

FS & PRIMARY

SEASONAL FRUITS: watermelon, melon, plum, pear, golden apple

MONDAY / LUNES

TUESDAY / MARTES

WEDNESDAY / MIÉRCOLES

THURSDAY / JUEVES

FRIDAY / VIERNES

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CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

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CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

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


Arroz tres delicias
Three delights rice

Longanizas con patatas asadas tex-mex
Sausages with tex-mex roast potatoes

Fruta
Fruit

KCal 738,667 Prot 23,809g Ca 101,087mg Fe 5,145mg
HdC 70,535g Lip 40,048g VitA 0,995mg VitB12 1,248mg

CENA/DINNER:
Tajín de Verduras/Hamburguesa de garbanzos/Fruta
Vegetables Tagine/Chickpea burger/Fruit

13  **Gazpacho de Sandía**
Watermelon Gazpacho

Pasta con tomate y pollo
Pasta with tomato and chicken

Filete de merluza plancha con ensalada valenciana
Grilled hake with valencian salad

Fruta
Fruit

KCal 957,499 Prot 41,408g Ca 259,697mg Fe 6,342mg
HdC 114,633g Lip 39,267g VitA 1,638mg VitB12 4,568mg

CENA/DINNER:
Champiñones gratinados/Carne blanca magra/Fruta
Mushroom gratin/Lean white meat/Fruit

14  **Ensalada fresca ecológica**
Fresh organic salad


Lentejas con verduras P/ECO
Lentils with vegetables - Ecological dish

Pollo al curry con arroz basmati
Chicken curry with basmati rice

Fruta ecológica
Organic fruit

KCal 992,295 Prot 41,719g Ca 168,851mg Fe 9,310mg
HdC 125,850g Lip 35,890g VitA 2,631mg VitB12 3,478mg

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

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


Crema de puerros con tostones integrales
Leek cream with wholemeal bread

Tortilla de patata con croqueta de cocido
Spanish omelette with croquettes

Fruta
Fruit

KCal 761,212 Prot 21,768g Ca 225,279mg Fe 6,079mg
HdC 94,928g Lip 33,008g VitA 1,038mg VitB12 1,078mg

CENA/DINNER:
Patata con brócoli, judías y garbanzos/Pescado
Sautéed potato, broccoli, onion, beans and

16  **Ensalada fresca ecológica**
Fresh organic salad


Fideuá de pescado y marisco (fondo de lonja)
Fideua of fish and seafood (fish market fund)

Quesadilla vegetal
Vegetable quesadilla

Helado
Ice Cream

KCal 826,057 Prot 39,079g Ca 402,308mg Fe 6,427mg
HdC 157,909g Lip 25,303g VitA 2,616mg VitB12 0,426mg

CENA/DINNER:
Patatas Rancheras/Croquetas caseras de
Ranch potatoes/Homemade vegetable croquettes/Fruit

19  **Ensalada con fruta**
Salad with fruit


Macarrones integrales con boloñesa vegetal
Whole wheat macaroni with vegetable bolognese

Tortilla francesa con queso servilleta valenciano
French omelette with valencian cheese

Fruta
Fruit

KCal 864,663 Prot 31,449g Ca 359,280mg Fe 7,643mg
HdC 106,048g Lip 35,240g VitA 0,521mg VitB12 1,504mg

CENA/DINNER:
Crema de verduras/Brochetas de pavo/Fruta
Creamed vegetables/Turkey skewers/Fruit

20  **DÍA MUNDIAL DE LA PAELLA Ensalada valenciana con huevo y atún**
PAELLA WORLD DAY Valencian salad


Paella valenciana con pollo de campo
Valencian paella

Capricho de calamar con salsa tártara casera
Whim of squid with homemade tartar sauce

Postre casero
Homemade dessert

KCal 929,567 Prot 37,744g Ca 189,730mg Fe 5,781mg
HdC 102,718g Lip 40,564g VitA 1,549mg VitB12 7,822mg

CENA/DINNER:
Sopa de espinacas y fideos/Fajita/Fruta
Spinach and noodles soup/Pancakes/Fruit

21  **Tosta de hummus de garbanzos ECO**
Hummus toast (with BIO chickpeas)


Ensalada campera de patata, vegetales y atún
Salad with potato, vegetables and tuna

Goulash de ternera con cous cous
Beefgoulash with cous cous

Fruta ecológica
Organic fruit

KCal 834,380 Prot 37,101g Ca 150,310mg Fe 7,729mg
HdC 126,819g Lip 22,283g VitA 1,470mg VitB12 0,600mg

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

22  **Gazpacho andaluz**
"Gazpacho andaluz"


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

Bacalao al horno con aceite de pimentón con guisantes
Baked cod with paprika oil and peas

Fruta
Fruit

KCal 958,824 Prot 49,497g Ca 324,308mg Fe 8,665mg
HdC 145,073g Lip 38,601g VitA 1,330mg VitB12 5,280mg

CENA/DINNER:
Verduras salteadas con arroz/Huevos al plato/Fruta
Sautéed vegetables with rice/Fried eggs/Fruit

23  **Ensalada fresca ecológica**
Fresh organic salad

Alubias blancas con verduras - P/ECO
Beans with organic vegetables - ECO

Pollo asado al horno con patatas asadas con pimentón
Roasted chicken with roasted potatoes with paprika

Helado
Ice Cream

KCal 812,717 Prot 49,571g Ca 283,044mg Fe 9,084mg
HdC 89,725g Lip 27,718g VitA 2,222mg VitB12 14,098mg

CENA/DINNER:
Lasaña de calabacín/Hamburguesa de merluza/Fruta
Zucchini lasagna/Hake burgers/Fruit

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


Lentejas a la hortelana
Lentils with vegetables

Salmón fresco a la plancha con salteado oriental
Fresh grilled salmon with oriental sauté

Fruta
Fruit

KCal 828,103 Prot 49,289g Ca 118,372mg Fe 9,364mg
HdC 68,956g Lip 39,521g VitA 1,086mg VitB12 4,050mg

CENA/DINNER:
Calabacín a la plancha /Mini brochetas de pollo con
Grilled zucchini/Mini chicken skewers with vegetables/Fruit

27  **Lechuga, maíz, tomate, cebolla, queso val. servilleta**
Lettuce, corn, tomato, onion, cheese


Sopa de cocido con verduras ECO y fideos
Soup with ORGANIC vegetables and noodles

Albóndigas en salsa con champiñones con cous cous
Meatballs in sauce with mushrooms and cous cous

Fruta
Fruit

KCal 925,385 Prot 40,643g Ca 197,513mg Fe 7,606mg
HdC 114,049g Lip 41,141g VitA 2,048mg VitB12 0,133mg

CENA/DINNER:
Brócoli al vapor/Pescado azul/Fruta
Steamed broccoli/Bluefish/Fruit

28  **Crema fría de melón P/ECO**
Cold melon cream ECO


Arroz a la cubana (tomate y huevo)
Cuban rice

Boquerones enharinados con ensalada
Breaded anchovies with fresh vegetable salad

Fruta
Fruit

KCal 902,348 Prot 36,020g Ca 106,324mg Fe 5,641mg
HdC 117,061g Lip 32,857g VitA 0,936mg VitB12 20,601mg

CENA/DINNER:
Patatas al micro con aceite, sal y pimentón/Carne roja
Potatoes (microwave) with olive oil, salt and paprika/Lean red

29  **Ensalada fresca ecológica**
Fresh organic salad


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

Alitas de pollo al horno/ Inf. Ragout de pollo con patatas al horno
Chicken wings/ Chicken ragout with baked potatoes

Fruta ecológica
Organic fruit

KCal 872,242 Prot 42,479g Ca 260,578mg Fe 11,087mg
HdC 119,943g Lip 25,439g VitA 2,311mg VitB12 0,000mg

CENA/DINNER:
Verduras salteadas con pasta/Revuelto de habas con
Sautéed vegetables with pasta/Scrambled eggs with fava

30  **Ensalada de rúcula, tomate, zanahoria, remolacha y pipas de girasol**
Salad with arugula, tomatoes, carrots, beets, and sunflower seeds

Crema de calabaza asada y puerro
Cream of roasted pumpkin and leek

Pizza casera artesana (pizzero)
Homemade pizza

Fruta
Fruit

KCal 843,021 Prot 29,939g Ca 290,336mg Fe 4,111mg
HdC 111,241g Lip 31,860g VitA 1,664mg VitB12 0,030mg

CENA/DINNER:
Legumbres con verduras salteadas/Sandwich vegetal
Legumes with sauteed vegetables/Sandwich with vegetable

SECONDARY
PRIMERA OPCIÓN/FIRST OPTION

SEASONAL FRUITS: watermelon, melon, plum, pear, golden apple

MONDAY / LUNES

TUESDAY / MARTES

WEDNESDAY / MIÉRCOLES

THURSDAY / JUEVES

FRIDAY / VIERNES

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

Arroz tres delicias
Three delights rice

Longanizas con patatas asadas tex-mex
Sausages with tex-mex roast potatoes

Fruta
Fruit

KCal 738,667 Prot 23,809g Ca 101,087mg Fe 5,145mg
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CENA/DINNER:
Tajín de Verduras/Hamburguesa de garbanzos/Fruta
Vegetables Tagine/Chickpea burger/Fruit

13 **Gazpacho de Sandía**
Watermelon Gazpacho

Pasta con tomate y pollo
Pasta with tomato and chicken

Filete de merluza plancha con ensalada valenciana
Grilled hake with valencian salad

Fruta
Fruit

KCal 957,499 Prot 41,408g Ca 259,697mg Fe 6,342mg
HdC 114,633g Lip 39,267g VitA 1,638mg VitB12 4,568mg

CENA/DINNER:
Champiñones gratinados/Carne blanca magra/Fruta
Mushroom gratin/Lean white meat/Fruit

14 **Ensalada fresca ecológica**
Fresh organic salad

Lentejas con verduras P/ECO
Lentils with vegetables - Ecological dish

Pollo al curry con arroz basmati
Chicken curry with basmati rice

Fruta ecológica
Organic fruit

KCal 992,295 Prot 41,719g Ca 168,851mg Fe 9,310mg
HdC 125,850g Lip 35,890g VitA 2,631mg VitB12 3,478mg

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

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

Crema de puerros con tostones integrales
Leek cream with wholemeal bread

Tortilla de patata con croqueta de cocido
Spanish omelette with croquettes

Fruta
Fruit

KCal 761,212 Prot 21,768g Ca 225,279mg Fe 6,079mg
HdC 94,928g Lip 33,008g VitA 1,038mg VitB12 1,078mg

CENA/DINNER:
Patata con brócoli, judías y garbanzos/Pescado
Sautéed potato, broccoli, onion, beans and

16 **Ensalada fresca ecológica**
Fresh organic salad

Fideuá de pescado y marisco (fondo de lonja)
Fideua of fish and seafood (fish market fund)

Quesadilla vegetal
Vegetable quesadilla

Helado
Ice Cream

KCal 826,057 Prot 39,079g Ca 402,308mg Fe 6,427mg
HdC 157,909g Lip 25,303g VitA 2,616mg VitB12 0,426mg

CENA/DINNER:
Patatas Rancheras/Croquetas caseras de
Ranch potatoes/Homemade vegetable croquettes/Fruit

19 **Ensalada con fruta**
Salad with fruit

Macarrones integrales con boloñesa vegetal
Whole wheat macaroni with vegetable bolognese

Tortilla francesa con queso servilleta valenciano
French omelette with valencian cheese

Fruta
Fruit

KCal 864,663 Prot 31,449g Ca 359,280mg Fe 7,643mg
HdC 106,048g Lip 35,240g VitA 0,521mg VitB12 1,504mg

CENA/DINNER:
Crema de verduras/Brochetas de pavo/Fruta
Creamed vegetables/Turkey skewers/Fruit

20 **DÍA MUNDIAL DE LA PAELLA Ensalada valenciana con huevo y atún**
PAELLA WORLD DAY Valencian salad

Paella valenciana con pollo de campo
Valencian paella

Capricho de calamar con salsa tártara casera
Whim of squid with homemade tartar sauce

Postre casero
Homemade dessert

KCal 929,567 Prot 37,744g Ca 189,730mg Fe 5,781mg
HdC 102,718g Lip 40,564g VitA 1,549mg VitB12 7,822mg

CENA/DINNER:
Sopa de espinacas y fideos/Fajita/Fruta
Spinach and noodles soup/Pancakes/Fruit

21 **Tosta de hummus de garbanzos ECO**
Hummus toast (with BIO chickpeas)

Ensalada campera de patata, vegetales y atún
Salad with potato, vegetables and tuna

Goulash de ternera con cous cous
Beefgoulash with cous cous

Fruta ecológica
Organic fruit

KCal 834,380 Prot 37,101g Ca 150,310mg Fe 7,729mg
HdC 126,819g Lip 22,283g VitA 1,470mg VitB12 0,600mg

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

22 **Gazpacho andaluz**
"Gazpacho andaluz"

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

Bacalao al horno con aceite de pimentón con guisantes
Baked cod with paprika oil and peas

Fruta
Fruit

KCal 958,824 Prot 49,497g Ca 324,308mg Fe 8,665mg
HdC 145,073g Lip 38,601g VitA 1,330mg VitB12 5,280mg

CENA/DINNER:
Verduras salteadas con arroz/Huevos al plato/Fruta
Sautéed vegetables with rice/Fried eggs/Fruit

23 **Ensalada fresca ecológica**
Fresh organic salad

Alubias blancas con verduras - P/ECO
Beans with organic vegetables - ECO

Pollo asado al horno con patatas asadas con pimentón
Roasted chicken with roasted potatoes with paprika

Helado
Ice Cream

KCal 812,717 Prot 49,571g Ca 283,044mg Fe 9,084mg
HdC 89,725g Lip 27,718g VitA 2,222mg VitB12 14,098mg

CENA/DINNER:
Lasaña de calabacín/Hamburguesa de merluza/Fruta
Zucchini lasagna/Hake burgers/Fruit

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

Lentejas a la hortelana
Lentils with vegetables

Salmón fresco a la plancha con salteado oriental
Fresh grilled salmon with oriental sauté

Fruta
Fruit

KCal 828,103 Prot 49,289g Ca 118,372mg Fe 9,364mg
HdC 68,956g Lip 39,521g VitA 1,086mg VitB12 4,050mg

CENA/DINNER:
Calabacín a la plancha /Mini brochetas de pollo con
Grilled zucchini/Mini chicken skewers with vegetables/Fruit

27 **Lechuga, maíz, tomate, cebolla, queso val. servilleta**
Lettuce, corn, tomato, onion, cheese

Sopa de cocido con verduras ECO y fideos
Soup with ORGANIC vegetables and noodles

Albóndigas en salsa con champiñones con cous cous
Meatballs in sauce with mushrooms and cous cous

Fruta
Fruit

KCal 925,385 Prot 40,643g Ca 197,513mg Fe 7,606mg
HdC 114,049g Lip 41,141g VitA 2,048mg VitB12 0,133mg

CENA/DINNER:
Brócoli al vapor/Pescado azul/Fruta
Steamed broccoli/Bluefish/Fruit

28 **Crema fría de melón P/ECO**
Cold melon cream ECO

Arroz a la cubana (tomate y huevo)
Cuban rice

Boquerones enharinados con ensalada
Breaded anchovies with fresh vegetable salad

Fruta
Fruit

KCal 902,348 Prot 36,020g Ca 106,324mg Fe 5,641mg
HdC 117,061g Lip 32,857g VitA 0,936mg VitB12 20,601mg

CENA/DINNER:
Patatas al micro con aceite, sal y pimentón/Carne roja
Potatoes (microwave) with olive oil, salt and paprika/Lean red

29 **Ensalada fresca ecológica**
Fresh organic salad

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

Alitas de pollo al horno/ Inf. Ragout de pollo con patatas al horno
Chicken wings/ Chicken ragout with baked potatoes

Fruta ecológica
Organic fruit

KCal 872,242 Prot 42,479g Ca 260,578mg Fe 11,087mg
HdC 119,943g Lip 25,439g VitA 2,311mg VitB12 0,000mg

CENA/DINNER:
Verduras salteadas con pasta/Revuelto de habas con
Sautéed vegetables with pasta/Scrambled eggs with fava

30 **Ensalada de rúcula, tomate, zanahoria, remolacha y pipas de girasol**
Salad with arugula, tomatoes, carrots, beets, and sunflower seeds

Crema de calabaza asada y puerro
Cream of roasted pumpkin and leek

Pizza casera artesana (pizzero)
Homemade pizza

Fruta
Fruit

KCal 843,021 Prot 29,939g Ca 290,336mg Fe 4,111mg
HdC 111,241g Lip 31,860g VitA 1,664mg VitB12 0,030mg

CENA/DINNER:
Legumbres con verduras salteadas/Sandwich vegetal
Legumes with sauteed vegetables/Sandwich with vegetable

SECONDARY
SEGUNDA OPCIÓN/SECOND OPTION

SEASONAL FRUITS: watermelon, melon, plum, pear, golden apple

MONDAY / LUNES

TUESDAY / MARTES

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THURSDAY / JUEVES

FRIDAY / VIERNES

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CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

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

Espinacas a la crema
Creamed spinach

Bacalao a la plancha
Grilled cod

Fruta
Fruit

13 **Gazpacho de Sandía**
Watermelon Gazpacho

Guisantes con bacon
Peas with bacon

Lomo empanado casero
Breaded loin

Fruta
Fruit

14 **Ensalada fresca ecológica**
Fresh organic salad

Ensalada César
Caesar salad

Salmón fresco al horno
Fresh grilled salmon

Fruta ecológica
Organic fruit

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

Tomate al horno
Baked tomato

Berenjenas rellenas
Stuffed eggplant

Fruta
Fruit

16 **Ensalada fresca ecológica**
Fresh organic salad

Coliflor gratinada
Grated cauliflower

Revuelto de ajos tiernos
Scrambled eggs with garlics

Helado
Ice Cream

CENA/DINNER:
Tajín de Verduras/Hamburguesa de garbanzos/Fruta
Vegetables Tagine/Chickpea burger/Fruit

CENA/DINNER:
Champiñones gratinados/Carne blanca magra/Fruta
Mushroom gratin/Lean white meat/Fruit

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

CENA/DINNER:
Patata con brócoli, judías y garbanzos/Pescado
Sautéed potato, broccoli, onion, beans and

CENA/DINNER:
Patatas Rancheras/Croquetas caseras de
Ranch potatoes/Homemade vegetable croquettes/Fruit

19 **Ensalada con fruta**
Salad with fruit

Verdura en tempura
Vegetables in tempura

Pechuga pollo a la crema
Creamed chicken

Fruta
Fruit

20 **DÍA MUNDIAL DE LA PAELLA Ensalada valenciana con huevo y atún**
PAELLA WORLD DAY Valencian salad

Hervido valenciano
Valencian stew

Tosta de esgarraet
Esgarraet toast

Postre casero
Homemade dessert

21 **Tosta de hummus de garbanzos ECO**
Hummus toast (with BIO chickpeas)

Crema de verduras
Vegetables cream

Filete de San Pedro a la marinera
Filet of San Pedro "a la marinera"

Fruta ecológica
Organic fruit

22 **Gazpacho andaluz**
"Gazpacho andaluz"

Sopa de minestrone con caracolas
Minestrone soup with noodles

Costillas a la barbacoa
BBQ ribs

Fruta
Fruit

23 **Ensalada fresca ecológica**
Fresh organic salad

Alubias blancas con verduras - P/ECO
Beans with organic vegetables - ECO

Boquerones enharinados
Breaded anchovies

Helado
Ice Cream

CENA/DINNER:
Crema de verduras/Brochetas de pavo/Fruta
Creamed vegetables/Turkey skewers/Fruit

CENA/DINNER:
Sopa de espinacas y fideos/Fajita/Fruta
Spinach and noodles soup/Pancakes/Fruit

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

CENA/DINNER:
Verduras salteadas con arroz/Huevos al plato/Fruta
Sautéed vegetables with rice/Fried eggs/Fruit

CENA/DINNER:
Lasaña de calabacín/Hamburguesa de merluza/Fruta
Zucchini lasagna/Hake burgers/Fruit

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

Ensalada de quinoa
Quinoa salad

Revuelto de ajos tiernos
Scrambled eggs with garlics

Fruta
Fruit

27 **Lechuga, maíz, tomate, cebolla, queso val. servilleta**
Lettuce, corn, tomato, onion, cheese

Menestra de verduras
Vegetable stew

All i pebre de rape (con patata)
'All i pebre' monkfish (with potato)

Fruta
Fruit

28 **Crema fría de melón P/ECO**
Cold melon cream ECO

Noodles estilo japonés
Japonesse noodles

Pinchos adobados
Marinated skewer

Fruta
Fruit

29 **Ensalada fresca ecológica**
Fresh organic salad

Escalivada casera
Homemade escalivada

Bacalao a la koskera
Koskera cod

Fruta ecológica
Organic fruit

30 **Ensalada de rúcula, tomate, zanahoria, remolacha y pipas de girasol**
Salad with arugula, tomatoes, carrots, beets, and sunflower seeds

Bacon cheese fries
Bacon cheese fries

Pizza casera artesana (pizzero)
Homemade pizza

Fruta
Fruit

CENA/DINNER:
Calabacín a la plancha /Mini brochetas de pollo con
Grilled zucchini/Mini chicken skewers with vegetables/Fruit

CENA/DINNER:
Brócoli al vapor/Pescado azul/Fruta
Steamed broccoli/Bluefish/Fruit

CENA/DINNER:
Patatas al micro con aceite, sal y pimentón/Carne roja
Potatoes (microwave) with olive oil, salt and paprika/Lean red

CENA/DINNER:
Verduras salteadas con pasta/Revuelto de habas con
Sautéed vegetables with pasta/Scrambled eggs with fava

CENA/DINNER:
Legumbres con verduras salteadas/Sandwich vegetal
Legumes with sauteed vegetables/Sandwich with vegetable

MERIENDAS BRITISH COLLEGE

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
Sem 12-16 Septi	Fruta	Bocadillo de jamón	Fruta	Bocadillo de queso	Fruta
Sem 19-23 Septi	Bocadillo de jamón york	Fruta	Bocadillo de fiambre	Fruta	Zumo y galletas
Sem 26-30 Septi	Fruta	Bocadillo de pavo	Fruta	Bocadillo de queso	Fruta