

MES: Junio 2021



COLEGIO: THE LADY ELIZABETH

Lunes	Martes	Miércoles	Jueves	Viernes	Valoración
MENU LADY ELIZABETH SIN GLUTEN 06-21	1 Crema de zanahoria Albóndigas a la jardinera con arroz salteado Fruta de temporada y pan (sin gluten) Carrot soup Meatballs with vegetables with sautéed rice Seasonal Fruit and bread (gluten free)	2 Alubias estofadas con chorizo Tortilla francesa de jamón york con ensalada Fruta de temporada y pan (sin gluten) Beans with chorizo sausage Ham omelette with salad Seasonal Fruit and bread (gluten free)	3 Ensalada de pasta (sin gluten) Pescado al horno con brócoli salteado Fruta de temporada y pan (sin gluten) Pasta salad (gluten free) Baked fish with sautéed broccoli Seasonal Fruit and bread (gluten free)	4 Sopa de pescado Pechuga de pollo al horno con guisantes salteados Yogur y pan (sin gluten) Fish soup Baked chicken breast with sautéed peas Yoghurt and bread (gluten free)	VE: 2315/554 GT: 15 GS: 5 HC: 73 AZ: 17 PROT: 34 SAL: 2
7 Arroz a la napolitana Filete de merluza al horno con patatas dado Fruta de temporada y pan (sin gluten) Napolitan rice Baked hake with diced potatoes Seasonal Fruit and bread (gluten free)	8 Lentejas estofadas con verduras Tortilla de patatas con ensalada Fruta de temporada y pan (sin gluten) Stewed lentils Spanish omelette with salad Seasonal Fruit and bread (gluten free)	9 Crema de verduras Longaniza al horno con ensalada Fruta de temporada y pan (sin gluten) Vegetables cream Oven baked sausage with salad Seasonal Fruit and bread (gluten free)	10 Sopa de ave con fideos (sin gluten) Bacalao al horno con verduras Fruta de temporada y pan (sin gluten) Chicken soup with noodles (gluten free) Baked cod with vegetables Seasonal Fruit and bread (gluten free)	11 Macarrones (sin gluten) boloñesa Pollo asado con patatas panaderas Helado apto y pan (sin gluten) Macaroni (gluten free) in bolognese sauce Grilled chicken with roasted potatoes Ice-cream (suitable) and bread (gluten free)	VE: 2861/684 GT: 26 GS: 4 HC: 86 AZ: 21 PROT: 31 SAL: 3
14 Arroz con verduras y pollo Lomo de perca con pil-pil de tomate con verduritas Fruta de temporada y pan (sin gluten) Rice with vegetables & chicken Perch loin with tomato pil-pil with vegetables Seasonal Fruit and bread (gluten free)	15 Crema de calabacín Hamburguesa (sin gluten) con patatas fritas Fruta de temporada y pan (sin gluten) Zucchini cream Hamburger (gluten free) with french fries Seasonal Fruit and bread (gluten free)	16 Empedrado de legumbres Tortilla francesa con ensalada Fruta de temporada y pan (sin gluten) Bean salad French omelette with salad Seasonal Fruit and bread (gluten free)	17 Crema de alubias Jamoncitos de pollo en salsa con brócoli salteado Fruta de temporada y pan (sin gluten) Cream of beans Chicken drumsticks in sauce with sautéed broccoli Seasonal Fruit and bread (gluten free)	18 Fideuá (sin gluten) Tortilla francesa de atún con ensalada Yogur y pan (sin gluten) Fideua (gluten free) Tuna omelette with salad Yoghurt and bread (gluten free)	VE: 2980/713 GT: 32 GS: 6 HC: 75 AZ: 22 PROT: 34 SAL: 2
21 COMIDA ESPECIAL FIN CURSO Macarrones (sin gluten) Salchichas a la plancha con patatas fritas Fruta de temporada y pan (sin gluten) Macaroni (gluten free) Grilled hotdogs with french fries Seasonal Fruit and bread (gluten free)	22 Crema de calabacín Lomo a la plancha con ensalada Fruta de temporada y pan (sin gluten) Zucchini cream Grilled tenderloin with salad Seasonal Fruit and bread (gluten free)	23 Paella Filete de merluza al horno con judías verdes salteadas Fruta de temporada y pan (sin gluten) Paella Baked hake with sautéed green beans Seasonal Fruit and bread (gluten free)	24 VACACIONES	25 VACACIONES	VE: 2835/678 GT: 26 GS: 6 HC: 83 AZ: 21 PROT: 32 SAL: 3
28 VACACIONES	29 VACACIONES	30 VACACIONES			VE: 0/0 GT: 0 GS: 0 HC: 0 AZ: 0 PROT: 0 SAL: 0