

SEASONAL FRUITS: melon, watermelon, nectarine, peach, apricot, banana, pear, plum

MONDAY / LUNES

CENA/DINNER:

TUESDAY / MARTES

CENA/DINNER:

WEDNESDAY / MIÉRCOLES

CENA/DINNER:

THURSDAY / JUEVES

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

Sopa de fideos con verduras ecológicas
Noodles soup with organic vegetable

Lomo de cerdo a la plancha con "samfaina"
Pork loin with "samfaina"

Fruta ECO
Organic fruit
KCal 832,941 Prot 43,524g Ca 152,895mg Fe 9,176mg
HdC 84,523g Lip 53,872g VitA 1,637mg VitB12 1,656mg

CENA/DINNER:
Alcachofas salteadas/Pescado blanco /Fruta
Sautéed artichokes/Whitefish/Fruit

FRIDAY / VIERNES

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

Espaguetis a la carbonara
Carbonara spaghetti

Salmón fresco a la plancha con zanahoria
Fresh grilled salmon with carrot

Lácteo
Dairy
KCal 799,821 Prot 35,614g Ca 431,542mg Fe 3,774mg
HdC 80,273g Lip 48,861g VitA 2,104mg VitB12 4,822mg

CENA/DINNER:
Mazorca de maíz con sal/Carne roja magra/Fruta
Corn on the cob with salt/Lean red meat/Fruit

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

Crema mediterránea de legumbres y verduras con tostones
Mediterranean legumes and vegetables soup with croutons

Longanizas con patatas gajo
Sausages with potatoes

Fruta
Fruit
KCal 819,148 Prot 25,714g Ca 248,961mg Fe 9,929mg
HdC 99,818g Lip 35,823g VitA 1,948mg VitB12 0,582mg

CENA/DINNER:
Wok de verduras/Huevo/Fruta
Vegetables wok/Egg/Fruit

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

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

Calamares con mayonesa con mazorca de maíz (Inf: maíz salteado)
Squid with mayonnaise with corn on the cob (Children: sautéed corn)

Fruta
Fruit
KCal 842,587 Prot 22,473g Ca 142,711mg Fe 4,330mg
HdC 93,525g Lip 41,995g VitA 0,895mg VitB12 0,549mg

CENA/DINNER:
Ensalada de tomate y aguacate/Carne magra de
Tomato and avocado salad/Lean pork/Fruit

7  **Ensalada capresse**
Mediterranean salad

Sopa de lluvia
Pasta soup

Pollo al horno con patatas
Baked chicken with potatoes

Fruta ECO
Organic fruit
KCal 1065,012 Prot 69,665g Ca 270,490mg Fe 8,377mg
HdC 69,079g Lip 61,522g VitA 0,946mg VitB12 10,750mg

CENA/DINNER:
Hervido de verduras/Pescado azul/Fruta
Boiled vegetables/Blue fish/Fruit

8  **Hummus de berenjena**
Eggplant hummus

Macarrones a la italiana (tomate, queso)
Pasta in Italian style (tomato, cheese)

Merluza a la provenzal con zanahoria
Hake Provençal with carrot

Fruta
Fruit
KCal 911,257 Prot 43,088g Ca 396,349mg Fe 8,467mg
HdC 150,416g Lip 34,018g VitA 2,865mg VitB12 0,576mg

CENA/DINNER:
Berenjena rellena de verduras/Sandwich vegetal/Fruta
Stuffed aubergine with vegetables/Vegetable sandwich/Fruit

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

Arroz a banda (fondo de lonja)
"Arroz a banda" (fresh fish)

PIZZERO
PIZZERO

Helado
Ice Cream
KCal 822,212 Prot 33,243g Ca 318,282mg Fe 2,990mg
HdC 110,728g Lip 27,495g VitA 1,313mg VitB12 0,101mg

CENA/DINNER:
Couscous con calabacín y cebolla/Hamburguesa de
Couscous with zucchini and onion/Legumes burger/Fruit

12	Ensalada de verduras de temporada Seasonal vegetable salad Lentejas a la hortelana Lentils with vegetables Tortilla de patata con Albóndigas de merluza Spanish omelette with hakeballs Fruta Fruit KCal 844,697 Prot 46,939g Ca 190,003mg Fe 10,387mg HdC 79,535g Lip 37,715g VitA 1,596mg VitB12 0,923mg	13	Ensalada de verduras de temporada Seasonal vegetable salad Ensalada de pasta de verano Summer pasta salad Gallineta a la plancha con salteado thai Grilled fish with thai sttir fried vegetables Fruta Fruit KCal 833,837 Prot 41,837g Ca 204,141mg Fe 7,149mg HdC 97,638g Lip 43,847g VitA 1,505mg VitB12 1,727mg	14	Ensalada de verduras de temporada Seasonal vegetable salad Garbanzos con verduras P/ECO Chickpeas with vegetables (P/ECO) Alitas de pollo con patatas Chicken wings with potatoes Fruta ECO Organic fruit KCal 836,309 Prot 39,273g Ca 249,849mg Fe 10,230mg HdC 96,618g Lip 32,500g VitA 1,248mg VitB12 0,000mg	15	Ensalada de verduras de temporada Seasonal vegetable salad Lasaña casera (magro, verdura, leche, harina, queso) Homemade lasagna (lean, vegetables, milk, flour, cheese) Filete de merluza plancha con guisantes Grilled hake with peas Fruta Fruit KCal 944,669 Prot 44,338g Ca 277,784mg Fe 8,101mg HdC 125,030g Lip 43,904g VitA 1,512mg VitB12 2,358mg	16	Ensalada de verduras de temporada Seasonal vegetable salad Crema de puerros y pera con tostones integrales Leeks and pear soup with wholemeal bread Pollo al curry con arroz blanco Chicken curry with rice Tarta de queso Cheesecake KCal 803,576 Prot 34,516g Ca 192,011mg Fe 5,083mg HdC 80,971g Lip 37,896g VitA 0,723mg VitB12 1,360mg	
CENA/DINNER: Cous cous con especias/Carne de ave/Fruta Spiced cous cous/Poultry/Fruit		CENA/DINNER: Tajin de Verduras/Revuelto de ajos tiernos/Fruta Vegetables Tagine/Scrambled eggs with garlic/Fruit		CENA/DINNER: Cebolleta y pimiento rojo plancha/Merluza y tosta/Fruta Grilled onion tender and red pepper/Hake and toast/Fruit		CENA/DINNER: Judías verdes salteadas/Albóndigas vegetales/Fruta Sautéed green beans/Veggie "meat" balls/Fruit		CENA/DINNER: Quiche de verduras/Ensalada completa/Fruta Vegetable quiche/Full salad/Fruit		
19	Ensalada de verduras de temporada Seasonal vegetable salad Caracolas genovesa Pasta with onion and meet sauce Revuelto de patatas con jamón serrano Scrambled potatoes with cured ham Fruta Fruit KCal 872,123 Prot 30,218g Ca 142,446mg Fe 6,620mg HdC 91,964g Lip 56,487g VitA 0,882mg VitB12 1,949mg	20	Ensalada de verduras de temporada Seasonal vegetable salad Vichyssoise Vichyssoise Solomillo al horno con cous cous Pork tenderloin with cous cous Fruta Fruit KCal 677,457 Prot 30,242g Ca 114,776mg Fe 4,810mg HdC 91,074g Lip 24,660g VitA 0,592mg VitB12 3,020mg	21	MENÚ ESPECIAL FIN DE CURSO SPECIAL END-OF-YEAR MENU KCal 0,000 Prot 0,000g Ca 0,000mg Fe 0,000mg HdC 0,000g Lip 0,000g VitA 0,000mg VitB12 0,000mg					
CENA/DINNER: Champiñones gratinados/Huevo/Fruta Mushroom au graten/Egg/Fruit		CENA/DINNER: Tosta de hummus/Bacalao al horno con cous cous / Fruta Hummus toast/Baked cod wit cous cous/Fruit		CENA/DINNER: Calabacín a la plancha /Pechuga de pollo con tomate / Fruta Grilled zucchini/Chicken breast with tomato / Fruit		CENA/DINNER:		CENA/DINNER:		
CENA/DINNER:		CENA/DINNER:		CENA/DINNER:		CENA/DINNER:		CENA/DINNER:		

SECONDARY
PRIMERA OPCIÓN/FIRST OPTION

SEASONAL FRUITS: melon, watermelon, nectarine, peach, apricot, banana, pear, plum

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TUESDAY / MARTES

CENA/DINNER:

WEDNESDAY / MIÉRCOLES

CENA/DINNER:

THURSDAY / JUEVES

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FRIDAY / VIERNES

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Carbonara spaghetti

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Fresh grilled salmon with carrot

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Dairy
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Seasonal vegetable salad

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Mediterranean salad

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Boiled vegetables/Blue fish/Fruit

8  **Hummus de berenjena**
Eggplant hummus

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Pasta in Italian style (tomato, cheese)

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Berenjena rellena de verduras/Sandwich vegetal/Fruta
Stuffed aubergine with vegetables/Vegetable sandwich/Fruit

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Seasonal vegetable salad

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"Arroz a banda" (fresh fish)

PIZZERO
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Ice Cream
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CENA/DINNER: Champiñones gratinados/Huevo/Fruta Mushroom au graten/Egg/Fruit		CENA/DINNER: Tosta de hummus/Bacalao al horno con cous cous / Fruta Hummus toast/Baked cod wit cous cous/Fruit		CENA/DINNER: Calabacín a la plancha /Pechuga de pollo con tomate / Fruta Grilled zucchini/Chicken breast with tomato / Fruit		CENA/DINNER:		CENA/DINNER:	
CENA/DINNER:		CENA/DINNER:		CENA/DINNER:		CENA/DINNER:		CENA/DINNER:	

SECONDARY
SEGUNDA OPCIÓN/SECOND OPTION

SEASONAL FRUITS: melon, watermelon, nectarine, peach, apricot, banana, pear, plum

MONDAY / LUNES



CENA/DINNER:

TUESDAY / MARTES



CENA/DINNER:

WEDNESDAY / MIÉRCOLES



CENA/DINNER:

THURSDAY / JUEVES

1 Ensalada de verduras de temporada
Seasonal vegetable salad

Ensalada alemana
Kartoffelsalat

Bacalao al horno
Baked cod

Fruta ECO
Organic fruit

KCal 304,354 Prot 3,151g Ca 94,872mg Fe 2,826mg
HdC 49,303g Lip 10,737g VitA 1,208mg VitB12 0,000mg
CENA/DINNER:
Alcachofas salteadas/Pescado blanco /Fruta
Sautéed artichokes/Whitefish/Fruit

FRIDAY / VIERNES

2 Ensalada de verduras de temporada
Seasonal vegetable salad

Brócoli al vapor
Steamed broccoli

Costillas BBQ
BBQ ribs

Lácteo
Dairy

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:
Mazorca de maíz con sal/Carne roja magra/Fruta
Corn on the cob with salt/Lean red meat/Fruit

5 Ensalada de verduras de temporada
Seasonal vegetable salad

Ensalada César
Caesar salad

Gallo San Pedro al horno
Baked John Dory fish

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:
Wok de verduras/Huevo/Fruta
Vegetables wok/Egg/Fruit

6 Ensalada de verduras de temporada
Seasonal vegetable salad

Alcachofas con jamón
Artichokes with cured ham

Tosta de verduras
Vegetable toast

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:
Ensalada de tomate y aguacate/Carne magra de
Tomato and avocado salad/Lean pork/Fruit

7 Ensalada capresse
Mediterranean salad

Crema de calabaza asada
Pumpkin soup

Tortilla paisana
Vegetable fritatta

Fruta ECO
Organic fruit

KCal 639,128 Prot 22,242g Ca 400,020mg Fe 2,903mg
HdC 45,967g Lip 40,597g VitA 0,655mg VitB12 1,064mg
CENA/DINNER:
Hervido de verduras/Pescado azul/Fruta
Boiled vegetables/Blue fish/Fruit

8 Hummus de berenjena
Eggplant hummus

Menestra de verduras
Stir fried vegetables

Albóndigas a la jardinera
Gardener Meatballs

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:
Berenjena rellena de verduras/Sandwich vegetal/Fruta
Stuffed aubergine with vegetables/Vegetable sandwich/Fruit

9 Ensalada de verduras de temporada
Seasonal vegetable salad

Salmorejo
Salmorejo

PIZZERO
PIZZERO

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:
Couscous con calabacín y cebolla/Hamburguesa de
Couscous with zucchini and onion/Legumes burger/Fruit

12

Ensalada de verduras de temporada

Seasonal vegetable salad

Hervido valenciano (patata, judías, zanahoria y cebolla)

Boiled vegetable

Pechuga de pollo finas hierbas

Grilled chicken breast with herbs

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:
Cous cous con especias/Carne de ave/Fruta
Spiced cous cous/Poultry/Fruit

19

Ensalada de verduras de temporada

Seasonal vegetable salad

Tosta de escalivada

Escalivada toast

Lomo de cerdo a la plancha

Pork loin

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:
Champiñones gratinados/Huevo/Fruta
Mushroom au graten/Egg/Fruit



CENA/DINNER:

13

Ensalada de verduras de temporada

Seasonal vegetable salad

Menestra de verduras

Stir fried vegetables

Fajita de jamón york y queso

Fajita ham and cheese

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:
Tajin de Verduras/Revuelto de ajos tiernos/Fruta
Vegetables Tagine/Scrambled eggs with garlic/Fruit

20

Ensalada de verduras de temporada

Seasonal vegetable salad

Ensalada de col china

Coleslaw

Atún teriyaki

Teriyaki tuna

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:
Tosta de hummus/Bacalao al horno con cous
Hummus toast/Baked cod wit cous cous/Fruit



CENA/DINNER:

14

Ensalada de verduras de temporada

Seasonal vegetable salad

Ensaladilla (atún, huevo, patata, guisante, mayonesa)

Salad (tuna, egg, potato, peas, mayonnaise)

Salmón a la plancha

Grilled salmon

Fruta ECO

Organic fruit

KCal 304,354 Prot 3,151g Ca 94,872mg Fe 2,826mg HdC 49,303g Lip 10,737g VitA 1,208mg VitB12 0,000mg

CENA/DINNER:
Cebolleta y pimiento rojo plancha/Merluza y tosta de
Grilled onion tender and red pepper/Hake and toast with

21

MENÚ ESPECIAL FIN DE CURSO

SPECIAL END-OF-YEAR MENU

KCal 0,000 Prot 0,000g Ca 0,000mg Fe 0,000mg HdC 0,000g Lip 0,000g VitA 0,000mg VitB12 0,000mg

CENA/DINNER:
Calabacín a la plancha /Pechuga de pollo con tomate
Grilled zucchini/Chicken breast with fresh grated



CENA/DINNER:

15

Ensalada de verduras de temporada

Seasonal vegetable salad

Pasta a la italiana con tomate y queso

Pasta in Italian style

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:
Judías verdes salteadas/Albóndigas vegetales/Fruta
Sautéed green beans/Veggie "meat" balls/Fruit



CENA/DINNER:



CENA/DINNER:

16

Ensalada de verduras de temporada

Seasonal vegetable salad

Salmorejo

Salmorejo

Boquerones enharinados

Breaded anchovies

Receta ganadora: Tarta de queso

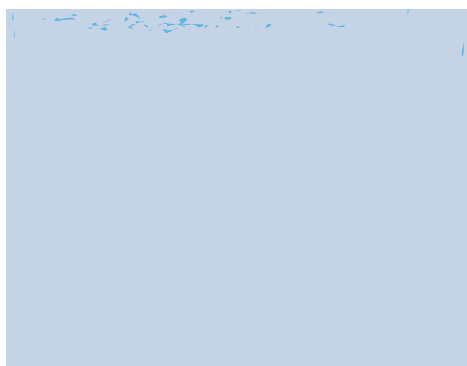
Winning Recipe: Cheesecake

KCal 136,274 Prot 3,063g Ca 74,947mg Fe 1,482mg HdC 9,978g Lip 9,721g VitA 1,108mg VitB12 0,000mg

CENA/DINNER:
Quiche de verduras/Ensalada completa/Fruta
Vegetable quiche/Full salad/Fruit



CENA/DINNER:



CENA/DINNER:

MERIENDAS BRITISH COLLEGE					
	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
Sem 1-2 Junio				Bocadillo de queso	Fruta
Sem 5-9 Junio	Bocadillo de jamón york	Fruta	Bocadillo de fiambre	Fruta	Zumo y galletas
Sem 12-16 Junio	Fruta	Bocadillo de pavo	Fruta	Bocadillo de queso	Fruta
Sem 19-22 Junio	Bocadillo de fiambres	Fruta	Zumo y galletas		
Sem 30-31 mayo					

