

MES: Junio 2021

COLEGIO: VILAVELLA

Lunes

Martes

Miércoles

Jueves

Viernes

Valoración

MENU VILAVELA GLUTEN 06-21

1

Sopa de pasta (sin gluten)
Lomo al horno con ensalada
Fruta y pan (sin gluten)
Pasta soup (gluten free)
Baked loin with salad
Fruit and bread (gluten free)

2

Olleta alicantina
Tortilla francesa con salteado de
verduras con tomate
Fruta y pan (sin gluten)
"Olleta alicantina" legume stew
French omelette with sautéed
vegetables with tomato sauce
Fruit and bread (gluten free)

3

Macarrones (sin gluten) con salsa de
tomate
Timbal de dorada y patatas a lo pobre
Fruta y pan (sin gluten)
Macaroni (gluten free) with tomato
sauce
Bream timbale and poor-style potatoes
Fruit and bread (gluten free)

4

Crema toscana de alubias con dados
de jamón y romero
Pollo asado al limón con ensalada de
lechuga y tomate
Fruta y pan (sin gluten)
Tuscan bean soup with ham and
rosemary
Roasted lemon chicken with lettuce &
tomatoes
Fruit and bread (gluten free)

VE: 2796/669
GT: 23
GS: 6
HC: 86
AZ: 26
PROT: 36
SAL: 2

7

Lentejas estofadas con arroz
Rape al horno con pisto
Fruta y pan (sin gluten)
Lentil soup with rice
Baked monkfish with ratatouille
Fruit and bread (gluten free)

8

Ensalada mixta con atún
Paella valenciana
Fruta y yogur y pan (sin gluten)
Mixed salad with tuna
Valencian-style paella
Fruit & Yogurt and bread (gluten free)

9

Patatas estofadas con costillas y tomillo
Filete de merluza al horno con
ensalada de lechuga y zanahoria
rallada
Fruta y pan (sin gluten)
Potato stew with ribs and thyme
Baked hake with lettuce and carrot
salad
Fruit and bread (gluten free)

10

Alubias estofadas con verduras
Lacón al horno con ensalada de
lechuga y tomate
Fruta y pan (sin gluten)
Beans with vegetables
Baked lacón pork with lettuce &
tomatoes
Fruit and bread (gluten free)

11

Macarrones (sin gluten)
Hamburguesa (sin gluten) con patatas
fritas
Fruta y pan (sin gluten)
Macaroni (gluten free)
Hamburger (gluten free) with french
fries
Fruit and bread (gluten free)

VE: 3094/740
GT: 24
GS: 6
HC: 95
AZ: 28
PROT: 38
SAL: 3

14

Hervido valenciano
Chuleta de aguja con salteado de
cebolla y champiñones
Yogur natural y pan (sin gluten)
Valencia style boiled vegetables
Rib chop with onion and mushroom stir
fry
Plain yoghurt and bread (gluten free)

15

Garbanzos con espinacas con huevo
duro
Pollo asado al romero con
patata, cebolla y manzana
Fruta y pan (sin gluten)
Stew with spinach with hard-boiled egg
Rosemary grilled chicken with potato,
onion and apple
Fruit and bread (gluten free)

16

Arroz tres delicias
Filete de merluza al horno con
ensalada de lechuga
Fruta y pan (sin gluten)
Three jewel rice
Baked hake with lettuce
Fruit and bread (gluten free)

17

Alubias pintas estofadas con verduras
Tortilla francesa de queso con ensalada
de lechuga y zanahoria rallada
Fruta y pan (sin gluten)
Stewed pinto beans with vegetables
Cheese omelette with lettuce and carrot
salad
Fruit and bread (gluten free)

18

Pasta (sin gluten ni huevo) napolitana
Lomos de jurel en salsa de manzana
con ensalada de lechuga y tomate
Fruta y pan (sin gluten)
Napolitan pasta (gluten & egg free)
Mackerel loin with apple sauce with
lettuce & tomatoes
Fruit and bread (gluten free)

VE: 2833/678
GT: 23
GS: 5
HC: 85
AZ: 28
PROT: 35
SAL: 2

21

Sopa de pasta (sin gluten)
Albóndigas a la jardinera con
champiñones
Yogur natural y pan (sin gluten)
Pasta soup (gluten free)
Meatballs with vegetables with
mushrooms
Plain yoghurt and bread (gluten free)

22

Crema de zanahoria y calabaza con
manzana
Pechuga de pollo a la plancha con
ensalada de lechuga y zanahoria
rallada
Fruta y pan (sin gluten)
Carrot and pumpkin soup with apple
Chicken breast with lettuce and carrot
salad
Fruit and bread (gluten free)

23

Lentejas estofadas con verduras
Tortilla paisana con salteado de
verduras con tomate
Fruta y pan (sin gluten)
Stewed lentils
Mixed meat omelette with sautéed
vegetables with tomato sauce
Fruit and bread (gluten free)

24

25

VE: 2548/610
GT: 22
GS: 7
HC: 75
AZ: 24
PROT: 32
SAL: 3

28

29

30

VE: 0/0
GT: 0
GS: 0
HC: 0
AZ: 0
PROT: 0
SAL: 0