

SEASONAL FRUITS: Pears, Persimmons, Banana, Melon, Tangerine, Orange, Apple, Plum, Natural juice is back !!

MONDAY / LUNES

TUESDAY / MARTES

WEDNESDAY / MIÉRCOLES

THURSDAY / JUEVES


FRIDAY / VIERNES

1  **Holiday**
Festivo

2  **Lettuce, tomato, olives, asparagus, carrot**
Lechuga, tomate, aceitunas, espárragos, zanahoria
Lentils with vegetables and brown rice
Lentejas con verduras y arroz integral
Spanish omelette with cheese
Tortilla de patata con queso tronchón
Fruit
Fruta

3  **Fresh organic salad**
Ensalada fresca ecológica
Noodles with red pesto
Tallarines al pesto rojo
Koskera cod
Bacalao a la koskera
Fruit
Fruta

4  **Fresh organic salad**
Ensalada fresca ecológica
"Sopa cocido"
Sopa cocido con fideos
Complete burger with tomato, cheese and tex-mex roast potatoes
Hamburguesa completa con tomate y queso con patatas asadas tex-mex
Organic fruit
Fruta ecológica

5  **Seasonal vegetable salad**
Ensalada de verduras de temporada
White rice with tomato and egg
Arroz a la cubana (tomate y huevo)
Homemade floured squid with mayonnaise
Calamares enharinados caseros con mayonesa
Yogurt
Yogur Artesano


CENA/DINNER:


CENA/DINNER:
Grilled zucchini/Whitefish/Fruit
Calabacín a la plancha /Pescado blanco /Fruta


CENA/DINNER:
Grilled onion tender and red pepper/White meat/Fruit
Cebolleta y pimiento rojo plancha/Carne blanca/Fruta


CENA/DINNER:
Pumpkin cream/Steamed fish/Fruit
Crema de calabaza/Pescado al papillote/Fruta


CENA/DINNER:
Full salad/Lean red meat/Fruit
Ensalada completa/Carne roja magra/Fruta

8  **Lettuce, tomato, olives, corn, carrot**
Lechuga, tomate, aceitunas, maíz, zanahoria
Fusilli with mushrooms and cheese sauce
Fusilli con setas y champiñones a los 4 quesos
Vizcaina style hake (tomato, pepper)
Merluza a la vizcaína (tomate, pimiento)
Fruit
Fruta

9  **Lettuce, tomato, asparagus, carrot and pomegranate salad**
Ensalada de lechugas, tomate, espárrago, zanahoria y granada
Cream of beans and sweet potato
Crema de alubias y boniato
Pork Stew with cous cous
Estofado de cerdo con cous cous
Fruit
Fruta

10  **Tomato and cheese napkin Valencia**
Tomate y queso servilleta valenciano
Fish rice
Arroz a banda
Croquettes and green salad
Croquetas de cocido y ensalada de hoja verde
Fruit
Fruta

11  **Fresh organic salad**
Ensalada fresca ecológica
Chickpea stew with spinach BIO
Potaje de garbanzos con espinacas (P/ECO)
Scrambled potatoes and ham
Revuelto de patatas y jamón serrano
Organic fruit
Fruta ecológica

12  **Fresh organic salad**
Ensalada fresca ecológica
Cream of broccoli
Crema de brócoli
Homemade lasagna/ Bolognese bows
Lasaña casera/ Lacitos boloñesa
Dairy
Lácteo

CENA/DINNER:
Boiled vegetables/Egg/Fruit
Hervido valenciano/Huevo/Fruta

CENA/DINNER:
Vegetables Tagine/Whitefish/Fruit
Tajin de Verduras/Pescado blanco /Fruta

CENA/DINNER:
Sautéed artichokes/Lean white meat/Fruit
Alcachofas salteadas/Carne blanca magra/Fruta

CENA/DINNER:
Quinoa with spices/Grilled fish with lemon/Fruit
Quinoa con especias/Pescado al limón/Fruta

CENA/DINNER:
Cob of corn with salt/Sandwich with vegetable/Fruit
Mazorca de maíz con sal/Sandwich vegetal/Fruta

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

Vegetable Lentil soup with apple
 Lentejas a la jardinera con manzana

Sausages with fried tomato
 Longanizas con tomate frito

Fruit
 Fruta

KCal 867,906 Prot 36,527g Ca 167,064mg Fe 9,933mg
 HdC 102,577g Lip 35,303g VitA 1,612mg VitB12 0,776mg

CENA/DINNER:
Stewed vegetables with chicken/Spinach stuffed baked
 Verduras estofadas con pollo/Patatas rellenas de

16 **Lettuce, tomato, olives, asparagus and tangerine**
 Lechuga, tomate, aceitunas, espárragos y mandarina

Italian spaghetti whole (vegetables, tomato, cheese)
 Espaguetis integrales a la italiana (verduras trituradas, tomate, queso)

Salmon in soy sauce and oriental stir fry
 Salmón en salsa de soja y salteado oriental

Fruit
 Fruta

KCal 824,160 Prot 30,038g Ca 192,251mg Fe 6,077mg
 HdC 96,144g Lip 36,111g VitA 1,179mg VitB12 4,500mg

CENA/DINNER:
Couscous tabuleh/Poultry/Fruit
 Tabulé de couscous/Carne de ave/Fruta

17 **Fresh organic salad**
 Ensalada fresca ecológica

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

Turkey curry and potatoes
 Pavo al curry con patatas

Fruit
 Fruta

KCal 815,301 Prot 39,173g Ca 191,176mg Fe 8,852mg
 HdC 98,951g Lip 28,894g VitA 2,669mg VitB12 1,310mg

CENA/DINNER:
Textured Soy Stuffed Eggplant/Sautéed mixed
 Berenjena rellena de soja texturizada/Menestra salteada/Fruta

18 **Fresh organic salad**
 Ensalada fresca ecológica

Rice with ribs, garlic and artichokes
 Arroz con costillas, ajetes y alcachofas

Horse mackerel in homemade tomato sauce
 Jurel en salsa de tomate casera

Organic fruit
 Fruta ecológica

KCal 854,233 Prot 24,635g Ca 104,648mg Fe 4,481mg
 HdC 115,994g Lip 33,313g VitA 1,859mg VitB12 6,125mg

CENA/DINNER:
Cucumber salad with tomato and cheese/Lentil
 Ensalada de pepino, tomate y queso fresco/Hamburguesa de

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

Mashed vegetables
 Puré de hervido

Tenderloin escalope (homemade breaded) with pepper
 Escalope de lomo (empanado casero) con pimientos

Valencian natural yogurt
 Yogur natural valenciano

KCal 835,465 Prot 28,287g Ca 296,610mg Fe 5,862mg
 HdC 79,318g Lip 55,150g VitA 2,305mg VitB12 2,196mg

CENA/DINNER:
Full salad/Zucchini omelette with avocado/Fruit
 Ensalada completa/Tortilla de calabacín con aguacate/Fruta

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

Veal stew with vegetables
 Guisado de ternera con verduras

Zucchini omelette with fresh cheese
 Tortilla de calabacín con queso villalón

Fruit
 Fruta

KCal 838,474 Prot 38,973g Ca 210,069mg Fe 8,631mg
 HdC 67,854g Lip 42,975g VitA 1,599mg VitB12 2,347mg

CENA/DINNER:
Vegetables wok/Pancakes/Fruit
 Wok de verduras/Fajita/Fruta

23 **Lettuce, tomato, corn, cucumber, beetroot, apple**
 Lechuga, tomate, maíz, pepino, remolacha, manzana

Stewed chickpeas with turnip
 Garbanzos estofados con nabo

Roasted chicken with sauteed corn
 Pollo asado al horno con maíz salteado

Fruit
 Fruta

KCal 792,401 Prot 46,490g Ca 194,475mg Fe 9,196mg
 HdC 77,551g Lip 31,537g VitA 0,911mg VitB12 13,844mg

CENA/DINNER:
Semolina soup with vegetables/Bluefish/Fruit
 Sopa de sémola y verduras/Pescado azul/Fruta

24 **Fresh organic salad**
 Ensalada fresca ecológica

Whole wheat macaroni in pumpkin sauce
 Macarrones integrales en salsa de calabaza

Baked hake with broccoli
 Ventresca de merluza al horno con brócoli

Organic fruit
 Fruta ecológica

KCal 832,898 Prot 26,367g Ca 222,166mg Fe 6,992mg
 HdC 115,723g Lip 31,068g VitA 3,177mg VitB12 0,640mg

CENA/DINNER:
Cauliflower with potato/Scrambled eggs with green
 Coliflor con patata/Revuelto de judías verdes/Fruta

25 **GASTRONOMIC DAY "LA CREPÈRIE" "Le salade parisienne"**
 J. GASTRONÓMICA "LA CREPÈRIE" "Le salade parisienne"

Creamed leeks
 Vichyssoise (crema de puerros)

York and cheese Bordeaux crepe
 Crepe bordelés de york y queso

Chocolate crepe
 Crepe de chocolate

KCal 890,712 Prot 63,681g Ca 412,937mg Fe 5,259mg
 HdC 85,932g Lip 76,299g VitA 0,720mg VitB12 1,522mg

CENA/DINNER:
Steamed broccoli/Steamed fish/Fruit
 Brócoli al vapor/Pescado al papillote/Fruta

26 **Natural tomato and fresh cheese**
 Tomate natural y queso fresco valenciano

Valencian paella with chicken
 Paella valenciana con pollo de campo

Eggs au gratin
 Huevos al gratén

Dairy
 Lácteo

KCal 995,469 Prot 43,305g Ca 572,169mg Fe 4,576mg
 HdC 89,435g Lip 50,850g VitA 0,606mg VitB12 4,496mg

CENA/DINNER:
Sautéed green beans/Homemade vegetable
 Judías verdes salteadas/Croquetas caseras de legumbres/Fruta

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

Pasta with carbonara sauce
 Caracolas a la carbonara

Floured anchovies with vegetables
 Boquerones enharinados con verduras

Fruit
 Fruta

KCal 944,268 Prot 35,788g Ca 273,628mg Fe 4,387mg
 HdC 109,770g Lip 52,492g VitA 0,986mg VitB12 19,682mg

CENA/DINNER:
Hummus toast/Chicken and carrot curry/Fruit
 Tosta de hummus/Curry de pollo y zanahoria/Fruta

30 **Fresh organic salad**
 Ensalada fresca ecológica

"Sopa cocido"
 Sopa cocido con fideos

Roasted chicken with fries
 Pollo rustido con patatas fritas

Organic fruit
 Fruta ecológica

KCal 895,410 Prot 53,218g Ca 152,834mg Fe 7,744mg
 HdC 94,115g Lip 39,818g VitA 2,627mg VitB12 13,200mg

CENA/DINNER:
Vegetable skewers/Whitefish/Fruit
 Brochetas de verduras/Pescado blanco /Fruta

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SEASONAL FRUITS: Pears, Persimmons, Banana, Melon, Tangerine, Orange, Apple, Plum, Natural juice is back !!

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
FRIDAY / VIERNES

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

Green beans, stewed
Judías verdes estofadas

Gratined hake provencal
Filete de merluza a la provenzal


Fruit
Fruta

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

Green beans, stewed
Judías verdes estofadas

Gratined hake provencal
Filete de merluza a la provenzal

Fruit
Fruta

3  **Fresh organic salad**
Ensalada fresca ecológica

Creamed zucchini
Crema de calabacín

Chicken wrap
Wrap de pollo

Fruit
Fruta

4  **Fresh organic salad**
Ensalada fresca ecológica

gratin spinach
Espinacas gratinadas

Grilled salmon
Salmón a la plancha

Organic fruit
Fruta ecológica

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

Stuffed tomato
Tomate relleno

Vegetable Tosta
Tosta de verduras

Yogurt
Yogur Artesano

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

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

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

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

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:
Grilled zucchini/Whitefish/Fruit
Calabacín a la plancha /Pescado blanco /Fruta

CENA/DINNER:
Grilled zucchini/Whitefish/Fruit
Calabacín a la plancha /Pescado blanco /Fruta

CENA/DINNER:
Grilled onion tender and red pepper/White meat/Fruit
Cebolleta y pimiento rojo plancha/Carne blanca/Fruta

CENA/DINNER:
Pumpkin cream/Steamed fish/Fruit
Crema de calabaza/Pescado al papillote/Fruta


CENA/DINNER:
Full salad/Lean red meat/Fruit
Ensalada completa/Carne roja magra/Fruta

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

Stew verduras
Menestra de verduras

BBQ Chicken breast
Pechugas en salsa barbacoa

Fruit
Fruta

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

Caesar salad
Ensalada César

Cod with garlic
Bacalao al ajillo

Fruit
Fruta

10  **Tomato and fresh Valencian cheese**
Tomate y queso servilleta valenciano

Peas with ham and onion
Guisantes con jamón serrano y cebolla

Fried eggs
Huevos al plato

Fruit
Fruta

11  **Fresh organic salad**
Ensalada fresca ecológica

Tabulé
Tabulé de cous cous

Homemade "Coca de titaina"
Coca casera de titaina valenciana

Organic fruit
Fruta ecológica

12  **Fresh organic salad**
Ensalada fresca ecológica

Grilled vegetables
Verduras a la parrilla

Floured anchovies
Boquerones enharinados

Dairy
Lácteo

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

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

KCal 323,759 Prot 13,858g Ca 246,642mg Fe 1,887mg
HdC 33,248g Lip 14,983g VitA 0,401mg VitB12 0,665mg

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

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:
Boiled vegetables/Egg/Fruit
Hervido valenciano/Huevo/Fruta

CENA/DINNER:
Vegetables Tagine/Whitefish/Fruit
Tajin de Verduras/Pescado blanco /Fruta

CENA/DINNER:
Sautéed artichokes/Lean white meat/Fruit
Alcachofas salteadas/Carne blanca magra/Fruta

CENA/DINNER:
Quinoa with spices/Grilled fish with lemon/Fruit
Quinoa con especias/Pescado al limón/Fruta

CENA/DINNER:
Cob of corn with salt/Sandwich with vegetable/Fruit
Mazorca de maíz con sal/Sandwich vegetal/Fruta

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

Ensalada toscana

Garlic scrambled eggs
 Revuelto de ajetes

Fruit
 Fruta

KCal 192,206 Prot 2,615g Ca 60,782mg Fe 2,136mg
 HdC 38,495g Lip 3,256g VitA 1,130mg VitB12 0,000mg

CENA/DINNER:
Stewed vegetables with chicken/Spinach stuffed baked
 Verduras estofadas con pollo/Patatas rellenas de

16 — Lettuce, tomato, olives, asparagus and tangerine
 Lechuga, tomate, aceitunas, espárragos y mandarina

French peas
 Guisantes a la francesa

Honey ribs
 Costillas a la miel

Fruit
 Fruta

KCal 219,794 Prot 2,463g Ca 81,505mg Fe 2,195mg
 HdC 38,599g Lip 6,325g VitA 0,309mg VitB12 0,000mg

CENA/DINNER:
Couscous tabouleh/Poultry/Fruit
 Tabulé de couscous/Carne de ave/Fruta

17 — Fresh organic salad
 Ensalada fresca ecológica

Creamed spinach
 Espinacas a la crema

Breaded Calamari
 Calamares a la romana

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:
Textured Soy Stuffed Eggplant/Sautéed mixed
 Berenjena rellena de soja texturizada/Menestra salteada/Fruta

18 — Fresh organic salad
 Ensalada fresca ecológica

Gratin cauliflower
 Coliflor al gratén

Veal meatballs
 Albóndigas de ternera

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

CENA/DINNER:
Cucumber salad with tomato and cheese/Lentil
 Ensalada de pepino, tomate y queso fresco/Hamburguesa de

19 — Lettuce, tomato, olives, asparagus, carrot
 Lechuga, tomate, aceitunas, espárragos, zanahoria

Chinese noodles
 Fideos chinos salteados

Scrambled eggs with vegetables
 Revuelto de verduras

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:
Full salad/Zucchini omelette with avocado/Fruit
 Ensalada completa/Tortilla de calabacín con aguacate/Fruta

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

Cabbage salad
 Ensalada de col

Grilled salmon
 Salmón a la 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

CENA/DINNER:
Vegetables wok/Pancakes/Fruit
 Wok de verduras/Fajita/Fruta

23 — Lettuce, tomato, corn, cucumber, beetroot, apple
 Lechuga, tomate, maíz, pepino, remolacha, manzana

Valencian boiled
 Hervido valenciano

Codfish au gratin (cod, , cream cheese)
 Bacalao gratinado al allioli

Fruit
 Fruta

KCal 227,848 Prot 3,224g Ca 65,678mg Fe 2,169mg
 HdC 46,359g Lip 3,412g VitA 0,258mg VitB12 0,000mg

CENA/DINNER:
Semolina soup with vegetables/Bluefish/Fruit
 Sopa de sémola y verduras/Pescado azul/Fruta

24 — Fresh organic salad
 Ensalada fresca ecológica

Green beans, stewed
 Judías verdes estofadas

Cordon bleu
 Cordon bleu

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

CENA/DINNER:
Cauliflower with potato/Scrambled eggs with green
 Coliflor con patata/Revuelto de judías verdes/Fruta

25 — GASTRONOMIC DAY "LA CREPÊRIE"
"Le salade parisienne"
 J. GASTRONÓMICA "LA CREPÊRIE" "Le salade parisienne"

Chocolate crepe
 Crepe de chocolate

KCal 1012,200 Prot 68,758g Ca 419,820mg Fe 5,695mg
 HdC 88,306g Lip 91,819g VitA 0,504mg VitB12 1,889mg

CENA/DINNER:
Steamed broccoli/Steamed fish/Fruit
 Brócoli al vapor/Pescado al papillote/Fruta

26 — Natural tomato and fresh cheese
 Tomate natural y queso fresco valenciano

Roasting toast
 Tosta de escalibada

Grilled hake fillet
 Filete de merluza plancha

Dairy
 Lácteo

KCal 450,896 Prot 29,388g Ca 674,608mg Fe 1,361mg
 HdC 14,512g Lip 29,338g VitA 0,598mg VitB12 2,064mg

CENA/DINNER:
Sautéed green beans/Homemade vegetable
 Judías verdes salteadas/Croquetas caseras de legumbres/Fruta

29 — Lettuce, tomato, olives, corn, carrot
 Lechuga, tomate, aceitunas, maíz, zanahoria

Steamed broccoli
 Brócoli al vapor

Omelette zucchini and cheese
 Tortilla de calabacín y queso

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:
Hummus toast/Chicken and carrot curry/Fruit
 Tosta de hummus/Curry de pollo y zanahoria/Fruta

30 — Fresh organic salad
 Ensalada fresca ecológica

Grilled vegetables
 Verduras plancha

Grilled codfish
 Bacalao a la plancha

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

CENA/DINNER:
Vegetable skewers/Whitefish/Fruit
 Brochetas de verduras/Pescado blanco /Fruta

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

MERIENDAS BRITISH COLLEGE					
	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
Sem 2-5 Nov		Fruta	Bocadillo de jamón york	Fruta	Zumo y galletas
Sem 8-12 Nov	Fruta	Bocadillo de queso	Fruta	Bocadillo de fiambre	Fruta
Sem 15-19 Nov	Bocadillo de pavo	Fruta	Bocadillo de jamón serrano	Fruta	Zumo y galletas
Sem 22-26 Nov	Fruta	Bocadillo de jamón york	Fruta	Bocadillo de queso	Fruta
Sem 29-0 Nov	Bocadillo de fiambre	Fruta			

