

MES: Febrero 2019

COLEGIO: ANTAVILLA

Lunes	Martes	Miércoles	Jueves	Viernes	I. Nutricional
				1 Lentejas estofadas con verduras Tortilla francesa de queso con ensalada Yogur y pan (sin gluten) Stewed lentils Cheese omelette with salad Yoghurt and bread (gluten free)	Kcl: 716 HC: 66 Prot: 34 Lip: 36
4 Sopa de pasta (sin gluten) Ragout de pavo con zanahorias salteadas Fruta y pan (sin gluten) Pasta soup (gluten free) Turkey stew with sautéed carrots Fruit and bread (gluten free)	5 Alubias estofadas con verduras Revuelto de champiñones con ensalada tricolor (lechuga, zanahoria y maíz) Postre lácteo y pan (sin gluten) Beans with vegetables Scrambled eggs with mushrooms with tricolor salad (lettuce, carrots & sweetcorn) Dairy dessert and bread (gluten free)	6 Pasta (sin gluten) con queso Palometa a la andaluza con ensalada de lechuga y remolacha Fruta y pan (sin gluten) Pasta (gluten free) with cheese Andalusian style Pomfret with lettuce and beets Fruit and bread (gluten free)	7 Crema de legumbres Albóndigas a la jardinera con arroz salteado Fruta y pan (sin gluten) Cream of legumes Meatballs with vegetables with sautéed rice Fruit and bread (gluten free)	8 Patatas estofadas con magro Ventresca de merluza al horno con ensalada de lechuga y tomate Yogur y pan (sin gluten) Pork & potato stew Baked hake with lettuce & tomatoes Yoghurt and bread (gluten free)	Kcl: 670 HC: 72 Prot: 29 Lip: 27
11 Pasta (sin gluten) con queso Filete de merluza al horno con ensalada primavera (lechuga, tomate y maíz) Fruta y pan (sin gluten) Pasta (gluten free) with cheese Baked hake with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread (gluten free)	12 Crema de calabacín Lomo a la plancha con ensalada Postre lácteo y pan (sin gluten) Zucchini cream Grilled tenderloin with salad Dairy dessert and bread (gluten free)	13 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)	14 Salteado de judías verdes con patatas Jamoncitos de pollo al chilindrón con patatas fritas Fruta y pan (sin gluten) Green beans with potatoes Chicken drumsticks in "chilindron" gravy with french fries Fruit and bread (gluten free)	15 Paella de carne Tortilla francesa de jamón york con ensalada de tomate con orégano Yogur y pan (sin gluten) Meat paella Cooked ham omelette with tomatoes with oregano Yoghurt and bread (gluten free)	Kcl: 701 HC: 78 Prot: 29 Lip: 29
18 Lentejas estofadas con verduras Lomo a la plancha con ensalada de lechuga y aceitunas negras Fruta y pan (sin gluten) Stewed lentils Grilled tenderloin with lettuce & olives Fruit and bread (gluten free)	19 Arroz con salsa de tomate Filete de merluza al horno con guisantes salteados Yogur y pan (sin gluten) Rice with tomato sauce Baked hake with sautéed peas Yoghurt and bread (gluten free)	20 Alubias estofadas con verduras Tortilla de patatas con ensalada Fruta y pan (sin gluten) Beans with vegetables Spanish potato omelette with salad Fruit and bread (gluten free)	21 Coliflor salteada con queso Pollo asado con patatas fritas Fruta y pan (sin gluten) Sautéed cauliflower with cheese Grilled chicken with french fries Fruit and bread (gluten free)	22 Pasta (sin gluten) con queso Caella a la andaluza con ensalada verde (lechuga, pimiento verde y aceituna) Natillas y pan (sin gluten) Pasta (gluten free) with cheese Andalusian style smooth dogfish with green salad (lettuce, green peppers & olives) Custard and bread (gluten free)	Kcl: 750 HC: 83 Prot: 32 Lip: 32
25 Crema de zanahoria Salchichas frescas al horno con ensalada Fruta y pan (sin gluten) Carrot cream Baked fresh sausage with salad Fruit and bread (gluten free)	26 Sopa de cocido (sin gluten) Cocido completo Gelatina y pan (sin gluten) "Cocido" Soup (gluten free) Full course "cocido" stew Jelly and bread (gluten free)	27 Arroz tres delicias Ventresca de merluza al horno con ensalada de lechuga y tomate Fruta y pan (sin gluten) Chinese fried rice Baked hake with lettuce & tomatoes Fruit and bread (gluten free)	28 Lentejas a la riojana Lacón a la gallega con patatas al vapor Fruta y pan (sin gluten) Rioja style lentils Lacón pork shoulder with potatoes with steamed potatoes Fruit and bread (gluten free)	Kcl: 730 HC: 91 Prot: 30 Lip: 29	