

MES: Enero 2021

COLEGIO: VILAVELLA

Lunes	Martes	Miércoles	Jueves	Viernes	Valoración
MENU VILAVELA SIN GLUTEN 01-21				1	VE: 0/0 GT: 0 GS: 0 HC: 0 AZ: 0 PROT: 0 SAL: 0
4	5	6	7 Paella de verduras Lomo a la plancha con ensalada de lechuga y maíz Fruta y pan (sin gluten) Vegetable paella Grilled tenderloin with lettuce and sweetcorn salad Fruit and bread (gluten free)	8 Espirales (sin gluten, sin huevo) al ajillo Timbal de lubina y patatas a lo pobre Fruta y pan (sin gluten) Spiral pasta with garlic (without egg & gluten free) Sea bass and poor potatoes kettledrum Fruit and bread (gluten free)	VE: 3007/719 GT: 13 GS: 3 HC: 114 AZ: 24 PROT: 37 SAL: 3
11 Arroz blanco con salsa de tomate Abadejo al horno con ensalada de lechuga y maíz Yogur natural y pan (sin gluten) White rice with tomato sauce Baked haddock with lettuce and sweetcorn salad Plain yoghurt and bread (gluten free)	12 Crema de calabacín con dados de queso Filete de pollo al horno con salteado de verduras con tomate Fruta y pan (sin gluten) Zucchini cream with diced cheese Baked chicken with sautéed vegetables with tomato sauce Fruit and bread (gluten free)	13 Dahl de lentejas con curry Lomos de jurel en salsa de maíz con patatas panaderas Fruta y pan (sin gluten) Lentils with curry dahl Mackerel loin with sweetcorn sauce with roasted potatoes Fruit and bread (gluten free)	14 Crema de verduras Bistec de magro a la plancha con ensalada de lechuga y maíz Fruta y pan (sin gluten) Vegetables cream Pork steak with lettuce and sweetcorn salad Fruit and bread (gluten free)	15 Fideuá (sin gluten) Ensalada completa Fruta y pan (sin gluten) Fideua (gluten free) Chef salad Fruit and bread (gluten free)	VE: 2261/541 GT: 15 GS: 3 HC: 79 AZ: 26 PROT: 58 SAL: 1
18 Lentejas estofadas con verduras Tortilla francesa de jamón york con tomate al horno Fruta y pan (sin gluten) Stewed lentils Ham omelette with baked tomato Fruit and bread (gluten free)	19 Macarrones (sin gluten) Longaniza al horno con ensalada de lechuga y maíz Fruta y pan (sin gluten) Macaroni (gluten free) Oven baked sausage with lettuce and sweetcorn salad Fruit and bread (gluten free)	20 Crema de legumbres Filete de merluza al horno con ensalada de lechuga y zanahoria rallada Fruta y pan (sin gluten) Cream of legumes Baked hake with lettuce and carrot salad Fruit and bread (gluten free)	21 Sopa minestrone (sin gluten) Pollo asado con patatas fritas Fruta y pan (sin gluten) Minestrone soup (gluten free) Grilled chicken with french fries Fruit and bread (gluten free)	22 Ensalada murciana Paella valenciana Fruta y yogur y pan (sin gluten) Murcian salad Valencian-style paella Fruit & Yogurt and bread (gluten free)	VE: 2920/699 GT: 24 GS: 6 HC: 89 AZ: 28 PROT: 34 SAL: 3
25 Macarrones (sin gluten) napolitana Filete de lenguadina al horno con pisto Fruta y pan (sin gluten) Napolitan macaroni (gluten free) Oven baked sole fillet with ratatouille Fruit and bread (gluten free)	26 Alubias estofadas con verduras Tortilla francesa casera con ensalada de lechuga y zanahoria rallada Fruta y pan (sin gluten) Beans with vegetables Homemade omelette with lettuce and carrot salad Fruit and bread (gluten free)	27 Ensalada completa Arroz al horno Fruta y yogur y pan (sin gluten) Chef salad Baked rice Fruit & Yogurt and bread (gluten free)	28 Patatas Marineras (pescado, cebolla, tomate, zanahoria) Salmón a la plancha con patatas a lo pobre Fruta y pan (sin gluten) Potatoes Marine (fish, onion, tomato, carrot) Grilled salmon with fried potato with onion Fruit and bread (gluten free)	29 Lentejas estofadas con arroz integral Lomo a la plancha con champiñones salteados Fruta y pan (sin gluten) Braised lentils with brown rice Grilled tenderloin with sautéed mushrooms Fruit and bread (gluten free)	VE: 2699/646 GT: 18 GS: 4 HC: 96 AZ: 26 PROT: 31 SAL: 2