

SEASONAL FRUITS: Pears, Persimmons, Bananas, Tangerine, Orange, Apple, The orange juice continues !!

MONDAY / LUNES

TUESDAY / MARTES

WEDNESDAY / MIÉRCOLES

THURSDAY / JUEVES

FRIDAY / VIERNES



CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

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

Arroz a la cubana (tomate y huevo)
White rice with tomato and egg

Albóndigas en salsa con champiñón rehogado
Meatballs in sauce with mushrooms

Fruta
Fruit

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

Crema de verduras de temporada P/ECO con tostones
Organic seasonal vegetable cream with croutons

Lomo empanado casero con patatas fritas
Breaded loin with fries

Fruta
Fruit

12 **Ensalada fresca ecológica**
Fresh organic salad

Caracolas a la crema con pollo
Creamy pasta with chicken

Bacalao al horno con "samfaina"
Baked cod with "samfaina"

Fruta ecológica
Organic fruit

13 **Ensalada fresca ecológica**
Fresh organic salad

Lentejas con verduras y chorizo
Lentils with vegetables and sausage

Pizza casera artesana (pizzero)
Pizza

Fruta
Fruit

14 **Ensalada de col**
Cabbage salad

Sopa de cocido con fideos
Stew soup with noodles

Pollo rustido a la miel con mazorca de maíz
Chicken rusted with honey with corn cob

Lácteo
Dairy

KCal 942,419 Prot 29,456g Ca 126,709mg Fe 4,925mg
HdC 98,443g Lip 47,894g VitA 1,332mg VitB12 1,197mg

KCal 879,802 Prot 28,040g Ca 124,988mg Fe 6,714mg
HdC 84,749g Lip 60,857g VitA 1,210mg VitB12 2,289mg

KCal 914,805 Prot 34,316g Ca 375,725mg Fe 5,146mg
HdC 112,794g Lip 50,615g VitA 2,413mg VitB12 3,550mg

KCal 893,414 Prot 41,952g Ca 274,332mg Fe 8,281mg
HdC 115,108g Lip 29,436g VitA 2,828mg VitB12 0,145mg

KCal 874,982 Prot 56,594g Ca 280,722mg Fe 6,529mg
HdC 101,502g Lip 32,199g VitA 1,612mg VitB12 13,700mg

CENA/DINNER:
Calabacín a la plancha /Berenjena rellena de soja
Grilled zucchini/Textured Soy Stuffed Eggplant/Fruit

CENA/DINNER:
Brócoli al vapor/Pescado blanco /Fruta
Steamed broccoli/Whitefish/Fruit

CENA/DINNER:
Chips de boniato al horno/Carne roja magra/Fruta
Roasted sweet potato chips/Lean red meat/Fruit

CENA/DINNER:
Sopa de quinoa/Tortilla de champiñones/Fruta
Quinoa soup/Mushroom omelette/Fruit

CENA/DINNER:
Hervido valenciano/Pescado al papillote/Fruta
Boiled vegetables/Steamed fish/Fruit

<p>17 Lechuga, tomate, aceitunas, maíz, zanahoria Lettuce, tomato, olives, corn, carrot</p> <p>Puré de hervido Mashed vegetables</p> <p>Longanizas con arroz pilaf Sausages with pilaf rice</p> <p>Fruta Fruit</p> <p>KCal 873,198 Prot 20,712g Ca 135,176mg Fe 5,178mg HdC 95,162g Lip 46,133g VitA 2,154mg VitB12 0,776mg</p>	<p>18 Tomate y queso servilleta valenciano Valencian tomato and cheese</p> <p>Macarrones integrales a la napolitana gratinados Neapolitan style whole Macaroni gratin</p> <p>Salmón a la plancha con ensalada Grilled salmon with fresh vegetable salad</p> <p>Fruta Fruit</p> <p>KCal 791,648 Prot 36,904g Ca 270,030mg Fe 4,353mg HdC 93,940g Lip 31,684g VitA 1,151mg VitB12 4,832mg</p>	<p>19 Tosta de ajoarriero Ajoarriero toast</p> <p>Arroz al horno (garbanzo, costilla, patata, tomate, morcilla) Baked rice (chickpea, ribs, potato, tomato, black pudding)</p> <p>Tortilla de atún con tomate asado Tuna omelette with roasted tomato</p> <p>Fruta Fruit</p> <p>KCal 862,070 Prot 31,086g Ca 97,707mg Fe 6,807mg HdC 109,965g Lip 34,062g VitA 0,419mg VitB12 2,303mg</p>	<p>20 Ensalada fresca ecológica Fresh organic salad</p> <p>Sopa de cocido con fideos Stew soup with noodles</p> <p>Ternera a la Jardinera (cebolla, zanahoria, champiñón) con cous cous Beef with vegetables with cous cous</p> <p>Fruta ecológica Organic fruit</p> <p>KCal 893,549 Prot 53,717g Ca 187,779mg Fe 9,920mg HdC 121,653g Lip 31,045g VitA 3,874mg VitB12 0,000mg</p>	<p>21 Ensalada fresca ecológica Fresh organic salad</p> <p>Fideuá de pescado y marisco (fondo de lonja) Fideua of fish and seafood</p> <p>Panaché de fiambres Variety of cold meats</p> <p>Yogur Artesano Artisan Yogurt</p> <p>KCal 933,585 Prot 45,413g Ca 407,041mg Fe 6,804mg HdC 113,659g Lip 53,414g VitA 1,890mg VitB12 1,480mg</p>
<p>CENA/DINNER: Tajín de Verduras/Huevo/Fruta Vegetables Tagine/Egg/Fruit</p>	<p>CENA/DINNER: Patatas cocidas/Carne de ave/Fruta Cooked potatoes/Poultry/Fruit</p>	<p>CENA/DINNER: Guisantes con cebolla y jamón/Pescado al limón/Fruta Peas with ham and onion/Grilled fish with lemon/Fruit</p>	<p>CENA/DINNER: Menestra salteada/Pescado blanco /Fruta Sautéed mixed vegetable soup/Whitefish/Fruit</p>	<p>CENA/DINNER: Crema de calabacín/Carne blanca magra/Fruta Zucchini cream/Lean white meat/Fruit</p>
<p>24 Lechuga, tomate, aceitunas, espárragos, zanahoria Lettuce, tomato, olives, asparagus, carrot</p> <p>Guisado de magro con verduras y patatas Lean stew with vegetables and potatoes</p> <p>Croquetas de la abuela con mayonesa "Croquettes" with mayonnaise</p> <p>Fruta Fruit</p> <p>KCal 910,637 Prot 25,393g Ca 108,918mg Fe 4,444mg HdC 96,065g Lip 47,756g VitA 1,674mg VitB12 1,550mg</p>	<p>25 Lechuga, tomate, maíz, pimiento, zanahoria, queso Lettuce, tomato, corn, pepper, carrot, cheese</p> <p>Crema de calabaza asada y verduras con tostones Roastedpumpkin cream and vegetables with croutons</p> <p>Pechuga de pollo a la mostaza con arroz pilaf Mustard chicken breast with pilaf rice</p> <p>Fruta Fruit</p> <p>KCal 868,013 Prot 28,356g Ca 181,355mg Fe 3,926mg HdC 94,216g Lip 44,081g VitA 1,027mg VitB12 7,892mg</p>	<p>26 Ensalada fresca ecológica Fresh organic salad</p> <p>Lasaña/ Pasta boloñesa Lasagna / Pasta Bolognese</p> <p>Calamares a la andaluza Squids Andaluza style</p> <p>Fruta Fruit</p> <p>KCal 899,594 Prot 43,534g Ca 301,556mg Fe 7,750mg HdC 124,358g Lip 43,550g VitA 2,589mg VitB12 1,920mg</p>	<p>27 Ensalada fresca ecológica Fresh organic salad</p> <p>Lentejas con espinacas y majado P/ECO Lentils with spinach ECOLOGICAL</p> <p>Tortilla de calabacín con queso villalón Zucchini omelette with fresh cheese</p> <p>Fruta ecológica Organic fruit</p> <p>KCal 808,933 Prot 37,734g Ca 244,406mg Fe 10,825mg HdC 101,553g Lip 28,650g VitA 2,630mg VitB12 1,347mg</p>	<p>28 Jornada Gastronómica Balear Balear Gastronomic Day</p>
<p>CENA/DINNER: Acelgas salteadas/Carne magra de cerdo/Fruta Sautéed chard/Lean pork/Fruit</p>	<p>CENA/DINNER: Brochetas de verduras/Pescado azul/Fruta Vegetable skewers/Bluefish/Fruit</p>	<p>CENA/DINNER: Escalivada/Carne blanca magra/Fruta Escalivada/Lean white meat/Fruit</p>	<p>CENA/DINNER: Fajita/Pescado al papillote/Fruta Pancakes/Steamed fish/Fruit</p>	<p>CENA/DINNER:</p>
<p>31 Lechuga, tomate, aceitunas, espárragos, zanahoria Lettuce, tomato, olives, asparagus, carrot</p> <p>Sopa minestrone con verduras frescas y estrellitas Minestrone with fresh vegetables and star-shaped pasta</p> <p>Hamburguesa completa con tomate y queso con patatas Full burger with tomato and cheese and potatoes</p> <p>Fruta Fruit</p> <p>KCal 895,826 Prot 27,357g Ca 275,001mg Fe 6,243mg HdC 156,481g Lip 33,981g VitA 1,863mg VitB12 0,133mg</p>	<p>CENA/DINNER:</p>	<p>CENA/DINNER:</p>	<p>CENA/DINNER:</p>	<p>CENA/DINNER:</p>
<p>CENA/DINNER: Champiñones gratinados/Tortilla de cebolla/Fruta Mushroom gratin/Onion omelet/Fruit</p>	<p>CENA/DINNER:</p>	<p>CENA/DINNER:</p>	<p>CENA/DINNER:</p>	<p>CENA/DINNER:</p>

SECONDARY
SEGUNDA OPCIÓN/SECOND OPTION

SEASONAL FRUITS: Pears, Persimmons, Bananas, Tangerine, Orange, Apple, The orange juice continues !!

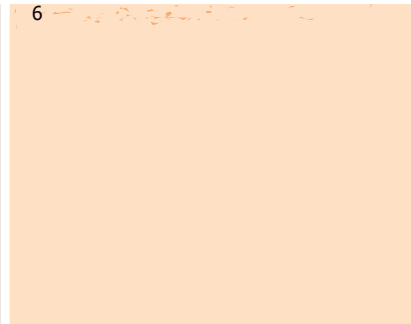
MONDAY / LUNES

TUESDAY / MARTES

WEDNESDAY / MIÉRCOLES

THURSDAY / JUEVES

FRIDAY / VIERNES



CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

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

Menestra de verduras con jamón de pavo
Stew vegetables with turkey ham

Albóndigas de bacalao
Cod meatballs

Fruta
Fruit

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

Marmitako de atún
Tuna stew

Merluza a la vizcaína (tomate, pimiento)
Vizcaina style hake (tomato, pepper)

Fruta
Fruit

12 **Ensalada fresca ecológica**
Fresh organic salad

Verduras a la parrilla
Grilled vegetables

Tortilla de champiñón
Mushroom omelette

Fruta ecológica
Organic fruit

13 **Ensalada fresca ecológica**
Fresh organic salad

Brócoli gratinado
Broccoli au gratin

Pizza casera artesana
Pizza

Fruta
Fruit

14 **Ensalada de col**
Cabbage salad

Judías verdes estofadas
Stewed green beans

Salmón al horno
Baked salmon

Lácteo
Dairy

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 214,712 Prot 2,445g Ca 66,438mg Fe 2,211mg
HdC 40,058g Lip 5,126g VitA 1,151mg 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 252,040 Prot 3,472g Ca 98,360mg Fe 2,985mg
HdC 43,294g Lip 7,542g VitA 3,310mg VitB12 0,000mg

KCal 279,064 Prot 10,175g Ca 365,076mg Fe 0,981mg
HdC 38,507g Lip 8,278g VitA 1,281mg VitB12 1,000mg

CENA/DINNER:
Calabacín a la plancha /Berenjena rellena de soja
Grilled zucchini/Textured Soy Stuffed Eggplant/Fruit

CENA/DINNER:
Brócoli al vapor/Pescado blanco /Fruta
Steamed broccoli/Whitefish/Fruit

CENA/DINNER:
Chips de boniato al horno/Carne roja magra/Fruta
Roasted sweet potato chips/Lean red meat/Fruit

CENA/DINNER:
Sopa de quinoa/Tortilla de champiñones/Fruta
Quinoa soup/Mushroom omelette/Fruit

CENA/DINNER:
Hervido valenciano/Pescado al papillote/Fruta
Boiled vegetables/Steamed fish/Fruit

<p>17 Lechuga, tomate, aceitunas, maíz, zanahoria Lettuce, tomato, olives, corn, carrot</p> <p>Ensalada César Caesar salad</p> <p>All i pebre de rape (con patata) 'All i pebre' monkfish (with potato)</p> <p>Fruta Fruit</p> <p>KCal 214,712 Prot 2,445g Ca 66,438mg Fe 2,211mg HdC 40,058g Lip 5,126g VitA 1,151mg VitB12 0,000mg</p>	<p>18 Tomate y queso servilleta valenciano Valencian tomato and cheese</p> <p>Coliflor al gratén Cauliflower au gratin</p> <p>Pechuga de pollo a la plancha Grilled chicken breast</p> <p>Fruta Fruit</p> <p>KCal 323,759 Prot 13,858g Ca 246,642mg Fe 1,887mg HdC 33,248g Lip 14,983g VitA 0,401mg VitB12 0,665mg</p>	<p>19 Tosta de ajoarriero Ajoarriero toast</p> <p>Empanada de verduras Vegetable "empanada"</p> <p>Cordon bleu Cordon bleu</p> <p>Fruta Fruit</p> <p>KCal 523,037 Prot 13,867g Ca 53,736mg Fe 3,612mg HdC 111,671g Lip 4,244g VitA 0,078mg VitB12 0,720mg</p>	<p>20 Ensalada fresca ecológica Fresh organic salad</p> <p>Espinacas a la crema Creamed spinach</p> <p>Filete de merluza a la gallega (patata) Galician style hake fillet</p> <p>Fruta ecológica Organic fruit</p> <p>KCal 295,720 Prot 3,724g Ca 103,400mg Fe 3,321mg HdC 53,374g Lip 7,836g VitA 3,335mg VitB12 0,000mg</p>	<p>21 Ensalada fresca ecológica Fresh organic salad</p> <p>Crema de calabacín Creamed zucchini</p> <p>Revuelto de ajos tiernos y espárragos verdes Scrambled eggs with garlic and green asparagus</p> <p>Yogur Artesano Artisan Yogurt</p> <p>KCal 276,000 Prot 11,216g Ca 388,240mg Fe 1,977mg HdC 23,054g Lip 14,660g VitA 3,334mg VitB12 1,000mg</p>
<p>CENA/DINNER: Tajín de Verduras/Huevo/Fruta Vegetables Tagine/Egg/Fruit</p>	<p>CENA/DINNER: Patatas cocidas/Carne de ave/Fruta Cooked potatoes/Poultry/Fruit</p>	<p>CENA/DINNER: Guisantes con cebolla y jamón/Pescado al limón/Fruta Peas with ham and onion/Grilled fish with lemon/Fruit</p>	<p>CENA/DINNER: Menestra salteada/Pescado blanco /Fruta Sautéed mixed vegetable soup/Whitefish/Fruit</p>	<p>CENA/DINNER: Crema de calabacín/Carne blanca magra/Fruta Zucchini cream/Lean white meat/Fruit</p>
<p>24 Lechuga, tomate, aceitunas, espárragos, zanahoria Lettuce, tomato, olives, asparagus, carrot</p> <p>Guisantes a la francesa French style peas</p> <p>Tortilla de espinacas Spinach omelette</p> <p>Fruta Fruit</p> <p>KCal 218,766 Prot 2,531g Ca 79,455mg Fe 2,348mg HdC 38,257g Lip 6,370g VitA 1,155mg VitB12 0,000mg</p>	<p>25 Lechuga, tomate, maíz, pimiento, zanahoria, queso Lettuce, tomato, corn, pepper, carrot, cheese</p> <p>Verduras a la parrilla Grilled vegetables</p> <p>Bacalao gratinado al allioli Codfish au gratin</p> <p>Fruta Fruit</p> <p>KCal 252,724 Prot 7,716g Ca 211,810mg Fe 2,073mg HdC 36,378g Lip 8,676g VitA 1,801mg VitB12 0,285mg</p>	<p>26 Ensalada fresca ecológica Fresh organic salad</p> <p>Menestra de verduras Stew vegetables</p> <p>Tosta de verduras Vegetable toast</p> <p>Fruta Fruit</p> <p>KCal 252,040 Prot 3,472g Ca 98,360mg Fe 2,985mg HdC 43,294g Lip 7,542g VitA 3,310mg VitB12 0,000mg</p>	<p>27 Ensalada fresca ecológica Fresh organic salad</p> <p>Hervido valenciano Valencian boiled</p> <p>Longanizas Sausages</p> <p>Fruta ecológica Organic fruit</p> <p>KCal 295,720 Prot 3,724g Ca 103,400mg Fe 3,321mg HdC 53,374g Lip 7,836g VitA 3,335mg VitB12 0,000mg</p>	
<p>CENA/DINNER: Acelgas salteadas/Carne magra de cerdo/Fruta Sautéed chard/Lean pork/Fruit</p>	<p>CENA/DINNER: Brochetas de verduras/Pescado azul/Fruta Vegetable skewers/Bluefish/Fruit</p>	<p>CENA/DINNER: Escalivada/Carne blanca magra/Fruta Escalivada/Lean white meat/Fruit</p>	<p>CENA/DINNER: Fajita/Pescado al papillote/Fruta Pancakes/Steamed fish/Fruit</p>	
<p>31 Lechuga, tomate, aceitunas, espárragos, zanahoria Lettuce, tomato, olives, asparagus, carrot</p> <p>Cogollos plancha gratinado Lettuce buds au gratin</p> <p>Salmón al horno Baked salmon</p> <p>Fruta Fruit</p> <p>KCal 218,766 Prot 2,531g Ca 79,455mg Fe 2,348mg HdC 38,257g Lip 6,370g VitA 1,155mg VitB12 0,000mg</p>				
<p>CENA/DINNER: Champiñones gratinados/Tortilla de cebolla/Fruta Mushroom gratin/Onion omelet/Fruit</p>				

MERIENDAS BRITISH COLLEGE

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
Sem 10-14	Fruta	Bocadillo de jamón serrano	Fruta	Fruta	Zumo y galletas
Sem 17-21	Fruta	Bocadillo de queso	Fruta	Bocadillo de fiambre	Fruta
Sem 23-27	Bocadillo de jamón york	Fruta	Bocadillo de pavo	Fruta	Zumo y galletas
Sem 31	Fruta				