MENÚ NOVIEMBRE 2026 COLEGIO SANTO DOMINGO SAVIO (Sin gluten)

Andover Comedores y Limpiezas, S.L.

ALÉRGENOS (T-TRAZAS): 1- Gluten 2-Leche 3-Huevo 4-Pescado 5- Crustáceos 6- Moluscos 7-Cacahuete 8- soja 9-Frutos secos 10- Apio 11- Mostaza 12- Sésamo 13- Sulfitos 14- Altramuces

ISO 9001 ISO 22000

LUNES/MONDAY	MARTES/TUESDAY	MIÉRCOLES/WEDNESDAY	JUEVES/THURSDAY	VIERNESFRIDAY
2	**3**	**4**	**5**	**6**
Pasta sin gluten a la boloñesa con queso 2 **Merluza al horno con ensalada 4** **Fruta natural y pan sin gluten** *Gluten-free pasta Bolognese with cheese* *Baked hake with salad* *Fresh fruit and gluten-free bread* *738 Kcal/ 28.5 Gr/ 37.2 Prot/ 77.4 HC*	**Crema de calabaza, zanahoria y puerro con huevo rallado 3** **Muslitos de pollo en su jugo con patatas** **Fruta natural y pan sin gluten** *Pumpkin, carrot, and leek soup with grated egg* *Chicken drumsticks in their own juices with potatoes* *Fresh fruit and gluten-free bread* *585 Kcal/ 25 Gr/ 21.3 Prot/ 64.1 HC*	**Alubias ecológicas estofadas con verduras** **Huevos revueltos con champiñones y ensalada 3** **Fruta natural y pan sin gluten** *Organic beans stewed with vegetables* *Scrambled eggs with mushrooms and salad* *Fresh fruit and gluten-free bread* *616 Kcal/ 28.5 Gr/ 23.2 Prot/ 52.4 HC*	**Paella de verduras** **Filete de limanda con ensalada 4** **Fruta natural y pan sin gluten** *Vegetable paella* *Lemon sole fillet with salad* *Fresh fruit and gluten-free bread* *652 Kcal/ 22.5 Gr/ 23.2 Prot/ 87.4 HC*	**Sopa de cocido con fideos sin gluten** **Complemento de cocido con garbanzos, pollo, patata, zanahoria y repollo** **Fruta natural y pan sin gluten** *Stew broth with gluten-free noodles* *Stew accompaniments: chickpeas, chicken, potato, carrot, and cabbage* *Fresh fruit and gluten-free bread* *718 Kcal/ 23-9 Gr/ 22.4 Prot/ 92.7 HC*
9	**10**	**11**	**12**	**13**
Arroz con magro y verduras **Tortilla de patatas con ensalada 3** **Fruta natural y pan sin gluten** *Rice with loin and vegetables* *Spanish omelette with salad* *Fresh fruit and gluten-free bread* *758 Kcal/ 33.5 Gr/ 15.2 Prot/ 93.4 HC*	**Alubias estofadas con verduras y arroz** **Cinta de lomo fresca con salsa de manzana y ensalada** **Fruta natural y pan sin gluten** *Beans stew with vegetables and rice* *Fresh pork loin with apple sauce and salad* *Fresh fruit and gluten-free bread* *643 Kcal/ 24 Gr/ 32 Prot/ 66.4 HC*	**Puré de judías verdes rehogadas con patata y zanahoria** **Merluza al horno en salsa de verduras con ensalada 4** **Fruta natural y pan sin gluten** *Purée of sautéed green beans with potato and carrot* *Oven-baked hake in vegetable sauce with salad* *Fresh fruit and gluten-free bread* *606 Kcal/ 33.5 Gr/ 26.2 Prot/ 44.4 HC*	**Sopa de cocido con fideos sin gluten** **Muslitos de pollo en su jugo con patatas** **Fruta natural y pan sin gluten** *Stew broth with gluten-free noodles* *Chicken thighs in it's juice with potaoes* *Fresh fruit and gluten-free bread* *684 Kcal/ 31.5 Gr/ 24.2 Prot/ 69.4 HC*	**Pasta sin gluten con tomate, atún y queso 2-4** **Halibut al horno con ensalada 4** **Fruta natural y pan sin gluten** *Gluten-free pasta with tomato, tuna, and cheese* *Backed halibut with salad* *Fresh fruit and gluten-free bread* *817 Kcal/ 40.4 Gr/ 32.1 Prot/ 72.6 HC*
16	**17**	**18**	**19**	**20**
Patatas guisadas a la marinera con pescado 4-5-6-13 **Lomo adobado con ensalada 8** **Fruta natural y pan sin gluten** *Sailor-style fish and potato stew* *Marinated pork loin with salad* *Fresh fruit and gluten-free bread* *661 Kcal/ 24.7 Gr/ 29.6 Prot/ 72.9 HC*	**Arroz integral a la cubana con tomate y huevo 3** **Filete de tilapia al horno con ensalada 4** **Fruta natural y pan sin gluten** *Cuban-style brown rice with tomato and egg* *Baked tilapia fillet with salad* *Fresh fruit and gluten-free bread* *685 Kcal/ 26.5 Gr/ 23.2 Prot/ 85.4 HC*	**Alubias estofadas con patata y verduras** **Tortilla francesa con queso y ensalada 2-3** **Fruta natural y pan sin gluten** *Stewed beans with potatoes and vegetables* *Cheese omelet with salad (serves 2–3)* *Fresh fruit and gluten-free bread* *660 Kcal/ 32.1 Gr/ 26.2 Prot/ 53.8 HC*	**Crema de verduras variadan con huevo 3-10** **Merluza al horno con patatas al horno 4** **Fruta natural y pan sin gluten** *Mixed vegetable cream soup with egg* *Backed hake with oven-roasted potatoes* *Fresh fruit and gluten-free bread* *590 Kcal/ 21.9 Gr/ 25.1 Prot/ 66.8 HC*	**Sopa de cocido con fideos sin gluten** **Complemento de cocido con garbanzos, pollo, patata, zanahoria y repollo** **Fruta natural y pan sin gluten** *Stew broth with gluten-free noodles* *Stew accompaniments: chickpeas, chicken, potato, carrot, and cabbage* *Fresh fruit and gluten-free bread* *718 Kcal/ 23-9 Gr/ 22.4 Prot/ 92.7 HC*
23	**24**	**25**	**26**	**27**
Alubias estofadas con patata y verduras **Limanda en salsa de tomate con patatas 4** **Fruta natural y pan sin gluten** *Beans stew with potatoes and vegetables* *Lemon sole in tomato sauce with potatoes* *Fresh fruit and gluten-free bread* *695 Kcal/ 32.5 Gr/ 32.2 Prot/ 65.4 HC*	**Patatas estofadas con tomate y pimiento** **Muslitos de pollo al horno con ensalada** **Fruta natural y pan sin gluten** *Stewed potatoes with tomato and bell pepper* *Oven-baked chicken drumsticks with salad* *Fresh fruit and gluten-free bread* *630 Kcal/ 25.5 Gr/ 22.2 Prot/ 70.4 HC*	**Garbanzos ecológicos estofados con verduras** **Merluza PBO al horno con ensalada 4** **Fruta natural y pan sin gluten** *Organic chickpeas stew with vegetables* *Oven-baked PBO hake with salad* *Fresh fruit and gluten-free bread* *651 Kcal/ 20.5 Gr/ 33.2 Prot/ 76.4 HC*	**Arroz caldoso de pollo y verduras** **Huevos revueltos con calabacín y ensalada 3** **Fruta natural y pan sin gluten** *Brothy chicken and vegetable rice* *Scrambled eggs with zucchini and salad* *Fresh fruit and gluten-free bread* *704 Kcal/ 29.5 Gr/ 23.2 Prot/ 80.4 HC*	**Crema romanescu y patata con huevo 3** **Hamburguesa mixta con queso y ensalada 1-2-8-13** **Fruta natural y pan 1** *Romanesco and potato cream soup with egg* *Mixed-meat burger with cheese and salad* *Fresh fruit and bread* *697 Kcal/ 35 Gr/ 23.5 Prot/ 69.2 HC*
30				
Tallarines sin gluten con salsa de tomate y atún 4 **Filete de pollo asado con ensalada** **Fruta natural y pan sin gluten** *Gluten-free noodles with tomato sauce and tuna* *Roasted chicken fillet with salad* *Fresh fruit and gluten-free bread* *747 Kcal/ 21.5 Gr/ 30.2 Prot/ 100.4 HC*		Giorgia S.G – Dpto. Nutrición		

Menú elaborado conforme a las directrices del Real Decreto 315/2025, de 15 de abril, por el que se establecen normas de desarrollo de la Ley 17/2011, de 5 de julio, de seguridad alimentaria y nutrición, para el fomento de una alimentación saludable y sostenible en centros educativos.