

SEASONAL FRUITS: pear, apple, banana, orange, kiwi, strawberry

**MONDAY / LUNES**

**TUESDAY / MARTES**

**WEDNESDAY / MIÉRCOLES**

**THURSDAY / JUEVES**

**FRIDAY / VIERNES**

1 **Festivo**  
Holiday

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

**Espaguetis a la napolitana con albahaca fresca**  
Pasta "Napolitana" with fresh basil

**Merluza a la plancha con brócoli ECO**  
Grilled hake with ORGANIC broccoli

**Fruta**  
Fruit

3 **Ensalada fresca ecológica**  
Fresh organic salad

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

**Pollo marinado casero al yogur con patatas**  
Homemade marinated chicken with yogurt and potatoes

**Fruta**  
Fruit

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

**Arroz de verduras y habitas de temporada**  
Rice with vegetables and seasonal beans

**Tortilla francesa con croqueta de cocido**  
French omelette with croquettes

**Fruta**  
Fruit

5 **DÍA BARBACOA**  
BBQ DAY

CENA/DINNER:

KCal 832,380 Prot 38,029g Ca 350,496mg Fe 5,136mg  
HdC 105,256g Lip 45,489g VitA 1,306mg VitB12 0,960mg

CENA/DINNER:  
**Mazorca de maíz con sal/Hamburguesa**  
Corn cob with salt/Legumes burger/Fruit

KCal 781,981 Prot 37,288g Ca 251,153mg Fe 8,480mg  
HdC 106,401g Lip 23,447g VitA 2,703mg VitB12 9,000mg

CENA/DINNER:  
**Hervido de verduras/Carne magra de cerdo/Fruta**  
Boiled vegetables/Lean pork/Fruit

KCal 993,418 Prot 23,644g Ca 165,003mg Fe 5,867mg  
HdC 110,162g Lip 51,931g VitA 1,430mg VitB12 1,112mg

CENA/DINNER:  
**Couscous con calabacín y cebolla/Pescado azul/Fruta**  
Couscous with zucchini and onion/Blue fish/Fruit

CENA/DINNER:

8 **Gazpacho andaluz**  
"Gazpacho andaluz"

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

**Tortilla de calabacín con queso manchego**  
Zucchini omelette with cured cheese

**Fruta**  
Fruit

9 **Nachos con queso**  
Nachos with cheese

**Puré de hervido**  
Vegetables soup

**Goulash de ternera con arroz pilaf**  
Beefgoulash with pilaf rice

**Fruta**  
Fruit

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

**Macarrones en salsa de calabaza**  
Macaroni in pumpkin sauce

**Bacalao lactonesa con zanahoria**  
Cod lactonese with carrot

**Fruta**  
Fruit

11 **Ensalada fresca ecológica**  
Fresh organic salad

**Crema festival de legumbres P/ECO**  
Legume festival cream P/ECO

**Alitas de pollo a la bbq con gnocchis**  
Chicken wings BBQ with gnocchi

**Fruta ECO**  
Organic fruit ECO

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

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

**Crunch de salmón con guisantes**  
Salmon crunchwith peas

**Lácteo**  
Dairy

KCal 676,246 Prot 33,857g Ca 317,254mg Fe 9,205mg  
HdC 72,344g Lip 28,241g VitA 2,189mg VitB12 1,482mg

CENA/DINNER:  
**Patatas cocidas/Merluza al horno con pisto**  
Boiled potatoes/Baked hake with homemade ratatouille/Fruit

KCal 854,769 Prot 39,246g Ca 149,008mg Fe 8,768mg  
HdC 109,011g Lip 34,010g VitA 2,186mg VitB12 0,000mg

CENA/DINNER:  
**Champiñones gratinados/Sandwich vegetal/Fruta**  
Mushrooms au graten/Veggie sandwich/Fruit

KCal 801,646 Prot 27,164g Ca 223,894mg Fe 5,071mg  
HdC 107,510g Lip 31,836g VitA 3,594mg VitB12 3,450mg

CENA/DINNER:  
**Ensalada de tomate y aguacate/Curry de pollo/Fruta**  
Tomato and avocado salad/Chicken and carrot curry/Fruit

KCal 788,220 Prot 44,864g Ca 225,320mg Fe 10,473mg  
HdC 112,784g Lip 26,811g VitA 4,376mg VitB12 0,000mg

CENA/DINNER:  
**Wok de verduras/Huevos al plato/Fruta**  
Vegetables wok/Fried eggs/Fruit

KCal 904,505 Prot 41,452g Ca 277,340mg Fe 5,963mg  
HdC 88,239g Lip 42,353g VitA 1,543mg VitB12 6,496mg

CENA/DINNER:  
**Alcachofas salteadas/Longanizas de pollo/Fruta**  
Sautéed artichokes/Chicken sausages /Fruit

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

**Sopa minestrone**  
"Minestrone" soup

**Tortilla de patata (huevos eco) con queso fresco**  
Spanish omelette (eco eggs) with fresh cheese

**Fruta**  
Fruit

KCal 806,313 Prot 31,380g Ca 171,067mg Fe 5,487mg  
HdC 123,307g Lip 37,718g VitA 0,793mg VitB12 2,068mg

CENA/DINNER:  
**Menestra salteada/Pescado al papillote/Fruta**  
Sautéed vegetable stem/Steamed fish/Fruit

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

**Garbanzos con acelgas P/ECO**  
Chickpeas with organic chard

**Hamburguesa completa con patatas con queso fresco**  
Burger with potatoes

**Fruta**  
Fruit

KCal 925,472 Prot 31,130g Ca 328,701mg Fe 10,362mg  
HdC 143,287g Lip 25,230g VitA 0,734mg VitB12 0,133mg

CENA/DINNER:  
**Tajin de Verduras/Carne blanca magra/Fruta**  
Vegetables Tagine/Lean white meat/Fruit

17 **Gazpacho andaluz**  
"Gazpacho andaluz"

**Ensalada de espirales (atún, vegetales y olivas)**  
Pasta salad with tuna, vegetables and olives

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

**Fruta ECO**  
Organic fruit

KCal 841,940 Prot 40,074g Ca 148,264mg Fe 5,812mg  
HdC 141,676g Lip 31,580g VitA 0,483mg VitB12 1,780mg

CENA/DINNER:  
**Brochetas de verduras/Revuelto de ajos tiernos/Fruta**  
Vegetable kebab/Scrambled eggs with garlic/Fruit

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

**Crema dubarry (coliflor y alubias)**  
Cauliflower and beans soup

**Magro con tomate**  
Lean pork with tomato

**Fruta**  
Fruit

KCal 796,603 Prot 37,372g Ca 146,595mg Fe 6,816mg  
HdC 76,011g Lip 39,362g VitA 1,034mg VitB12 3,600mg

CENA/DINNER:  
**Tomate con atún, huevo duro y olivas/Pescado/Fruta**  
Tomato with tune, boiled egg and olives/Grilled fish/Fruit

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

**Arroz al horno (garbanzo, costilla, patata, tomate, morcilla)**  
"Arroz al horno"(Chickpeas, ribs, potatoes, tomato, black pudding)

**Merluza a la koskera**  
"Koskera" hake

**Yogur natural valenciano**  
Valencian natural yogurt

KCal 893,025 Prot 40,964g Ca 317,081mg Fe 6,433mg  
HdC 89,852g Lip 41,193g VitA 0,786mg VitB12 4,051mg

CENA/DINNER:  
**Tosta de hummus/Pavo a tacos con calabacín/Fruta**  
Hummus toast/Diced turkey with zucchini/Fruit

22 **Hummus de berenjena**  
Eggplant hummus

**Arroz tres delicias**  
Chinese fried rice

**Bacalao en tempura con patatas**  
Tempura cod with potatoes

**Fruta**  
Fruit

KCal 842,749 Prot 35,196g Ca 166,180mg Fe 7,724mg  
HdC 123,137g Lip 23,295g VitA 0,488mg VitB12 3,366mg

CENA/DINNER:  
**Crema de verduras/Pechuga de pollo con tomate/Fruta**  
Vegetables soup/Chicken breast with tomato/Fruit

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

**Fideuà de Gandia (fondo de lonja)**  
Fideuà de Gandia (fresh fish)

**Revuelto de patatas y jamón serrano**  
Scrambled potatoes and cured ham

**Fruta**  
Fruit

KCal 874,563 Prot 37,898g Ca 269,201mg Fe 7,764mg  
HdC 126,648g Lip 42,782g VitA 2,121mg VitB12 1,843mg

CENA/DINNER:  
**Sopa de verduras /Fajita casera/Fruta**  
Vegetable soup/Homemade fajita/Fruit

24 **Ensalada fresca ecológica**  
Fresh organic salad

**Crema de verduras con atún**  
Vegetables soup

**Ragout de pavo al curry con cous cous**  
Turkey curry ragout with couscous

**Fruta**  
Fruit

KCal 815,715 Prot 39,390g Ca 204,112mg Fe 8,080mg  
HdC 101,372g Lip 30,623g VitA 2,902mg VitB12 2,240mg

CENA/DINNER:  
**Judías verdes salteadas/Lubina a la sal/Fruta**  
Sautéed green beans/Sea bass with salt/Fruit

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

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

**Gallineta a la plancha en salsa de zanahoria**  
Grilled fish in leek sauce of carrot

**Fruta**  
Fruit

KCal 862,611 Prot 42,535g Ca 310,454mg Fe 7,970mg  
HdC 113,002g Lip 40,128g VitA 2,598mg VitB12 2,295mg

CENA/DINNER:  
**Champiñones gratinados/Albóndigas vegetales/Fruta**  
Mushroom au graten/Veggie meat/Fruit

26 **Nachos con queso**  
Nachos with cheese

**Crema de calabaza asada y boniato**  
Pumpkin and sweet potato soup

**PIZZERO**  
PIZZERO

**Lácteo**  
Dairy

KCal 786,773 Prot 37,873g Ca 374,088mg Fe 4,748mg  
HdC 88,479g Lip 34,959g VitA 0,706mg VitB12 0,500mg

CENA/DINNER:  
**Gazpacho/Lenguado con espárragos/Fruta**  
Gazpacho/Sole with asparagus/Fruit

29 **Ensalada de hojas verdes, rabanitos y zanahoria**  
Green leaf, radish and carrot salad

**Lentejas pardinas con verduras**  
Lentils with vegetables

**Tortilla de patata con tomate asado**  
Spanish omelette with baked tomato

**Fruta**  
Fruit

KCal 775,622 Prot 38,238g Ca 144,096mg Fe 10,320mg  
HdC 104,272g Lip 23,599g VitA 1,127mg VitB12 0,748mg

CENA/DINNER:  
**Menestra salteada/Carne magra de cerdo/Fruta**  
Sautéed vegetable stem/Lean pork/Fruit

30 **Gazpacho andaluz**  
"Gazpacho andaluz"

**Ensalada de coditos con huevo duro**  
Pasta salad with boiled egg

**Merluza a la marinera**  
Hake in "marinera" style

**Fruta**  
Fruit

KCal 806,876 Prot 39,011g Ca 188,916mg Fe 7,056mg  
HdC 112,002g Lip 35,619g VitA 1,044mg VitB12 1,808mg

CENA/DINNER:  
**Parrillada de verduras/Croquetas de verduras/Fruta**  
Roasted vegetables/Homemade vegetable croquettes/Fruit

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

**Combo (aros de cebolla, fingers de queso y patatas tex-mex)**  
Combo (onion rings, cheese fingers and tex-mex chips)

**Paella valenciana (pollo de campo, alcachofas naturales)**  
Valencian Paella (free-range chicken, organic artichokes)

**Helado**  
Ice Cream

KCal 794,380 Prot 26,459g Ca 223,376mg Fe 3,696mg  
HdC 108,798g Lip 28,994g VitA 1,089mg VitB12 1,365mg

CENA/DINNER:  
**Espinacas con bechamel/Salmón al papillote/Fruta**  
Spinach with bechamel sauce/Salmon in papillote/Fruit

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Spinach with bechamel sauce/Salmon in papillote/Fruit

SEASONAL FRUITS: pear, apple, banana, orange, kiwi, strawberry

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1 **Festivo**  
Holiday

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

**Espaguetis a la napolitana con albahaca fresca**  
Pasta "Napolitana" with fresh basil

**Merluza a la plancha con brócoli ECO**  
Grilled hake with ORGANIC broccoli

**Fruta**  
Fruit

3 **Ensalada fresca ecológica**  
Fresh organic salad

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

**Pollo marinado casero al yogur con patatas**  
Homemade marinated chicken with yogurt and potatoes

**Fruta**  
Fruit

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

**Arroz de verduras y habitas de temporada**  
Rice with vegetables and seasonal beans

**Tortilla francesa con croqueta de cocido**  
French omelette with croquettes

**Fruta**  
Fruit

5 **DÍA BARBACOA**  
BBQ DAY

CENA/DINNER:

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**Mazorca de maíz con sal/Hamburguesa**  
Corn cob with salt/Legumes burger/Fruit

CENA/DINNER:  
**Hervido de verduras/Carne magra de cerdo/Fruta**  
Boiled vegetables/Lean pork/Fruit

CENA/DINNER:  
**Couscous con calabacín y cebolla/Pescado azul/Fruta**  
Couscous with zucchini and onion/Blue fish/Fruit

CENA/DINNER:

8 **Gazpacho andaluz**  
"Gazpacho andaluz"

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

**Tortilla de calabacín con queso manchego**  
Zucchini omelette with cured cheese

**Fruta**  
Fruit

9 **Nachos con queso**  
Nachos with cheese

**Puré de hervido**  
Vegetables soup

**Goulash de ternera con arroz pilaf**  
Beefgoulash with pilaf rice

**Fruta**  
Fruit

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

**Macarrones en salsa de calabaza**  
Macaroni in pumpkin sauce

**Bacalao lactonesa con zanahoria**  
Cod lactonese with carrot

**Fruta**  
Fruit

11 **Ensalada fresca ecológica**  
Fresh organic salad

**Crema festival de legumbres P/ECO**  
Legume festival cream P/ECO

**Alitas de pollo a la bbq con gnocchis**  
Chicken wings BBQ with gnocchi

**Fruta ECO**  
Organic fruit ECO

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

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

**Crunch de salmón con guisantes**  
Salmon crunchwith peas

**Lácteo**  
Dairy

CENA/DINNER:  
**Patatas cocidas/Merluza al horno con pisto**  
Boiled potatoes/Baked hake with homemade ratatouille/Fruit

CENA/DINNER:  
**Champiñones gratinados/Sandwich vegetal/Fruta**  
Mushrooms au graten/Veggie sandwich/Fruit

CENA/DINNER:  
**Ensalada de tomate y aguacate/Curry de pollo/Fruta**  
Tomato and avocado salad/Chicken and carrot curry/Fruit

CENA/DINNER:  
**Wok de verduras/Huevos al plato/Fruta**  
Vegetables wok/Fried eggs/Fruit

CENA/DINNER:  
**Alcachofas salteadas/Longanizas de pollo/Fruta**  
Sautéed artichokes/Chicken sausages /Fruit

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

**Sopa minestrone**  
"Minestrone" soup

**Tortilla de patata (huevos eco) con queso fresco**  
Spanish omelette (eco eggs) with fresh cheese

**Fruta**  
Fruit

KCal 806,313 Prot 31,380g Ca 171,067mg Fe 5,487mg  
HdC 123,307g Lip 37,718g VitA 0,793mg VitB12 2,068mg

CENA/DINNER:  
**Menestra salteada/Pescado al papillote/Fruta**  
Sautéed vegetable stem/Steamed fish/Fruit

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

**Garbanzos con acelgas P/ECO**  
Chickpeas with organic chard

**Hamburguesa completa con patatas con queso fresco**  
Burger with potatoes

**Fruta**  
Fruit

KCal 925,472 Prot 31,130g Ca 328,701mg Fe 10,362mg  
HdC 143,287g Lip 25,230g VitA 0,734mg VitB12 0,133mg

CENA/DINNER:  
**Tajin de Verduras/Carne blanca magra/Fruta**  
Vegetables Tagine/Lean white meat/Fruit

17 **Gazpacho andaluz**  
"Gazpacho andaluz"

**Ensalada de espirales (atún, vegetales y olivas)**  
Pasta salad with tuna, vegetables and olives

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

**Fruta ECO**  
Organic fruit

KCal 841,940 Prot 40,074g Ca 148,264mg Fe 5,812mg  
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CENA/DINNER:  
**Brochetas de verduras/Revuelto de ajos tiernos/Fruta**  
Vegetable kebab/Scrambled eggs with garlic/Fruit

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

**Crema dubarry (coliflor y alubias)**  
Cauliflower and beans soup

**Magro con tomate**  
Lean pork with tomato

**Fruta**  
Fruit

KCal 796,603 Prot 37,372g Ca 146,595mg Fe 6,816mg  
HdC 76,011g Lip 39,362g VitA 1,034mg VitB12 3,600mg

CENA/DINNER:  
**Tomate con atún, huevo duro y olivas/Pescado/Fruta**  
Tomato with tune, boiled egg and olives/Grilled fish/Fruit

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

**Arroz al horno (garbanzo, costilla, patata, tomate, morcilla)**  
"Arroz al horno"(Chickpeas, ribs, potatoes, tomato, black pudding)

**Merluza a la koskera**  
"Koskera" hake

**Yogur natural valenciano**  
Valencian natural yogurt

KCal 893,025 Prot 40,964g Ca 317,081mg Fe 6,433mg  
HdC 89,852g Lip 41,193g VitA 0,786mg VitB12 4,051mg

CENA/DINNER:  
**Tosta de hummus/Pavo a tacos con calabacín/Fruta**  
Hummus toast/Diced turkey with zucchini/Fruit

22 **Hummus de berenjena**  
Eggplant hummus

**Arroz tres delicias**  
Chinese fried rice

**Bacalao en tempura con patatas**  
Tempura cod with potatoes

**Fruta**  
Fruit

KCal 842,749 Prot 35,196g Ca 166,180mg Fe 7,724mg  
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CENA/DINNER:  
**Crema de verduras/Pechuga de pollo con tomate/Fruta**  
Vegetables soup/Chicken breast with tomato/Fruit

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

**Fideuà de Gandia (fondo de lonja)**  
Fideuà de Gandia (fresh fish)

**Revuelto de patatas y jamón serrano**  
Scrambled potatoes and cured ham

**Fruta**  
Fruit

KCal 874,563 Prot 37,898g Ca 269,201mg Fe 7,764mg  
HdC 126,648g Lip 42,782g VitA 2,121mg VitB12 1,843mg

CENA/DINNER:  
**Sopa de verduras /Fajita casera/Fruta**  
Vegetable soup/Homemade fajita/Fruit

24 **Ensalada fresca ecológica**  
Fresh organic salad

**Crema de verduras con atún**  
Vegetables soup

**Ragout de pavo al curry con cous cous**  
Turkey curry ragout with couscous

**Fruta**  
Fruit

KCal 815,715 Prot 39,390g Ca 204,112mg Fe 8,080mg  
HdC 101,372g Lip 30,623g VitA 2,902mg VitB12 2,240mg

CENA/DINNER:  
**Judías verdes salteadas/Lubina a la sal/Fruta**  
Sautéed green beans/Sea bass with salt/Fruit

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

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

**Gallineta a la plancha en salsa de zanahoria**  
Grilled fish in leek sauce of carrot

**Fruta**  
Fruit

KCal 862,611 Prot 42,535g Ca 310,454mg Fe 7,970mg  
HdC 113,002g Lip 40,128g VitA 2,598mg VitB12 2,295mg

CENA/DINNER:  
**Champiñones gratinados/Albóndigas vegetales/Fruta**  
Mushroom au graten/Veggie meat/Fruit

26 **Nachos con queso**  
Nachos with cheese

**Crema de calabaza asada y boniato**  
Pumpkin and sweet potato soup

**PIZZERO**  
PIZZERO

**Lácteo**  
Dairy

KCal 786,773 Prot 37,873g Ca 374,088mg Fe 4,748mg  
HdC 88,479g Lip 34,959g VitA 0,706mg VitB12 0,500mg

CENA/DINNER:  
**Gazpacho/Lenguado con espárragos/Fruta**  
Gazpacho/Sole with asparagus/Fruit

29 **Ensalada de hojas verdes, rabanitos y zanahoria**  
Green leaf, radish and carrot salad

**Lentejas pardinas con verduras**  
Lentils with vegetables

**Tortilla de patata con tomate asado**  
Spanish omelette with baked tomato

**Fruta**  
Fruit

KCal 775,622 Prot 38,238g Ca 144,096mg Fe 10,320mg  
HdC 104,272g Lip 23,599g VitA 1,127mg VitB12 0,748mg

CENA/DINNER:  
**Menestra salteada/Carne magra de cerdo/Fruta**  
Sautéed vegetable stem/Lean pork/Fruit

30 **Gazpacho andaluz**  
"Gazpacho andaluz"

**Ensalada de coditos con huevo duro**  
Pasta salad with boiled egg

**Merluza a la marinera**  
Hake in "marinera" style

**Fruta**  
Fruit

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CENA/DINNER:  
**Parrillada de verduras/Croquetas de verduras/Fruta**  
Roasted vegetables/Homemade vegetable croquettes/Fruit

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

**Combo (aros de cebolla, fingers de queso y patatas tex-mex)**  
Combo (onion rings, cheese fingers and tex-mex chips)

**Paella valenciana (pollo de campo, alcachofas naturales)**  
Valencian Paella (free-range chicken, organic artichokes)

**Helado**  
Ice Cream

KCal 794,380 Prot 26,459g Ca 223,376mg Fe 3,696mg  
HdC 108,798g Lip 28,994g VitA 1,089mg VitB12 1,365mg

CENA/DINNER:  
**Espinacas con bechamel/Salmón al papillote/Fruta**  
Spinach with bechamel sauce/Salmon in papillote/Fruit

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Spinach with bechamel sauce/Salmon in papillote/Fruit

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Spinach with bechamel sauce/Salmon in papillote/Fruit

SEASONAL FRUITS: pear, apple, banana, orange, kiwi, strawberry

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**TUESDAY / MARTES**

**WEDNESDAY / MIÉRCOLES**

**THURSDAY / JUEVES**

**FRIDAY / VIERNES**

1

Seasonal vegetable salad

**Crema fría de melón**  
Cold melon soup

**Cordon blue**  
Cordon bleu

**Fruta**  
Fruit

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

CENA/DINNER: / /

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

**Crema fría de melón**  
Cold melon soup

**Cordon blue**  
Cordon bleu

**Fruta**  
Fruit

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

CENA/DINNER: / /

3 **Ensalada fresca ecológica**  
Fresh organic salad

**Espinacas gratinadas**  
Spinachs au graten

**Salmón al eneldo**  
Salmon with dill

**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: / /

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

**Salmorejo**  
Salmorejo

**Hamburguesa de pollo a la plancha**  
Chicken burger

**Fruta**  
Fruit

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

CENA/DINNER: / /

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**DÍA BARBACOA**  
BBQ DAY

CENA/DINNER: / /

CENA/DINNER: / /

CENA/DINNER: / /

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CENA/DINNER: / /

CENA/DINNER: / /

8 **Gazpacho andaluz**  
"Gazpacho andaluz"

**Ensalada waldorf**  
Waldorf salad

**Enchilada vegetal**  
Vegetable enchilada

**Fruta**  
Fruit

KCal 322,898 Prot 4,600g Ca 50,927mg Fe 2,741mg  
HdC 50,985g Lip 11,631g VitA 0,723mg VitB12 0,000mg

CENA/DINNER: / /

9 **Nachos con queso**  
Nachos with cheese

**Ensalada Primavera (patata, vegetales, maíz, atún, aceitunas)**  
Spring salad

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

**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

CENA/DINNER: / /

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

**Menestra de verduras**  
Stir fried vegetables

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

**Fruta**  
Fruit

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

CENA/DINNER: / /

11 **Ensalada fresca ecológica**  
Fresh organic salad

**Ensalada de col**  
Coleslaw

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

**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: / /

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

**Crema fría de pepino**  
Cold cucumber soup

**Costillas BBQ**  
BBQ ribs

**Lácteo**  
Dairy

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: / /

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

**Judías con jamón**  
Beans with cured ham

**Merluza a la plancha**  
Grilled hake

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

**Espinacas gratinadas**  
Spinachs au graten

**Bacalao gratinado al allioli**  
Codfish au graten with "allioli"

**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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**17 — Gazpacho andaluz**  
"Gazpacho andaluz"

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

**Tomate relleno con quinoa**  
Stuffed tomato with quinoa

**Fruta ECO**  
Organic fruit

KCal 366,578 Prot 4,852g Ca 55,967mg Fe 3,077mg  
HdC 61,065g Lip 11,925g VitA 0,749mg VitB12 0,000mg

CENA/DINNER:  
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**18 — Ensalada de verduras de temporada**  
Seasonal vegetable salad

**Alcachofas con jamón**  
Artichokes with cured ham

**Revuelto de verduras**  
Scrambled eggs with vegetables

**Fruta**  
Fruit

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

CENA/DINNER:  
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**19 — Ensalada de verduras de temporada**  
Seasonal vegetable salad

**Wok de verduras**  
Vegetable wok

**Rollito de primavera**  
Spring roll

**Yogur natural valenciano**  
Valencian natural 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

CENA/DINNER:  
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**22 — Hummus de berenjena**  
Eggplant hummus

**Sopa de cocido**  
Noodle soup

**Pechuga de pollo a la plancha con salsa de soja**  
Grilled chicken breast with soy sauce

**Fruta**  
Fruit

KCal 529,723 Prot 19,480g Ca 171,056mg Fe 8,506mg  
HdC 95,204g Lip 7,989g VitA 0,134mg VitB12 0,000mg

CENA/DINNER:  
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**23 — Lechuga, tomate, zanahoria y queso fresco**  
Lettuce, tomato, carrot and fresh cheese

**Guisantes salteados**  
Sauteed peas

**Merluza en salsa**  
Hake in sauce

**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:  
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**24 — Ensalada fresca ecológica**  
Fresh organic salad

**Alcachofas con jamón**  
Artichokes with cured ham

**Revuelto de verduras**  
Scrambled vegetables

**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:  
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**25 — Ensalada de verduras de temporada**  
Seasonal vegetable salad

**Pasta a la italiana**  
Pasta in italian style

**Tosta de pisto**  
Ratatouille toast (pepper, tomato, onion)

**Fruta**  
Fruit

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

CENA/DINNER:  
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**26 — Nachos con queso**  
Nachos with cheese

**Ensalada de quinoa y garbanzos**  
Quinoa and chickpea salad

**PIZZERO**  
PIZZERO

**Lácteo**  
Dairy

KCal 358,300 Prot 29,672g Ca 328,080mg Fe 5,700mg  
HdC 25,480g Lip 22,780g VitA 0,100mg VitB12 1,000mg

CENA/DINNER:  
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**29 — Ensalada de hojas verdes, rabanitos y zanahoria**  
Green leaf, radish and carrot salad

**Ensalada César**  
Caesar salad

**Bacalao confitado**  
Cod confit

**Fruta**  
Fruit

KCal 164,308 Prot 1,349g Ca 46,490mg Fe 1,578mg  
HdC 33,185g Lip 3,131g VitA 0,666mg VitB12 0,000mg

CENA/DINNER:  
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**30 — Gazpacho andaluz**  
"Gazpacho andaluz"

**Crema de verduras de temporada**  
Seasonal vegetable soup

**Kebab casero**  
Kebab

**Fruta**  
Fruit

KCal 322,898 Prot 4,600g Ca 50,927mg Fe 2,741mg  
HdC 50,985g Lip 11,631g VitA 0,723mg VitB12 0,000mg

CENA/DINNER:  
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**31 — Ensalada de verduras de temporada**  
Seasonal vegetable salad

**Chucrut**  
Sauerkraut

**Gallo San Pedro al horno**  
Baked John Dory fish

**Helado**  
Ice Cream

KCal 296,634 Prot 5,843g Ca 214,712mg Fe 1,682mg  
HdC 33,783g Lip 16,161g VitA 1,248mg VitB12 0,000mg

CENA/DINNER:  
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MERIENDAS BRITISH COLLEGE					
	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
Sem 1-5 mayo	FESTIVO	Bocadillo de jamón	Fruta	Bocadillo de queso	Fruta
Sem 8-12 mayo	Bocadillo de jamón york	Fruta	Bocadillo de fiambre	Fruta	Zumo y galletas
Sem 15-19 mayo	Fruta	Bocadillo de pavo	Fruta	Bocadillo de queso	Fruta
Sem 22-26 Mayo	Bocadillo de jamón	Fruta	Bocadillo de fiambre	Fruta	Zumo y galletas
Sem 29-31 mayo	Fruta	Bocadillo de jamón york	Fruta		

