

MENÚ CELIACOS

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
	1 Lentejas guisadas a la madrileña Merluza en salsa marinera con guisantes 439 kcal. 48 Ch. 25 Prot. 16 Lip.	2 Judías verdes al vapor con jamón Huevos villaroy con zanahorias baby 482 kcal. 61 Ch. 21 Prot. 17 Lip.	3 Crema de espinacas Lenguadina a la andaluza con calabacín rehogado 478 kcal. 56 Ch. 22 Prot. 18 Lip.	4 Sopa de ave con letras Croquetas artesanas de jamón con ensalada de lechuga y tomate. 469 kcal. 49 Ch. 26 Prot. 18 Lip.
7 Espirales al horno con gambas y verduras Tortilla francesa de jamón con ensalada de tomate 500 kcal. 52 Ch. 24 Prot. 22 Lip.	8 Garbanzos estofados Salmón en salsa de verdura con calabaza asada 500 kcal. 45 Ch. 31 Prot. 22 Lip.	9 Sopa de ave con estrellas Pechuga de pollo a la plancha con patatas panadera 511 kcal. 62 Ch. 24 Prot. 18 Lip.	10 Patatas guisadas a la riojana Merluza a la romana con ensalada de tomate y maíz 468 kcal. 45 Ch. 23 Prot. 22 Lip.	11 Crema de zanahorias Escalopines milanesa con ensalada de tomate 507 kcal. 58 Ch. 25 Prot. 20 Lip.
14 Paella huertana Magra con tomate con ensalada 493 kcal. 60 Ch. 23 Prot. 18 Lip.	15 Judías blancas estofadas con verduras Lenguadina en salsa de espinacas con zanahorias 475 kcal. 59 Ch. 26 Prot. 15 Lip.	16 Crema de verduras frescas Albóndigas jardineras con patatas dado 504 kcal. 52 Ch. 28 Prot. 21 Lip.	17 Ensalada de pasta Salmón al horno con calabacín rehogado 518 kcal. 62 Ch. 18 Prot. 22 Lip.	18 Sopa de ave con picadillo Pollo asado con patatas panadera 484 kcal. 51 Ch. 26 Prot. 20 Lip.
21 Guiso de patatas con verduras de temporada Ragú de pavo al horno con arroz blanco 463 kcal. 56 Ch. 21 Prot. 17 Lip.	22 Lentejas guisadas con verduras Merluza en salsa con ensalada de lechuga y tomate 476 kcal. 47 Ch. 25 Prot. 21 Lip.	23 Crema de calabaza Filetes rusos en salsa barbacoa con patatas fritas 535 kcal. 63 Ch. 26 Prot. 20 Lip.	24 Arroz con tomate Lenguadina a la andaluza con verduritas rehogadas 541 kcal. 64 Ch. 20 Prot. 23 Lip.	25 Sopa de cocido Cocido completo: garbanzos, carne, chorizo, patata y zanahoria 447 kcal. 47 Ch. 31 Prot. 15 Lip.
28 Fideua de pollo Tortilla española con ensalada de lechuga y tomate 486 kcal. 62 Ch. 21 Prot. 17 Lip.	29 Garbanzos a la madrileña Salmón en salsa de zanahorias con guisantes rehogados 482 kcal. 54 Ch. 28 Prot. 17 Lip.	30 Crema de zanahorias Pechuga de pollo a la plancha con puré de patata 566 kcal. 63 Ch. 26 Prot. 23 Lip.	31 DÍA INTERNACIONAL "ITALIA" Fetuccini Alfredo Pizza Romana 541 kcal. 71 Ch. 17 Prot. 21 Lip.	

Postres:: Fruta tres días a la semana y lácteos

Todas las salsas, empanados y rebozado están hecho con productos aptos para celíacos

CELIACS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Madrilenian style lentils stew Hake in marinière sauce with peas 439 kcal. 48 Ch. 25 Prot. 16 Lip.	2 Steamed green beans with ham Villaroy style eggs with baby carrots 482 kcal. 61 Ch. 21 Prot. 17 Lip.	3 Spinach cream soup Battered megrim sole with sautéed courgettes 478 kcal. 56 Ch. 22 Prot. 18 Lip.	4 Pasta letters poultry soup Homemade ham croquettes with lettuce and tomato salad 469 kcal. 49 Ch. 26 Prot. 18 Lip.
7 Pasta bake with prawns and vegetables Ham omelette with tomato salad 500 kcal. 52 Ch. 24 Prot. 22 Lip.	8 Chickpea stew Salmon in vegetable sauce with roasted pumpkin 500 kcal. 45 Ch. 31 Prot. 22 Lip.	9 Pasta stars poultry soup Grilled chicken breast with Baker-Style potatoes 511 kcal. 62 Ch. 24 Prot. 18 Lip.	10 "Riojana Style" potato stew Battered Hake with tomato and sweetcorn salad 468 kcal. 45 Ch. 23 Prot. 22 Lip.	11 Carrot cream soup Breaded veal with tomato salad 507 kcal. 58 Ch. 25 Prot. 20 Lip.
14 Vegetable Paella Pork loin in tomato sauce with salad 493 kcal. 60 Ch. 23 Prot. 18 Lip.	15 Haricot beans and vegetables stew Megrim sole in spinach sauce with baby carrots 475 kcal. 59 Ch. 26 Prot. 15 Lip.	16 Fresh vegetables cream soup Jardinière style meatballs with diced potatoes 504 kcal. 52 Ch. 28 Prot. 21 Lip.	17 Pasta salad Baked salmon with sautéed courgettes 518 kcal. 62 Ch. 18 Prot. 22 Lip.	18 Poultry soup with hash Roasted chicken with baker-style potatoes 484 kcal. 51 Ch. 26 Prot. 20 Lip.
21 Potatoes and seasonal vegetables stew Turkey ragu with rice 463 kcal. 56 Ch. 21 Prot. 17 Lip.	22 Lentils and vegetables stew Hake in sauce with lettuce and tomato salad 476 kcal. 47 Ch. 25 Prot. 21 Lip.	23 Pumpkin cream soup Salisbury steaks in barbecue sauce with French fries 535 kcal. 63 Ch. 26 Prot. 20 Lip.	24 Rice with tomato sauce Battered megrim sole with sautéed vegetables 541 kcal. 64 Ch. 20 Prot. 23 Lip.	25 Stew soup Chickpea, meat, chorizo, potatoes and carrot stew 447 kcal. 47 Ch. 31 Prot. 15 Lip.
28 Chicken and vegetable noodle paella Spanish Omelette with lettuce 486 kcal. 62 Ch. 21 Prot. 17 Lip.	29 Madrilenian style chickpea stew Salmon in carrot sauce with sautéed vegetables 482 kcal. 54 Ch. 28 Prot. 17 Lip.	30 Carrot cream soup Grilled chicken breast with sautéed vegetables 566 kcal. 63 Ch. 26 Prot. 23 Lip.	31 ITALIAN FOOD INTERNATIONAL DAY Fetuccine Alfredo "Rome" style pizza 541 kcal. 71 Ch. 17 Prot. 21 Lip.	
Desserts: Fruit three times per week and dairy products				
All sauces, breaded and battered meals are cooked with specific products for celiacs				