

MES: Marzo 2019

COLEGIO: ANTAVILLA

| Lunes  | Martes   | Miércoles   | Jueves   | Viernes   | I. Nutricional                            |
|--|--|---|--|---|---|
| CELIACO, PESCADO Y HONGOS  |  |   |  | 1<br><b>NO LECTIVO</b>  | Kcl: 0<br>HC: 0<br>Prot: 0<br>Lip: 0      |
| 4<br><b>NO LECTIVO</b>   | 5 Pasta (sin gluten ) con tomate con queso<br>Pechuga de pollo a la plancha con ensalada tricolor (lechuga, zanahoria y maíz)<br>Yogur y pan (sin gluten)<br>Pasta (gluten free) with tomato sauce with cheese<br>Chicken breast with tricolor salad (lettuce, carrots & sweetcorn)<br>Yoghurt and bread (gluten free) | 6 Crema de calabacín<br>Tortilla francesa con ensalada de lechuga, maíz y aceitunas negras<br>Fruta y pan (sin gluten)<br>Zucchini cream<br>Omelette with lettuce salad with sweetcorn & black olives<br>Fruit and bread (gluten free)                            | 7 Sopa de cocido (sin gluten)<br>Cocido completo<br>Fruta y pan (sin gluten)<br>"Cocido" Soup (gluten free)<br>Full course "cocido" stew<br>Fruit and bread (gluten free)  | 8 Arroz con boloñesa de carne<br>Lomo a la plancha con ensalada de lechuga, tomate y maíz<br>Yogur y pan (sin gluten)<br>Rice with meat bolognese<br>Grilled tenderloin with lettuce salad with tomato and sweetcorn<br>Yoghurt and bread (gluten free) | Kcl: 668<br>HC: 72<br>Prot: 29<br>Lip: 30 |
| 11 Crema de zanahoria<br>Hamburguesa a la plancha con patatas fritas<br>Yogur y pan (sin gluten)<br>Carrot cream<br>Grilled hamburger with french fries<br>Yoghurt and bread (gluten free)   | 12 Alubias estofadas con arroz<br>Tortilla de calabacín con ensalada de lechuga, maíz y aceitunas negras<br>Fruta y pan (sin gluten)<br>Beans with rice<br>Zucchini omelette with lettuce salad with sweetcorn & black olives<br>Fruit and bread (gluten free)   | 13 Pasta (sin gluten) napolitana<br>Pechuga de pollo a la plancha con ensalada de lechuga y tomate<br>Fruta y pan (sin gluten)<br>Napolitan pasta (gluten free)<br>Chicken breast with lettuce & tomatoes<br>Fruit and bread (gluten free)                        | 14 <b>JORNADA MADAGASCAR</b><br>Arroz con calabaza y manzana<br>Guiso malgache<br>Macedonia de frutas y pan (sin gluten)<br>Rice with pumpkin and apple<br>Pork with vegetables<br>Fruit salad and bread (gluten free)   | 15 Lentejas estofadas con verduras<br>Lomo a la plancha<br>Postre lácteo y pan (sin gluten)<br>Stewed lentils<br>Grilled tenderloin<br>Dairy dessert and bread (gluten free)  | Kcl: 726<br>HC: 87<br>Prot: 29<br>Lip: 28 |
| 18 Crema de verduras<br>Revuelto de picadillo con ensalada de lechuga y maíz<br>Fruta y pan (sin gluten)<br>Vegetables cream<br>Mixed meat with egg with lettuce & sweetcorn<br>Fruit and bread (gluten free)  | 19 Pasta (sin gluten ) con tomate con queso<br>Chuleta a la plancha con ensalada de lechuga, maíz y quinoa<br>Yogur y pan (sin gluten)<br>Pasta (gluten free) with tomato sauce with cheese<br>Grilled pork chop with lettuce salad with sweetcorn & quinoa<br>Yoghurt and bread (gluten free)                         | 20 Sopa de cocido (sin gluten)<br>Cocido completo<br>Fruta y pan (sin gluten)<br>"Cocido" Soup (gluten free)<br>Full course "cocido" stew<br>Fruit and bread (gluten free)  | 21 Patatas estofadas con magro<br>Filete de pollo al horno con ensalada hortelana (lechuga, tomate y zanahoria)<br>Fruta y pan (sin gluten)<br>Pork & potato stew<br>Baked chicken with salad (lettuce, tomatoes & carrots)<br>Fruit and bread (gluten free)                         | 22 Judías verdes con tomate<br>Lacón a la gallega con patatas al vapor<br>Yogur y pan (sin gluten)<br>Green beans with tomatoes<br>Lacón pork shoulder with potatoes with steamed potatoes<br>Yoghurt and bread (gluten free)                           | Kcl: 670<br>HC: 72<br>Prot: 27<br>Lip: 31 |
| 25 Arroz tres delicias<br>Lomo a la plancha con ensalada hortelana (lechuga, tomate y zanahoria)<br>Yogur y pan (sin gluten)<br>Chinese fried rice<br>Grilled tenderloin with salad (lettuce, tomatoes & carrots)<br>Yoghurt and bread (gluten free) | 26 Sopa juliana<br>Pollo asado con patatas fritas<br>Fruta y pan (sin gluten)<br>Julienne soup<br>Grilled chicken with french fries<br>Fruit and bread (gluten free)   | 27 Alubias pintas estofadas<br>Tortilla francesa de queso con ensalada primavera (lechuga, tomate y maíz)<br>Fruta y pan (sin gluten)<br>Stewed pinto beans<br>Cheese omelette with spring salad (lettuce, tomatoes & sweetcorn)<br>Fruit and bread (gluten free) | 28 Pasta carbonara (sin gluten)<br>Filete de ternera con ensalada verde (lechuga, pimiento verde y aceituna)<br>Fruta y pan (sin gluten)<br>Pasta in carbonara sauce (gluten free)<br>Beef steak with green salad (lettuce, green peppers & olives)<br>Fruit and bread (gluten free) | 29 Lentejas a la jardinera<br>Estofado de cerdo con tomate<br>Postre lácteo y pan (sin gluten)<br>Vegetables lentils<br>Stewed pork in tomato sauce<br>Dairy dessert and bread (gluten free)  | Kcl: 718<br>HC: 80<br>Prot: 34<br>Lip: 30 |