

MES: Noviembre 2020

COLEGIO: LA INMACULADA PP ESCOLAPIOS

Lunes	Martes	Miércoles	Jueves	Viernes	Valoración
<b>2</b>  <b>FESTIVO</b>	<b>3</b> Pasta (sin gluten ) con tomate Pechuga de pollo a la plancha con ensalada de frutos (lechuga, aceitunas y pipas) Yogur y pan (sin gluten) Pasta (gluten free) with tomato sauce Chicken breast with fruit salad (lettuce, olives, sunflower seeds) Yoghurt and bread (gluten free)	<b>4</b> 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)	<b>5</b> Crema de calabacín Gratinado de salmón y patatas panadera al orégano Fruta y leche y pan (sin gluten) Zucchini cream Salmon and oregan baked potatoes gratin Fruit & milk and bread (gluten free)	<b>6</b> Alubias estofadas con verduras Lacón al horno con zanahorias salteadas Fruta y pan (sin gluten) Beans with vegetables Baked lacón pork with sautéed carrots Fruit and bread (gluten free)	VE: 2882/690 GT: 23 GS: 7 HC: 84 AZ: 27 PROT: 41 SAL: 2
<b>9</b> Lentejas estofadas con arroz Tortilla de pavo y queso con ensalada de lechuga y remolacha Fruta y pan (sin gluten) Lentil soup with rice Turkey and cheese omelette with lettuce and beets Fruit and bread (gluten free)	<b>10</b> Sopa de verduras Chuleta a la plancha con champiñones salteados Yogur y pan (sin gluten) Vegetables soup Grilled pork chop with sautéed mushrooms Yoghurt and bread (gluten free)	<b>11</b> Pasta (sin gluten) boloñesa Rape a la plancha con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan (sin gluten) Pasta with bolognese sauce (gluten free) Grilled monkfish with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread (gluten free)	<b>12</b> 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)	<b>13</b> Arroz con salsa de tomate Filete de merluza a la plancha con ensalada de lechuga, tomate y aceitunas Fruta y pan (sin gluten) Rice with tomato sauce Grilled hake with lettuce, tomato and olives salad Fruit and bread (gluten free)	VE: 2383/570 GT: 21 GS: 4 HC: 74 AZ: 22 PROT: 30 SAL: 2
<b>16</b> Salteado de judías verdes Lomo al ajillo con ensalada de lechuga, tomate y queso Fruta y leche y pan (sin gluten) Sautéed green beans Tenderloin with garlic with lettuce, tomato & cheese salad Fruit & milk and bread (gluten free)	<b>17</b> 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)	<b>18</b> Arroz con magro Filete de palometa con pisto con ensalada de lechuga, tomate y aceitunas Fruta y pan (sin gluten) Pork loin with rice Pomfret with ratatouille with lettuce, tomato and olives salad Fruit and bread (gluten free)	<b>19</b> Lentejas estofadas con verduras Pollo al chilindrón con arroz salteado Fruta y pan (sin gluten) Stewed lentils Chicken in "chilindron" gravy with sautéed rice Fruit and bread (gluten free)	<b>20</b> Pasta (sin gluten ) con tomate Huevos con tomate con ensalada de tomate y atún Yogur y pan (sin gluten) Pasta (gluten free) with tomato sauce Eggs with tomato with tomato & tuna salad Yoghurt and bread (gluten free)	VE: 3058/732 GT: 26 GS: 7 HC: 123 AZ: 27 PROT: 40 SAL: 2
<b>23</b> Sopa de pasta (sin gluten) Estofado de pavo con guisantes salteados Fruta y leche y pan (sin gluten) Pasta soup (gluten free) Turkey stew with sautéed peas Fruit & milk and bread (gluten free)	<b>24</b> Arroz a la milanese Lomos de jurel en salsa de maíz con ensalada de lechuga y zanahoria Fruta y pan (sin gluten) Milanese rice Mackerel loin with sweetcorn sauce with lettuce & carrot Fruit and bread (gluten free)	<b>25</b> Alubias pintas estofadas Revuelto de jamón y champiñón con ensalada de frutos (lechuga, aceitunas y pipas) Fruta y pan (sin gluten) Stewed pinto beans Scrambled eggs with ham and mushrooms with fruit salad (lettuce, olives, sunflower seeds) Fruit and bread (gluten free)	<b>26</b> Salteado de brócoli con patatas Pollo asado con patatas asadas Yogur y pan (sin gluten) Sautéed broccoli with potatoes Grilled chicken with roasted potatoes Yoghurt and bread (gluten free)	<b>27</b> Pasta (sin gluten ) con tomate Timbal de lubina y patatas a lo pobre Fruta y pan (sin gluten) Pasta (gluten free) with tomato sauce Sea bass and poor potatoes kettledrum Fruit and bread (gluten free)	VE: 2698/645 GT: 20 GS: 6 HC: 83 AZ: 26 PROT: 70 SAL: 2
<b>30</b> Arroz tres delicias Pechuga de pollo a la plancha con champiñones salteados Fruta y pan (sin gluten) Three jewel rice Chicken breast with sautéed mushrooms Fruit and bread (gluten free)					VE: 2345/561 GT: 7 GS: 1 HC: 93 AZ: 24 PROT: 34 SAL: 1