

SEASONAL FRUITS: pear, apple, tangerine, banana, kiwi, strawberry, natural juice 1/week

MONDAY / LUNES

TUESDAY / MARTES

WEDNESDAY / MIÉRCOLES

THURSDAY / JUEVES

FRIDAY / VIERNES

1 **Ensalada fresca ecológica**
Fresh organic salad

Guisado de magro con verduras y patatas
Pork stew with vegetables

Crunch de salmón con salteado oriental
Salmon crunch with orientel sauteed

Fruta ECO
Organic fruit

KCal 720,684 Prot 33,855g Ca 143,774mg Fe 5,907mg
HdC 66,068g Lip 35,637g VitA 3,413mg VitB12 6,299mg

CENA/DINNER:
Calabacín a la plancha / Carne magra de cerdo/Fruta
Grilled zucchini/Lean pork/Fruit

2 **Lechuga, tomate, col, pepino, atún**
Lettuce, tomato, cabbage, cucumber, tuna

Pochas estofadas con verduras P/ECO
Stewed beans with vegetables P/ECO

Pavo al curry con cous cous
Turkey curry with cous cous

Fruta
Fruit

KCal 698,084 Prot 41,333g Ca 187,679mg Fe 8,499mg
HdC 91,853g Lip 19,876g VitA 1,255mg VitB12 1,810mg

CENA/DINNER:
Wok de verduras/Pescado al limón/Fruta
Vegetables wok/Grilled fish with lemon/Fruit

3 **Ensalada fresca ecológica**
Fresh organic salad

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

Merluza gratinada provenzal con brócoli
Provençal hake au graten with broccoli

Lácteo
Dairy

KCal 815,366 Prot 42,331g Ca 437,246mg Fe 6,938mg
HdC 105,820g Lip 38,394g VitA 2,476mg VitB12 2,666mg

CENA/DINNER:
Caldo de verduras/Huevo/Fruta
Vegetables soup/Egg/Fruit

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

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

Albóndigas a la jardinera con arroz blanco
Meatballs with rice

Fruta
Fruit

KCal 850,731 Prot 20,333g Ca 123,453mg Fe 3,983mg
HdC 98,599g Lip 41,924g VitA 1,715mg VitB12 0,000mg

CENA/DINNER:
Tosta de verduras gratinadas/Revuelto de ajos
Gratin vegetable toast/Scrambled eggs with garlic/Fruit

7 **Nachos con queso**
Nachos with cheese

Fideuà de secreto y setas
Pork and mushrooms fideua

Bacalao con salsa de miel y mostaza con tomate grillé
Cod with honey and mustard sauce with grilled tomato

Fruta
Fruit

KCal 1034,425 Prot 73,312g Ca 549,267mg Fe 13,185mg
HdC 140,432g Lip 50,179g VitA 1,701mg VitB12 3,807mg

CENA/DINNER:
Brochetas de verduras/Sandwich vegetal con
Vegetable skewers/Sandwich with vegetable and cheese/Fruit

8 **Ensalada fresca ecológica**
Fresh organic salad

Garbanzos con acelgas y boniato P/ECO
Chickpeas with chard and sweet potato ECO

Tortilla de patata con pan, tomate y jamón
Spanish omelette with bread, tomato and cured ham

Fruta ECO
Organic fruit

KCal 882,899 Prot 30,994g Ca 297,517mg Fe 12,492mg
HdC 116,693g Lip 32,759g VitA 2,921mg VitB12 1,124mg

CENA/DINNER:
Brócoli al vapor/Carne blanca/Fruta
Steamed broccoli/White meat/Fruit

9 **Ensalada fresca ecológica**
Fresh organic salad

Sopa de cocido (ternera, cerdo, ave) con verduras ECO
Soup (veal, pork,poultry) with organic vegetables

Contramuslo a la italiana con patatas
Italian chicken tight with potatoes

Fruta
Fruit

KCal 915,528 Prot 52,385g Ca 241,446mg Fe 9,290mg
HdC 94,902g Lip 41,100g VitA 2,342mg VitB12 9,925mg

CENA/DINNER:
Menestra salteada/Pescado blanco /Fruta
Sautéed mixed vegetable soup/Whitefish/Fruit

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

Arroz a banda con ajo acYJH
"Arroz a banda" with "ajo aceite"

Calamares enharinados con verduras
Floured calamari with vegetables

Yogur Artesano
Artisan Yogurt

KCal 981,127 Prot 39,363g Ca 321,430mg Fe 5,617mg
HdC 109,602g Lip 42,810g VitA 0,709mg VitB12 1,199mg

CENA/DINNER:
Chips de boniato al horno/Carne de ave/Fruta
Roasted sweet potato chips/Poultry/Fruit

<p>13 Ensalada waldorf</p> <p>Waldorf salad</p> <p>Paella valenciana (pollo de campo, alcachofas naturales) Valencian Paella (free range chicken, artichokes)</p> <p>Ensaladilla (atún, huevo, patata, guisante, mayonesa) "Ensaladilla" (tuna, egg, potato, peas, mayonnaise)</p> <p>Helado</p> <p>Ice Cream</p> <p>KCal 681,292 Prot 24,658g Ca 281,868mg Fe 2,692mg HdC 70,032g Lip 33,832g VitA 0,353mg VitB12 2,350mg</p> <p>CENA/DINNER: Crema de verduras/Carne magra de cerdo/Fruta Creamed vegetables/Lean pork/Fruit</p>	<p>14 Festivo</p> <p>Holiday</p> <p>CENA/DINNER:</p>	<p>15 Festivo</p> <p>Holiday</p> <p>CENA/DINNER:</p>	<p>16 Festivo</p> <p>Holiday</p> <p>CENA/DINNER:</p>	<p>17 Festivo</p> <p>Holiday</p> <p>CENA/DINNER:</p>
<p>20 Lechuga, tomate, aceitunas, maíz, zanahoria</p> <p>Lettuce, tomato, olives, corn, carrot</p> <p>Espaguetis integrales a la napolitana</p> <p>Whole wheat spaghetti Neapolitan style</p> <p>Cordon bleu con zanahoria vichy</p> <p>Cordon bleu with Vichy carrot</p> <p>Fruta</p> <p>Fruit</p> <p>KCal 800,645 Prot 24,588g Ca 197,150mg Fe 5,998mg HdC 110,430g Lip 29,690g VitA 2,485mg VitB12 0,014mg</p> <p>CENA/DINNER: Escalivada/Carne de ave/Fruta Escalivada/Poultry/Fruit</p>	<p>21 Ensalada fresca ecológica</p> <p>Fresh organic salad</p> <p>Sopa de cocido (ternera, cerdo, ave) con verduras ECO Soup (veal, pork, poultry) with organic vegetables</p> <p>Goulash de ternera con cous cous</p> <p>Beef goulash with cous cous</p> <p>Fruta</p> <p>Fruit</p> <p>KCal 735,783 Prot 42,771g Ca 173,128mg Fe 8,808mg HdC 94,592g Lip 27,595g VitA 3,034mg VitB12 0,000mg</p> <p>CENA/DINNER: Champiñones gratinados/Pescado al limón/Fruta Mushroom gratin/Grilled fish with lemon/Fruit</p>	<p>22 Lechuga, tomate, espinacas, maíz, remolacha</p> <p>Lettuce, tomato, spinach, corn, beetroot</p> <p>Arròs rossejat</p> <p>"Rossejat" rice</p> <p>All i pebre de rape (con patata)</p> <p>'All i pebre' monkfish (with potato)</p> <p>Fruta</p> <p>Fruit</p> <p>KCal 775,131 Prot 30,515g Ca 136,178mg Fe 5,727mg HdC 108,563g Lip 24,517g VitA 0,207mg VitB12 1,235mg</p> <p>CENA/DINNER: Guisantes con cebolla y jamón/Crepe de Peas with ham and onion/Vegetable crepe/Fruit</p>	<p>23 Ensalada fresca ecológica</p> <p>Fresh organic salad</p> <p>Lentejas a la hortelana P/ECO</p> <p>Vegetable lentils ECO</p> <p>Pizza casera</p> <p>Homemade pizza</p> <p>Fruta ECO</p> <p>Organic fruit ECO</p> <p>KCal 999,520 Prot 56,429g Ca 289,997mg Fe 9,937mg HdC 120,733g Lip 32,272g VitA 2,798mg VitB12 0,000mg</p> <p>CENA/DINNER: Coliflor gratinada/Longanizas de pollo/Fruta Grated cauliflower/Chicken sausages /Fruit</p>	<p>24 Lechuga, tomate, aceitunas, zanahoria y pipas de calabaza</p> <p>Lettuce, tomato, olives, carrot and pumpkin seeds</p> <p>Guisado de sepia y rape (patatas, verduras)</p> <p>Cuttlefish and monkfish stew (potato, vegetables)</p> <p>Escalope empanado con maíz salteado</p> <p>Breaded escalope with sauteed corn</p> <p>Yogur natural valenciano</p> <p>Valencian natural yogurt</p> <p>KCal 751,720 Prot 41,927g Ca 263,759mg Fe 5,808mg HdC 71,423g Lip 43,097g VitA 1,253mg VitB12 5,154mg</p> <p>CENA/DINNER: Tajin de Verduras/Huevos al plato/Fruta Vegetables Tagine/Fried eggs/Fruit</p>
<p>27 Lechuga, tomate, aceitunas, espárragos, zanahoria</p> <p>Lettuce, tomato, olives, asparagus, carrot</p> <p>Crema dubarry (coliflor y alubias) con tostones integrales</p> <p>Dubarry soup (cauliflower and beans) with wholemeal bread</p> <p>Embutido valenciano con arroz blanco</p> <p>Valencian sausages with rice</p> <p>Fruta</p> <p>Fruit</p> <p>KCal 911,345 Prot 28,621g Ca 143,320mg Fe 8,881mg HdC 82,670g Lip 51,897g VitA 1,048mg VitB12 0,951mg</p> <p>CENA/DINNER: Brochetas de verduras/Pescado azul/Fruta Vegetable skewers/Bluefish/Fruit</p>	<p>28 Ensalada fresca ecológica</p> <p>Fresh organic salad</p> <p>Caracolas a la carbonara</p> <p>Carbonara snails</p> <p>Bacalao a la vizcaína con patatas</p> <p>Codfish in Biscayan sauce with potatoes</p> <p>Fruta</p> <p>Fruit</p> <p>KCal 942,365 Prot 31,430g Ca 340,285mg Fe 5,305mg HdC 110,379g Lip 53,582g VitA 2,121mg VitB12 3,068mg</p> <p>CENA/DINNER: Cebolleta y pimiento rojo plancha/Carne roja Grilled onion tender and red pepper/Lean red meat/Fruit</p>	<p>29 Ensalada fresca ecológica</p> <p>Fresh organic salad</p> <p>Potaje de garbanzos con espinacas (P/ECO)</p> <p>Chickpea stew with spinach ECO</p> <p>Tortilla de patata con queso</p> <p>Spanish omelette with cheese</p> <p>Fruta ECO</p> <p>Organic fruit</p> <p>KCal 773,142 Prot 31,104g Ca 447,795mg Fe 9,407mg HdC 93,659g Lip 30,938g VitA 3,251mg VitB12 1,175mg</p> <p>CENA/DINNER: Menestra salteada/Lasaña de calabacín/Fruta Sautéed mixed vegetable soup/Zucchini lasagna/Fruit</p>	<p>30 Lechuga, tomate, zanahoria y queso fresco</p> <p>Lettuce, tomato, carrot and fresh cheese</p> <p>Sopa de ave con fideos</p> <p>Noodle poultry soup</p> <p>Alitas de pollo con patatas bravas</p> <p>Chicken wings with spicy potatoes</p> <p>Fruta</p> <p>Fruit</p> <p>KCal 924,651 Prot 43,197g Ca 220,512mg Fe 5,454mg HdC 96,028g Lip 50,599g VitA 1,809mg VitB12 1,729mg</p> <p>CENA/DINNER: Wok de verduras/Hamburguesa de merluza/Fruta Vegetables wok/Hake burgers/Fruit</p>	<p>31 Lechuga, tomate, aceitunas, maíz, zanahoria</p> <p>Lettuce, tomato, olives, corn, carrot</p> <p>Arroz a la cubana (tomate y huevo)</p> <p>White rice (tomato and egg)</p> <p>Merluza a la plancha con guisantes salteados</p> <p>Grilled hake with sauteed peas</p> <p>Lácteo</p> <p>Dairy</p> <p>KCal 811,766 Prot 39,813g Ca 312,374mg Fe 5,227mg HdC 80,536g Lip 36,143g VitA 0,864mg VitB12 2,657mg</p> <p>CENA/DINNER: Tosta de hummus/Carne magra de cerdo/Fruta Hummus toast/Lean pork/Fruit</p>

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Floured calamari with vegetables

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Artisan Yogurt

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Fresh organic salad

Menestra de verduras
Stir fried vegetables

Enchilada vegetal
Vegetable enchilada

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

CENA/DINNER:
Calabacín a la plancha / Carne magra de cerdo/Fruta
Grilled zucchini/Lean pork/Fruit

2 Lechuga, tomate, col, pepino, atún
Lettuce, tomato, cabbage, cucumber, tuna

Espinacas gratinadas
Spincahs au graten

Bacalao a la vizcaína
Codfish in Biscayan sauce

Fruta
Fruit

KCal 230,892 Prot 7,122g Ca 56,312mg Fe 2,029mg
HdC 34,654g Lip 7,175g VitA 0,263mg VitB12 1,000mg

CENA/DINNER:
Wok de verduras/Pescado al limón/Fruta
Vegetables wok/Grilled fish with lemon/Fruit

3 Ensalada fresca ecológica
Fresh organic salad

Macarrones integrales en salsa pomodoro
Whole wheat macaroni in pomodoro sauce

Revuelto de patatas y bacon
Scrambled eggs with potatoes and bacon

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:
Caldo de verduras/Huevo/Fruta
Vegetables soup/Egg/Fruit

6 Lechuga, tomate, aceitunas, maíz, zanahoria
Lettuce, tomato, olives, corn, carrot

Ensalada César
Caesar salad

Boquerones en tempura
Floured anchovies

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:
Tosta de verduras gratinadas/Revuelto de ajos
Vegetables au graten toast/Scrambled eggs with garlic/Fruit

7 Nachos con queso
Nachos with cheese

Coliflor gratinada
Cauliflower au graten

Carne mechada
Schredded beef

Fruta
Fruit

KCal 807,460 Prot 71,556g Ca 523,870mg Fe 16,664mg
HdC 70,825g Lip 49,141g VitA 1,717mg VitB12 0,855mg

CENA/DINNER:
Brochetas de verduras/Sandwich vegetal con queso
Vegetable skewers/Vegetarian sandwich with cheese/Fruit

8 Ensalada fresca ecológica
Fresh organic salad

Arroz tres delicias
Special fried rice

Merluza a la koskera
Koskera hake

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

CENA/DINNER:
Brócoli al vapor/Carne blanca/Fruta
Steamed broccoli/White meat/Fruit

9 Ensalada fresca ecológica
Fresh organic salad

Guisantes salteados
Sauteed peas

Salmón en salsa de coco
salmon in coconut sauce

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:
Menestra salteada/Pescado blanco /Fruta
Sautéed mixed vegetable soup/Whitefish/Fruit

10 Lechuga, tomate, espinacas, maíz, remolacha
Lettuce, tomato, spinach, corn, beetroot

Tomate gratinado
Tomato gratin

Revuelto de verduras
Scrambled eggs with vegetables

Yogur Artesano
Artisan Yogurt

KCal 217,828 Prot 10,676g Ca 360,254mg Fe 1,654mg
HdC 18,129g Lip 10,402g VitA 0,275mg VitB12 1,000mg

CENA/DINNER:
Chips de boniato al horno/Carne de ave/Fruta
Roasted sweet potato chips/Poultry soup/Fruit

13 **Ensalada waldorf**
Waldorf salad

Escalivada
"Escalivada"

Revuelto de ajos tiernos
Garlic scrambled eggs

Helado
Ice Cream

KCal 448,184 Prot 11,950g Ca 413,992mg Fe 1,939mg
HdC 49,189g Lip 23,313g VitA 0,280mg VitB12 0,520mg

CENA/DINNER:
Crema de verduras/Carne magra de cerdo/Fruta
Vegetables soup/Lean pork/Fruit

14

CENA/DINNER:

15

CENA/DINNER:

16

CENA/DINNER:

17

CENA/DINNER:

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

Verduras a la brasa
Grilled vegetables

Suprema de merluza con zanahoria vichy
Supreme hake with Vichy carrot

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:
Escalivada/Carne de ave/Fruta
Escalivada/Poultry soup/Fruit

21 **Ensalada fresca ecológica**
Fresh organic salad

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

Atún teriyaki
Teriyaki tuna

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:
Champiñones gratinados/Pescado al limón/Fruta
Mushroom au graten/Grilled fish with lemon/Fruit

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

Alcachofas con jamón
Artichokes with ham

Huevos al plato
Fried eggs

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:
Guisantes con cebolla y jamón/Crepe de
Peas with ham and onion/Vegetable crepe/Fruit

23 **Ensalada fresca ecológica**
Fresh organic salad

Coliflor a la crema
Cauliflower with cream

Pizza casera
Homemade pizza

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:
Coliflor gratinada/Longanizas de pollo/Fruta
Cauliflower au graten/Chicken sausages /Fruit

24 **Lechuga, tomate, aceitunas, zanahoria y pipas de calabaza**
Lettuce, tomato, olives, carrot and pumpkin seeds

Fideos de arroz chinos
Rice noodle soup

Revuelto de champiñón
Scrambled eggs with mushroom

Yogur natural valenciano
Valencian natural yogurt

KCal 300,712 Prot 13,747g Ca 356,018mg Fe 1,143mg
HdC 19,488g Lip 18,376g VitA 1,170mg VitB12 1,000mg

CENA/DINNER:
Tajin de Verduras/Huevos al plato/Fruta
Vegetables Tagine/Fried eggs/Fruit

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

Ensalada de col
Coleslaw salad

Salmón al horno
Grilled salmon

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:
Brochetas de verduras/Pescado azul/Fruta
Vegetable skewers/Bluefish/Fruit

28 **Ensalada fresca ecológica**
Fresh organic salad

Verduras a la parrilla
Grilled vegetables

Lomo asado con patatas
Pork tenderloin with potatoes

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/Carne roja
Grilled onion and red pepper/Meat/Fruit

29 **Ensalada fresca ecológica**
Fresh organic salad

Parmiggiana de calabacín
Zucchini parmigiana

Perrito caliente
Hot dog

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

CENA/DINNER:
Menestra salteada/Lasaña de calabacín/Fruta
Sautéed mixed vegetable soup/Zucchini lasagna/Fruit

30 **Lechuga, tomate, zanahoria y queso fresco**
Lettuce, tomato, carrot and fresh cheese

Menestra de verduras
Stir fried vegetables

Fritura de pescado variada
Fried fish

Fruta
Fruit

KCal 304,260 Prot 11,891g Ca 229,978mg Fe 2,198mg
HdC 35,667g Lip 12,691g VitA 1,210mg VitB12 0,532mg

CENA/DINNER:
Wok de verduras/Hamburguesa de merluza/Fruta
Vegetables wok/Hake burger/Fruit

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

Alcachofas rehogadas con jamón y cebolla
Sautéed artichokes with cured ham and onion

Magro con tomate
Lean pork with tomato

Lácteo
Dairy

KCal 238,672 Prot 10,189g Ca 356,318mg Fe 1,203mg
HdC 19,818g Lip 12,244g VitA 1,176mg VitB12 1,000mg

CENA/DINNER:
Tosta de hummus/Carne magra de cerdo/Fruta
Hummus toast/Lean pork/Fruit

MERIENDAS BRITISH COLLEGE					
	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
Sem 1-3		Fruta	Fruta	Bocadillo de fiambre	Fruta
Sem 6-10	Bocadillo de jamón	Fruta	Bocadillo de queso	Fruta	Zumo y galletas
Sem 13-17	Merienda Fallas; Chocolate con churros	FESTIVO	FESTIVO	FESTIVO	FESTIVO
Sem 20-24	Bocadillo de fiambre	Fruta	Bocadillo de pavo	Fruta	Zumo y galletas
Sem 27-31	Fruta	Bocadillo de jamón york	Fruta	Bocadillo de queso	Fruta