

MES: Abril 2019

COLEGIO: HIGHLANDS BARCELONA

Lunes

Martes

Miércoles

Jueves

Viernes

<p>1</p> <p>Lentejas estofadas con arroz Tortilla paisana con ensalada primavera (lechuga, tomate y maíz) Yogur y pan (sin gluten) Lentils with rice Mixed meat omelette with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread (gluten free)</p>	<p>2</p> <p>Sopa de ave con fideos con pasta (sin gluten) Estofado a la jardinera con ensalada hortelana (lechuga, tomate y zanahoria) Fruta y pan (sin gluten) Chicken soup with noodles with pasta (gluten free) Vegetables stew with salad (lettuce, tomatoes & carrots) Fruit and bread (gluten free)</p>	<p>3</p> <p>Espinacas salteadas con patatas Hamburguesa completa con patatas fritas Fruta y pan (sin gluten) Sautéed spinach with potatoes Complete hamburger with french fries Fruit and bread (gluten free)</p>	<p>4</p> <p>Arroz a la cubana (arroz, salsa de tomate) con huevo duro Jamoncitos de pollo al limón con ensalada mixta Fruta y pan (sin gluten) Cuban style rice with hard-boiled egg Lemon chicken drumsticks with mixed salad Fruit and bread (gluten free)</p>	<p>5</p> <p>Crema de verduras Ventresca de merluza al horno con ensalada mixta Fruta o Yogur y pan (sin gluten) Vegetables cream Baked hake with mixed salad Fruit or Yoghurt and bread (gluten free)</p>
<p>8</p> <p>Fideuá de pollo con pasta (sin gluten) Albóndigas con tomate con ensalada hortelana (lechuga, tomate y zanahoria) Yogur y pan (sin gluten) Chicken fideua with pasta (gluten free) Meatballs with tomato sauce with salad (lettuce, tomatoes & carrots) Yoghurt and bread (gluten free)</p>	<p>9</p> <p>Crema de verduras Pinchos morunos con arroz salteado Fruta y pan (sin gluten) Vegetables cream Shish-kabab with sautéed rice Fruit and bread (gluten free)</p>	<p>10</p> <p>Garbanzos estofados con verduras Revuelto de jamón york y queso con ensalada de frutos (lechuga, aceitunas y pipas) Fruta y pan (sin gluten) Chickpeas stewed with vegetables Scrambled eggs with ham & cheese with fruit salad (lettuce, olives, sunflower seeds) Fruit and bread (gluten free)</p>	<p>11</p> <p>Arroz con pollo y cúrcuma Escalope de ternera con ensalada de lechuga Fruta y pan (sin gluten) Rice with chicken & turmeric Beef escalope with lettuce Fruit and bread (gluten free)</p>	<p>12</p> <p>Patatas guisadas con verduritas Ventresca de merluza a la plancha con salsa de tomate Flan de vainilla o Fruta y pan (sin gluten) Stewed potatoes with vegetables Grilled hake with tomato sauce Vanilla crème caramel or Fruit and bread (gluten free)</p>
<p>15</p> <p>FESTIVO</p>	<p>16</p> <p>FESTIVO</p>	<p>17</p> <p>FESTIVO</p>	<p>18</p> <p>FESTIVO</p>	<p>19</p> <p>FESTIVO</p>
<p>22</p> <p>FESTIVO</p>	<p>23</p> <p>Macarrones napolitana con pasta (sin gluten) Tortilla de patatas con ensalada de lechuga y aceitunas Fruta o Yogur y pan (sin gluten) Napolitan macaroni with pasta (gluten free) Spanish potato omelette with green salad with olives Fruit or Yoghurt and bread (gluten free)</p>	<p>24</p> <p>Lentejas estofadas con verduras Salmón al horno con salsa de puerros con ensalada de frutos (lechuga, aceitunas y pipas) Fruta y pan (sin gluten) Stewed lentils Baked salmon with leek sauce with fruit salad (lettuce, olives, sunflower seeds) Fruit and bread (gluten free)</p>	<p>25</p> <p>Sopa de fideos con pasta (sin gluten) Pollo al chilindrón con ensalada hortelana (lechuga, tomate y zanahoria) Fruta y pan (sin gluten) Noodle soup with pasta (gluten free) Chicken in "chilindron" gravy with salad (lettuce, tomatoes & carrots) Fruit and bread (gluten free)</p>	<p>26</p> <p>Arroz tres delicias Filete de merluza con ensalada de lechuga y maíz Yogur o Fruta y pan (sin gluten) Chinese fried rice Hake steak with lettuce & sweetcorn Yoghurt or Fruit and bread (gluten free)</p>
<p>29</p> <p>Arroz con salsa de tomate Bacalao a la plancha con ensalada primavera (lechuga, tomate y maíz) Yogur y pan (sin gluten) Rice with tomato sauce Grilled codfish with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread (gluten free)</p>	<p>30</p> <p>Salteado de judías verdes con patatas Lomo a la plancha con puré de patatas Fruta y pan (sin gluten) Sautéed green beans with potatoes Grilled tenderloin with mashed potatoes Fruit and bread (gluten free)</p>			