

MES: Septiembre 2023

SANTA M^a DEL CARMEN

Lunes

Martes

Miércoles

Jueves

Viernes

1

4

5

NO GLUTEN

6

Arroz con salsa de tomate
Lacón al horno con ensalada verde
(lechuga, pimiento verde y aceituna)
Fruta y pan (sin gluten)
Rice with tomato sauce
Baked lacón pork with green salad (lettuce,
green peppers & olives)
Fruit and bread (gluten free)

7

Alubias estofadas con verduras
Tortilla francesa con champiñones
salteados
Yogur y pan (sin gluten)
Braised beans with vegetables
French omelette with sautéed mushrooms
Yoghurt and bread (gluten free)

8

Crema de calabacín
Filete de lenguadina al horno con
ensalada de lechuga y tomate
Fruta y pan
Zucchini cream
Baked sole fillet with lettuce & tomatoes
Fruit and bread

11

Salteado campestre
Lomo adobado con ensalada de lechuga,
tomate y zanahoria
Fruta y pan (sin gluten)
Sautéed vegetables
Marinated tenderloin with lettuce, tomato
and carrot salad
Fruit and bread (gluten free)

12

Pasta (sin gluten) con tomate
Abadejo al horno con ensalada de
lechuga y aceitunas negras
Yogur y pan (sin gluten)
Pasta (gluten free) with tomato sauce
Baked haddock with lettuce & olives
Yoghurt and bread (gluten free)

13

Garbanzos estofados con verduras
Ragout de pavo con ensalada de lechuga
y cebolla
Fruta y pan (sin gluten)
Chickpeas stewed with vegetables
Turkey stew with lettuce salad with onion
Fruit and bread (gluten free)

14

Arroz con pollo
Tortilla francesa con atún con ensalada de
lechuga y zanahoria
Yogur y pan (sin gluten)
Rice with chicken
Tuna omelette with lettuce & carrot
Yoghurt and bread (gluten free)

15

Crema de verduras
Jamoncitos de pollo al horno con
champiñones
Fruta y pan (sin gluten)
Vegetables cream
Baked chicken drumsticks with
mushrooms
Fruit and bread (gluten free)

18

Arroz tres delicias
Filete de merluza al horno con patatas
asadas
Fruta y pan (sin gluten)
Chinese fried rice
Baked hake with roasted potatoes
Fruit and bread (gluten free)

19

Sopa de pasta (sin gluten)
Albóndigas con tomate con menestra de
verduras salteadas
Yogur y pan (sin gluten)
Pasta soup (gluten free)
Meatballs with tomato sauce with
vegetable stew
Yoghurt and bread (gluten free)

20

Crema de zanahoria
Pollo asado con ensalada de lechuga,
zanahoria y maíz
Fruta y pan (sin gluten)
Carrot cream
Grilled chicken with lettuce, carrot &
sweetcorn
Fruit and bread (gluten free)

21

Pasta (sin gluten) con tomate
Filete de lenguadina al horno con ensalada
verde (lechuga, pimiento verde y aceituna)
Yogur y pan (sin gluten)
Pasta (gluten free) with tomato sauce
Baked sole fillet with green salad (lettuce,
green peppers & olives)
Yoghurt and bread (gluten free)

22

Alubias pintas estofadas
Tortilla de patatas con pisto
Fruta y pan (sin gluten)
Stewed pinto beans
Spanish omelette with ratatouille
Fruit and bread (gluten free)

25

Arroz con verduras
Magro en salsa con ensalada de lechuga,
zanahoria y maíz
Fruta y pan (sin gluten)
Rice with vegetables
Lean pork in sauce with lettuce, carrot &
sweetcorn
Fruit and bread (gluten free)

26

Crema de calabaza
Jamoncitos de pollo al limón con patatas
asadas
Yogur y pan (sin gluten)
Pumpkin soup
Lemon chicken drumsticks with roasted
potatoes
Yoghurt and bread (gluten free)

27

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)

28

Arroz a la napolitana
Tortilla francesa de jamón york con
ensalada de lechuga, zanahoria y quinoa
Yogur y pan (sin gluten)
Napolitan rice
Ham omelette with lettuce, carrot and
quinoa salad
Yoghurt and bread (gluten free)

29

Verduras salteadas
Filete de merluza al horno con ensalada
de lechuga y tomate
Fruta y pan (sin gluten)
Stir fry vegetables
Baked hake with lettuce & tomatoes
Fruit and bread (gluten free)