

MES: Abril 2024

SAN GABRIEL

Lunes	Martes	Miércoles	Jueves	Viernes	Valoración
<p>1</p> <p>SEMANA SANTA</p>	<p>2</p> <p>Lentejas a la jardinera Filete de pollo al horno con ensalada de lechuga y maíz Fruta y pan (sin gluten) Vegetables lentils Baked chicken with lettuce and sweetcorn salad Fruit and bread (gluten free)</p>	<p>3</p> <p>Arroz con salsa de tomate Filete de lenguadina a la romana (sin gluten) con ensalada de lechuga y tomate Fruta y pan (sin gluten) Rice with tomato sauce Battered & fried yellowfin sole (gluten free) with lettuce & tomatoes Fruit and bread (gluten free)</p>	<p>4</p> <p>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)</p>	<p>5</p> <p>Salteado de judías verdes Tortilla de patatas con ensalada de lechuga Fruta y pan (sin gluten) Sauteed green beans Spanish omelette with lettuce Fruit and bread (gluten free)</p>	<p>VE: 3112/745 GT: 24 GS: 6 HC: 145 AZ: 26 PROT: 31 SAL: 1</p>
<p>8</p> <p>Arroz con salsa de tomate Filete de abadejo al horno con verduras (cebolla, zanahoria, pimiento rojo, pimiento verde, tomate y ajo) con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan (sin gluten) Rice with tomato sauce Baked haddock fillet with vegetables with green salad (lettuce, green peppers & olives) Fruit and bread (gluten free)</p>	<p>9</p> <p>Alubias estofadas con verduras Revuelto de jamón york con ensalada de lechuga y remolacha Fruta y pan (sin gluten) Braised beans with vegetables Scrambled eggs with ham with lettuce and beets Fruit and bread (gluten free)</p>	<p>10</p> <p>Crema de calabacín Pechuga de pollo a la plancha con ensalada de lechuga y tomate Fruta y pan (sin gluten) Zucchini cream Chicken breast with lettuce & tomatoes Fruit and bread (gluten free)</p>	<p>11</p> <p>Sopa de ave con fideos (sin gluten) Magro en salsa con patatas dado Fruta y pan (sin gluten) Chicken soup with noodles (gluten free) Lean pork in sauce with diced potatoes Fruit and bread (gluten free)</p>	<p>12</p> <p>Pasta (sin gluten) con tomate Filete de merluza al horno con champiñones salteados Fruta y pan (sin gluten) Pasta (gluten free) with tomato sauce Baked hake with sautéed mushrooms Fruit and bread (gluten free)</p>	<p>VE: 2951/706 GT: 22 GS: 4 HC: 100 AZ: 28 PROT: 35 SAL: 1</p>
<p>15</p> <p>Coliflor salteada Hamburguesa al horno con arroz pilaf Fruta y pan (sin gluten) Sautéed cauliflower Baked hamburger with pilaf rice Fruit and bread (gluten free)</p>	<p>16</p> <p>Pasta (sin gluten) con tomate Filete de merluza con pisto Fruta y pan (sin gluten) Pasta (gluten free) with tomato sauce Hake steak with ratatouille Fruit and bread (gluten free)</p>	<p>17</p> <p>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)</p>	<p>18</p> <p>Arroz con salsa de tomate Revuelto de picadillo con ensalada de lechuga y maíz Fruta y pan (sin gluten) Rice with tomato sauce Scrambled eggs with meat with lettuce and sweetcorn salad Fruit and bread (gluten free)</p>	<p>19</p> <p>Lentejas estofadas con verduras Pollo asado con patatas fritas Fruta y pan (sin gluten) Stewed lentils Grilled chicken with french fries Fruit and bread (gluten free)</p>	<p>VE: 3050/730 GT: 22 GS: 6 HC: 107 AZ: 27 PROT: 34 SAL: 1</p>
<p>22</p> <p>Pasta (sin gluten) con tomate Abadejo al horno con ensalada de lechuga, tomate y zanahoria Fruta y pan (sin gluten) Pasta (gluten free) with tomato sauce Baked haddock with lettuce, tomato and carrot salad Fruit and bread (gluten free)</p>	<p>23</p> <p>Sopa minestrone (sin gluten) Estofado de ternera con arroz pilaf Fruta y pan (sin gluten) Minestrone soup (gluten free) Beef stew with pilaf rice Fruit and bread (gluten free)</p>	<p>24</p> <p>Panaché de verduras Jamoncitos de pollo al ajillo con ensalada de lechuga, zanahoria y quinoa Fruta y pan (sin gluten) Steamed vegetables Chicken drumsticks in garlic sauce with lettuce, carrot and quinoa salad Fruit and bread (gluten free)</p>	<p>25</p> <p>Lentejas estofadas con chorizo Tortilla de patatas con ensalada de lechuga y remolacha Fruta y pan (sin gluten) Lentils with chorizo sausage Spanish omelette with lettuce and beets Fruit and bread (gluten free)</p>	<p>26</p> <p>Arroz con salsa de tomate Lacón al horno con zanahorias salteadas Fruta y pan (sin gluten) Rice with tomato sauce Baked lacón pork with sautéed carrots Fruit and bread (gluten free)</p>	<p>VE: 3364/805 GT: 26 GS: 6 HC: 114 AZ: 30 PROT: 33 SAL: 2</p>
<p>29</p> <p>Pasta (sin gluten) con tomate Revuelto de atún con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan (sin gluten) Pasta (gluten free) with tomato sauce Scrambled eggs with tuna with green salad (lettuce, green peppers & olives) Fruit and bread (gluten free)</p>	<p>30</p> <p>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)</p>			<p>Sin gluten, sin plv</p>	<p>VE: 3243/776 GT: 25 GS: 7 HC: 106 AZ: 30 PROT: 37 SAL: 2</p>