Alergias combinadas

MENÚ ELABORADO POR EL DEPARTAMENTO DE NUTRICIÓN DE aramark

MES: Octubre 2021

THE LADY ELIZABETH SCHOOL

COLEGIO: THE LADY ELIZABETH

Lunes	Martes	Miércoles	Jueves	Viernes	Valoración
MENU LADY ELIZABETH SCHOOL SIN LGUTEN SIN LACTOSA 10-21				1 Hervido valenciano con huevo duro Lomo adobado con patatas dado Fruta y pan (sin gluten) Valencia style boiled vegetables with hard-boiled egg Marinated tenderloin with diced potatoes Fruit and bread (gluten free)	VE: 2688/643 GT: 36 GS: 9 HC: 62 AZ: 27 PROT: 31 SAL: 2
4 Arroz con salchichas y tomate Filete de perca al horno con ensalada Fruta de temporada y pan (sin gluten) White rice with hotdogs & tomato sauce Baked perch with salad Seasonal Fruit and bread (gluten free)	5 Sopa de ave con fideos (sin gluten) Pechuga de pollo a la plancha con ensalada Fruta y pan (sin gluten) Chicken soup with noodles (gluten free) Chicken breast with salad Fruit and bread (gluten free)	6 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)	7 Crema de calabaza Paella de verduras con guisantes salteados Fruta de temporada y pan (sin gluten) Pumpkin soup Vegetable paella with sautéed peas Seasonal Fruit and bread (gluten free)	8 Crema de calabacín Contramuslo de pollo al horno con papas panaderas Fruta y pan (sin gluten) Zucchini cream Baked chicken with grilled potatoes Fruit and bread (gluten free)	VE: 2461/589 GT: 15 GS: 2 HC: 91 AZ: 23 PROT: 26 SAL: 2
11 **NO LECTIVO**	12 **FESTIVO**	13 Vichyssoise Tortilla francesa de jamón york con ensalada Fruta de temporada y pan (sin gluten) Vichyssoise Ham omelette with salad Seasonal Fruit and bread (gluten free)	14 Macarrones (sin gluten) napolitana Filete de merluza con verduritas Fruta de temporada y pan (sin gluten) Napolitan macaroni (gluten free) Hake steak with vegetables Seasonal Fruit and bread (gluten free)	15 Crema de calabaza Hamburguesa a la plancha con patatas fritas Fruta y pan (sin gluten) Pumpkin soup Grilled hamburger with french fries Fruit and bread (gluten free)	VE: 2368/566 GT: 20 GS: 4 HC: 75 AZ: 23 PROT: 28 SAL: 2
18 Macarrones con boloñesa de atún Tortilla de patatas con ensalada Fruta de temporada y pan (sin gluten) Macaroni with tuna Spanish omelette with salad Seasonal Fruit and bread (gluten free)	19 Empedrado de alubias Contramuslo de pollo a la plancha con ensalada Fruta y pan (sin gluten) White bean salad Grilled chicken with salad Fruit and bread (gluten free)	20 Paella Ventresca de merluza al horno con ensalada Fruta de temporada y pan (sin gluten) Paella Baked hake with salad Seasonal Fruit and bread (gluten free)	21 Crema de calabacín Estofado de ternera Fruta de temporada y pan (sin gluten) Zucchini cream Beef stew Seasonal Fruit and bread (gluten free)	22 Arroz a la napolitana Contramuslo de pollo al horno con patatas panaderas Fruta de temporada y pan (sin gluten) Napolitan rice Baked chicken with roasted potatoes Seasonal Fruit and bread (gluten free)	VE: 2702/646 GT: 18 GS: 3 HC: 92 AZ: 21 PROT: 31 SAL: 2
25 Arroz blanco salteado Tortilla francesa casera con ensalada Fruta de temporada y pan (sin gluten) Sautéed white rice Homemade omelette with salad Seasonal Fruit and bread (gluten free)	26 Lentejas estofadas con verduras Pechuga de pollo a la plancha con ensalada Fruta y pan (sin gluten) Stewed lentils Chicken breast with salad Fruit and bread (gluten free)	27 Espirales a la napolitana Abadejo al horno con ensalada Fruta de temporada y pan (sin gluten) Napolitan spirals Baked haddock with salad Seasonal Fruit and bread (gluten free)	28 Crema de calabaza Albóndigas a la jardinera con arroz Fruta de temporada y pan (sin gluten) Pumpkin soup Meatballs with vegetables with rice Seasonal Fruit and bread (gluten free)	29 Empedrado de garbanzos Poke Bowl de pollo con ensalada Fruta y pan (sin gluten) Chickpeas salad Chicken poke bowl with salad Fruit and bread (gluten free)	VE: 3411/816 GT: 24 GS: 5 HC: 118 AZ: 26 PROT: 40 SAL: 3