

Sin Gluten

MES: Diciembre 2019

COLEGIO: STELLA MARIS

Lunes	Martes	Miércoles	Jueves	Viernes	Valoración
2 Lentejas estofadas con verduras Abadejo a la donostiarra con menestra de verduras salteadas Fruta y pan (sin gluten) Stewed lentils Basque style haddock with minestrone Fruit and bread (gluten free)	3 Sopa de pasta (sin gluten) Albóndigas a la jardinera con patatas dado Yogur y pan (sin gluten) Pasta soup (gluten free) Meatballs with vegetables with diced potatoes Yoghurt and bread (gluten free)	4 Pasta (sin gluten) con tomate Tortilla de calabacín con ensalada de tomate y maíz Fruta y pan (sin gluten) Pasta (gluten free) with tomato sauce Zucchini omelette with tomatoes & sweetcorn Fruit and bread (gluten free)	5 Arroz a la napolitana Lacón a la gallega con ensalada de lechuga, zanahoria y maíz Fruta y pan (sin gluten) Napolitan rice Lacón pork shoulder with potatoes with lettuce, carrot & sweetcorn Fruit and bread (gluten free)	6 FESTIVO	VE: 3203/766 GT: 32 GS: 8 HC: 94 AZ: 24 PROT: 35 SAL: 3
9 FESTIVO	10 Pasta (sin gluten) con tomate Lomo a la plancha con ensalada de lechuga y aceitunas negras Yogur y pan (sin gluten) Pasta (gluten free) with tomato sauce Grilled tenderloin with lettuce & olives Yoghurt and bread (gluten free)	11 Crema de verduras Revuelto de patatas, jamón y champiñones con ensalada de lechuga, tomate y zanahoria Fruta y pan (sin gluten) Vegetables cream Scrambled eggs with potatoes, ham and mushrooms with lettuce, tomato and carrot salad Fruit and bread (gluten free)	12 Sopa de ave con pasta (sin gluten) Cocido completo Fruta y pan (sin gluten) Poultry soup with gluten free pasta Full course "cocido" stew Fruit and bread (gluten free)	13 Paella de verduras Filete de lenguadina a la romana (sin gluten) con ensalada de lechuga y maíz Fruta y pan (sin gluten) Vegetarian paella Battered & fried yellowfin sole (gluten free) with lettuce & sweetcorn Fruit and bread (gluten free)	VE: 2872/687 GT: 26 GS: 6 HC: 86 AZ: 23 PROT: 33 SAL: 2
16 Lentejas estofadas con verduras Huevos revueltos con ensalada de lechuga y aceitunas Fruta y pan (sin gluten) Stewed lentils Scrambled eggs with green salad with olives Fruit and bread (gluten free)	17 Pasta (sin gluten) con tomate Chuleta a la plancha con ensalada tricolor (lechuga, zanahoria y maíz) Yogur y pan (sin gluten) Pasta (gluten free) with tomato sauce Grilled pork chop with tricolor salad (lettuce, carrots & sweetcorn) Yoghurt and bread (gluten free)	18 Sopa de ave con pasta (sin gluten) Cocido completo Fruta y pan (sin gluten) Poultry soup with gluten free pasta Full course "cocido" stew Fruit and bread (gluten free)	19 Arroz tres delicias Merluza a la romana (sin gluten) con ensalada de lechuga, tomate y maíz Fruta y pan (sin gluten) Chinese fried rice Battered & fried hake (gluten free) with lettuce salad with tomato and sweetcorn Fruit and bread (gluten free)	20 COMIDA ESPECIAL Crema de calabacín Salchichas frescas con patatas chips Postre especial y pan (sin gluten) Zucchini cream Sausages with potato chips Special desserts and bread (gluten free)	VE: 2958/708 GT: 27 GS: 7 HC: 86 AZ: 24 PROT: 34 SAL: 3
23 FESTIVO	24 FESTIVO	25 FESTIVO	26 FESTIVO	27 FESTIVO	VE: 0/0 GT: 0 GS: 0 HC: 0 AZ: 0 PROT: 0 SAL: 0
30 FESTIVO	31 FESTIVO			SIN GLUTEN	VE: 0/0 GT: 0 GS: 0 HC: 0 AZ: 0 PROT: 0 SAL: 0