

MES: Septiembre 2019

COLEGIO: HIGHLANDS BARCELONA

Lunes

Martes

Miércoles

Jueves

Viernes

2	3	4	5	6
9	10	11	12 Espaguetis a la boloñesa con pasta (sin gluten) Filete de merluza con ensalada mixta Fruta y pan (sin gluten) Bolognese spaghetti with pasta (gluten free) Hake steak with mixed salad Fruit and bread (gluten free)	13 Crema de verduras con kale Pollo asado al romero con ensalada de lechuga, tomate y maíz Fruta y pan (sin gluten) Vegetables cream with kale Rosemary grilled chicken with lettuce salad with tomato and sweetcorn Fruit and bread (gluten free)
16 Lentejas estofadas con boniato Tortilla de patatas con ensalada primavera (lechuga, tomate y maíz) Yogur natural con chía y pan (sin gluten) Lentils stew with sweet potato Spanish potato omelette with spring salad (lettuce, tomatoes & sweetcorn) Natural yoghurt with chia and bread (gluten free)	17 Verdura tricolor (patata, zanahoria, judía verde) Hamburguesa completa con ensalada de lechuga y aceitunas negras Fruta y pan (sin gluten) Vegetables (potatoe, carrot, green bean) Complete hamburger with lettuce & olives Fruit and bread (gluten free)	18 Arroz con magro y champiñones Lomo de perca con vinagreta de cítricos con ensalada de lechuga y cebolla Fruta y pan (sin gluten) Rice with lean pork & mushrooms Perch loin with citrus vinaigrette with lettuce salad with onion Fruit and bread (gluten free)	19 Crema de calabacín Lomo al ajillo con ensalada de lechuga, maíz y quinoa Fruta y pan (sin gluten) Zucchini cream Tenderloin with garlic with lettuce salad with sweetcorn & quinoa Fruit and bread (gluten free)	20 Pasta con verduras con pasta (sin gluten) Rape en salsa verde con ensalada de lechuga, tomate y zanahoria Fruta y pan (sin gluten) Pasta with vegetables with pasta (gluten free) Monkfish in green sauce with lettuce, tomato and carrot salad Fruit and bread (gluten free)
23 Menestra de verduras salteadas Albóndigas con jardinera de champiñones Yogur y pan (sin gluten) Sautéed minestrone Meatballs in mushroom gravy Yoghurt and bread (gluten free)	24	25 Crema toscana de alubias con dados de jamón y romero Contramuslo de pollo al chilindrón con ensalada mixta Fruta y pan (sin gluten) Tuscan white beans cream with jam and rosemary Chicken in "chilindron" gravy with mixed salad Fruit and bread (gluten free)	26 Paella de verduras Caella empanada con ensalada de lechuga, tomate y maíz Fruta y pan (sin gluten) Vegetarian paella Breaded smooth dogfish with lettuce salad with tomato and sweetcorn Fruit and bread (gluten free)	27 Sopa de pescado con pasta con pasta (sin gluten) Wok de pavo con verduritas Fruta y pan (sin gluten) Fish soup with pasta with pasta (gluten free) Turkey wok with vegetables Fruit and bread (gluten free)
30 Salteado de guisantes con bacon Gratén de huevos con ensalada de lechuga, tomate y zanahoria Yogur y pan (sin gluten) Sautéed peas with bacon Eggs au gratin with lettuce, tomato and carrot salad Yoghurt and bread (gluten free)				