

Sin Gluten

MES: Noviembre 2019

COLEGIO: LA INMACULADA PP ESCOLAPIOS

Lunes	Martes	Miércoles	Jueves	Viernes	Valoración
				1 <b>FESTIVO</b>	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 Yogur y pan (sin gluten) Lentils with rice Tuna omelette with salad Yoghurt and bread (gluten free)	5 Sopa de verduras Chuleta de Sajonia con ensalada primavera (lechuga, tomate y maíz) Fruta y leche y pan (sin gluten) Vegetables soup Kassler with spring salad (lettuce, tomatoes & sweetcorn) Fruit & milk and bread (gluten free)	6 Pasta (sin gluten) boloñesa Abadejo al horno con ensalada de lechuga, zanahoria y maíz Fruta y pan (sin gluten) Bolognese pasta (gluten free) 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: 2140/512 GT: 18 GS: 4 HC: 63 AZ: 20 PROT: 30 SAL: 2
11 Judías verdes salteadas Pollo asado con patatas asadas Yogur y pan (sin gluten) Sautéed green beans Grilled chicken with baked potatoes Yoghurt 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 <b>JORNADA RIOJANA</b> Caparrones con sus sacramentos Huevos a la riojana Melocotones al mosto y pan (sin gluten) Caparrons with their sacraments 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 leche y pan (sin gluten) Pasta (gluten free) with tomato sauce Tenderloin with garlic with tricolor salad (lettuce, carrots & sweetcorn) Fruit & milk and bread (gluten free)	VE: 2837/679 GT: 23 GS: 7 HC: 84 AZ: 22 PROT: 37 SAL: 2
18 Sopa de picadillo (sin gluten) Magro en salsa con patatas fritas Yogur y pan (sin gluten) Broth with ham & egg bits (gluten free) Lean pork in sauce with french fries Yoghurt 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 a la milanese Revuelto de champiñones con ensalada Fruta y pan (sin gluten) Milanese rice 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 leche y pan (sin gluten) Broccoli with potatoes Chicken drumsticks in "chilindron" gravy with lettuce, carrot & sweetcorn Fruit & milk 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: 2562/613 GT: 19 GS: 5 HC: 77 AZ: 20 PROT: 38 SAL: 2
25 Arroz con pollo al curry Tortilla francesa de queso con ensalada verde (lechuga, pimiento verde y aceituna) Yogur y pan (sin gluten) Curry rice with chicken Cheese omelette with green salad (lettuce, green peppers & olives) Yoghurt and bread (gluten free)	26 Pasta (sin gluten) gratinada Rape al horno con zanahorias salteadas Fruta y pan (sin gluten) Pasta au gratin (gluten free) 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 leche y pan (sin gluten) Carrot cream Baked chicken with fruit salad (lettuce, olives, sunflower seeds) Fruit & milk 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: 3180/761 GT: 19 GS: 6 HC: 82 AZ: 22 PROT: 36 SAL: 2