

MES: Octubre 2021



COLEGIO: THE LADY ELIZABETH

Lunes

Martes

Miércoles

Jueves

Viernes

Valoración

|   |  |  |  |  |   |   |
|---|--|--|--|--|---|---|
| MENU LADY ELIZABETH SCHOOL<br>SIN HUEVO 10-21   |  |  |  |  | 1<br>Hervido valenciano<br>Lomo adobado con patatas dado<br>Yogur natural y pan<br>Valencia style boiled vegetables<br>Marinated tenderloin with diced<br>potatoes<br>Plain yoghurt and bread | VE: 2546/609<br>GT: 33<br>GS: 9<br>HC: 57<br>AZ: 13<br>PROT: 31<br>SAL: 2 |
| 4<br>Arroz con salchichas y tomate<br>Filete de perca al horno con ensalada<br>Fruta de temporada y pan<br>White rice with hotdogs & tomato sauce<br>Baked perch with salad<br>Seasonal Fruit and bread | 5<br>Sopa de ave con pasta (sin huevo)<br>Pechuga de pollo a la plancha con<br>ensalada<br>Fruta y pan<br>Chicken soup with pasta (no egg)<br>Chicken breast with salad<br>Fruit and bread | 6<br>Lentejas estofadas con verduras<br>Albóndigas a la jardinera con ensalada<br>Fruta de temporada y pan<br>Stewed lentils<br>Meatballs with vegetables with salad<br>Seasonal Fruit and bread | 7<br>Crema de calabaza<br>Paella de verduras con guisantes<br>salteados<br>Fruta de temporada y pan<br>Pumpkin soup<br>Vegetable paella with sautéed peas<br>Seasonal Fruit and bread                              | 8<br>Crema de calabacín<br>Contramuslo de pollo al horno con<br>papas panaderas<br>Yogur natural y pan<br>Zucchini cream<br>Baked chicken with grilled potatoes<br>Plain yoghurt and bread             | VE: 2764/661<br>GT: 14<br>GS: 4<br>HC: 101<br>AZ: 22<br>PROT: 33<br>SAL: 2  |   |
| 11<br><b>NO LECTIVO</b>   | 12<br><b>FESTIVO</b>   | 13<br>Vichyssoise<br>Tiras de pollo y verduras con ensalada<br>Fruta de temporada y pan<br>Vichyssoise<br>Chicken strips with vegetables with<br>salad<br>Seasonal Fruit and bread               | 14<br>Coditos (sin gluten) napolitana<br>Filete de merluza con verduritas<br>Fruta de temporada y pan<br>Napolitan style elbow macaroni (gluten<br>free)<br>Hake steak with vegetables<br>Seasonal Fruit and bread | 15<br>Crema de calabaza<br>Hamburguesa a la plancha con patatas<br>fritas<br>Yogur natural y pan<br>Pumpkin soup<br>Grilled hamburger with french fries<br>Plain yoghurt and bread                     | VE: 2823/675<br>GT: 20<br>GS: 5<br>HC: 87<br>AZ: 21<br>PROT: 42<br>SAL: 2   |   |
| 18<br>Salteado de judías verdes<br>Pinchos morunos con ensalada<br>Fruta de temporada y pan<br>Sautéed green beans<br>Shish-kabab with salad<br>Seasonal Fruit and bread                                | 19<br>Empedrado de alubias<br>Pechuga de pollo al horno con<br>ensalada<br>Fruta y pan<br>White bean salad<br>Baked chicken breast with salad<br>Fruit and bread                           | 20<br>Paella<br>Filete de merluza al horno con<br>ensalada<br>Fruta de temporada y pan<br>Paella<br>Baked hake with salad<br>Seasonal Fruit and bread  | 21<br>Crema de calabacín<br>Estofado de ternera con ensalada<br>Fruta de temporada y pan<br>Zucchini cream<br>Beef stew with salad<br>Seasonal Fruit and bread   | 22<br>Arroz a la napolitana<br>Contramuslo de pollo al horno con<br>patatas panaderas<br>Fruta de temporada y pan<br>Napolitan rice<br>Baked chicken with roasted potatoes<br>Seasonal Fruit and bread | VE: 2731/653<br>GT: 13<br>GS: 2<br>HC: 129<br>AZ: 23<br>PROT: 38<br>SAL: 2  |   |
| 25<br>Arroz blanco<br>Pescado al horno con ensalada<br>Fruta de temporada y pan<br>White rice<br>Baked fish with salad<br>Seasonal Fruit and bread  | 26<br>Lentejas estofadas con verduras<br>Pechuga de pollo a la plancha con<br>ensalada<br>Fruta y pan<br>Stewed lentils<br>Chicken breast with salad<br>Fruit and bread                    | 27<br>Espirales (sin huevo) napolitana<br>Abadejo al horno con ensalada<br>Fruta de temporada y pan<br>Napolitan spirals (without egg)<br>Baked haddock with salad<br>Seasonal Fruit and bread   | 28<br>Crema de calabaza<br>Albóndigas a la jardinera con arroz<br>Fruta de temporada y pan<br>Pumpkin soup<br>Meatballs with vegetables with rice<br>Seasonal Fruit and bread                                      | 29<br>Empedrado de garbanzos<br>Poke Bowl de pollo con ensalada<br>Yogur natural y pan<br>Chickpeas salad<br>Chicken poke bowl with salad<br>Plain yoghurt and bread                                   | VE: 3851/921<br>GT: 20<br>GS: 4<br>HC: 140<br>AZ: 25<br>PROT: 48<br>SAL: 3  |   |