

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 Crema de verduras Albóndigas a la jardinera con ensalada de lechuga y aceitunas Fruta y pan (sin gluten) Vegetables cream 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 Arroz con salsa de tomate Filete de merluza al horno con ensalada de lechuga y maíz Fruta y pan (sin gluten) Rice with tomato sauce Baked hake 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 al horno con ensalada de lechuga y aceitunas Fruta y pan (sin gluten) Pasta (gluten free) with tomato sauce Baked sole with green salad with olives Fruit and bread (gluten free)	VE: 2516/602 GT: 22 GS: 5 HC: 72 AZ: 16 PROT: 31 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 Huevos revueltos con ensalada primavera (lechuga, tomate y maíz) Yogur y pan (sin gluten) Stewed pinto beans Scrambled eggs with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread (gluten free)	16 Arroz con salsa de tomate Lacón al horno con ensalada de lechuga y aceitunas negras Fruta y pan (sin gluten) Rice with tomato sauce 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: 2516/602 GT: 22 GS: 5 HC: 73 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 Arroz con salsa de tomate Filete de merluza al horno con ensalada de lechuga y zanahoria Yogur y pan (sin gluten) Rice with tomato sauce Baked hake 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 Puré de verduras Estofado de ternera con patatas dado Fruta y pan (sin gluten) Vegetables purée 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: 2353/563 GT: 20 GS: 4 HC: 68 AZ: 16 PROT: 32 SAL: 2
28 Crema de puerros Huevos revueltos con ensalada de lechuga, zanahoria y maíz Fruta y pan (sin gluten) Cream of leek Scrambled eggs 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 con salsa de tomate Pollo en salsa con ensalada de lechuga, maíz y aceitunas negras Fruta y pan (sin gluten) Rice with tomato sauce Chicken in sauce with lettuce salad with sweetcorn & black olives Fruit and bread (gluten free)	31 FESTIVO		VE: 2344/561 GT: 18 GS: 5 HC: 70 AZ: 17 PROT: 33 SAL: 2