

MES: Octubre 2019

COLEGIO: STELLA MARIS

Lunes	Martes	Miércoles	Jueves	Viernes	Valoración
SIN GLUTEN	1 Sopa de cocido (sin gluten) Cocido completo Yogur y pan (sin gluten) "Cocido" Soup (gluten free) Full course "cocido" stew Yoghurt and bread (gluten free)	2 Crema de verduras Jamoncitos de pollo asados con patatas dado Fruta y pan (sin gluten) Vegetables cream Grilled chicken thigh with diced potatoes Fruit and bread (gluten free)	3 Lentejas a la jardinera Revuelto de jamón york con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan (sin gluten) Vegetables lentils Scrambled eggs with ham with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread (gluten free)	4 Arroz con salsa de tomate Ventresca de merluza al horno con ensalada de tomate, cebolla y orégano Fruta y pan (sin gluten) Rice with tomato sauce Baked hake with tomatoes, onions & oregano Fruit and bread (gluten free)	VE: 2477/593 GT: 21 GS: 5 HC: 71 AZ: 17 PROT: 33 SAL: 2
7 Salteado de judías verdes con patatas y zanahoria Albóndigas a la jardinera con ensalada de lechuga y aceitunas Fruta y pan (sin gluten) Braised green beans, carrots & potatoes Meatballs with vegetables with green salad with olives Fruit and bread (gluten free)	8 Alubias estofadas con verduras Tortilla de patatas casera con ensalada de lechuga, tomate y maíz Yogur y pan (sin gluten) Beans with vegetables Homemade potato omelette with lettuce salad with tomato and sweetcorn Yoghurt and bread (gluten free)	9 Paella de verduras Merluza a la romana (sin gluten) con ensalada de lechuga y maíz Fruta y pan (sin gluten) Vegetarian paella Battered & fried hake (gluten free) with lettuce & sweetcorn Fruit and bread (gluten free)	10 Sopa de picadillo (sin gluten) Pollo asado con patatas dado Fruta y pan (sin gluten) Broth with ham & egg bits (gluten free) Grilled chicken with diced potatoes Fruit and bread (gluten free)	11 Pasta (sin gluten) con tomate Filete de lenguadina a la romana (sin gluten) con ensalada de lechuga y aceitunas Fruta y pan (sin gluten) Pasta (gluten free) with tomato sauce Battered & fried yellowfin sole (gluten free) with green salad with olives Fruit and bread (gluten free)	VE: 2767/662 GT: 29 GS: 6 HC: 72 AZ: 17 PROT: 32 SAL: 2
14 Crema de zanahoria y calabaza Pollo asado al romero con patatas dado Fruta y pan (sin gluten) Cream of carrot & butternut squash Rosemary grilled chicken with diced potatoes Fruit and bread (gluten free)	15 Alubias pintas estofadas Revuelto de queso con ensalada primavera (lechuga, tomate y maíz) Yogur y pan (sin gluten) Stewed pinto beans Scrambled eggs with cheese with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread (gluten free)	16 Arroz tres delicias Lacón al horno con ensalada de lechuga y aceitunas negras Fruta y pan (sin gluten) Chinese fried rice Baked lacón pork with lettuce & olives Fruit and bread (gluten free)	17 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)	18 Pasta (sin gluten) con tomate Palometa al horno con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan (sin gluten) Pasta (gluten free) with tomato sauce Baked pomfret with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread (gluten free)	VE: 2505/599 GT: 22 GS: 5 HC: 71 AZ: 17 PROT: 33 SAL: 2
21 Lentejas a la riojana Huevos revueltos con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan (sin gluten) Rioja style lentils Scrambled eggs with green salad (lettuce, green peppers & olives) Fruit and bread (gluten free)	22 Paella de verduras Merluza a la romana (sin gluten) con ensalada de lechuga y zanahoria Yogur y pan (sin gluten) Vegetarian paella Battered & fried hake (gluten free) with lettuce & carrot Yoghurt and bread (gluten free)	23 Crema de calabacín Pollo asado con ensalada de lechuga, tomate y maíz Fruta y pan (sin gluten) Zucchini cream Grilled chicken with lettuce salad with tomato and sweetcorn Fruit and bread (gluten free)	24 Salteado de judías verdes con jamón york Estofado de ternera con patatas dado Fruta y pan (sin gluten) Green beans with cooked ham Beef stew with diced potatoes Fruit and bread (gluten free)	25 Pasta (sin gluten) con tomate Abadejo al horno con pisto Fruta y pan (sin gluten) Pasta (gluten free) with tomato sauce Baked haddock with ratatouille Fruit and bread (gluten free)	VE: 2444/585 GT: 23 GS: 5 HC: 68 AZ: 17 PROT: 32 SAL: 2
28 Crema de puerros Tortilla paisana con ensalada de lechuga, zanahoria y maíz Fruta y pan (sin gluten) Cream of leek Mixed meat omelette with lettuce, carrot & sweetcorn Fruit and bread (gluten free)	29 Sopa de cocido (sin gluten) Cocido completo Yogur y pan (sin gluten) "Cocido" Soup (gluten free) Full course "cocido" stew Yoghurt and bread (gluten free)	30 Arroz negro Pollo en salsa con ensalada de lechuga, maíz y aceitunas negras Fruta y pan (sin gluten) Black rice Chicken in sauce with lettuce salad with sweetcorn & black olives Fruit and bread (gluten free)	31 FESTIVO		VE: 2447/585 GT: 19 GS: 6 HC: 71 AZ: 17 PROT: 33 SAL: 2