

SEASONAL FRUITS: Pear, Persimmon, Tangerine, Melon, Plum, Orange, Apple, Banana, The natural juice is back!!

**MONDAY / LUNES**

**TUESDAY / MARTES**

**WEDNESDAY / MIÉRCOLES**

**THURSDAY / JUEVES**

**FRIDAY / VIERNES**

1

**Festivo**  
Holiday

2

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

**Lentejas a la hortelana**  
Lentils with vegetables

**Tortilla de patata con longanizas**  
Potato omelette with sausages

**Fruta**  
Fruit

3

**Ensalada fresca ecológica**  
Fresh organic salad

**Sopa de cocido (ternera, cerdo, ave) con verduras ECO**  
Soup (veal, pork, bird) with ORGANIC vegetables

**Pollo al horno con zanahoria**  
Roasted chicken with carrot

**Fruta ECO**  
Organic fruit

4

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

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

**Salmón fresco a la plancha con salteado thai**  
Fresh grilled salmon with thai stir

**Yogur Artesano**  
Artisan Yogurt

CENA/DINNER:

CENA/DINNER:  
**Ensalada completa/Sandwich vegetal/Fruta**  
Full salad/Sandwich with vegetable/Fruit

CENA/DINNER:  
**Brócoli al vapor/Pescado al limón/Fruta**  
Steamed broccoli/Grilled fish with lemon/Fruit

CENA/DINNER:  
**Crema de champiñón/Carne de ave/Fruta**  
Mushroom cream/Poultry/Fruit

8

**Ensalada de col**  
Cabbage salad

**Arroz caldoso con rape y alcachofas naturales**  
Rice with monkfish and natural artichokes

**Croquetas de cocido con tomate y aceite de albahaca**  
Croquettes with tomato and basil oil

**Fruta**  
Fruit

9

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

**Caracolas boloñesa**  
Pasta bolognese

**Merluza a la kosquera**  
Kosquera hake

**Fruta**  
Fruit

10

**Ensalada fresca ecológica**  
Fresh organic salad

**Garbanzos con boniato P/ECO**  
Chickpeas with sweet potato P/ECO

**Huevos camperos con patatas y jamón**  
Free-range eggs with potatoes and ham

**Fruta ECO**  
Organic fruit

11

**Ensalada fresca ecológica**  
Fresh organic salad

**Sopa de ave con lluvia**  
Chicken soup with pasta

**Pollo asado con pimientos asados**  
Roasted chicken with roasted peppers

**Lácteo**  
Dairy

CENA/DINNER:  
**Menestra salteada/Tortilla de cebolla/Fruta**  
Sautéed mixed vegetable soup/Onion omelet/Fruit

CENA/DINNER:  
**Ensalada de lentejas /Carne magra de cerdo/Fruta**  
Lentil salad/Lean pork/Fruit

CENA/DINNER:  
**Calabacín a la plancha /Albóndigas vegetales/Fruta**  
Grilled zucchini/Veggie "meat" balls/Fruit

CENA/DINNER:  
**Judías verdes salteadas/Pescado al papillote/Fruta**  
Sautéed green beans/Steamed fish/Fruit

CENA/DINNER:  
**Brochetas de verduras/Quiche de verduras/Fruta**  
Vegetable skewers/Vegetable quiche/Fruit

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CENA/DINNER:  
**Brochetas de verduras/Quiche de verduras/Fruta**  
Vegetable skewers/Vegetable quiche/Fruit

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

**Tallarines al pesto rojo**  
Noodles with red pesto

**Gallineta a la gallega**  
Redfish Galician style

**Fruta**  
Fruit

KCal 795,657 Prot 31,163g Ca 200,003mg Fe 8,157mg  
HdC 150,256g Lip 19,678g VitA 0,746mg VitB12 0,438mg

CENA/DINNER:  
**Guisantes con cebolla y jamón/Carne de ave/Fruta**  
Peas with ham and onion/Poultry/Fruit

15 **Ensalada fresca ecológica**  
Fresh organic salad

**Lentejas con verduras P/ECO**  
Lentils with vegetables BIO

**Alitas de pollo con maíz salteado**  
Chicken wings with sauteed corn

**Yogur natural valenciano**  
Valencian natural yogurt

KCal 865,281 Prot 45,519g Ca 296,583mg Fe 8,081mg  
HdC 83,842g Lip 38,943g VitA 2,638mg VitB12 0,500mg

CENA/DINNER:  
**Chips de boniato al horno/Berenjena rellena de soja**  
Roasted sweet potato chips/Textured Soy Stuffed

16 **Lechuga, tomate, cebolla, pepino, zanahoria**  
Lettuce, tomato, onion, cucumber, carrot

**Crema mediterránea con verduras de temporada**  
Mediterranean cream with seasonal vegetables

**Lomo a la mandarina con patatas**  
Tangerrine pork with potatoes

**Fruta**  
Fruit

KCal 867,752 Prot 24,576g Ca 142,098mg Fe 6,678mg  
HdC 87,811g Lip 58,072g VitA 2,415mg VitB12 1,840mg

CENA/DINNER:  
**Wok de verduras/Pescado azul/Fruta**  
Vegetables wok/Bluefish/Fruit

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

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

**Panaché de fiambres**  
Variety of cold meats

**Fruta**  
Fruit

KCal 804,891 Prot 40,129g Ca 205,413mg Fe 4,883mg  
HdC 82,717g Lip 34,520g VitA 0,720mg VitB12 7,437mg

CENA/DINNER:  
**Tajin de Verduras/Revuelto de verduras/Fruta**  
Vegetables Tagine/Scrambled eggs with vegetables/Fruit

18 **Ensalada fresca ecológica**  
Fresh organic salad

**Fabada vegetal**  
Vegetable "fabada"

**Pollo al curry con cous cous**  
Chicken curry with cous cous

**Fruta ECO**  
Organic fruit

KCal 791,052 Prot 40,870g Ca 228,390mg Fe 9,898mg  
HdC 92,729g Lip 30,195g VitA 3,459mg VitB12 4,376mg

CENA/DINNER:  
**Hervido valenciano/Pescado blanco /Fruta**  
Boiled vegetables/Whitefish/Fruit

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

**Patatas a la riojana (pimiento, cebolla, chorizo)**  
Rioja style potatoes (pepper, onion, sausage)

**Bacalao a la vizcaína**  
Codfish in Biscayan sauce

**Fruta**  
Fruit

KCal 881,206 Prot 27,865g Ca 179,825mg Fe 5,703mg  
HdC 87,301g Lip 46,987g VitA 1,415mg VitB12 3,259mg

CENA/DINNER:  
**Quinoa con especias/Hamburguesa de soja/Fruta**  
Quinoa with spices/Soy burgers/Fruit

22 **Lechuga, tomate, maíz, pimiento, manzana**  
Lettuce, tomato, corn, apple, pepper

**Pataje de garbanzos con espinacas**  
Chickpea stew with spinach

**Pizza casera - Pizzero**  
Homemade pizza - Pizzero

**Fruta**  
Fruit

KCal 894,040 Prot 28,242g Ca 217,578mg Fe 8,692mg  
HdC 101,614g Lip 40,280g VitA 2,127mg VitB12 0,000mg

CENA/DINNER:  
**Calabaza y patata al microondas/Pescado blanco**  
Pumpkin and potato in the microwawe made/Whitefish/Fruit

23 **Ensalada fresca ecológica**  
Fresh organic salad

**Macarrones integrales con tapenade (atún, tomate, aceituna negra, queso)**  
Pasta with tomato, tuna, black olives and cheese

**Tortilla de patata y cebolla con queso manchego**  
Potato and onion omelette with cheese

**Fruta**  
Fruit

KCal 940,096 Prot 38,439g Ca 379,970mg Fe 7,814mg  
HdC 104,981g Lip 41,288g VitA 2,711mg VitB12 3,257mg

CENA/DINNER:  
**Tosta de hummus/Carne blanca/Fruta**  
Hummus toast/White meat/Fruit

24 **Ensalada fresca ecológica**  
Fresh organic salad

**Sopa de cocido (ternera, cerdo, ave) con verduras ECO**  
Soup (veal, pork, bird) with ORGANIC vegetables

**Contramuslo a la italiana con patatas**  
Italian style chicken tight with potatoes

**Fruta ECO**  
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:  
**Ensalada de tomate y aguacate/Pescado al limón/Fruta**  
Tomato and avocado salad/Grilled fish with lemon/Fruit

25 **JORNADA MEXICANA**  
MEXICAN JOURNEY

CENA/DINNER:

28 **Ensalada fresca ecológica**  
Fresh organic salad

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

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

**Fruta ECO**  
Organic fruit

KCal 859,172 Prot 24,246g Ca 164,949mg Fe 7,625mg  
HdC 95,769g Lip 42,990g VitA 2,269mg VitB12 1,274mg

CENA/DINNER:  
**Zanahoria aliñada con guisantes/Carne de ave/Fruta**  
Carrot dressed with peas/Poultry/Fruit

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

**Sopa de fideos con verduras**  
Noodles soup with vegetable

**Pollo Kentucky con patatas**  
Kentucky chicken with potatoes

**Fruta**  
Fruit

KCal 780,618 Prot 38,463g Ca 128,436mg Fe 7,139mg  
HdC 99,453g Lip 31,347g VitA 1,040mg VitB12 3,135mg

CENA/DINNER:  
**Cebolleta y pimiento rojo plancha/Pescado al**  
Grilled onion tender and red pepper/Steamed fish/Fruit

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

**Arroz a la cubana (tomate y huevo)**  
Cuban rice

**Merluza a la plancha con gnocchis**  
Grilled hake with gnocchi

**Fruta**  
Fruit

KCal 844,267 Prot 38,828g Ca 179,431mg Fe 5,720mg  
HdC 114,839g Lip 34,573g VitA 0,868mg VitB12 2,157mg

CENA/DINNER:  
**Alcachofas salteadas/Fajita/Fruta**  
Sautéed artichokes/Pancakes/Fruit

CENA/DINNER:

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SEASONAL FRUITS: Pear, Persimmon, Tangerine, Melon, Plum, Orange, Apple, Banana, The natural juice is back!!

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**WEDNESDAY / MIÉRCOLES**

**THURSDAY / JUEVES**

**FRIDAY / VIERNES**

1 **Festivo**  
Holiday

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

**Lentejas a la hortelana**  
Lentils with vegetables

**Tortilla de patata con longanizas**  
Potato omelette with sausages

**Fruta**  
Fruit

3 **Ensalada fresca ecológica**  
Fresh organic salad

**Sopa de cocido (ternera, cerdo, ave) con verduras ECO**  
Soup (veal, pork, bird) with ORGANIC vegetables

**Pollo al horno con zanahoria**  
Roasted chicken with carrot

**Fruta ECO**  
Organic fruit

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

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

**Salmón fresco a la plancha con salteado thai**  
Fresh grilled salmon with thai stir

**Yogur Artesano**  
Artisan Yogurt

KCal 851,765 Prot 48,432g Ca 155,546mg Fe 11,058mg  
HdC 83,904g Lip 35,855g VitA 1,228mg VitB12 1,189mg

KCal 907,522 Prot 51,317g Ca 179,206mg Fe 9,043mg  
HdC 98,231g Lip 38,288g VitA 3,799mg VitB12 13,200mg

KCal 875,958 Prot 36,077g Ca 246,796mg Fe 5,788mg  
HdC 89,952g Lip 41,444g VitA 1,323mg VitB12 4,745mg

CENA/DINNER:  
**Ensalada completa/Sandwich vegetal/Fruta**  
Full salad/Sandwich with vegetable/Fruit

CENA/DINNER:  
**Brócoli al vapor/Pescado al limón/Fruta**  
Steamed broccoli/Grilled fish with lemon/Fruit

CENA/DINNER:  
**Crema de champiñón/Carne de ave/Fruta**  
Mushroom cream/Poultry/Fruit

8 **Ensalada de col**  
Cabbage salad

**Arroz caldoso con rape y alcachofas naturales**  
Rice with monkfish and natural artichokes

**Croquetas de cocido con tomate y aceite de albahaca**  
Croquettes with tomato and basil oil

**Fruta**  
Fruit

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

**Caracolas boloñesa**  
Pasta bolognese

**Merluza a la koskera**  
Koskera hake

**Fruta**  
Fruit

10 **Ensalada fresca ecológica**  
Fresh organic salad

**Garbanzos con boniato P/ECO**  
Chickpeas with sweet potato P/ECO

**Huevos camperos con patatas y jamón**  
Free-range eggs with potatoes and ham

**Fruta ECO**  
Organic fruit

11 **Ensalada fresca ecológica**  
Fresh organic salad

**Sopa de ave con lluvia**  
Chicken soup with pasta

**Pollo asado con pimientos asados**  
Roasted chicken with roasted peppers

**Lácteo**  
Dairy

CENA/DINNER:  
**Menestra salteada/Tortilla de cebolla/Fruta**  
Sautéed mixed vegetable soup/Onion omelet/Fruit

CENA/DINNER:  
**Ensalada de lentejas /Carne magra de cerdo/Fruta**  
Lentil salad/Lean pork/Fruit

CENA/DINNER:  
**Calabacín a la plancha /Albóndigas vegetales/Fruta**  
Grilled zucchini/Veggie "meat" balls/Fruit

CENA/DINNER:  
**Judías verdes salteadas/Pescado al papillote/Fruta**  
Sautéed green beans/Steamed fish/Fruit

KCal 778,076 Prot 19,956g Ca 143,230mg Fe 3,660mg  
HdC 108,893g Lip 29,821g VitA 1,022mg VitB12 0,356mg

KCal 824,917 Prot 40,220g Ca 230,403mg Fe 5,924mg  
HdC 103,415g Lip 41,983g VitA 1,188mg VitB12 1,803mg

KCal 910,068 Prot 37,306g Ca 282,346mg Fe 12,923mg  
HdC 104,505g Lip 38,120g VitA 3,037mg VitB12 2,210mg

KCal 741,420 Prot 42,647g Ca 244,730mg Fe 4,475mg  
HdC 65,685g Lip 37,925g VitA 2,537mg VitB12 13,993mg

CENA/DINNER:  
**Brochetas de verduras/Quiche de verduras/Fruta**  
Vegetable skewers/Vegetable quiche/Fruit

CENA/DINNER:  
**7 Lechuga, tomate, aceitunas, maíz, zanahoria**  
Lettuce, tomato, olives, corn, carrot

**Crema de guisantes y manzana**  
Pea and apple cream

**Hamburguesa completa con patatas**  
Burger with potatoes

**Fruta**  
Fruit

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

**Crema de guisantes y manzana**  
Pea and apple cream

**Hamburguesa completa con patatas**  
Burger with potatoes

**Fruta**  
Fruit

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Lettuce, tomato, olives, corn, carrot

**Crema de guisantes y manzana**  
Pea and apple cream

**Hamburguesa completa con patatas**  
Burger with potatoes

**Fruta**  
Fruit

KCal 779,229 Prot 19,073g Ca 191,143mg Fe 4,591mg  
HdC 105,496g Lip 31,347g VitA 0,688mg VitB12 0,153mg

KCal 824,917 Prot 40,220g Ca 230,403mg Fe 5,924mg  
HdC 103,415g Lip 41,983g VitA 1,188mg VitB12 1,803mg

KCal 910,068 Prot 37,306g Ca 282,346mg Fe 12,923mg  
HdC 104,505g Lip 38,120g VitA 3,037mg VitB12 2,210mg

KCal 741,420 Prot 42,647g Ca 244,730mg Fe 4,475mg  
HdC 65,685g Lip 37,925g VitA 2,537mg VitB12 13,993mg

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

**Tallarines al pesto rojo**  
Noodles with red pesto

**Gallineta a la gallega**  
Redfish Galician style

**Fruta**  
Fruit

KCal 795,657 Prot 31,163g Ca 200,003mg Fe 8,157mg  
HdC 150,256g Lip 19,678g VitA 0,746mg VitB12 0,438mg

CENA/DINNER:  
**Guisantes con cebolla y jamón/Carne de ave/Fruta**  
Peas with ham and onion/Poultry/Fruit

15 **Ensalada fresca ecológica**  
Fresh organic salad

**Lentejas con verduras P/ECO**  
Lentils with vegetables BIO

**Alitas de pollo con maíz salteado**  
Chicken wings with sauteed corn

**Yogur natural valenciano**  
Valencian natural yogurt

KCal 865,281 Prot 45,519g Ca 296,583mg Fe 8,081mg  
HdC 83,842g Lip 38,943g VitA 2,638mg VitB12 0,500mg

CENA/DINNER:  
**Chips de boniato al horno/Berenjena rellena de soja**  
Roasted sweet potato chips/Textured Soy Stuffed

16 **Lechuga, tomate, cebolla, pepino, zanahoria**  
Lettuce, tomato, onion, cucumber, carrot

**Crema mediterránea con verduras de temporada**  
Mediterranean cream with seasonal vegetables

**Lomo a la mandarina con patatas**  
Tangerine loin with potatoes

**Fruta**  
Fruit

KCal 867,752 Prot 24,576g Ca 142,098mg Fe 6,678mg  
HdC 87,811g Lip 58,072g VitA 2,415mg VitB12 1,840mg

CENA/DINNER:  
**Wok de verduras/Pescado azul/Fruta**  
Vegetables wok/Bluefish/Fruit

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

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

**Panaché de fiambres**  
Variety of cold meats

**Fruta**  
Fruit

KCal 804,891 Prot 40,129g Ca 205,413mg Fe 4,883mg  
HdC 82,717g Lip 34,520g VitA 0,720mg VitB12 7,437mg

CENA/DINNER:  
**Tajin de Verduras/Revuelto de verduras/Fruta**  
Vegetables Tagine/Scrambled eggs with vegetables/Fruit

18 **Ensalada fresca ecológica**  
Fresh organic salad

**Fabada vegetal**  
Vegetable "fabada"

**Pollo al curry con cous cous**  
Chicken curry with cous cous

**Fruta ECO**  
Organic fruit

KCal 791,052 Prot 40,870g Ca 228,390mg Fe 9,898mg  
HdC 92,729g Lip 30,195g VitA 3,459mg VitB12 4,376mg

CENA/DINNER:  
**Hervido valenciano/Pescado blanco /Fruta**  
Boiled vegetables/Whitefish/Fruit

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

**Patatas a la riojana (pimiento, cebolla, chorizo)**  
Rioja style potatoes (pepper, onion, sausage)

**Bacalao a la vizcaína**  
Codfish in Biscayan sauce

**Fruta**  
Fruit

KCal 881,206 Prot 27,865g Ca 179,825mg Fe 5,703mg  
HdC 87,301g Lip 46,987g VitA 1,415mg VitB12 3,259mg

CENA/DINNER:  
**Quinoa con especias/Hamburguesa de soja/Fruta**  
Quinoa with spices/Soy burgers/Fruit

22 **Lechuga, tomate, maíz, pimiento, manzana**  
Lettuce, tomato, corn, apple, pepper

**Pataje de garbanzos con espinacas**  
Chickpea stew with spinach

**Pizza casera - Pizzero**  
Homemade pizza - Pizzero

**Fruta**  
Fruit

KCal 894,040 Prot 28,242g Ca 217,578mg Fe 8,692mg  
HdC 101,614g Lip 40,280g VitA 2,127mg VitB12 0,000mg

CENA/DINNER:  
**Calabaza y patata al microondas/Pescado blanco**  
Pumpkin and potato in the microwawe made/Whitefish/Fruit

23 **Ensalada fresca ecológica**  
Fresh organic salad

**Macarrones integrales con tapenade (atún, tomate, aceituna negra, queso)**  
Pasta with tomato, tuna, black olives and cheese

**Tortilla de patata y cebolla con queso manchego**  
Potato and onion omelette with cheese

**Fruta**  
Fruit

KCal 940,096 Prot 38,439g Ca 379,970mg Fe 7,814mg  
HdC 104,981g Lip 41,288g VitA 2,711mg VitB12 3,257mg

CENA/DINNER:  
**Tosta de hummus/Carne blanca/Fruta**  
Hummus toast/White meat/Fruit

24 **Ensalada fresca ecológica**  
Fresh organic salad

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

**Contramuslo a la italiana con patatas**  
Italian style chicken tight with potatoes

**Fruta ECO**  
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:  
**Ensalada de tomate y aguacate/Pescado al limón/Fruta**  
Tomato and avocado salad/Grilled fish with lemon/Fruit

25 **JORNADA MEXICANA**  
MEXICAN JOURNEY

CENA/DINNER:

28 **Ensalada fresca ecológica**  
Fresh organic salad

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

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

**Fruta ECO**  
Organic fruit

KCal 859,172 Prot 24,246g Ca 164,949mg Fe 7,625mg  
HdC 95,769g Lip 42,990g VitA 2,269mg VitB12 1,274mg

CENA/DINNER:  
**Zanahoria aliñada con guisantes/Carne de ave/Fruta**  
Carrot dressed with peas/Poultry/Fruit

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

**Sopa de fideos con verduras**  
Noodles soup with vegetable

**Pollo Kentucky con patatas**  
Kentucky chicken with potatoes

**Fruta**  
Fruit

KCal 780,618 Prot 38,463g Ca 128,436mg Fe 7,139mg  
HdC 99,453g Lip 31,347g VitA 1,040mg VitB12 3,135mg

CENA/DINNER:  
**Cebolleta y pimiento rojo plancha/Pescado al**  
Grilled onion tender and red pepper/Steamed fish/Fruit

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

**Arroz a la cubana (tomate y huevo)**  
Cuban rice

**Merluza a la plancha con gnocchis**  
Grilled hake with gnocchi

**Fruta**  
Fruit

KCal 844,267 Prot 38,828g Ca 179,431mg Fe 5,720mg  
HdC 114,839g Lip 34,573g VitA 0,868mg VitB12 2,157mg

CENA/DINNER:  
**Alcachofas salteadas/Fajita/Fruta**  
Sautéed artichokes/Pancakes/Fruit

CENA/DINNER:

CENA/DINNER:

SEASONAL FRUITS: Pear, Persimmon, Tangerine, Melon, Plum, Orange, Apple, Banana, The natural juice is back!!

**MONDAY / LUNES**

**TUESDAY / MARTES**

**WEDNESDAY / MIÉRCOLES**

**THURSDAY / JUEVES**

**FRIDAY / VIERNES**

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

**Judías verdes**  
Green beans

**Tortilla de verduras**  
Vegetable omelette

**Yogur Artesano**  
Artisan Yogurt

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

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

**Espinacas gratinadas**  
Spinachs au gratin

**Boquerones enharinados con tomate**  
Breaded anchovies with tomato

**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

3 **Ensalada fresca ecológica**  
Fresh organic salad

**Menestra de verduras**  
Stir fried vegetables

**Wrap vegetal**  
Vegetable wrap

**Fruta ECO**  
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

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

**Judías verdes**  
Green beans

**Tortilla de verduras**  
Vegetable omelette

**Yogur Artesano**  
Artisan Yogurt

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

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

**Ensalada de quinoa**  
Quinoa salad

**Bacalao con salteado de verduras**  
Cod with vegetables sauteed

**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

8 **Ensalada de col**  
Cabbage salad

**Hervido valenciano (patata, judías, zanahoria y cebolla)**  
Boiled vegetables

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

**Fruta**  
Fruit

KCal 255,104 Prot 2,431g Ca 75,196mg Fe 1,989mg  
HdC 58,747g Lip 1,160g VitA 1,256mg VitB12 0,000mg

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

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

**Verduras a la parrilla**  
Grilled vegetables

**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

10 **Ensalada fresca ecológica**  
Fresh organic salad

**Tallarines a la carbonara**  
Pasta with carbonara sauce

**Bacalao al ajo**  
Cod with garlic

**Fruta ECO**  
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

11 **Ensalada fresca ecológica**  
Fresh organic salad

**Guisantes salteados**  
Sauteed peas

**Fajita vegetal**  
Vegetable fajita

**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: / /

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

**Crema de zanahoria**  
Carrot cream

**Tortilla de berenjena**  
Eggplant omelette

**Fruta**  
Fruit

15 **Ensalada fresca ecológica**  
Fresh organic salad

**Coliflor al gratén**  
Cauliflower au gratin

**Merluza en salsa verde**  
Hake in green sauce

**Yogur natural valenciano**  
Valencian natural yogurt

16 **Lechuga, tomate, cebolla, pepino, zanahoria**  
Lettuce, tomato, onion, cucumber, carrot

**Tabulé de cous cous**  
Tabulé

**Revuelto de verduras**  
Scrambled eggs with vegetables

**Fruta**  
Fruit

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

**Escalivada casera**  
Homemade escalivada

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

**Fruta**  
Fruit

18 **Ensalada fresca ecológica**  
Fresh organic salad

**Berenjenas al gratén**  
Eggplants au gratin

**Albóndigas de bacalao**  
Cod balls

**Fruta ECO**  
Organic 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

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

KCal 185,646 Prot 2,353g Ca 57,338mg Fe 2,021mg  
HdC 37,183g Lip 3,240g VitA 1,130mg VitB12 0,000mg

KCal 260,674 Prot 2,899g Ca 89,832mg Fe 2,490mg  
HdC 39,223g Lip 10,443g VitA 1,183mg 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

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

**Alcachofas con jamón**  
Artichokes with ham

**Calamares a la romana con champiñones salteados**  
Breaded Calamari with sauteed mushrooms

**Fruta**  
Fruit

22 **Lechuga, tomate, maíz, pimiento, manzana**  
Lettuce, tomato, corn, apple, pepper

**Hervido de acelgas**  
Boiled chard

**Pizza casera - Pizzero**  
Homemade pizza - Pizzero

**Fruta**  
Fruit

23 **Ensalada fresca ecológica**  
Fresh organic salad

**Puré de calabaza**  
Pumpkin soup

**Costillas BBQ**  
BBQ ribs

**Fruta**  
Fruit

24 **Ensalada fresca ecológica**  
Fresh organic salad

**Fideos chinos con verduras**  
Chinese Noodles With Vegetables

**Merluza a la plancha**  
Grilled hake

**Fruta ECO**  
Organic fruit

**JORNADA MEXICANA**  
MEXICAN JOURNEY

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 194,688 Prot 2,291g Ca 44,874mg Fe 1,753mg  
HdC 39,295g Lip 3,268g VitA 0,379mg 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

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28 **Ensalada fresca ecológica**  
Fresh organic salad

**Guisantes salteados**  
Sauteed peas

**Longanizas con pisto**  
Sausages with ratatouille

**Fruta ECO**  
Organic fruit

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

**Ensalada César**  
Caesar salad

**Bacalao a la bilbaína (aceite, ajo, vinagre, pimentón, laurel)**  
Cod with oil, garlic, vinegar, paprika

**Fruta**  
Fruit

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

**Brócoli gratinado**  
Broccoli au gratin

**Pechuga de pollo a la plancha**  
Grilled chicken breast

**Fruta**  
Fruit

**Fruta ECO**  
Organic fruit

**Fruta ECO**  
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

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 260,674 Prot 2,899g Ca 89,832mg Fe 2,490mg  
HdC 39,223g Lip 10,443g VitA 1,183mg VitB12 0,000mg

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MERIENDAS BRITISH COLLEGE					
	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
Sem 2-4 Nov			Bocadillo de jamón york	Fruta	Zumo y galletas
Sem 7-11 Nov	Fruta	Bocadillo de queso	Fruta	Bocadillo de fiambre	Fruta
Sem 14-18 Nov	Bocadillo de pavo	Fruta	Bocadillo de jamón serrano	Fruta	Zumo y galletas
Sem 21-25 Nov	Fruta	Bocadillo de jamón york	Fruta	Bocadillo de queso	Fruta
Sem 28-30 Nov	Bocadillo de fiambre	Fruta	Bocadillo de jamón york		

