

MES: Diciembre 2019

COLEGIO: STELLA MARIS

Lunes	Martes	Miércoles	Jueves	Viernes	Valoración
<b>2</b> 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)	<b>3</b> Sopa de pasta (sin gluten) Albóndigas a la jardinera con patatas al vapor Yogur y pan (sin gluten) Pasta soup (gluten free) Meatballs with vegetables with steamed potatoes Yoghurt and bread (gluten free)	<b>4</b> Pasta (sin gluten ) con tomate Huevos revueltos con ensalada de tomate y maíz Fruta y pan (sin gluten) Pasta (gluten free) with tomato sauce Scrambled eggs with tomatoes & sweetcorn Fruit and bread (gluten free)	<b>5</b> 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)	<b>6</b> <b>FESTIVO</b>	VE: 2992/716 GT: 25 GS: 7 HC: 92 AZ: 23 PROT: 37 SAL: 3
<b>9</b> <b>FESTIVO</b>	<b>10</b> 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)	<b>11</b> Crema de verduras Revuelto de jamón york con ensalada de lechuga, tomate y zanahoria Fruta y pan (sin gluten) Vegetables cream Scrambled eggs with ham with lettuce, tomato and carrot salad Fruit and bread (gluten free)	<b>12</b> 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)	<b>13</b> Arroz con salsa de tomate Filete de lenguadina al horno con ensalada de lechuga y maíz Fruta y pan (sin gluten) Rice with tomato sauce Baked sole with lettuce & sweetcorn Fruit and bread (gluten free)	VE: 2630/629 GT: 21 GS: 5 HC: 85 AZ: 23 PROT: 32 SAL: 2
<b>16</b> Lentejas estofadas con verduras Huevos revueltos con ensalada Fruta y pan (sin gluten) Stewed lentils Scrambled eggs with salad Fruit and bread (gluten free)	<b>17</b> 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)	<b>18</b> 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)	<b>19</b> Arroz con salsa de tomate Filete de merluza al horno con ensalada de lechuga, tomate y maíz Fruta y pan (sin gluten) Rice with tomato sauce Baked hake with lettuce salad with tomato and sweetcorn Fruit and bread (gluten free)	<b>20</b> <b>COMIDA ESPECIAL</b> Crema de calabacín Salchichas frescas con patatas chips Yogur y pan (sin gluten) Zucchini cream Sausages with potato chips Yoghurt and bread (gluten free)	VE: 2725/652 GT: 22 GS: 6 HC: 84 AZ: 21 PROT: 34 SAL: 3
<b>23</b> <b>FESTIVO</b>	<b>24</b> <b>FESTIVO</b>	<b>25</b> <b>FESTIVO</b>	<b>26</b> <b>FESTIVO</b>	<b>27</b> <b>FESTIVO</b>	VE: 0/0 GT: 0 GS: 0 HC: 0 AZ: 0 PROT: 0 SAL: 0
<b>30</b> <b>FESTIVO</b>	<b>31</b> <b>FESTIVO</b>			<b>SIN GLUTEN</b>	VE: 0/0 GT: 0 GS: 0 HC: 0 AZ: 0 PROT: 0 SAL: 0