

# Alergias combinadas

MES: Junio 2021



COLEGIO: THE LADY ELIZABETH

Lunes	Martes	Miércoles	Jueves	Viernes	Valoración
MENU LADY ELIZABETH SIN GLUTEN, SIN LACTOSA 06-21	<b>1</b> 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)	<b>2</b> 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)	<b>3</b> 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)	<b>4</b> Sopa de pescado Pechuga de pollo al horno con guisantes salteados Fruta de temporada y pan (sin gluten) Fish soup Baked chicken breast with sautéed peas Seasonal Fruit and bread (gluten free)	VE: 2317/554 GT: 14 GS: 4 HC: 76 AZ: 20 PROT: 34 SAL: 2
<b>7</b> 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)	<b>8</b> 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)	<b>9</b> 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)	<b>10</b> 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)	<b>11</b> Macarrones (sin gluten) boloñesa Pollo asado con patatas panaderas Fruta y pan (sin gluten) Macaroni (gluten free) in bolognese sauce Grilled chicken with roasted potatoes Fruit and bread (gluten free)	VE: 2858/684 GT: 26 GS: 4 HC: 86 AZ: 21 PROT: 31 SAL: 3
<b>14</b> 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)	<b>15</b> 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)	<b>16</b> 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)	<b>17</b> 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)	<b>18</b> Fideuá (sin gluten) Tortilla francesa de atún con ensalada Fruta de temporada y pan (sin gluten) Fideua (gluten free) Tuna omelette with salad Seasonal Fruit and bread (gluten free)	VE: 2981/713 GT: 32 GS: 5 HC: 78 AZ: 23 PROT: 33 SAL: 2
<b>21</b> <b>COMIDA ESPECIAL FIN CURSO</b> 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)	<b>22</b> 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)	<b>23</b> 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)	<b>24</b> <b>VACACIONES</b>	<b>25</b> <b>VACACIONES</b>	VE: 2835/678 GT: 26 GS: 6 HC: 83 AZ: 21 PROT: 32 SAL: 3
<b>28</b> <b>VACACIONES</b>	<b>29</b> <b>VACACIONES</b>	<b>30</b> <b>VACACIONES</b>			VE: 0/0 GT: 0 GS: 0 HC: 0 AZ: 0 PROT: 0 SAL: 0