

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

MONDAY / LUNES

TUESDAY / MARTES

WEDNESDAY / MIÉRCOLES

THURSDAY / JUEVES

FRIDAY / VIERNES



CENA/DINNER:

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CENA/DINNER:

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CENA/DINNER:

9 **Nachos con queso**
Nachos with cheese

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

Cordon bleu con patatas
Cordon bleu with potatoes

Fruta
Fruit

KCal 804,860 Prot 29,412g Ca 91,575mg Fe 5,817mg
HdC 88,394g Lip 41,217g VitA 0,203mg VitB12 0,463mg

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

Lentejas a la jardinera P/ECO
Lentils with vegetables ECO

Merluza a la provenzal con "samfaina"
Provenzal style hake with "samfaina"

Fruta
Fruit

KCal 864,135 Prot 37,096g Ca 177,367mg Fe 9,332mg
HdC 111,004g Lip 31,013g VitA 1,220mg VitB12 0,576mg

11 **Ensalada fresca ecológica**
Fresh organic salad

Crema dubarry (coliflor y alubias) con crujiente integral
Dubarry cream (cauliflower and beans) with whole wheat crisp

Hamburguesa completa con maíz salteado
Full burger with sauteed corn

Fruta
Fruit

KCal 840,835 Prot 24,710g Ca 260,721mg Fe 6,863mg
HdC 124,704g Lip 27,224g VitA 2,210mg VitB12 0,133mg

12 **Ensalada fresca ecológica**
Fresh organic salad

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

Tortilla de atún con pan con aceite, sal y pimentón
Tuna omelette and bread with oil, salt and red pepper

Fruta ECO
Organic fruit

KCal 887,391 Prot 40,685g Ca 249,636mg Fe 8,631mg
HdC 134,593g Lip 35,328g VitA 2,626mg VitB12 3,338mg

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

Arroz caldoso de costillas y alcachofas
Soup with rice, ribs and artichokes

Salmon teriyaki con salteado thai
Teriyaki salmon with stir fried vegetables

Yogur Artesano
Homemade Yogurt

KCal 914,221 Prot 34,256g Ca 238,336mg Fe 3,606mg
HdC 72,130g Lip 54,491g VitA 1,310mg VitB12 5,678mg

CENA/DINNER:
Ensalada completa/Pescado al papillote/Fruta
Full salad/Steamed fish/Fruit

CENA/DINNER:
Escalivada/Carne blanca/Fruta
Escalivada/White meat/Fruit

CENA/DINNER:
Judías verdes salteadas/Huevos al plato/Fruta
Sautéed green beans/Fried eggs/Fruit

CENA/DINNER:
Brochetas de verduras/Sandwich vegetal/Fruta
Vegetable skewers/Sandwich with vegetable/Fruit

CENA/DINNER:
Calabacín a la plancha /Carne de ave/Fruta
Grilled zucchini/Poultry/Fruit

16 — **DIA MUNDIAL DE LA CROQUETA**
Croquetas de cocido
 WORLD CROQUETTE DAY Croquettes

Puré de hervido
 Mashed vegetables

Magro estofado con cous cous
 Lean stew with cous cous

Fruta
 Fruit

KCal 810,472 Prot 30,949g Ca 178,011mg Fe 5,395mg
 HdC 103,719g Lip 33,145g VitA 2,495mg VitB12 2,570mg

CENA/DINNER:
Espinacas salteadas/Tortilla de champiñones/Fruta
 Sautéed spinach/Mushroom omelette/Fruit

17 — **Lechuga, tomate, aceitunas, manzana y queso**
 Lettuce, tomato, olives, apple and cheese

Sopa de cocido con fideos
 Soup with noodles

Alitas de pollo / Inf Pollo deshuesado con patatas
 Chicken wings / Inf Boneless chicken with potatoes

Fruta
 Fruit

KCal 871,881 Prot 50,080g Ca 217,101mg Fe 6,933mg
 HdC 80,791g Lip 43,592g VitA 0,838mg VitB12 0,266mg

CENA/DINNER:
Coliflor con patata/Pescado azul/Fruta
 Cauliflower with potato/Bluefish/Fruit

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

Tallarines capresse
 Capresse noodles

Bacalao al horno con guisantes
 Baked cod with peas

Fruta
 Fruit

KCal 807,327 Prot 32,155g Ca 240,598mg Fe 5,253mg
 HdC 105,666g Lip 43,093g VitA 2,024mg VitB12 3,360mg

CENA/DINNER:
Tosta de hummus/Pavo tikka massala/Fruta
 Hummus toast/Turkey tikka massala/Fruit

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

Arròs rossejat
 "Rossejat" rice (pork, chickpeas, chorizo)

Longanizas con pisto casero
 Sausages with homemade ratatouille

Fruta ECO
 Organic fruit

KCal 914,472 Prot 27,614g Ca 134,640mg Fe 6,019mg
 HdC 103,299g Lip 43,676g VitA 0,799mg VitB12 1,223mg

CENA/DINNER:
Crema de zanahoria/Hamburguesa de merluza/Fruta
 Carrot cream/Hake burgers/Fruit

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

Fabada vegetal P/ECO
 Vegetable "fabada" P/ECO

Pizza casera artesana (pizzero)
 Homemade pizza

Lácteo
 Dairy

KCal 906,506 Prot 41,580g Ca 476,446mg Fe 7,446mg
 HdC 129,497g Lip 24,688g VitA 3,320mg VitB12 0,500mg

CENA/DINNER:
Mazorca de maíz con sal/Huevos revueltos con
 Cob of corn with salt/Scrambled eggs with peas and ham/Fruit

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

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

Merluza al horno con zanahoria salteada
 Hake with sauteed carrot

Fruta
 Fruit

KCal 623,906 Prot 26,847g Ca 137,348mg Fe 4,954mg
 HdC 70,149g Lip 26,871g VitA 2,148mg VitB12 1,107mg

CENA/DINNER:
Sopa de sémola y verduras/Croquetas caseras de
 Semolina soup with vegetables/Homemade vegetable

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

Lentejas con majado P/ECO
 Lentils with majat ECO

Albóndigas estilo marroquí con caracolas
 Moroccan style meatballs with pasta

Fruta
 Fruit

KCal 945,107 Prot 40,104g Ca 136,808mg Fe 8,441mg
 HdC 137,569g Lip 39,614g VitA 1,172mg VitB12 0,000mg

CENA/DINNER:
Wok de verduras/Lubina a la sal/Fruta
 Vegetables wok/Sea bass with salt/Fruit

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

Paella valenciana (pollo de campo, alcachofas naturales)
 Valencian Paella (field chicken, natural artichokes)

Calamares enharinados caseros Bastoncitos de zanahoria y mayonesa
 Homemade floured squid with carrot sticks and mayonnaise

Fruta
 Fruit

KCal 926,083 Prot 33,266g Ca 159,053mg Fe 4,633mg
 HdC 96,647g Lip 45,841g VitA 1,368mg VitB12 1,876mg

CENA/DINNER:
Tajin de Verduras/Tortilla de espinacas/Fruta
 Vegetables Tagine/Spinach omelet/Fruit

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

Crema de calabaza asada y boniato con tostones
 Roasted pumpkin and sweet potato soup with croutons

Lomo a la naranja con cous cous
 Loin in orange sauce with cous cous

Fruta ECO
 Fruit ECO

KCal 829,501 Prot 25,076g Ca 154,621mg Fe 6,364mg
 HdC 102,286g Lip 49,681g VitA 2,445mg VitB12 1,840mg

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

27 — **Lechuga, tomate, aceitunas, manzana y queso**
 Lettuce, tomato, olives, apple and cheese

Fideuà de Gandia (fondo de lonja)
 Fideuà de Gandia (fish market fund)

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

Yogur natural valenciano
 Valencian natural yogurt

KCal 802,608 Prot 40,503g Ca 416,390mg Fe 7,160mg
 HdC 119,562g Lip 36,088g VitA 1,688mg VitB12 2,175mg

CENA/DINNER:
Ensalada completa/Carne blanca/Fruta
 Full salad/White meat/Fruit

30 — **Lechuga, tomate, espinacas, maíz, remolacha**
 Lettuce, tomato, spinach, corn, beetroot

Macarrones a la boloñesa
 Macaroni Bolognese

Gallo San Pedro a la meuniere con brócoli
 San Pedro rooster in meuniere style with broccoli

Fruta
 Fruit

KCal 765,469 Prot 30,706g Ca 240,307mg Fe 6,786mg
 HdC 106,253g Lip 38,495g VitA 1,242mg VitB12 0,414mg

CENA/DINNER:
Acelgas salteadas/Pavo a tacos con calabacín/Fruta
 Sautéed chard/Diced turkey with zucchini/Fruit

31 — **JORNADA INDIA** Tabulé de cous cous

INDIAN JOURNEY Tabulé

Garbanzos massala
 Chickpeas massala

Pollo Tandori con patatas
 Tandori chicken with potatoes

Postre casero
 Homemade dessert

KCal 899,201 Prot 43,151g Ca 347,679mg Fe 7,964mg
 HdC 126,048g Lip 29,946g VitA 0,810mg VitB12 11,500mg

CENA/DINNER:
Crema de verduras/Pescado al papillote/Fruta
 Creamed vegetables/Steamed fish/Fruit

CENA/DINNER:
Ensalada fresca ecológica
 Fresh organic salad

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Homemade lasagna (lean, vegetables, milk, flour, cheese)

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Soup with rice, ribs and artichokes

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Teriyaki salmon with stir fried vegetables

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Homemade Yogurt

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Ensalada completa/Pescado al papillote/Fruta
Full salad/Steamed fish/Fruit

CENA/DINNER:
Escalivada/Carne blanca/Fruta
Escalivada/White meat/Fruit

CENA/DINNER:
Judías verdes salteadas/Huevos al plato/Fruta
Sautéed green beans/Fried eggs/Fruit

CENA/DINNER:
Brochetas de verduras/Sandwich vegetal/Fruta
Vegetable skewers/Sandwich with vegetable/Fruit

CENA/DINNER:
Calabacín a la plancha /Carne de ave/Fruta
Grilled zucchini/Poultry/Fruit

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 WORLD CROQUETTE DAY Croquettes

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 Mashed vegetables

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 Lean stew with cous cous

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 Lettuce, tomato, olives, apple and cheese

Sopa de cocido con fideos
 Soup with noodles

Alitas de pollo / Inf Pollo deshuesado con patatas
 Chicken wings / Inf Boneless chicken with potatoes

Fruta
 Fruit

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 HdC 80,791g Lip 43,592g VitA 0,838mg VitB12 0,266mg

CENA/DINNER:
Coliflor con patata/Pescado azul/Fruta
 Cauliflower with potato/Bluefish/Fruit

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

Tallarines capresse
 Capresse noodles

Bacalao al horno con guisantes
 Baked cod with peas

Fruta
 Fruit

KCal 807,327 Prot 32,155g Ca 240,598mg Fe 5,253mg
 HdC 105,666g Lip 43,093g VitA 2,024mg VitB12 3,360mg

CENA/DINNER:
Tosta de hummus/Pavo tikka massala/Fruta
 Hummus toast/Turkey tikka massala/Fruit

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

Arròs rossejat
 "Rossejat" rice (pork, chickpeas, chorizo)

Longanizas con pisto casero
 Sausages with homemade ratatouille

Fruta ECO
 Organic fruit

KCal 914,472 Prot 27,614g Ca 134,640mg Fe 6,019mg
 HdC 103,299g Lip 43,676g VitA 0,799mg VitB12 1,223mg

CENA/DINNER:
Crema de zanahoria/Hamburguesa de merluza/Fruta
 Carrot cream/Hake burgers/Fruit

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

Fabada vegetal P/ECO
 Vegetable "fabada" P/ECO

Pizza casera artesana (pizzero)
 Homemade pizza

Lácteo
 Dairy

KCal 906,506 Prot 41,580g Ca 476,446mg Fe 7,446mg
 HdC 129,497g Lip 24,688g VitA 3,320mg VitB12 0,500mg

CENA/DINNER:
Mazorca de maíz con sal/Huevos revueltos con
 Cob of corn with salt/Scrambled eggs with peas and ham/Fruit

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

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

Merluza al horno con zanahoria salteada
 Oven hake with sautéed carrot

Fruta
 Fruit

KCal 623,906 Prot 26,847g Ca 137,348mg Fe 4,954mg
 HdC 70,149g Lip 26,871g VitA 2,148mg VitB12 1,107mg

CENA/DINNER:
Sopa de sémola y verduras/Croquetas caseras de
 Semolina soup with vegetables/Homemade vegetable

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

Lentejas con majado P/ECO
 Lentils with majat ECO

Albóndigas estilo marroquí con caracolas
 Moroccan style meatballs Pasta

Fruta
 Fruit

KCal 945,107 Prot 40,104g Ca 136,808mg Fe 8,441mg
 HdC 137,569g Lip 39,614g VitA 1,172mg VitB12 0,000mg

CENA/DINNER:
Wok de verduras/Lubina a la sal/Fruta
 Vegetables wok/Sea bass with salt/Fruit

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

Paella valenciana (pollo de campo, alcachofas naturales)
 Valencian Paella (field chicken, natural artichokes)

Calamares enharinados caseros Bastoncitos de zanahoria y mayonesa
 Homemade floured squid with carrot sticks and mayonnaise

Fruta
 Fruit

KCal 926,083 Prot 33,266g Ca 159,053mg Fe 4,633mg
 HdC 96,647g Lip 45,841g VitA 1,368mg VitB12 1,876mg

CENA/DINNER:
Tajin de Verduras/Tortilla de espinacas/Fruta
 Vegetables Tagine/Spinach omelet/Fruit

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

Crema de calabaza asada y boniato con tostones
 Roasted pumpkin and sweet potato soup with croutons

Lomo a la naranja con cous cous
 Loin in orange sauce with cous cous

Fruta ECO
 Organic fruit ECO

KCal 829,501 Prot 25,076g Ca 154,621mg Fe 6,364mg
 HdC 102,286g Lip 49,681g VitA 2,445mg VitB12 1,840mg

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

27 — **Lechuga, tomate, aceitunas, manzana y queso**
 Lettuce, tomato, olives, apple and cheese

Fideuà de Gandia (fondo de lonja)
 Fideuà de Gandia (fish market fund)

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

Yogur natural valenciano
 Valencian natural yogurt

KCal 802,608 Prot 40,503g Ca 416,390mg Fe 7,160mg
 HdC 119,562g Lip 36,088g VitA 1,688mg VitB12 2,175mg

CENA/DINNER:
Ensalada completa/Carne blanca/Fruta
 Full salad/White meat/Fruit

30 — **Lechuga, tomate, espinacas, maíz, remolacha**
 Lettuce, tomato, spinach, corn, beetroot

Macarrones a la boloñesa
 Macaroni Bolognese

Gallo San Pedro a la meuniere con brócoli
 San Pedro rooster in meuniere style with broccoli

Fruta
 Fruit

KCal 765,469 Prot 30,706g Ca 240,307mg Fe 6,786mg
 HdC 106,253g Lip 38,495g VitA 1,242mg VitB12 0,414mg

CENA/DINNER:
Acelgas salteadas/Pavo a tacos con calabacín/Fruta
 Sautéed chard/Diced turkey with zucchini/Fruit

31 — **JORNADA INDIA** Tabulé de cous cous

INDIAN JOURNEY Tabulé

Garbanzos massala
 Chickpeas massala

Pollo Tandori con patatas
 Tandori chicken with potatoes

Postre casero
 Homemade dessert

KCal 899,201 Prot 43,151g Ca 347,679mg Fe 7,964mg
 HdC 126,048g Lip 29,946g VitA 0,810mg VitB12 11,500mg

CENA/DINNER:
Crema de verduras/Pescado al papillote/Fruta
 Creamed vegetables/Steamed fish/Fruit

CENA/DINNER:
Ensalada fresca ecológica
 Fresh organic salad

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Ensalada fresca ecológica
 Fresh organic salad

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Ensalada fresca ecológica
 Fresh organic salad

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Ensalada fresca ecológica
 Fresh organic salad

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Ensalada fresca ecológica
 Fresh organic salad

CENA/DINNER:
Ensalada fresca ecológica
 Fresh organic salad

SECONDARY
SEGUNDA OPCIÓN/SECOND OPTION

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

MONDAY / LUNES

TUESDAY / MARTES

WEDNESDAY / MIÉRCOLES

THURSDAY / JUEVES

FRIDAY / VIERNES



CENA/DINNER:

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9 **Nachos con queso**
Nachos with cheese

Judías verdes salteadas con jamón
Green beans with ham

Bacalao confitado
Cod confit

Fruta
Fruit

KCal 334,340 Prot 21,928g Ca 38,200mg Fe 6,708mg
HdC 45,720g Lip 15,662g VitA 0,076mg VitB12 0,000mg

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

Espinacas gratinadas
Spinachs au graten

Panini vegetal con queso
Vegetable panini with cheese

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

11 **Ensalada fresca ecológica**
Fresh organic salad

Menestra de verduras
Stir fried vegetables

Salmón al eneldo
Dill salmon

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

12 **Ensalada fresca ecológica**
Fresh organic salad

Hélices a la napolitana
Napolitan pasta

Longanizas con pisto
Sausages with ratatouille

Fruta ECO
Fruit ECO

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

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

Sopa de verduras
Vegetable soup

Lágrimas de pollo
Chicken nuggets delights

Yogur Artesano
Homemade Yogurt

KCal 209,606 Prot 10,097g Ca 347,218mg Fe 1,013mg
HdC 16,943g Lip 10,358g VitA 1,155mg VitB12 1,000mg

CENA/DINNER:
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CENA/DINNER:
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16 **DIA MUNDIAL DE LA CROQUETA**
Croquetas de cocido
 WORLD CROQUETTE DAY Croquettes

Ensalada César
 Caesar salad

Merluza al horno
 Baked hake

Fruta
 Fruit

KCal 301,440 Prot 7,236g Ca 82,320mg Fe 1,408mg
 HdC 35,280g Lip 14,722g VitA 0,684mg VitB12 0,280mg

CENA/DINNER:
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17 **Lechuga, tomate, aceitunas, manzana y queso**
 Lettuce, tomato, olives, apple and cheese

Coliflor al gratén
 Cauliflower au graten

Boquerones enharinados
 Breaded anchovies

Fruta
 Fruit

KCal 329,024 Prot 11,775g Ca 236,656mg Fe 2,299mg
 HdC 37,658g Lip 14,580g VitA 0,347mg VitB12 0,532mg

CENA/DINNER:
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18 **Ensalada fresca ecológica**
 Fresh organic salad

Alcachofas con jamón
 Artichokes with ham

Kebab de pollo
 Chicken kebab

Fruta
 Fruit

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CENA/DINNER:
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19 **Lechuga, tomate, aceitunas, espárragos, zanahoria**
 Lettuce, tomato, olives, asparagus, carrot

Judias salteadas
 Sauteed beans

Filete de San Pedro a la marinera
 Fan Pedro filet "a la marinera"

Fruta ECO
 Organic fruit

KCal 262,446 Prot 2,783g Ca 84,495mg Fe 2,684mg
 HdC 48,337g Lip 6,664g VitA 1,180mg VitB12 0,000mg

CENA/DINNER:
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20 **Ensalada fresca ecológica**
 Fresh organic salad

Quinoa al estilo chino
 Quino in Chinese style

Pizza casera artesana (pizzero)
 Homemade pizza

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

Menestra de verduras
 Stir fried vegetables

Magro con tomate
 Magro with tomato

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

Verduras al horno
 Baked Vegetables

Bacalao a la sobrasada
 Cod with sobrassada

Fruta
 Fruit

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

CENA/DINNER:
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25 **Lechuga, tomate, aceitunas, espárragos, zanahoria**
 Lettuce, tomato, olives, asparagus, carrot

Escalibada
 Escalivada

Tomate relleno
 Stuffed 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

CENA/DINNER:
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26 **Ensalada fresca ecológica**
 Fresh organic salad

Guisantes a la francesa
 French peas

Atún a la vizcaina
 Tuna in Biscayan style

Fruta ECO
 Fruit ECO

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:
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27 **Lechuga, tomate, aceitunas, manzana y queso**
 Lettuce, tomato, olives, apple and cheese

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

Merluza al curry con salsa de coco
 Curry hake with coconut sauce

Yogur natural valenciano
 Valencian natural yogurt

KCal 352,984 Prot 19,519g Ca 526,536mg Fe 1,291mg
 HdC 17,418g Lip 21,698g VitA 0,371mg VitB12 1,532mg

CENA/DINNER:
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30 **Lechuga, tomate, espinacas, maíz, remolacha**
 Lettuce, tomato, spinach, corn, beetroot

Judias salteadas
 Sauteed beans

Taco mexicano vegetal
 Mexican vegetal taco

Fruta
 Fruit

KCal 193,868 Prot 2,932g Ca 70,374mg Fe 2,662mg
 HdC 38,369g Lip 3,284g VitA 0,251mg VitB12 0,000mg

CENA/DINNER:
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31 **JORNADA INDIA** Tabulé de cous cous
 INDIAN JOURNEY Tabulé

Ensalada de col
 Cabbage salad

Merluza en salsa
 Hake in sauce

Postre casero
 Homemade dessert

KCal 556,281 Prot 9,522g Ca 70,934mg Fe 2,290mg
 HdC 127,612g Lip 12,511g VitA 1,357mg VitB12 0,000mg

CENA/DINNER:
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CENA/DINNER:
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CENA/DINNER:
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CENA/DINNER:
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MERIENDAS BRITISH COLLEGE

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
Sem 9-13	Fruta	Bocadillo de jamón serrano	Fruta	Fruta	Zumo y galletas
Sem 16-20	Fruta	Bocadillo de queso	Fruta	Bocadillo de fiambre	Fruta
Sem 22-26	Bocadillo de jamón york	Fruta	Bocadillo de pavo	Fruta	Zumo y galletas
Sem 30 y 31	Fruta	Bocadillo de fiambre			

