

MES: Marzo 2021

COLEGIO: VICTORIA KENT

Lunes

Martes

Miércoles

Jueves

Viernes

1
Menestra de verdura salteada con jamón
Hamburguesa a la plancha con patatas fritas
Yogur y pan (sin gluten)
Vegetable and ham stir fry
Grilled hamburger with french fries
Yoghurt and bread (gluten free)

VE:2.583/618 GT:40 GS:10 HC:49 AZ:7 PROT:28 SAL:2

2
Pasta (sin gluten) gratinada
Estofado de pavo con ensalada de lechuga, zanahoria y maíz
Fruta y pan (sin gluten)
Pasta au gratin (gluten free)
Turkey stew with lettuce, carrot & sweetcorn
Fruit and bread (gluten free)

VE:3.069/734 GT:25 GS:7 HC:101 AZ:29 PROT:35 SAL:1

3
Crema de zanahoria
Tortilla de patatas con ensalada de lechuga, maíz y aceitunas negras
Fruta y pan (sin gluten)
Carrot soup
Spanish omelette with lettuce salad with sweetcorn & black olives
Fruit and bread (gluten free)

VE:2.483/594 GT:27 GS:2 HC:83 AZ:25 PROT:13 SAL:2

4
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

5
Arroz con salsa de tomate
Filete de lenguadina a la plancha con ensalada de lechuga, tomate y maíz
Fruta y pan (sin gluten)
Rice with tomato sauce
Grilled yellowfin sole with lettuce salad with tomato and sweetcorn
Fruit and bread (gluten free)

VE:2.642/632 GT:12 GS:2 HC:103 AZ:23 PROT:32 SAL:3

8
Crema de calabaza
Filete de merluza a la plancha con ensalada de frutos (lechuga, aceitunas y pipas)
Yogur y pan (sin gluten)
Pumpkin soup
Grilled hake with fruit salad (lettuce, olives, sunflower seeds)
Yoghurt and bread (gluten free)

VE:1.659/397 GT:15 GS:5 HC:38 AZ:10 PROT:29 SAL:3

9
Alubias estofadas con verduras
Revuelto de atún con ensalada de lechuga y maíz
Fruta y pan (sin gluten)
Beans with vegetables
Scrambled eggs with tuna with lettuce and sweetcorn salad
Fruit and bread (gluten free)

VE:2.808/672 GT:119 GS:3 HC:88 AZ:28 PROT:44 SAL:2

10
Patatas estofadas con magro
Filete de perca al horno con champiñones
Fruta y pan (sin gluten)
Pork & potato stew
Baked perch with mushrooms
Fruit and bread (gluten free)

VE:2.103/503 GT:11 GS:2 HC:76 AZ:24 PROT:31 SAL:2

11
JG D.O. CASTILLA Y LEON
Arroz con salsa de tomate
Pollo al chilindrón con patatas fritas
Postre especial y pan (sin gluten)
Rice with tomato sauce
Chicken in "chilindron" gravy with french fries
Special desserts and bread (gluten free)

VE:3.932/941 GT:38 GS:7 HC:107 AZ:21 PROT:45 SAL:3

12
Sopa minestrone (sin gluten)
Salchichas frescas con ensalada de lechuga y tomate
Fruta y pan (sin gluten)
Minestrone soup (gluten free)
Sausages with lettuce & tomatoes
Fruit and bread (gluten free)

VE:2.483/594 GT:32 GS:9 HC:61 AZ:25 PROT:19 SAL:4

15
Crema de puerros
Albóndigas en salsa con patatas dado
Yogur y pan (sin gluten)
Cream of leek
Meatballs in gravy with diced potatoes
Yoghurt and bread (gluten free)

VE:3.164/757 GT:50 GS:16 HC:57 AZ:10 PROT:29 SAL:2

16
Pasta (sin gluten) gratinada con queso
Tortilla de calabacín con ensalada de lechuga, zanahoria y maíz
Fruta y pan (sin gluten)
Pasta au gratin (gluten free) with cheese
Zucchini omelette with lettuce, carrot & sweetcorn
Fruit and bread (gluten free)

VE:3.035/726 GT:27 GS:6 HC:107 AZ:29 PROT:22 SAL:2

17
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

18
Judías verdes con tomate
Filete de merluza al limón con ensalada de lechuga, tomate y zanahoria
Fruta y pan (sin gluten)
Green beans with tomatoe
Hake steak with lemon with lettuce, tomato and carrot salad
Fruit and bread (gluten free)

VE:2.663/637 GT:33 GS:4 HC:67 AZ:27 PROT:26 SAL:2

19
FESTIVO

22
Crema de verduras
Bacalao al horno con patatas panaderas
Yogur y pan (sin gluten)
Vegetables cream
Baked cod with roasted potatoes
Yoghurt and bread (gluten free)

VE:2.813/673 GT:34 GS:6 HC:52 AZ:10 PROT:38 SAL:1

23
Sopa de verduras con arroz y quinoa
Contramuslo de pollo al horno con ensalada de lechuga, tomate y zanahoria
Fruta y pan (sin gluten)
Vegetable soup with rice and quinoa
Baked chicken with lettuce, tomato and carrot salad
Fruit and bread (gluten free)

VE:2.002/479 GT:15 GS:3 HC:64 AZ:23 PROT:26 SAL:1

24
Alubias pintas estofadas
Filete de merluza a la plancha con ensalada verde (lechuga, pimiento verde y aceituna)
Fruta y pan (sin gluten)
Stewed pinto beans
Grilled hake with green salad (lettuce, green peppers & olives)
Fruit and bread (gluten free)

VE:2.249/538 GT:8 GS:1 HC:83 AZ:26 PROT:39 SAL:2

25
Pasta (sin gluten) napolitana
Tortilla francesa de jamón york con ensalada de lechuga, tomate y maíz
Fruta y pan (sin gluten)
Neapolitan pasta (gluten free)
Ham omelette with lettuce salad with tomato and sweetcorn
Fruit and bread (gluten free)

VE:1.504/360 GT:8 GS:2 HC:56 AZ:28 PROT:19 SAL:2

26
FESTIVO

29
FESTIVO

30
FESTIVO

31
FESTIVO