

SEASONAL FRUITS: Melon, plum, Plum, pear, Banana

**MONDAY / LUNES**

**TUESDAY / MARTES**

**WEDNESDAY / MIÉRCOLES**

**THURSDAY / JUEVES**

**FRIDAY / VIERNES**

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

**Macarrones integrales con salsa de setas y queso**  
Whole wheat macaroni with mushroom sauce and cheese

**Filete de merluza plancha con maíz salteado**  
Grilled hake with sauteed corn

**Fruta**  
Fruit

**4 Ensalada fresca ecológica**  
Fresh organic salad

**Lentejas con hortalizas P/ECO**  
Lentils with vegetables - BIO

**Tortilla de patata con croqueta de cocido**  
Spanish omelette with croquettes

**Fruta ecológica**  
Organic fruit

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

**Sopa de estrellitas**  
Pasta Soup

**Magro en salsa con patatas**  
Lean in sauce with potatoes

**Fruta**  
Fruit

**6 Ensalada fresca ecológica**  
Fresh organic salad

**Arroz al horno (garbanzo, costilla, patata, tomate, morcilla)**  
Baked rice (chickpea, ribs, potato, tomato, black pudding)

**Crunch de salmón con brócoli**  
Salmon crunch with broccoli

**Fruta**  
Fruit

**7 Ensalada americana**  
American salad

**Crema de zanahoria y boniato asado**  
Carrot cream and roasted sweet potato

**Pollo rustido a la miel con gnocchis**  
Honey roasted chicken with gnocchi

**Yogur Artesano**  
Artisan Yogurt

KCal 735,355 Prot 32,379g Ca 301,492mg Fe 7,189mg  
HdC 105,626g Lip 21,130g VitA 1,432mg VitB12 0,768mg

KCal 870,571 Prot 32,912g Ca 209,016mg Fe 9,723mg  
HdC 112,274g Lip 33,065g VitA 3,093mg VitB12 1,038mg

KCal 931,207 Prot 50,467g Ca 111,885mg Fe 6,906mg  
HdC 100,477g Lip 47,963g VitA 2,075mg VitB12 4,276mg

KCal 876,742 Prot 36,153g Ca 154,467mg Fe 7,423mg  
HdC 104,853g Lip 35,663g VitA 2,405mg VitB12 4,995mg

KCal 831,362 Prot 40,996g Ca 283,894mg Fe 4,535mg  
HdC 99,944g Lip 38,352g VitA 2,954mg VitB12 14,000mg

CENA/DINNER:  
**Hervido valenciano/Carne blanca plancha/Fruta**  
Boiled vegetables/White meat grilled/Fruit

CENA/DINNER:  
**Wok de verduras/Sandwich vegetal/Fruta**  
Vegetables wok/Sandwich with vegetable/Fruit

CENA/DINNER:  
**Berenjena rellena de verduras/Pescado blanco /Fruta**  
Stuffed aubergine with vegetables/Whitefish/Fruit

CENA/DINNER:  
**Cebolleta y pimiento rojo plancha/Huevo/Fruta**  
Grilled onion tender and red pepper/Egg/Fruit

CENA/DINNER:  
**Champiñones gratinados/Hamburguesa de**  
Mushroom gratin/Hake burgers/Fruit

**10 Lechuga, tomate, cebolla, pepino, zanahoria con mix de semillas**  
Lettuce, tomato, onion, cucumber, carrot

**Estofado de verduras y patata**  
Vegetable and potato stew

**Huevos al gratén**  
Grated eggs

**Fruta**  
Fruit

**11 Ensalada fresca ecológica**  
Fresh organic salad

**Crema dubarry (coliflor y alubias)**  
Dubarry cream (cauliflower and beans)

**Solomillo de cerdo en salsa con cous cous**  
Pork tenderloin in sauce with cous cous

**Fruta**  
Fruit

**12 Festivo**  
Holiday

**13 Lechuga, tomate, maíz, zanahoria y pera**  
Lettuce, tomato, corn, carrot and pear

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

**Bacalao a la vizcaína**  
Vizcaina style codfish

**Fruta ecológica**  
Organic fruit

**14 Ensalada fresca ecológica**  
Fresh organic salad

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

**Frito valenciano con pisto**  
Valencian fried with pisto

**Lácteo**  
Dairy

KCal 760,725 Prot 66,188g Ca 185,148mg Fe 4,863mg  
HdC 71,241g Lip 106,585g VitA 1,655mg VitB12 1,086mg

KCal 817,548 Prot 31,977g Ca 179,634mg Fe 7,415mg  
HdC 102,816g Lip 34,159g VitA 3,233mg VitB12 2,400mg

KCal 774,223 Prot 26,894g Ca 174,735mg Fe 5,238mg  
HdC 114,033g Lip 23,589g VitA 1,235mg VitB12 3,369mg

KCal 879,665 Prot 37,856g Ca 419,873mg Fe 10,572mg  
HdC 105,416g Lip 34,613g VitA 2,535mg VitB12 2,449mg

CENA/DINNER:  
**Ensalada completa/Revuelto de ajos tiernos/Fruta**  
Full salad/Scrambled eggs with garlic/Fruit

CENA/DINNER:  
**Guisantes con cebolla y jamón/Pescado al limón/Fruta**  
Peas with ham and onion/Grilled fish with lemon/Fruit

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

CENA/DINNER:  
**Patatas cocidas/Croquetas caseras de pescado/Fruta**  
Cooked potatoes/Fish croquettes/Fruit

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

**Lentejas con arroz**  
Lentils with rice

**Calamares enharinados con mayonesa**  
Floured calamari with mayonnaise

**Fruta**  
Fruit

KCal 930,977 Prot 34,438g Ca 141,395mg Fe 7,418mg  
HdC 121,906g Lip 34,794g VitA 0,669mg VitB12 0,030mg

CENA/DINNER:  
**Calabacín a la plancha /Carne roja magra/Fruta**  
Grilled zucchini/Lean red meat/Fruit

18 — **Ensalada fresca ecológica**  
Fresh organic salad

**Sopa de cocido (ternera, cerdo, ave) con verduras ecológicas**  
Cooked soup (veal, pork, bird) with organic vegetables

**Contramuslo a la italiana con patatas**  
Italian chicken thigh with potatoes

**Fruta ecológica**  
Organic fruit

KCal 937,368 Prot 52,511g Ca 243,966mg Fe 9,458mg  
HdC 99,942g Lip 41,247g VitA 2,355mg VitB12 9,925mg

CENA/DINNER:  
**Judías verdes salteadas/Pescado azul/Fruta**  
Sautéed green beans/Bluefish/Fruit

19 — **Tosta vegetal gratinada con queso**  
Vegetable toast gratinated with cheese

**Arroz de otoño (secreto, setas y calabaza)**  
Autumn rice (secret, mushrooms and pumpkin)

**Salmón fresco a la plancha con ensalada**  
Fresh grilled salmon with fresh vegetable salad

**Fruta ecológica**  
Organic fruit

KCal 997,145 Prot 46,243g Ca 177,340mg Fe 6,602mg  
HdC 123,925g Lip 36,506g VitA 1,667mg VitB12 5,235mg

CENA/DINNER:  
**Ensalada completa/Tortilla de queso/Fruta**  
Full salad/Cheese omelette/Fruit

20 — **Hummus de garbanzos con nachos**  
Chickpea hummus with nachos

**Caracolas boloñesa**  
Bolognese pasta

**Pechuga pollo a la crema con verduras**  
Chicken breast in cream with vegetables

**Fruta**  
Fruit

KCal 934,877 Prot 52,040g Ca 237,880mg Fe 6,733mg  
HdC 124,934g Lip 51,070g VitA 0,995mg VitB12 0,700mg

CENA/DINNER:  
**Brócoli al vapor/Pavo con champiñones/Fruta**  
Steamed broccoli/Turkey with mushrooms/Fruit

21 — **Tomate ecológico y queso servilleta valenciano**  
Organic tomato and Valencian napkin cheese

**Crema festival de legumbres**  
Legume festival cream

**Pizza casera artesana (pizzero)**  
Homemade pizza

**Batido de yogur valenciano con fruta**  
Valencian yogurt smoothie with fruit

KCal 996,817 Prot 53,911g Ca 663,090mg Fe 9,363mg  
HdC 113,582g Lip 35,496g VitA 3,653mg VitB12 1,032mg

CENA/DINNER:  
**Tomate relleno /Brocheta de tofu /Fruta**  
Stuffed tomato/Tofu skewers/Fruit

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

**Fideuà de verduras**  
Vegetable fideua

**Filete de merluza empanado con tomate**  
Breaded hake fillet with tomato

**Fruta**  
Fruit

KCal 824,645 Prot 39,706g Ca 171,947mg Fe 5,610mg  
HdC 133,516g Lip 33,818g VitA 2,193mg VitB12 3,876mg

CENA/DINNER:  
**Chips de boniato al horno/Carne blanca/Fruta**  
Roasted sweet potato chips/White meat/Fruit

25 — **Ensalada con fruta**  
Salad with fruit

**Potaje de legumbres con verduras de temporada**  
Legumes stew with seasonal vegetables

**Revuelto de huevo con patata y jamón**  
Scrambled egg with potato and ham

**Fruta**  
Fruit

KCal 891,451 Prot 26,979g Ca 211,113mg Fe 8,910mg  
HdC 105,386g Lip 40,944g VitA 0,615mg VitB12 1,274mg

CENA/DINNER:  
**Curry de pollo y zanahoria/Pizza/Fruta**  
Chicken and carrot curry/Pizza/Fruit

26 — **Ensalada fresca ecológica**  
Fresh organic salad

**Puré de hervido**  
Boiled mash

**Lomo en salsa con champiñones y cous cous**  
Loin in sauce with mushrooms and cous cous

**Fruta**  
Fruit

KCal 830,107 Prot 28,154g Ca 158,119mg Fe 7,270mg  
HdC 87,791g Lip 57,395g VitA 4,062mg VitB12 2,208mg

CENA/DINNER:  
**Tajin de Verduras/Pescado al papillote/Fruta**  
Vegetables Tagine/Steamed fish/Fruit

27 — **Hummus de berenjena con rosquilletas**  
Aubergineummus with bread sticks

**Paella valenciana con pollo de campo**  
Valencian paella with free-range chicken

**Ensaladilla**  
Salad (tuna, egg, potato, pea, carrot, mayonnaise)

**Fruta**  
Fruit

KCal 1032,109 Prot 47,924g Ca 256,238mg Fe 10,265mg  
HdC 145,626g Lip 28,355g VitA 0,322mg VitB12 7,497mg

CENA/DINNER:  
**Patatas gratinadas con queso/Croquetas caseras de**  
Potato gratin with cheese/Homemade vegetable

28 — **HALLOWEEN Dedos de zombie**  
HALLOWEEN Zombie fingers

**Lombrices con salsa de sesos**  
Worms with brain sauce (Spaguetti)

**Carne de monstruo con sangre**  
Monster meat with blood (Meetballs)

**Helado con tierra de cementerio**  
Ice cream with graveyard sand

KCal 806,632 Prot 30,661g Ca 378,195mg Fe 3,112mg  
HdC 86,299g Lip 49,320g VitA 1,426mg VitB12 0,534mg

CENA/DINNER:  
**Tosta de hummus/Pescado azul/Fruta**  
Hummus toast/Bluefish/Fruit

31 — **Festivo**  
Holiday

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Lean in sauce with potatoes

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Salmon crunch with broccoli

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CENA/DINNER:  
**Wok de verduras/Sandwich vegetal/Fruta**  
Vegetables wok/Sandwich with vegetable/Fruit

CENA/DINNER:  
**Berenjena rellena de verduras/Pescado blanco /Fruta**  
Stuffed aubergine with vegetables/Whitefish/Fruit

CENA/DINNER:  
**Cebolleta y pimiento rojo plancha/Huevo/Fruta**  
Grilled onion tender and red pepper/Egg/Fruit

CENA/DINNER:  
**Champiñones gratinados/Hamburguesa de**  
Mushroom gratin/Hake burgers/Fruit

**10 Lechuga, tomate, cebolla, pepino, zanahoria con mix de semillas**  
Lettuce, tomato, onion, cucumber, carrot

**Estofado de verduras y patata**  
Vegetable and potato stew

**Huevos al gratén**  
Grated eggs

**Fruta**  
Fruit

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Fresh organic salad

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Dubarry cream (cauliflower and beans)

**Solomillo de cerdo en salsa con cous cous**  
Pork tenderloin in sauce with cous cous

**Fruta**  
Fruit

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Holiday

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White rice with tomato and egg

**Bacalao a la vizcaína**  
Vizcaina style codfish

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Organic fruit

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Chickpeas with vegetables (Organic dish)

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Valencian fried with pisto

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CENA/DINNER:  
**Ensalada completa/Revuelto de ajos tiernos/Fruta**  
Full salad/Scrambled eggs with garlic/Fruit

CENA/DINNER:  
**Guisantes con cebolla y jamón/Pescado al limón/Fruta**  
Peas with ham and onion/Grilled fish with lemon/Fruit

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

CENA/DINNER:  
**Patatas cocidas/Croquetas caseras de pescado/Fruta**  
Cooked potatoes/Fish croquettes/Fruit

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

**Lentejas con arroz**  
Lentils with rice

**Calamares enharinados con mayonesa**  
Floured calamari with mayonnaise

**Fruta**  
Fruit

KCal 930,977 Prot 34,438g Ca 141,395mg Fe 7,418mg  
HdC 121,906g Lip 34,794g VitA 0,669mg VitB12 0,030mg

CENA/DINNER:  
**Calabacín a la plancha /Carne roja magra/Fruta**  
Grilled zucchini/Lean red meat/Fruit

18 — **Ensalada fresca ecológica**  
Fresh organic salad

**Sopa de cocido (ternera, cerdo, ave) con verduras ecológicas**  
Cooked soup (veal, pork, bird) with organic vegetables

**Contramuslo a la italiana con patatas**  
Italian chicken thigh with potatoes

**Fruta ecológica**  
Organic fruit

KCal 937,368 Prot 52,511g Ca 243,966mg Fe 9,458mg  
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CENA/DINNER:  
**Judías verdes salteadas/Pescado azul/Fruta**  
Sautéed green beans/Bluefish/Fruit

19 — **Tosta vegetal gratinada con queso**  
Vegetable toast gratinated with cheese

**Arroz de otoño (secreto, setas y calabaza)**  
Autumn rice (secret, mushrooms and pumpkin)

**Salmón fresco a la plancha con ensalada**  
Fresh grilled salmon with fresh vegetable salad

**Fruta ecológica**  
Organic fruit

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CENA/DINNER:  
**Ensalada completa/Tortilla de queso/Fruta**  
Full salad/Cheese omelette/Fruit

20 — **Hummus de garbanzos con nachos**  
Chickpea hummus with nachos

**Caracolas boloñesa**  
Bolognese pasta

**Pechuga pollo a la crema con verduras**  
Chicken breast in cream with vegetables

**Fruta**  
Fruit

KCal 934,877 Prot 52,040g Ca 237,880mg Fe 6,733mg  
HdC 124,934g Lip 51,070g VitA 0,995mg VitB12 0,700mg

CENA/DINNER:  
**Brócoli al vapor/Pavo con champiñones/Fruta**  
Steamed broccoli/Turkey with mushrooms/Fruit

21 — **Tomate ecológico y queso servilleta valenciano**  
Organic tomato and Vaalencian napkin cheese

**Crema festival de legumbres**  
Legume festival cream

**Pizza casera artesana (pizzero)**  
Homemade pizza

**Batido de yogur valenciano con fruta**  
Valencian yogurt smoothie with fruit

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CENA/DINNER:  
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Stuffed tomato/Tofu skewers/Fruit

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

**Fideuà de verduras**  
Vegetable fideua

**Filete de merluza empanado con tomate**  
Breaded hake fillet with tomato

**Fruta**  
Fruit

KCal 824,645 Prot 39,706g Ca 171,947mg Fe 5,610mg  
HdC 133,516g Lip 33,818g VitA 2,193mg VitB12 3,876mg

CENA/DINNER:  
**Chips de boniato al horno/Carne blanca/Fruta**  
Roasted sweet potato chips/White meat/Fruit

25 — **Ensalada con fruta**  
Salad with fruit

**Potaje de legumbres con verduras de temporada**  
Legumes stew with seasonal vegetables

**Revuelto de huevo con patata y jamón**  
Scrambled egg with potato and ham

**Fruta**  
Fruit

KCal 891,451 Prot 26,979g Ca 211,113mg Fe 8,910mg  
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CENA/DINNER:  
**Curry de pollo y zanahoria/Pizza/Fruta**  
Chicken and carrot curry/Pizza/Fruit

26 — **Ensalada fresca ecológica**  
Fresh organic salad

**Puré de hervido**  
Boiled mash

**Lomo en salsa con champiñones y cous cous**  
Loin in sauce with mushrooms and cous cous

**Fruta**  
Fruit

KCal 830,107 Prot 28,154g Ca 158,119mg Fe 7,270mg  
HdC 87,791g Lip 57,395g VitA 4,062mg VitB12 2,208mg

CENA/DINNER:  
**Tajin de Verduras/Pescado al papillote/Fruta**  
Vegetables Tagine/Steamed fish/Fruit

27 — **Hummus de berenjena con rosquilletas**  
Aubergine hummus with bread sticks

**Paella valenciana con pollo de campo**  
Valencian paella with free-range chicken

**Ensaladilla**  
Salad (tuna, egg, potato, pea, carrot, mayonnaise)

**Fruta**  
Fruit

KCal 1032,109 Prot 47,924g Ca 256,238mg Fe 10,265mg  
HdC 145,626g Lip 28,355g VitA 0,322mg VitB12 7,497mg

CENA/DINNER:  
**Patatas gratinadas con queso/Croquetas caseras de**  
Potato gratin with cheese/Homemade vegetable

28 — **HALLOWEEN Dedos de zombie**  
HALLOWEEN Zombie fingers

**Lombrices con salsa de sesos**  
Worms with brain sauce (Spaguetti)

**Carne de monstruo con sangre**  
Monster meat with blood (Meatballs)

**Helado con tierra de cementerio**  
Ice cream with graveyard dirt

KCal 806,632 Prot 30,661g Ca 378,195mg Fe 3,112mg  
HdC 86,299g Lip 49,320g VitA 1,426mg VitB12 0,534mg

CENA/DINNER:  
**Tosta de hummus/Pescado azul/Fruta**  
Hummus toast/Bluefish/Fruit

31 — **Festivo**  
Holiday

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CENA/DINNER:

SEASONAL FRUITS: Melon, plum, Plum, pear, Banana

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**FRIDAY / VIERNES**

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

**Menestra de verduras**  
Vegetables stem

**Coca de verduras**  
Vegetable patty

**Fruta**  
Fruit

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:  
**Hervido valenciano/Carne blanca plancha/Fruta**  
Boiled vegetables/White meat grilled/Fruit

**4** **Ensalada fresca ecológica**  
Fresh organic salad

**Ensalada toscana**  
Tuscan salad

**Enchilada vegetal**  
Vegetable enchilada

**Fruta ecológica**  
Organic fruit

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:  
**Wok de verduras/Sandwich vegetal/Fruta**  
Vegetables wok/Sandwich with vegetable/Fruit

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

**Guisantes a la francesa**  
French peas

**Bacalao a la vizcaína**  
Vizcaina style codfish

**Fruta**  
Fruit

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

CENA/DINNER:  
**Berenjena rellena de verduras/Pescado blanco /Fruta**  
Stuffed aubergine with vegetables/Whitefish/Fruit

**6** **Ensalada fresca ecológica**  
Fresh organic salad

**Asado de pimientos**  
Roasted peppers

**Hamburguesa vegetal a la plancha**  
Grilled vegetable burger

**Fruta**  
Fruit

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:  
**Cebolleta y pimiento rojo plancha/Huevo/Fruta**  
Grilled onion tender and red pepper/Egg/Fruit

**7** **Ensalada americana**  
American salad

**Judías verdes con tomate**  
Green beans with tomato

**Albóndigas de bacalao**  
Cod balls

**Yogur Artesano**  
Artisan Yogurt

KCal 491,880 Prot 13,834g Ca 457,220mg Fe 2,514mg  
HdC 35,234g Lip 33,778g VitA 3,547mg VitB12 1,600mg

CENA/DINNER:  
**Champiñones gratinados/Hamburguesa de**  
Mushroom gratin/Hake burgers/Fruit

**10** **Lechuga, tomate, cebolla, pepino, zanahoria con mix de semillas**  
Lettuce, tomato, onion, cucumber, carrot

**Ensalada César**  
Caesar salad

**Merluza al horno**  
Baked hake

**Fruta**  
Fruit

KCal 444,846 Prot 96,453g Ca 57,338mg Fe 2,021mg  
HdC 45,283g Lip 151,640g VitA 1,130mg VitB12 0,000mg

CENA/DINNER:  
**Ensalada completa/Revuelto de ajos tiernos/Fruta**  
Full salad/Scrambled eggs with garlic/Fruit

**11** **Ensalada fresca ecológica**  
Fresh organic salad

**Espinacas gratinadas**  
Grated spinachs

**Revuelto de ajos tiernos y patata**  
Scrambled tender garlic and potato

**Fruta**  
Fruit

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:  
**Guisantes con cebolla y jamón/Pescado al limón/Fruta**  
Peas with ham and onion/Grilled fish with lemon/Fruit

**12**

CENA/DINNER:

**13** **Lechuga, tomate, maíz, zanahoria y pera**  
Lettuce, tomato, corn, carrot and pear

**Menestra de verduras**  
Vegetable stem

**Tomate relleno**  
Stuffed tomato

**Fruta ecológica**  
Organic fruit

KCal 262,872 Prot 2,844g Ca 61,042mg Fe 2,413mg  
HdC 54,955g Lip 3,706g VitA 1,234mg VitB12 0,000mg

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

**14** **Ensalada fresca ecológica**  
Fresh organic salad

**Vichyssoise (crema de puerros)**  
Creamed leeks

**Rollito de primavera**  
Spring roll

**Lácteo**  
Dairy

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:  
**Patatas cocidas/Croquetas caseras de pescado/Fruta**  
Cooked potatoes/Fish croquettes/Fruit

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

**Ensalada capresse**  
Mediterranean salad

**Wrap de pollo con verduras**  
Chicken wrap with vegetables

**Fruta**  
Fruit

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:  
**Calabacín a la plancha /Carne roja magra/Fruta**  
Grilled zucchini/Lean red meat/Fruit

18 — **Ensalada fresca ecológica**  
Fresh organic salad

**Guisantes salteados**  
Sauteed peas

**Merluza a la plancha**  
Grilled hake

**Fruta ecológica**  
Organic fruit

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:  
**Judías verdes salteadas/Pescado azul/Fruta**  
Sautéed green beans/Bluefish/Fruit

19 — **Tosta vegetal gratinada con queso**  
Vegetable toast gratinated with cheese

**Espinacas a la crema**  
Creamed spinach

**Costillas a la barbacoa**  
BBQ ribs

**Fruta ecológica**  
Organic fruit

KCal 685,374 Prot 20,357g Ca 203,930mg Fe 4,798mg  
HdC 136,953g Lip 9,005g VitA 0,840mg VitB12 0,000mg

CENA/DINNER:  
**Ensalada completa/Tortilla de queso/Fruta**  
Full salad/Cheese omelette/Fruit

20 — **Hummus de garbanzos con nachos**  
Chickpea hummus with nachos

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

**Revuelto de gambas y ajetes**  
Scrambled eggs with prawns and garlic

**Fruta**  
Fruit

KCal 488,432 Prot 15,942g Ca 84,256mg Fe 4,346mg  
HdC 89,712g Lip 30,748g VitA 0,200mg VitB12 0,000mg

CENA/DINNER:  
**Brócoli al vapor/Pavo con champiñones/Fruta**  
Steamed broccoli/Turkey with mushrooms/Fruit

21 — **Tomate ecológico y queso servilleta valenciano**  
Organic tomato and cheese napkin Valencia

**Verduras en tempura**  
Tempura vegetables

**Pizza casera artesana (pizzero)**  
Homemade pizza

**Batido de yogur valenciano con fruta**  
Valencian yogurt smoothie with fruit

KCal 468,368 Prot 29,489g Ca 676,624mg Fe 1,495mg  
HdC 18,544g Lip 29,456g VitA 0,608mg VitB12 2,064mg

CENA/DINNER:  
**Tomate relleno /Brocheta de tofu /Fruta**  
Stuffed tomato/Tofu skewers/Fruit

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

**Judías verdes con jamón serrano**  
Green beans with serrano ham

**Lomo de cerdo a la plancha**  
Grilled loin pork

**Fruta**  
Fruit

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:  
**Chips de boniato al horno/Carne blanca/Fruta**  
Roasted sweet potato chips/White meat/Fruit

25 — **Ensalada con fruta**  
Salad with fruit

**Coliflor gratinada**  
Grated cauliflower

**Croquetas de bacalao**  
Cod croquettes

**Fruta**  
Fruit

KCal 259,000 Prot 3,290g Ca 111,280mg Fe 2,547mg  
HdC 53,676g Lip 3,599g VitA 0,234mg VitB12 0,000mg

CENA/DINNER:  
**Curry de pollo y zanahoria/Pizza/Fruta**  
Chicken and carrot curry/Pizza/Fruit

26 — **Ensalada fresca ecológica**  
Fresh organic salad

**Tallarines con verduras y tomate**  
Noodles with vegetables and tomato

**Lomos de merluza provenzal**  
Provençal hake loins

**Fruta**  
Fruit

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:  
**Tajin de Verduras/Pescado al papillote/Fruta**  
Vegetables Tagine/Steamed fish/Fruit

27 — **Hummus de berenjena con rosquilletas**  
Eggplant hummus with bread sticks

**Coca de sardinas**  
Sardine patty

**Escalivada casera**  
Homemade escalivada

**Fruta**  
Fruit

KCal 869,313 Prot 34,543g Ca 295,356mg Fe 14,521mg  
HdC 146,809g Lip 16,091g VitA 0,158mg VitB12 0,000mg

CENA/DINNER:  
**Patatas gratinadas con queso/Croquetas caseras de**  
Potato gratin with cheese/Homemade vegetable

28 — **HALLOWEEN Dedos de zombie**  
HALLOWEEN Zombie fingers

**Lombrices con salsa de sesos**  
Worms with brain sauce

**Carne de monstruo con sangre**  
Monster meat with blood

**Helado con tierra de cementerio**  
Ice cream with graveyard sand

KCal 408,100 Prot 15,110g Ca 238,000mg Fe 0,910mg  
HdC 29,290g Lip 26,230g VitA 1,252mg VitB12 0,525mg

CENA/DINNER:  
**Tosta de hummus/Pescado azul/Fruta**  
Hummus toast/Bluefish/Fruit

31 —

31 —

31 —

31 —

31 —

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

MERIENDAS BRITISH COLLEGE					
	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
Sem 3 al 7 Oct	Fruta	Bocadillo de jamón	Fruta	Bocadillo de queso	Zumo y galletas
Sem 10-14 Oct	Fruta	Bocadillo de fiambre	FESTIVO	Bocadillo de pavo	Fruta
Sem 17-21 Oct	Bocadillo de jamón york	Fruta	Bocadillo de fiambre	Fruta	Zumo y galletas
Sem 24-28 Oct	Fruta	Bocadillo de queso	Fruta	Bocadillo de jamón	Fruta
Sem 31 Oct	FESTIVO				

