

MES: Enero 2020

COLEGIO: STELLA MARIS

Lunes	Martes	Miércoles	Jueves	Viernes	Valoración
SIN GLUTEN		1 <b>FESTIVO</b>	2 <b>FESTIVO</b>	3 <b>FESTIVO</b>	VE: 0/0 GT: 0 GS: 0 HC: 0 AZ: 0 PROT: 0 SAL: 0
6 <b>FESTIVO</b>	7 <b>FESTIVO</b>	8 Arroz con salsa de tomate Lacón al horno con patatas al vapor Fruta y pan (sin gluten) Rice with tomato sauce Baked lacón pork with steamed potatoes Fruit and bread (gluten free)	9 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)	10 Pasta (sin gluten ) con tomate Filete de merluza en salsa verde con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan (sin gluten) Pasta (gluten free) with tomato sauce Hake in green sauce with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread (gluten free)	VE: 2874/688 GT: 17 GS: 4 HC: 103 AZ: 27 PROT: 34 SAL: 3
13 Fideuá (sin gluten) con salsa de tomate Abadejo al horno con ensalada de lechuga y tomate Fruta y pan (sin gluten) Fideua (gluten free) with tomato sauce Baked haddock with lettuce & tomatoes Fruit and bread (gluten free)	14 Lentejas a la jardinera Huevos revueltos con ensalada de lechuga, zanahoria y maíz Yogur y pan (sin gluten) Vegetables lentils Scrambled eggs with lettuce, carrot & sweetcorn Yoghurt and bread (gluten free)	15 Arroz con verduras Lacón a la gallega con ensalada de lechuga, tomate y maíz Fruta y pan (sin gluten) Rice with vegetables Lacón pork shoulder with potatoes with lettuce salad with tomato and sweetcorn Fruit and bread (gluten free)	16 <b>JORNADA JAPONESA</b> Pasta (sin gluten) con verduras Pollo asado con patatas al vapor Yogur y pan (sin gluten) Pasta (gluten free) with vegetables Grilled chicken with steamed potatoes Yoghurt and bread (gluten free)	17 Crema de verduras Merluza a la romana (sin gluten) con ensalada de lechuga y aceitunas negras Fruta y pan (sin gluten) Vegetables cream Battered & fried hake (gluten free) with lettuce & olives Fruit and bread (gluten free)	VE: 2779/665 GT: 24 GS: 5 HC: 86 AZ: 21 PROT: 32 SAL: 2
20 Pasta (sin gluten ) con tomate Hamburguesa al horno con salteado de verduras Fruta y pan (sin gluten) Pasta (gluten free) with tomato sauce Baked hamburger with sautéed vegetables Fruit and bread (gluten free)	21 Crema de calabacín Lomo a la plancha con ensalada de lechuga y maíz Yogur y pan (sin gluten) Zucchini cream Grilled tenderloin with lettuce & sweetcorn Yoghurt and bread (gluten free)	22 Arroz con verduras Tortilla francesa con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan (sin gluten) Rice with vegetables Omelette with green salad (lettuce, green peppers & olives) Fruit and bread (gluten free)	23 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)	24 Salteado de judías verdes con bacon Filete de lenguadina a la romana (sin gluten) con patatas al vapor Fruta y pan (sin gluten) Sautéed green beans with bacon Battered & fried yellowfin sole (gluten free) with steamed potatoes Fruit and bread (gluten free)	VE: 2526/604 GT: 20 GS: 5 HC: 82 AZ: 24 PROT: 30 SAL: 2
27 Pasta (sin gluten ) con tomate Ventresca de merluza en salsa verde con ensalada de lechuga, maíz y aceitunas negras Fruta y pan (sin gluten) Pasta (gluten free) with tomato sauce Hake in green sauce with lettuce salad with sweetcorn & black olives Fruit and bread (gluten free)	28 Alubias estofadas con verduras Jamoncitos de pollo al horno con patatas al vapor Yogur y pan (sin gluten) Beans with vegetables Baked chicken drumsticks with steamed potatoes Yoghurt and bread (gluten free)	29 Crema parmentier con jamón Chuleta de Sajonia con ensalada de lechuga y zanahoria Fruta y pan (sin gluten) Parmentier Soup with ham Kassler with lettuce & carrot Fruit and bread (gluten free)	30 Arroz a la napolitana Abadejo a la donostiarra con ensalada primavera (lechuga, tomate y maíz) Fruta y pan (sin gluten) Napolitan rice Basque style haddock with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread (gluten free)	31 Lentejas estofadas con verduras Tortilla francesa con ensalada de lechuga y cebolla Fruta y pan (sin gluten) Stewed lentils Omelette with lettuce salad with onion Fruit and bread (gluten free)	VE: 2922/699 GT: 25 GS: 5 HC: 88 AZ: 24 PROT: 40 SAL: 2