccoli with potatoes Chicken drumsticks in "chilindron" gravy with lettuce, carrot & sweetcorn Fruit and bread (gluten free)	22 Pasta (sin gluten) con tomate Bacalao a la plancha con ensalada primavera (lechuga, tomate y maíz) Fruta y pan (sin gluten) Pasta (gluten free) with tomato sauce Grilled codfish with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread (gluten free)	VE: 2501/598 GT: 18 GS: 4 HC: 77 AZ: 19 PROT: 37 SAL: 2
25 Arroz con pollo al curry Tortilla francesa con ensalada verde (lechuga, pimienta verde y aceituna) Postre especial y pan (sin gluten) Curry rice with chicken Omelette with green salad (lettuce, green peppers & olives) Special desserts and bread (gluten free)	26 Pasta (sin gluten) con tomate Rape al horno con zanahorias salteadas Fruta y pan (sin gluten) Pasta (gluten free) with tomato sauce Baked monkfish with sautéed carrots Fruit and bread (gluten free)	27 Sopa de cocido (sin gluten) Cocido completo Fruta y pan (sin gluten) "Cocido" Soup (gluten free) Full course "cocido" stew Fruit and bread (gluten free)	28 Crema de zanahoria Filete de pollo al horno con ensalada de frutos (lechuga, aceitunas y pipas) Fruta y pan (sin gluten) Carrot cream Baked chicken with fruit salad (lettuce, olives, sunflower seeds) Fruit and bread (gluten free)	29 Alubias estofadas con verduras Lacón a la gallega Fruta y pan (sin gluten) Beans with vegetables Lacón pork shoulder with potatoes Fruit and bread (gluten free)	VE: 3129/749 GT: 18 GS: 4 HC: 81 AZ: 21 PROT: 37 SAL: 2