

MES: Abril 2019

COLEGIO: ANTAVILLA

Lunes	Martes	Miércoles	Jueves	Viernes	I. Nutricional
1 Patatas a la riojana Filete de merluza a la andaluza con ensalada de lechuga, tomate y maíz Fruta y pan (sin gluten) Riojana style potatoes Andalusian style hake with lettuce salad with tomato and sweetcorn Fruit and bread (gluten free)	2 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)	3 Pasta (sin gluten) al ajillo Revuelto de jamón york con ensalada de lechuga, zanahoria y maíz Fruta y pan (sin gluten) Pasta (gluten free) with garlic Scrambled eggs with ham with lettuce, carrot & sweetcorn Fruit and bread (gluten free)	4 Lentejas estofadas con verduras Albóndigas a la jardinera con verduras Fruta y pan (sin gluten) Stewed lentils Meatballs with vegetables with vegetables Fruit and bread (gluten free)	5 Paella de carne Filete de merluza al horno con ensalada de lechuga y tomate Flan y pan (sin gluten) Meat paella Baked hake with lettuce & tomatoes Crème caramel and bread (gluten free)	Kcl: 734 HC: 86 Prot: 28 Lip: 29
8 Sopa de picadillo (sin gluten) Filete de pollo al horno con patatas fritas Fruta y pan (sin gluten) Broth with ham & egg bits (gluten free) Baked chicken with french fries Fruit and bread (gluten free)	9 Arroz con salsa de tomate Filete de merluza a la andaluza con ensalada de lechuga y tomate Fruta y pan (sin gluten) Rice with tomato sauce Andalusian style hake with lettuce & tomatoes Fruit and bread (gluten free)	10 Alubias estofadas con verduras Lomo al ajillo con ensalada hortelana (lechuga, tomate y zanahoria) Yogur y pan (sin gluten) Beans with vegetables Tenderloin with garlic with salad (lettuce, tomatoes & carrots) Yoghurt and bread (gluten free)	11 Pasta (sin gluten) con boloñesa de chorizo Tortilla francesa con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan (sin gluten) Pasta (gluten-free) with chorizo bolognese sauce Omelette with green salad (lettuce, green peppers & olives) Fruit and bread (gluten free)	12 FESTIVO	Kcl: 667 HC: 78 Prot: 28 Lip: 28
15 FESTIVO	16 FESTIVO	17 FESTIVO	18 FESTIVO	19 FESTIVO	Kcl: 0 HC: 0 Prot: 0 Lip: 0
22 FESTIVO	23 Arroz con salsa de tomate Pechuga de pollo a la plancha con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan (sin gluten) Rice with tomato sauce Chicken breast with green salad (lettuce, green peppers & olives) Fruit and bread (gluten free)	24 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)	25 Pasta (sin gluten) con tomate Revuelto de chorizo con ensalada hortelana (lechuga, tomate y zanahoria) Fruta y pan (sin gluten) Pasta (gluten free) with tomato sauce Scrambled eggs with chorizo sausage with salad (lettuce, tomatoes & carrots) Fruit and bread (gluten free)	26 Lentejas a la jardinera Fogonero en salsa verde con ensalada Postre lácteo y pan (sin gluten) Vegetables lentils Pollack in green sauce with salad Dairy dessert and bread (gluten free)	Kcl: 775 HC: 88 Prot: 29 Lip: 34
29 Pasta (sin gluten) a la genovesa Tortilla de calabacín con ensalada de lechuga y aceitunas negras Fruta y pan (sin gluten) Pasta (gluten-free) with genovese sauce Zucchini omelette with lettuce & olives Fruit and bread (gluten free)	30 Sopa de picadillo (sin gluten) Magro adobado con menestra de verduras salteadas Yogur y pan (sin gluten) Broth with ham & egg bits (gluten free) Marinated pork loin steak with minestrone Yoghurt and bread (gluten free)				Kcl: 718 HC: 62 Prot: 33 Lip: 34