

Alergias combinadas

MES: Enero 2022

COLEGIO: PRINCESA SOFIA

Lunes

Martes

Miércoles

Jueves

Viernes

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Arroz con salsa de tomate  
Lomo a la plancha con ensalada de lechuga, tomate y cebolla  
Fruta y pan (sin gluten)  
Rice with tomato sauce  
Grilled tenderloin with lettuce, tomato & onion salad  
Fruit and bread (gluten free)

VE:2.717/650 GT:16 GS:4 HC:104 AZ:24 PROT:28 SAL:3

Patatas estofadas  
Palometa con salsa de tomate con ensalada verde (lechuga, pimiento verde y aceituna)  
Fruta y pan (sin gluten)  
Stewed potatoes  
Pomfret with tomato sauce with green salad (lettuce, green peppers & olives)  
Fruit and bread (gluten free)

VE:2.345/561 GT:14 GS:3 HC:82 AZ:24 PROT:31 SAL:2

Crema de zanahoria  
Tortilla de patatas con ensalada de lechuga y aceitunas negras  
Fruta y pan (sin gluten)  
Carrot cream  
Spanish omelette with lettuce & olives  
Fruit and bread (gluten free)

VE:2.479/593 GT:27 GS:2 HC:82 AZ:25 PROT:13 SAL:2

Macarrones (sin gluten) napolitana  
Filete de lenguadina a la plancha con ensalada de lechuga y tomate  
Fruta y pan (sin gluten)  
Napolitan macaroni (gluten free)  
Grilled yellowfin sole with lettuce & tomatoes  
Fruit and bread (gluten free)

VE:2.939/703 GT:18 GS:3 HC:98 AZ:24 PROT:40 SAL:3

Sopa de cocido (sin gluten)  
Cocido completo  
Fruta (eco.) y pan (sin gluten)  
"Cocido" Soup (gluten free)  
Full course "cocido" stew  
Fruit and bread (gluten free)

VE:2.822/675 GT:24 GS:7 HC:80 AZ:21 PROT:37 SAL:2

Crema de verduras  
Ventresca de merluza al horno con champiñones salteados  
Fruta y pan (sin gluten)  
Vegetables cream  
Baked hake with sautéed mushrooms  
Fruit and bread (gluten free)

VE:1.839/440 GT:10 GS:1 HC:66 AZ:26 PROT:25 SAL:1

Arroz integral con salsa de tomate  
Tortilla francesa con ensalada de lechuga y tomate  
Fruta y pan (sin gluten)  
Brown rice with tomato sauce  
French omelette with lettuce & tomatoes  
Fruit and bread (gluten free)

VE:2.446/585 GT:15 GS:2 HC:99 AZ:23 PROT:18 SAL:2

Alubias pintas estofadas  
Estofado de ternera con salteado de verduras  
Fruta (eco.) y pan (sin gluten)  
Stewed pinto beans  
Beef stew with sautéed vegetables  
Fruit and bread (gluten free)

VE:2.705/647 GT:19 GS:5 HC:84 AZ:23 PROT:40 SAL:2

**JORNADA BALEAR**  
Pasta (sin gluten) napolitana  
Albóndigas caseras con ensalada  
Postre especial y pan (sin gluten)  
Napolitan pasta (gluten free)  
Homemade meatballs with salad  
Special desserts and bread (gluten free)

VE:2.410/577 GT:27 GS:11 HC:57 AZ:26 PROT:29 SAL:1

Salteado de judías verdes con bacon  
Pollo asado al romero con patatas fritas  
Fruta y pan (sin gluten)  
Bacon and green bean stir fry  
Rosemary grilled chicken with french fries  
Fruit and bread (gluten free)

VE:2.872/687 GT:32 GS:5 HC:68 AZ:25 PROT:38 SAL:1

Arroz con salsa de tomate  
Abadejo a la plancha con zanahorias salteadas  
Fruta y pan (sin gluten)  
Rice with tomato sauce  
Grilled haddock with sautéed carrots  
Fruit and bread (gluten free)

VE:2.587/619 GT:13 GS:3 HC:108 AZ:25 PROT:32 SAL:3

Sopa de cocido (sin gluten)  
Cocido completo  
Fruta y pan (sin gluten)  
"Cocido" Soup (gluten free)  
Full course "cocido" stew  
Fruit and bread (gluten free)

VE:2.930/701 GT:24 GS:7 HC:88 AZ:27 PROT:37 SAL:2

Crema de calabacín (eco.)  
Revuelto de pavo con ensalada de lechuga y tomate  
Fruta y pan (sin gluten)  
Courgette cream (eco.)  
Scrambled eggs with turkey with lettuce & tomatoes  
Fruit and bread (gluten free)

VE:1.843/441 GT:16 GS:3 HC:60 AZ:26 PROT:18 SAL:2

Alubias estofadas con verduras  
Lacón a la gallega  
Fruta y pan (sin gluten)  
Braised beans with vegetables  
Lacón pork shoulder with potatoes  
Fruit and bread (gluten free)

VE:2.929/701 GT:19 GS:4 HC:101 AZ:26 PROT:39 SAL:3

Pasta (sin gluten) con tomate  
Filete de merluza al horno con ensalada de lechuga, pimiento verde (eco.) y aceitunas  
Fruta y pan (sin gluten)  
Pasta (gluten free) with tomato sauce  
Baked hake with lettuce, green pepper (eco.) and olives salad  
Fruit and bread (gluten free)

VE:3.802/910 GT:40 GS:7 HC:94 AZ:30 PROT:49 SAL:2

Sopa de ave con fideos (sin gluten)  
Hamburguesa de ternera con patatas fritas  
Fruta y pan (sin gluten)  
Chicken soup with noodles (gluten free)  
Beef hamburger with french fries  
Fruit and bread (gluten free)

VE:2.679/641 GT:36 GS:7 HC:71 AZ:22 PROT:23 SAL:3

SIN GLUTEN,PLV