

MES: Julio 2022

COLEGIO: SAN GABRIEL

Lunes	Martes	Miércoles	Jueves	Viernes	Valoración
				1 Crema de verduras Delicias de bacalao con ensalada Yogur y pan Vegetables cream Cod delights with salad Yoghurt and bread	VE: 3026/724 GT: 34 GS: 5 HC: 80 AZ: 13 PROT: 21 SAL: 1
4 Coditos gratinados Pollo asado con ensalada Fruta y pan Grilled elbow macaroni Grilled chicken with salad Fruit and bread	5 Alubias a la jardinera (patata, zanahoria, arroz, pimiento) Huevos con tomate Yogur y pan Braised white beans with vegetables Eggs with tomato Yoghurt and bread	6 Crema de zanahoria Albóndigas a la jardinera con patatas fritas Fruta y pan Carrot cream Meatballs with vegetables with french fries Fruit and bread	7 Arroz con salsa de tomate Merluza a la romana con ensalada Fruta y pan Rice with tomato sauce Roman hake with salad Fruit and bread	8 Gazpacho Lomo a la plancha con ensalada Yogur y pan Gazpacho Grilled tenderloin with salad Yoghurt and bread	VE: 3130/749 GT: 21 GS: 5 HC: 97 AZ: 26 PROT: 40 SAL: 1
11 Arroz a la milanesa Filete de merluza con ensalada Fruta y pan Milanese rice Hake steak with salad Fruit and bread	12 Lentejas a la jardinera Pavo a la plancha con ensalada Yogur y pan Vegetables lentils Grilled turkey with salad Yoghurt and bread	13 Patatas estofadas con verduras Jamoncitos de pollo al horno con ensalada Fruta y pan Stewed potatoes with vegetables Baked chicken drumsticks with salad Fruit and bread	14 Macarrones con salsa de tomate Tortilla de calabacín con ensalada Fruta y pan Macaroni with tomato sauce Zucchini omelette with salad Fruit and bread	15 Puré de verduras Magro con patatas dado Yogur y pan Vegetables purée Pork loin steak with diced potatoes Yoghurt and bread	VE: 2735/654 GT: 14 GS: 3 HC: 98 AZ: 22 PROT: 34 SAL: 1
18 Fideuá San Jacobo con ensalada Fruta y pan Fideua (fine paella) Cooked breaded ham & cheese escalope with salad Fruit and bread	19 Ensalada de pasta Albóndigas a la jardinera Yogur y pan Pasta salad Meatballs with vegetables Yoghurt and bread	20 Arroz con salsa de tomate Tortilla francesa con ensalada Fruta y pan Rice with tomato sauce French omelette with salad Fruit and bread	21 Crema de calabacín Pollo asado con patatas fritas Fruta y pan Zucchini cream Grilled chicken with french fries Fruit and bread	22 Macarrones a la napolitana Filete de lenguadina al horno con ensalada Yogur y pan Napolitan macaroni Baked sole fillet with salad Yoghurt and bread	VE: 3296/788 GT: 25 GS: 6 HC: 106 AZ: 24 PROT: 36 SAL: 1
25 Macarrones con salsa de tomate Hamburguesa al horno con ensalada Fruta y pan Macaroni with tomato sauce Baked hamburger with salad Fruit and bread	26 Lentejas estofadas con verduras Lomo en salsa con ensalada Yogur y pan Stewed lentils Loin in sauce with salad Yoghurt and bread	27 Crema de zanahoria Nuggets de pollo con ensalada Fruta y pan Carrot cream Chicken nuggets with salad Fruit and bread	28 Judías verdes con patatas Merluza a la romana con ensalada Fruta y pan Green beans with potatoes Roman hake with salad Fruit and bread	29 Arroz con salsa de tomate Tortilla francesa de queso con ensalada Yogur y pan Rice with tomato sauce Cheese omelette with salad Yoghurt and bread	VE: 2836/679 GT: 20 GS: 4 HC: 96 AZ: 23 PROT: 32 SAL: 2