

SEASONAL FRUITS: Melon, plum, apple, white pear,, banana

MONDAY / LUNES

TUESDAY / MARTES

WEDNESDAY / MIÉRCOLES

THURSDAY / JUEVES

FRIDAY / VIERNES

1 Seasonal vegetable salad
Ensalada de verduras de temporada

Wholewheat spaghetti with tomato and sausage
Espaguetis integrales a la aragonesa (chorizo)

Breaded hake fillet with sauteed carrot
Filete de merluza empanado con zanahoria salteada

Dairy
Lácteo

KCal 812,413 Prot 33,068g Ca 379,857mg Fe 6,229mg
HdC 99,287g Lip 31,950g VitA 2,399mg VitB12 1,595mg

CENA/DINNER:
Broccoli with potatoes/White meat/Fruit
Brocoli con patatas/Carne blanca/Fruta

4 WORLD ANIMALS DAY Lettuce, tomato, olives, asparagus, carrot
DIA MUNDIAL DE LOS ANIMALES Lechuga, tomate, aceitunas, espárragos, zanahoria

Lentils with pumpkin and vegetables
Lentejas con calabaza y verduras

Spanish omelette with cheese
Tortilla de patata con queso tronchón

Fruit
Fruta

KCal 798,534 Prot 39,493g Ca 395,938mg Fe 9,812mg
HdC 108,629g Lip 23,644g VitA 2,501mg VitB12 1,325mg

CENA/DINNER:
Vegetable skewers/Sandwich with vegetable/Fruit
Brochetas de verduras/Sandwich vegetal/Fruta

5 Lettuce, tomato, olives, corn, carrot
Lechuga, tomate, aceitunas, maíz, zanahoria

Milanese rice
Arroz a la milanese

Squids Andaluza style with mayonnaise
Calamares a la andaluza con mayonesa

Fruit
Fruta

KCal 847,672 Prot 26,728g Ca 122,257mg Fe 3,985mg
HdC 87,490g Lip 43,357g VitA 1,199mg VitB12 1,385mg

CENA/DINNER:
Boiled vegetables/Poultry/Fruit
Hervido valenciano/Carne de ave/Fruta

6 Fresh organic salad
Ensalada fresca ecológica

Pea cream with mozzarella with wholemeal bread
Crema de guisantes con mozzarella con tostones integrales

BBQ ribs with potatoes / Children's: Pork loin
Costillas a la barbacoa con patatas/ Infantil: Lomo de cerdo

Fruit
Fruta

KCal 783,688 Prot 26,369g Ca 256,304mg Fe 4,944mg
HdC 81,486g Lip 39,975g VitA 2,146mg VitB12 0,671mg

CENA/DINNER:
Grilled zucchini/Grilled fish with lemon/Fruit
Calabacín a la plancha /Pescado al limón/Fruta

7 Lettuce, tomato, onion, cucumber, beet, carrot
Lechuga, tomate, cebolla, pepino, remolacha, zanahoria

Pasta bolognese
Caracolas boloñesa

Grilled hake fillet with sauteed vegetables
Filete de merluza plancha con verduras salteadas

Organic fruit
Fruta ecológica

KCal 796,138 Prot 36,702g Ca 213,365mg Fe 5,359mg
HdC 102,625g Lip 40,863g VitA 1,445mg VitB12 1,368mg

CENA/DINNER:
Sauteed spinach/White meat/Fruit
Espinacas salteadas/Carne blanca/Fruta

8 Fresh organic salad
Ensalada fresca ecológica

"Sopa cocido"
Sopa cocido con fideos

Roasted chicken with corn
Pollo asado al horno con mazorca de maíz

Yogurt
Yogur Artesano

KCal 769,650 Prot 56,234g Ca 289,404mg Fe 6,757mg
HdC 72,975g Lip 33,250g VitA 2,638mg VitB12 13,700mg

CENA/DINNER:
Cob of corn with salt/Egg/Fruit
Mazorca de maíz con sal/Huevo/Fruta

11 **Holiday**
Festivo

CENA/DINNER:
Toast with Dijon mustard, smoked cheese and
Tosta de mostaza, queso y aguacate/Pescado al limón/Fruta

18 **Lettuce, tomato, olives, corn, carrot**
Lechuga, tomate, aceitunas, maíz, zanahoria

Lentils with vegetables
Lentejas con verduras

Curry turkey breast with pilaf rice
Pechuga de pavo al curry con arroz pilaf

Fruit
Fruta

KCal 889,997 Prot 47,974g Ca 141,816mg Fe 9,510mg
HdC 98,952g Lip 32,606g VitA 1,111mg VitB12 1,480mg

CENA/DINNER:
Vegetables wok/Steamed fish/Fruit
Wok de verduras/Pescado al papillote/Fruta

25 **Lettuce, tomato, olives, corn, carrot**
Lechuga, tomate, aceitunas, maíz, zanahoria

Napolitan wholewheat spaghetti
Espaguetis integrales a la napolitana

Codfish au gratin (alioli) with tempura artichokes
Bacalao gratinado al allioli con alcachofas en tempura

Fruit
Fruta

KCal 858,620 Prot 27,059g Ca 219,340mg Fe 5,901mg
HdC 115,631g Lip 32,615g VitA 0,998mg VitB12 2,400mg

CENA/DINNER:
Carrot dressed with peas/Turkey with
Zanahoria aliñada con guisantes/Pavo con champiñones/Fruta

12 **Holiday**
Festivo

CENA/DINNER:
Quinoa with sautéed zucchini and carrots/Onion
Salteado de calabacín, zanahoria y quinoa/Tortilla de

19 **Lettuce, tomato, corn, pepper, carrot, cheese**
Lechuga, tomate, maíz, pimiento, zanahoria, queso

"Sopa cocido"
Sopa cocido con fideos

Zucchini and Potato Omelette with grandma croquette
Tortilla de patata y calabacín con croqueta de la abuela

Fruit
Fruta

KCal 865,769 Prot 40,708g Ca 227,664mg Fe 7,596mg
HdC 97,161g Lip 42,061g VitA 2,042mg VitB12 1,040mg

CENA/DINNER:
Sautéed green beans/Lentil burgers/Fruit
Judías verdes salteadas/Hamburguesa de lentejas/Fruta

26 **Lettuce, tomato, olives, asparagus, carrot**
Lechuga, tomate, aceitunas, espárragos, zanahoria

Chickpea stew BIO
Potaje de garbanzos P/ECO

Sausages with fried tomato and Basmati rice
Longanizas con tomate frito y Arroz basmati

Fruit
Fruta

KCal 1003,135 Prot 33,953g Ca 235,864mg Fe 10,509mg
HdC 135,361g Lip 36,874g VitA 0,661mg VitB12 0,776mg

CENA/DINNER:
Escalivada/Poultry/Fruit
Escalivada/Carne de ave/Fruta

13 **Lettuce, tomato, asparagus, carrot and pomegranate salad**
Ensalada de lechugas, tomate, espárrago, zanahoria y granada

Mediterranean seasonal vegetable cream - ECO
Crema mediterránea de verduras de temporada - P/ECO

Veal goulash with cous cous
Goulash de ternera con cous cous

Fruit
Fruta

KCal 775,274 Prot 27,627g Ca 119,881mg Fe 5,650mg
HdC 101,064g Lip 31,851g VitA 2,001mg VitB12 0,000mg

CENA/DINNER:
Toast with avocado and lettuce/Bluefish/Fruit
Tostada de brotes con aguacate/Pescado azul/Fruta

20 **Fresh organic salad**
Ensalada fresca ecológica

Wholewheat macaroni with tomato, tuna, black olives
Macarrones integrales con tapenade (atún, tomate, aceituna negra)

Salmon with soy with Thai sauteed
Salmón con soja con salteado thai

Fruit
Fruta

KCal 780,875 Prot 32,930g Ca 131,065mg Fe 6,183mg
HdC 107,732g Lip 26,395g VitA 2,384mg VitB12 4,500mg

CENA/DINNER:
Pumpkin cream/Whitefish/Fruit
Crema de calabaza/Pescado blanco /Fruta

27 **Seasonal vegetable salad**
Ensalada de verduras de temporada

Valencian paella with chicken
Paella valenciana con pollo de campo

Tuna omelette with cheese
Tortilla de atún con queso tronchón

Organic fruit
Fruta ecológica

KCal 954,027 Prot 37,944g Ca 381,779mg Fe 5,350mg
HdC 110,783g Lip 40,377g VitA 1,677mg VitB12 4,224mg

CENA/DINNER:
Cooked potatoes/Scrambled eggs with
Patatas cocidas/Revuelto de verduras/Fruta

14 **Fresh organic salad**
Ensalada fresca ecológica

Chickpeas with vegetables (Organic dish)
Garbanzos con verduras P/ECO

Chicken breast grilled with fries
Pechuga de pollo a la plancha con patatas fritas

Organic fruit
Fruta ecológica

KCal 823,485 Prot 36,874g Ca 249,126mg Fe 10,089mg
HdC 98,168g Lip 31,567g VitA 2,311mg VitB12 8,800mg

CENA/DINNER:
Broad beans sautéed with tender garlic/Lean red
Habas rehogadas con ajos tiernos /Carne roja magra/Fruta

21 **APPLE DAY Fresh organic salad**
DIA DE LA MANZANA Ensalada fresca ecológica

Variety of cold meats
Panaché de fiambres

Fish rice with garlic and oil
Arroz a banda con ajo aceite

Apple pie
Tarta de manzana

KCal 728,393 Prot 32,110g Ca 199,971mg Fe 5,136mg
HdC 70,799g Lip 35,780g VitA 1,836mg VitB12 1,529mg

CENA/DINNER:
Whole grain rice with vegetables/Lean white
Arroz integral con verduras/Carne blanca magra/Fruta

28 **Fresh organic salad**
Ensalada fresca ecológica

Cuttlefish stew and potatoes
Guisado de sepia y patatas con fondo de lonja

Breaded porkloin with roasted pepper
Escalope de lomo (empanado casero) con pimiento asado

Fruit
Fruta

KCal 749,288 Prot 38,878g Ca 181,050mg Fe 7,900mg
HdC 89,988g Lip 36,220g VitA 2,249mg VitB12 1,888mg

CENA/DINNER:
Breaded eggplant/Steamed fish/Fruit
Berenjena rebozada/Pescado al papillote/Fruta

15 **Ajoarriero toast**
Tosta de ajoarriero

Homemade lasagna (lean pork, vegetables, milk, flour, cheese)
Lasaña casera (magro, verdura, leche, harina, queso)

Floured anchovies with mayonnaise
Boquerones en tempura con mayonesa

Dairy
Lácteo

KCal 964,955 Prot 56,537g Ca 375,844mg Fe 7,325mg
HdC 148,117g Lip 34,784g VitA 1,017mg VitB12 22,234mg

CENA/DINNER:
HALLOWEEN
HALLOWEEN

22 **Lettuce, tomato, olives, asparagus, carrot**
Lechuga, tomate, aceitunas, espárragos, zanahoria

Vegetable "fabada" (organic dish)
Fabada vegetal P/ECO

Pizza
Pizza casera artesana (pizzero)

Valencian natural yogurt
Yogur natural valenciano

KCal 876,969 Prot 40,720g Ca 466,043mg Fe 7,043mg
HdC 124,079g Lip 24,052g VitA 2,243mg VitB12 0,500mg

CENA/DINNER:
Escalivada/Poultry/Fruit
Escalivada/Carne de ave/Fruta

SEASONAL FRUITS: Melon, plum, apple, white pear,, banana

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THURSDAY / JUEVES

FRIDAY / VIERNES

1 Seasonal vegetable salad
Ensalada de verduras de temporada

Whole spaghetti with tomato sauce and sausage
Espaguetis integrales a la aragonesa (chorizo)

Breaded hake fillet with sauteed carrot
Filete de merluza empanado con zanahoria salteada

Dairy
Lácteo

KCal 812,413 Prot 33,068g Ca 379,857mg Fe 6,229mg
HdC 99,287g Lip 31,950g VitA 2,399mg VitB12 1,595mg

CENA/DINNER:
Broccoli with potatoes/White meat/Fruit
Brocoli con patatas/Carne blanca/Fruta

4 WORLD ANIMALS DAY Lettuce, tomato, olives, asparagus, carrot
DIA MUNDIAL DE LOS ANIMALES Lechuga, tomate, aceitunas, espárragos, zanahoria

Lentils with pumpkin and vegetables
Lentejas con calabaza y verduras

Spanish omelette with cheese
Tortilla de patata con queso tronchón

Fruit
Fruta

KCal 798,534 Prot 39,493g Ca 395,938mg Fe 9,812mg
HdC 108,629g Lip 23,644g VitA 2,501mg VitB12 1,325mg

CENA/DINNER:
Vegetable skewers/Sandwich with vegetable/Fruit
Brochetas de verduras/Sandwich vegetal/Fruta

5 Lettuce, tomato, olives, corn, carrot
Lechuga, tomate, aceitunas, maíz, zanahoria

Milanese rice
Arroz a la milanese

Squids Andaluza style with mayonnaise
Calamares a la andaluza con mayonesa

Fruit
Fruta

KCal 847,672 Prot 26,728g Ca 122,257mg Fe 3,985mg
HdC 87,490g Lip 43,357g VitA 1,199mg VitB12 1,385mg

CENA/DINNER:
Boiled vegetables/Poultry/Fruit
Hervido valenciano/Carne de ave/Fruta

6 Fresh organic salad
Ensalada fresca ecológica

Pea cream with mozzarella with wholemeal bread
Crema de guisantes con mozzarella con tostones integrales

BBQ ribs with potatoes / Children's: Pork loin
Costillas a la barbacoa con patatas/ Infantil: Lomo de cerdo

Fruit
Fruta

KCal 783,688 Prot 26,369g Ca 256,304mg Fe 4,944mg
HdC 81,486g Lip 39,975g VitA 2,146mg VitB12 0,671mg

CENA/DINNER:
Grilled zucchini/Grilled fish with lemon/Fruit
Calabacín a la plancha /Pescado al limón/Fruta

7 Lettuce, tomato, onion, cucumber, beet, carrot
Lechuga, tomate, cebolla, pepino, remolacha, zanahoria

Pasta bolognese
Caracolas boloñesa

Grilled hake fillet with sauteed vegetables
Filete de merluza plancha con verduras salteadas

Organic fruit
Fruta ecológica

KCal 796,138 Prot 36,702g Ca 213,365mg Fe 5,359mg
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CENA/DINNER:
Sauteed spinach/White meat/Fruit
Espinacas salteadas/Carne blanca/Fruta

8 Fresh organic salad
Ensalada fresca ecológica

"Sopa cocido"
Sopa cocido con fideos

Roasted chicken amb panolla
Pollo asado al horno con mazorca de maíz

Yogurt
Yogur Artesano

KCal 769,650 Prot 56,234g Ca 289,404mg Fe 6,757mg
HdC 72,975g Lip 33,250g VitA 2,638mg VitB12 13,700mg

CENA/DINNER:
Cob of corn with salt/Egg/Fruit
Mazorca de maíz con sal/Huevo/Fruta

11 **Holiday**
Festivo

12 **Holiday**
Festivo

13 **Lettuce, tomato, asparagus, carrot and pomegranate salad**
Ensalada de lechugas, tomate, espárrago, zanahoria y granada

Mediterranean seasonal vegetable cream - ECO
Crema mediterránea de verduras de temporada - P/ECO

Veal goulash with cous cous
Goulash de ternera con cous cous

Fruit
Fruta

KCal 775,274 Prot 27,627g Ca 119,881mg Fe 5,650mg
HdC 101,064g Lip 31,851g VitA 2,001mg VitB12 0,000mg

14 **Fresh organic salad**
Ensalada fresca ecológica

Chickpeas with vegetables (Organic dish)
Garbanzos con verduras P/ECO

Chicken breast grilled with fries
Pechuga de pollo a la plancha con patatas fritas

Organic fruit
Fruta ecológica

KCal 823,485 Prot 36,874g Ca 249,126mg Fe 10,089mg
HdC 98,168g Lip 31,567g VitA 2,311mg VitB12 8,800mg

15 **Ajoarriero toast**
Tosta de ajoarriero

Homemade lasagna (lean, vegetables, milk, flour, cheese)
Lasaña casera (magro, verdura, leche, harina, queso)

Floured anchovies with mayonnaise
Boquerones en tempura con mayonesa

Dairy
Lácteo

KCal 964,955 Prot 56,537g Ca 375,844mg Fe 7,325mg
HdC 148,117g Lip 34,784g VitA 1,017mg VitB12 22,234mg

CENA/DINNER:
Toast with Dijon mustard, smoked cheese and
Tosta de mostaza, queso y aguacate/Pescado al limón/Fruta

CENA/DINNER:
Vegetables wok/Steamed fish/Fruit
Wok de verduras/Pescado al papillote/Fruta

CENA/DINNER:
Quinoa with sautéed zucchini and carrots/Onion
Salteado de calabacín, zanahoria y quinoa/Tortilla de

CENA/DINNER:
Toast with avocado and lettuce/Bluefish/Fruit
Tostada de brotes con aguacate/Pescado azul/Fruta

CENA/DINNER:
Broad beans sautéed with tender garlic/Lean red
Habas rehogadas con ajos tiernos /Carne roja magra/Fruta

18 **Lettuce, tomato, olives, corn, carrot**
Lechuga, tomate, aceitunas, maíz, zanahoria

Lentils with vegetables
Lentejas con verduras

Turkey breast curry with pilau rice
Pechuga de pavo al curry con arroz pilaf

Fruit
Fruta

KCal 889,997 Prot 47,974g Ca 141,816mg Fe 9,510mg
HdC 98,952g Lip 32,606g VitA 1,111mg VitB12 1,480mg

19 **Lettuce, tomato, corn, pepper, carrot, cheese**
Lechuga, tomate, maíz, pimiento, zanahoria, queso

"Sopa cocido"
Sopa cocido con fideos

Zucchini and Potato Omelette with grandma croquette
Tortilla de patata y calabacín con croqueta de la abuela

Fruit
Fruta

KCal 865,769 Prot 40,708g Ca 227,664mg Fe 7,596mg
HdC 97,161g Lip 42,061g VitA 2,042mg VitB12 1,040mg

20 **Fresh organic salad**
Ensalada fresca ecológica

Brown macaroni with tomato, tuna, black olives
Macarrones integrales con tapenade (atún, tomate, aceituna negra)

Salmon with soy with Thai salted
Salmón con soja con salteado thai

Fruit
Fruta

KCal 780,875 Prot 32,930g Ca 131,065mg Fe 6,183mg
HdC 107,732g Lip 26,395g VitA 2,384mg VitB12 4,500mg

21 **APPLE DAY Fresh organic salad**
DIA DE LA MANZANA Ensalada fresca ecológica

Variety of cold meats
Panaché de fiambres

Fish rice with garlic and oil
Arroz a banda con ajo aceite

Apple pie
Tarta de manzana

KCal 728,393 Prot 32,110g Ca 199,971mg Fe 5,136mg
HdC 70,799g Lip 35,780g VitA 1,836mg VitB12 1,529mg

22 **Lettuce, tomato, olives, asparagus, carrot**
Lechuga, tomate, aceitunas, espárragos, zanahoria

Vegetable "fabada" (organic dish)
Fabada vegetal P/ECO

Pizza
Pizza casera artesana (pizzero)

Valencian natural yogurt
Yogur natural valenciano

KCal 876,969 Prot 40,720g Ca 466,043mg Fe 7,043mg
HdC 124,079g Lip 24,052g VitA 2,243mg VitB12 0,500mg

CENA/DINNER:
Vegetables wok/Steamed fish/Fruit
Wok de verduras/Pescado al papillote/Fruta

CENA/DINNER:
Sautéed green beans/Lentil burgers/Fruit
Judías verdes salteadas/Hamburguesa de lentejas/Fruta

CENA/DINNER:
Pumpkin cream/Whitefish/Fruit
Crema de calabaza/Pescado blanco /Fruta

CENA/DINNER:
Whole grain rice with vegetables/Lean white
Arroz integral con verduras/Carne blanca magra/Fruta

CENA/DINNER:
Carrot dressed with peas/Turkey with
Zanahoria aliñada con guisantes/Pavo con champiñones/Fruta

25 **Lettuce, tomato, olives, corn, carrot**
Lechuga, tomate, aceitunas, maíz, zanahoria

Whole grain Neapolitan style spaghetti
Espaguetis integrales a la napolitana

Codfish au gratin (cod, , cream cheese) with artichokes in tempura
Bacalao gratinado al allioli con alcachofas en tempura

Fruit
Fruta

KCal 858,620 Prot 27,059g Ca 219,340mg Fe 5,901mg
HdC 115,631g Lip 32,615g VitA 0,998mg VitB12 2,400mg

26 **Lettuce, tomato, olives, asparagus, carrot**
Lechuga, tomate, aceitunas, espárragos, zanahoria

Chickpea stew BIO
Potaje de garbanzos P/ECO

Sausages with tomato fried Basmati rice
Longanizas con tomate frito Arroz basmati

Fruit
Fruta

KCal 1003,135 Prot 33,953g Ca 235,864mg Fe 10,509mg
HdC 135,361g Lip 36,874g VitA 0,661mg VitB12 0,776mg

27 **Seasonal vegetable salad**
Ensalada de verduras de temporada

Valencian paella with chicken
Paella valenciana con pollo de campo

Tuna omelette with cheese
Tortilla de atún con queso tronchón

Organic fruit
Fruta ecológica

KCal 954,027 Prot 37,944g Ca 381,779mg Fe 5,350mg
HdC 110,783g Lip 40,377g VitA 1,677mg VitB12 4,224mg

28 **Fresh organic salad**
Ensalada fresca ecológica

Cuttlefish stew and potatoes
Guisado de sepia y patatas con fondo de lonja

Tenderloin escalope (homemade breaded) amb roasted pepper
Escalope de lomo (empanado casero) con pimiento asado

Fruit
Fruta

KCal 749,288 Prot 38,878g Ca 181,050mg Fe 7,900mg
HdC 89,988g Lip 36,220g VitA 2,249mg VitB12 1,888mg

29 **HALLOWEEN**
HALLOWEEN

CENA/DINNER:
Escalivada/Poultry/Fruit
Escalivada/Carne de ave/Fruta

CENA/DINNER:
Cooked potatoes/Scrambled eggs with
Patatas cocidas/Revuelto de verduras/Fruta

CENA/DINNER:
Breaded eggplant/Steamed fish/Fruit
Berenjena rebozada/Pescado al papillote/Fruta

CENA/DINNER:
Carrot dressed with peas/Turkey with
Zanahoria aliñada con guisantes/Pavo con champiñones/Fruta

CENA/DINNER:
Escalivada/Poultry/Fruit
Escalivada/Carne de ave/Fruta

SEASONAL FRUITS: Melon, plum, apple, white pear,, banana

MONDAY / LUNES

TUESDAY / MARTES

WEDNESDAY / MIÉRCOLES

THURSDAY / JUEVES

FRIDAY / VIERNES

1 Seasonal vegetable salad
Ensalada de verduras de temporada

Valencian boiled
Hervido valenciano

Meatballs in sauce
Albóndigas en salsa

Dairy
Lácteo

KCal 284,634 Prot 10,643g Ca 379,712mg Fe 1,482mg
HdC 18,983g Lip 17,561g VitA 1,208mg VitB12 1,000mg

CENA/DINNER:
Broccoli with potatoes/White meat/Fruit
Brocoli con patatas/Carne blanca/Fruta

CENA/DINNER:

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CENA/DINNER:

CENA/DINNER:

4 WORLD ANIMALS DAY Lettuce, tomato, olives, asparagus, carrot
DIA MUNDIAL DE LOS ANIMALES Lechuga, tomate, aceitunas, espárragos, zanahoria

Quinoa with Vegetables
Quinoa con verduras

Sausages with fried omato
Longanizas con tomate frito

Fruit
Fruta

KCal 218,766 Prot 2,531g Ca 79,455mg Fe 2,348mg
HdC 38,257g Lip 6,370g VitA 1,155mg VitB12 0,000mg

CENA/DINNER:
Vegetable skewers/Sandwich with vegetable/Fruit
Brochetas de verduras/Sandwich vegetal/Fruta

5 Lettuce, tomato, olives, corn, carrot
Lechuga, tomate, aceitunas, maíz, zanahoria

Caesar salad
Ensalada César

Scrambled eggs with vegetables
Revuelto de verduras

Fruit
Fruta

KCal 214,712 Prot 2,445g Ca 66,438mg Fe 2,211mg
HdC 40,058g Lip 5,126g VitA 1,151mg VitB12 0,000mg

CENA/DINNER:
Boiled vegetables/Poultry/Fruit
Hervido valenciano/Carne de ave/Fruta

6 Fresh organic salad
Ensalada fresca ecológica

Green beans stewed
Judías verdes estofadas

Baked cod
Bacalao al horno

Fruit
Fruta

KCal 252,040 Prot 3,472g Ca 98,360mg Fe 2,985mg
HdC 43,294g Lip 7,542g VitA 3,310mg VitB12 0,000mg

CENA/DINNER:
Grilled zucchini/Grilled fish with lemon/Fruit
Calabacín a la plancha /Pescado al limón/Fruta

7 Lettuce, tomato, onion, cucumber, beet, carrot
Lechuga, tomate, cebolla, pepino, remolacha, zanahoria

Cauliflower au gratin
Coliflor gratinada

Baked Tenderloin
Lomo al horno

Organic fruit
Fruta ecológica

KCal 235,886 Prot 2,867g Ca 65,822mg Fe 2,472mg
HdC 48,575g Lip 3,550g VitA 1,156mg VitB12 0,000mg

CENA/DINNER:
Sauteed spinach/White meat/Fruit
Espinacas salteadas/Carne blanca/Fruta

8 Fresh organic salad
Ensalada fresca ecológica

Garlic broccoli
Brócoli al ajillo

Floured anchovies
Boquerones en tempura

Yogurt
Yogur Artesano

KCal 276,000 Prot 11,216g Ca 388,240mg Fe 1,977mg
HdC 23,054g Lip 14,660g VitA 3,334mg VitB12 1,000mg

CENA/DINNER:
Cob of corn with salt/Egg/Fruit
Mazorca de maíz con sal/Huevo/Fruta

11 **Lettuce, tomato, olives, corn, carrot**
 Ensalada de lechugas, tomate, espárrago, zanahoria y granada

Pasta salad with vegetables
 Ensalada de pasta con vegetales

Baked cod
 Bacalao al horno

Fruit
 Fruta

KCal 248,932 Prot 2,946g Ca 60,410mg Fe 2,124mg
 HdC 42,991g Lip 7,449g VitA 1,187mg VitB12 0,000mg

12 **Lettuce, tomato, olives, asparagus, carrot and pomegranate salad**
 Ensalada de lechugas, tomate, espárrago, zanahoria y granada

Pasta salad with vegetables
 Ensalada de pasta con vegetales

Baked cod
 Bacalao al horno

Fruit
 Fruta

KCal 248,932 Prot 2,946g Ca 60,410mg Fe 2,124mg
 HdC 42,991g Lip 7,449g VitA 1,187mg VitB12 0,000mg

13 **Lettuce, tomato, olives, asparagus, carrot and pomegranate salad**
 Ensalada de lechugas, tomate, espárrago, zanahoria y granada

Pasta salad with vegetables
 Ensalada de pasta con vegetales

Baked cod
 Bacalao al horno

Fruit
 Fruta

KCal 248,932 Prot 2,946g Ca 60,410mg Fe 2,124mg
 HdC 42,991g Lip 7,449g VitA 1,187mg VitB12 0,000mg

14 **Fresh organic salad**
 Ensalada fresca ecológica

Zucchini gratin
 Calabacín gratinados

San Pedro fish "a la marinera"
 Filete de San Pedro a la marinera

Organic fruit
 Fruta ecológica

KCal 295,720 Prot 3,724g Ca 103,400mg Fe 3,321mg
 HdC 53,374g Lip 7,836g VitA 3,335mg VitB12 0,000mg

15 **Ajoarriero toast**
 Tosta de ajoarriero

Stew verduras
 Menestra de verduras

Scrambled eggs with prawns and garlic
 Revuelto de gambas y ajetes

Dairy
 Lácteo

KCal 546,997 Prot 21,611g Ca 343,616mg Fe 2,604mg
 HdC 91,431g Lip 11,362g VitA 0,103mg VitB12 1,720mg

CENA/DINNER:
Toast with Dijon mustard, smoked cheese and
 Tosta de mostaza, queso y aguacate/Pescado al limón/Fruta

CENA/DINNER:
Vegetables wok/Steamed fish/Fruit
 Wok de verduras/Pescado al papillote/Fruta

CENA/DINNER:
Quinoa with sautéed zucchini and carrots/Onion
 Salteado de calabacín, zanahoria y quinoa/Tortilla de

CENA/DINNER:
Toast with avocado and lettuce/Bluefish/Fruit
 Tostada de brotes con aguacate/Pescado azul/Fruta

CENA/DINNER:
Broad beans sautéed with tender garlic/Lean red
 Habas rehogadas con ajos tiernos /Carne roja magra/Fruta

18 **Lettuce, tomato, olives, corn, carrot**
 Lechuga, tomate, aceitunas, maíz, zanahoria

Vegetables cream
 Crema de verduras

Galician hake fillet (potato)
 Filete de merluza a la gallega (patata)

Fruit
 Fruta

KCal 214,712 Prot 2,445g Ca 66,438mg Fe 2,211mg
 HdC 40,058g Lip 5,126g VitA 1,151mg VitB12 0,000mg

19 **Lettuce, tomato, corn, pepper, carrot, cheese**
 Lechuga, tomate, maíz, pimiento, zanahoria, queso

Green beans, stewed
 Judías verdes estofadas

Cod croquettes
 Albóndigas de bacalao

Fruit
 Fruta

KCal 252,724 Prot 7,716g Ca 211,810mg Fe 2,073mg
 HdC 36,378g Lip 8,676g VitA 1,801mg VitB12 0,285mg

20 **Fresh organic salad**
 Ensalada fresca ecológica

French wing peas
 Guisantes a la francesa

Sausages
 Longanizas

Fruit
 Fruta

KCal 252,040 Prot 3,472g Ca 98,360mg Fe 2,985mg
 HdC 43,294g Lip 7,542g VitA 3,310mg VitB12 0,000mg

21 **APPLE DAY Fresh organic salad**
 DIA DE LA MANZANA Ensalada fresca ecológica

Creamed spinach
 Espinacas a la crema

Mushroom omelette
 Tortilla de champiñón

Apple pie
 Tarta de manzana

KCal 121,000 Prot 2,716g Ca 83,240mg Fe 1,977mg
 HdC 13,054g Lip 6,660g VitA 3,234mg VitB12 0,000mg

22 **Lettuce, tomato, olives, asparagus, carrot**
 Lechuga, tomate, aceitunas, espárragos, zanahoria

Cauliflower au gratin
 Coliflor gratinada

Valencian natural yogurt
 Yogur natural valenciano

KCal 242,726 Prot 10,275g Ca 369,335mg Fe 1,340mg
 HdC 18,017g Lip 13,488g VitA 1,179mg VitB12 1,000mg

CENA/DINNER:
Toast with Dijon mustard, smoked cheese and
 Tosta de mostaza, queso y aguacate/Pescado al limón/Fruta

CENA/DINNER:
Vegetables wok/Steamed fish/Fruit
 Wok de verduras/Pescado al papillote/Fruta

CENA/DINNER:
Sautéed green beans/Lentil burgers/Fruit
 Judías verdes salteadas/Hamburguesa de lentejas/Fruta

CENA/DINNER:
Pumpkin cream/Whitefish/Fruit
 Crema de calabaza/Pescado blanco /Fruta

CENA/DINNER:
Whole grain rice with vegetables/Lean white
 Arroz integral con verduras/Carne blanca magra/Fruta

25 **Lettuce, tomato, olives, corn, carrot**
 Lechuga, tomate, aceitunas, maíz, zanahoria

Tabulé
 Tabulé de cous cous

Grilled pork loin
 Lomo de cerdo a la plancha

Fruit
 Fruta

KCal 214,712 Prot 2,445g Ca 66,438mg Fe 2,211mg
 HdC 40,058g Lip 5,126g VitA 1,151mg VitB12 0,000mg

26 **Lettuce, tomato, olives, asparagus, carrot**
 Lechuga, tomate, aceitunas, espárragos, zanahoria

Steamed broccoli
 Brócoli al vapor

Grilled hake fillet
 Filete de merluza plancha

Fruit
 Fruta

KCal 218,766 Prot 2,531g Ca 79,455mg Fe 2,348mg
 HdC 38,257g Lip 6,370g VitA 1,155mg VitB12 0,000mg

27 **Seasonal vegetable salad**
 Ensalada de verduras de temporada

Sauteed beans with garlic
 Judías salteadas con ajos

Grilled chicken breast
 Pechuga de pollo a la plancha

Organic fruit
 Fruta ecológica

KCal 304,354 Prot 3,151g Ca 94,872mg Fe 2,826mg
 HdC 49,303g Lip 10,737g VitA 1,208mg VitB12 0,000mg

28 **Fresh organic salad**
 Ensalada fresca ecológica

Grilled vegetables
 Verduras plancha

Grilled bass
 Filete de lubina plancha

Fruit
 Fruta

KCal 252,040 Prot 3,472g Ca 98,360mg Fe 2,985mg
 HdC 43,294g Lip 7,542g VitA 3,310mg VitB12 0,000mg

29 **Fresh organic salad**
 Ensalada fresca ecológica

Grilled vegetables
 Verduras plancha

Grilled bass
 Filete de lubina plancha

Fruit
 Fruta

KCal 252,040 Prot 3,472g Ca 98,360mg Fe 2,985mg
 HdC 43,294g Lip 7,542g VitA 3,310mg VitB12 0,000mg

CENA/DINNER:
Carrot dressed with peas/Turkey with
 Zanahoria aliñada con guisantes/Pavo con champiñones/Fruta

CENA/DINNER:
Escalivada/Poultry/Fruit
 Escalivada/Carne de ave/Fruta

CENA/DINNER:
Cooked potatoes/Scrambled eggs with
 Patatas cocidas/Revuelto de verduras/Fruta

CENA/DINNER:
Breaded eggplant/Steamed fish/Fruit
 Berenjena rebozada/Pescado al papillote/Fruta

CENA/DINNER:
Whole grain rice with vegetables/Lean white
 Arroz integral con verduras/Carne blanca magra/Fruta

| MERIENDAS BRITISH COLLEGE | | | | | |
|---------------------------|-------------------------|--------------------|----------------------|-------------------------|-----------------|
| | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES |
| Sem 1 octubre | | | Fruta | Bocadillo de jamón york | Fruta |
| Sem 4-8 Oct | Fruta | Bocadillo de jamón | Fruta | Bocadillo de queso | Zumo y galletas |
| Sem 11-15 Oct | | | Fruta | Bocadillo de fiambre | Fruta |
| Sem 18-22 Oct | Bocadillo de jamón york | Fruta | Bocadillo de fiambre | Fruta | Zumo y galletas |
| Sem 25-29 Oct | Fruta | Bocadillo de queso | Fruta | Bocadillo de fiambre | Fruta |