

FS & PRIMARY

SEASONAL FRUITS: banana, peach, apple, watermelon, pineapple, melon

MONDAY / LUNES

TUESDAY / MARTES

WEDNESDAY / MIÉRCOLES

THURSDAY / JUEVES

FRIDAY / VIERNES



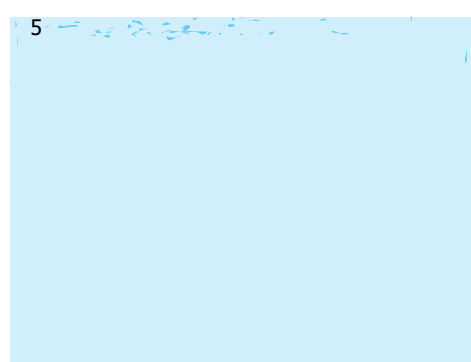
CENA/DINNER:

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CENA/DINNER:



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

Gnocchis a la crema de queso
Gnocchis with cream cheese

Hamburguesa a la plancha con patatas
Grilled burger with potatoes chips

Lácteo
Dairy

KCal 894,074 Prot 50,012g Ca 518,016mg Fe 5,141mg
HdC 96,284g Lip 49,929g VitA 1,439mg VitB12 4,017mg

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:
Calabacín a la plancha / Hamburguesa de
Grilled zucchini/Legumes burger/Fruit

11 — **Ensalada de verduras de temporada**

Seasonal vegetable salad

Arroz tres delicias

Chinese fried rice

Lomo de cerdo a la plancha con pisto casero

Loin escalope with ratatouille homemade

Fruta

Fruit

KCal 713,009 Prot 29,030g Ca 120,018mg Fe 6,153mg
HdC 76,696g Lip 43,561g VitA 1,151mg VitB12 2,128mg

CENA/DINNER:
Berenjena rellena de verduras/Pescado al limón/Fruta
Stuffed aubergine with vegetables/Grilled fish with lemon/Fruit

12 — **Ensalada de verduras de temporada**

Seasonal vegetable salad

Lentejas con verduras P/ECO

Organic lentils with vegetables

Tortilla de patata con croquetas

Spanish omelette with croquettes

Fruta

Fruit

KCal 921,298 Prot 32,410g Ca 168,632mg Fe 9,108mg
HdC 112,444g Lip 38,749g VitA 1,713mg VitB12 0,898mg

CENA/DINNER:
Espárragos con jamón/Carne blanca/Fruta
Asparagur with ham /White meat/Fruit

13 — **Gazpacho andaluz**

"Gazpacho andaluz"

Espirales genovesa (champiñón, bacon, tomate)

Pasta with mushrooms, bacon and tomato

Filete de merluza plancha con ensalada valenciana

Grilled hake with valencian salad

Fruta ECO

Organic fruit

KCal 967,279 Prot 36,681g Ca 188,338mg Fe 6,388mg
HdC 129,301g Lip 50,489g VitA 0,725mg VitB12 1,283mg

CENA/DINNER:
Quinoa con especias/Tortilla de calabacín con
Quinoa with spices/Zucchini omelette with avocado/Fruit

14 — **Ensalada de verduras de temporada**

Seasonal vegetable salad

Crema mediterránea de verduras de temporada con tostones integrales

Mediterranean seasonal vegetable soup with wholemeal bread

Pollo al romero con arroz basmati

Rosemary Chicken with basmati rice

Fruta

Fruit

KCal 987,488 Prot 38,585g Ca 174,943mg Fe 6,592mg
HdC 120,244g Lip 39,688g VitA 1,811mg VitB12 13,200mg

CENA/DINNER:
Judías verdes salteadas/Huevo/Fruta
Sautéed green beans/Egg/Fruit

15 — **Ensalada fresca ecológica**

Fresh organic salad

Arroz a banda (fondo de lonja)

"Arroz a banda" (fresh fish)

Quesadilla de verduras y queso (inf: york y queso)

Vegetable and cheese quesadilla (inf: york and cheese)

Yogur Artesano

Artisan Yogurt

KCal 817,275 Prot 31,099g Ca 432,881mg Fe 4,413mg
HdC 126,661g Lip 20,663g VitA 2,762mg VitB12 0,886mg

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

18 — **Ensalada con fruta**

Salad with fruit

Macarrones integrales a la italiana (tomate, queso)

Italian whole wheat pasta (tomato, cheese)

Bacalao a la vizcaína

Codfish in Biscayan style

Fruta

Fruit

KCal 878,033 Prot 27,787g Ca 260,364mg Fe 7,237mg
HdC 119,195g Lip 32,663g VitA 0,854mg VitB12 2,880mg

CENA/DINNER:
Escalivada/Croquetas caseras de legumbres/Fruta
Escalivada/Homemade vegetable croquettes/Fruit

19 — **Hummus de garbanzos con nachos**

Chickpea hummus with nachos

Ensalada campera (Infantil: Crema)

Country salad (Children: Vegetable Soup)

Goulash de magro con cous cous

Lean pork goulash with cous cous

Fruta

Fruit

KCal 967,128 Prot 43,007g Ca 129,536mg Fe 6,937mg
HdC 116,332g Lip 51,233g VitA 0,968mg VitB12 4,149mg

CENA/DINNER:
Crepe de verduras/Pescado azul/Fruta
Vegetable crepe/Blue fish/Fruit

20 — **DÍA MUNDIAL DE LA PAELLA #Ensalada valenciana con huevo y atún**

PAELLA WORLD DAY / Valencian salad

Paella valenciana con pollo de campo

Valencian paella with free-range chicken

Calamares a la andaluza con mayonesa

Andalusian style calamari with mayonnaise

Fruta

Fruit

KCal 961,380 Prot 44,428g Ca 165,538mg Fe 5,581mg
HdC 112,169g Lip 37,576g VitA 0,332mg VitB12 7,353mg

CENA/DINNER:
Champiñones gratinados/Salmón al papillote/Fruta
Mushroom au graten/Salmon in papillote/Fruit

21 — **Ensalada de verduras de temporada**

Seasonal vegetable salad

Lasaña casera (magro, verdura, leche, harina, queso)

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

Tortilla de patata con pan con aceite, sal y pimentón

Spanish omelette and bread with oil, salt and red pepper

Fruta

Fruit

KCal 892,068 Prot 36,852g Ca 243,552mg Fe 8,385mg
HdC 140,918g Lip 34,772g VitA 1,532mg VitB12 2,338mg

CENA/DINNER:
Espinacas con pasas y piñones/Nuggets de Pavo
Spinach with raisins and pine nuts/Turkey Nuggets

22 — **Ensalada fresca ecológica**

Fresh organic salad

Alubias blancas a la vinagreta P/ECO

White beans vinegarette. (Organic dish)

Pechuga de pollo a la plancha con patatas

Grilled chicken breast with potatoes

Lácteo

Dairy

KCal 964,489 Prot 43,037g Ca 337,268mg Fe 8,551mg
HdC 96,450g Lip 45,320g VitA 1,996mg VitB12 9,300mg

CENA/DINNER:
Mazorca de maíz con sal/Revuelto de brócoli# fi HU
Cobor in the cob with salt/Scrambled eggs with broccoli/Fruit

25 — **Ensalada de verduras de temporada**

Seasonal vegetable salad

Sopa minestrone

"Minestrone" soup

Albóndigas a la jardinera

Gardener Meatballs

Fruta

Fruit

KCal 710,558 Prot 29,306g Ca 130,510mg Fe 4,624mg
HdC 105,035g Lip 35,201g VitA 1,686mg VitB12 1,170mg

CENA/DINNER:
Wok de verduras/Gambas salteadas con setas/Fruta
Vegetables wok/Sauteed prawns with mushrooms/Fruit

26 — **Ensalada de verduras de temporada**

Seasonal vegetable salad

Lentejas a la hortelana

Lentils with vegetables

Merluza a la provenzal con zanahoria

Hake Provençal with carrot

Fruta

Fruit

KCal 838,594 Prot 50,562g Ca 191,857mg Fe 10,640mg
HdC 101,206g Lip 26,511g VitA 2,588mg VitB12 0,576mg

CENA/DINNER:
Chips de boniato al horno/Carne blanca/Fruta
Roasted sweet potato chips/White meat/Fruit

27 — **Ensalada fresca ecológica**

Fresh organic salad

Hervido valenciano (patata, judías, zanahoria y cebolla)

Boiled vegetables

Alitas de pollo/ Inf. Contramuslo con gnocchis

Chicken wings/ Chil. chicken breast with gnocchi

Fruta ECO

Organic fruit

KCal 567,953 Prot 29,883g Ca 120,561mg Fe 4,618mg
HdC 77,918g Lip 24,373g VitA 2,581mg VitB12 0,000mg

CENA/DINNER:
Coliflor con patata/Carne blanca magra/Fruta
Cauliflower with potato/Lean white meat/Fruit

28 — **Ensalada fresca ecológica**

Fresh organic salad

Arroz a la cubana (tomate y huevo)

White rice with tomato and egg

Salmón a la plancha con brócoli

Grilled salmon with broccoli

Fruta

Fruit

KCal 878,098 Prot 34,401g Ca 152,031mg Fe 6,000mg
HdC 99,109g Lip 38,773g VitA 1,949mg VitB12 5,697mg

CENA/DINNER:
Hervido de verduras/Tortilla de jamón york/Fruta
Boiled vegetables/Omelette with ham/Fruit

29 — **Ensalada de verduras de temporada**

Seasonal vegetable salad

Crema de puerros y calabaza con tostones

Leek and pumpkin cream with croutons

PIZZERO

PIZZERO

Yogur natural

Artisan yogurt

KCal 1039,200 Prot 34,585g Ca 457,230mg Fe 4,743mg
HdC 121,713g Lip 46,961g VitA 3,627mg VitB12 0,500mg

CENA/DINNER:
Habas rehogadas con ajos tiernos /Hamburguesa de
Broad beans sautéed with tender garlic/Hake burgers/Fruit

SECONDARY
PRIMERA OPCIÓN/FIRST OPTION

SEASONAL FRUITS: banana, peach, apple, watermelon, pineapple, melon

MONDAY / LUNES

TUESDAY / MARTES

WEDNESDAY / MIÉRCOLES

THURSDAY / JUEVES

FRIDAY / VIERNES



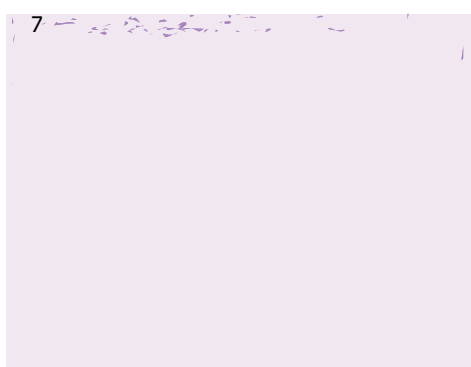
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8 Ensalada de verduras de temporada
Seasonal vegetable salad

Gnocchis a la crema de queso
Gnocchis with cream cheese

Hamburguesa a la plancha con patatas
Grilled burger with potatoes chips

Lácteo
Dairy

KCal 894,074 Prot 50,012g Ca 518,016mg Fe 5,141mg
HdC 96,284g Lip 49,929g VitA 1,439mg VitB12 4,017mg

CENA/DINNER:

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CENA/DINNER:
Calabacín a la plancha / Hamburguesa de
Grilled zucchini/Legumes burger/Fruit

11 — **Ensalada de verduras de temporada**

Seasonal vegetable salad

Arroz tres delicias

Chinese fried rice

Lomo de cerdo a la plancha con pisto casero

Loin escalope with ratatouille homemade

Fruta

Fruit

KCal 713,009 Prot 29,030g Ca 120,018mg Fe 6,153mg
HdC 76,696g Lip 43,561g VitA 1,151mg VitB12 2,128mg

CENA/DINNER:
Berenjena rellena de verduras/Pescado al limón/Fruta
Stuffed aubergine with vegetables/Grilled fish with lemon/Fruit

12 — **Ensalada de verduras de temporada**

Seasonal vegetable salad

Lentejas con verduras P/ECO

Organic lentils with vegetables

Tortilla de patata con croquetas

Spanish omelette with croquettes

Fruta

Fruit

KCal 921,298 Prot 32,410g Ca 168,632mg Fe 9,108mg
HdC 112,444g Lip 38,749g VitA 1,713mg VitB12 0,898mg

CENA/DINNER:
Espárragos con jamón/Carne blanca/Fruta
Asparagus with ham /White meat/Fruit

13 — **Gazpacho andaluz**

"Gazpacho andaluz"

Espirales genovesa (champiñón, bacon, tomate)

Pasta with mushrooms, bacon and tomato

Filete de merluza plancha con ensalada valenciana

Grilled hake with valencian salad

Fruta ECO

Organic fruit

KCal 967,279 Prot 36,681g Ca 188,338mg Fe 6,388mg
HdC 129,301g Lip 50,489g VitA 0,725mg VitB12 1,283mg

CENA/DINNER:
Quinoa con especias/Tortilla de calabacín con
Quinoa with spices/Zucchini omelette with avocado/Fruit

14 — **Ensalada de verduras de temporada**

Seasonal vegetable salad

Crema mediterránea de verduras de temporada con tostones integrales

Mediterranean seasonal vegetable soup with wholemeal bread

Pollo al romero con arroz basmati

Rosemary Chicken with basmati rice

Fruta

Fruit

KCal 987,488 Prot 38,585g Ca 174,943mg Fe 6,592mg
HdC 120,244g Lip 39,688g VitA 1,811mg VitB12 13,200mg

CENA/DINNER:
Judías verdes salteadas/Huevo/Fruta
Sautéed green beans/Egg/Fruit

15 — **Ensalada fresca ecológica**

Fresh organic salad

Arroz a banda (fondo de lonja)

"Arroz a banda" (fresh fish)

Quesadilla de verduras y queso (inf: york y queso)

Vegetable and cheese quesadilla (inf: york and cheese)

Yogur Artesano

Artisan Yogurt

KCal 817,275 Prot 31,099g Ca 432,881mg Fe 4,413mg
HdC 126,661g Lip 20,663g VitA 2,762mg VitB12 0,886mg

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

18 — **Ensalada con fruta**

Salad with fruit

Macarrones integrales a la italiana (tomate, queso)

Italian whole wheat pasta (tomato, cheese)

Bacalao a la vizcaína

Codfish in Biscayan style

Fruta

Fruit

KCal 878,033 Prot 27,787g Ca 260,364mg Fe 7,237mg
HdC 119,195g Lip 32,663g VitA 0,854mg VitB12 2,880mg

CENA/DINNER:
Escalivada/Croquetas caseras de legumbres/Fruta
Escalivada/Homemade vegetable croquettes/Fruit

19 — **Hummus de garbanzos con nachos**

Chickpea hummus with nachos

Ensalada campera (Infantil: Crema)

Country salad (Children: Vegetable Soup)

Goulash de magro con cous cous

Lean pork goulash with cous cous

Fruta

Fruit

KCal 967,128 Prot 43,007g Ca 129,536mg Fe 6,937mg
HdC 116,332g Lip 51,233g VitA 0,968mg VitB12 4,149mg

CENA/DINNER:
Crepe de verduras/Pescado azul/Fruta
Vegetable crepe/Blue fish/Fruit

20 — **DÍA MUNDIAL DE LA PAELLA #Ensalada valenciana con huevo y atún**

PAELLA WORLD DAY / Valencian salad

Paella valenciana con pollo de campo

Valencian paella with free-range chicken

Calamares a la andaluza con mayonesa

Andalusian style calamari with mayonnaise

Fruta

Fruit

KCal 961,380 Prot 44,428g Ca 165,538mg Fe 5,581mg
HdC 112,169g Lip 37,576g VitA 0,332mg VitB12 7,353mg

CENA/DINNER:
Champiñones gratinados/Salmón al papillote/Fruta
Mushroom au graten/Salmon in papillote/Fruit

21 — **Ensalada de verduras de temporada**

Seasonal vegetable salad

Lasaña casera (magro, verdura, leche, harina, queso)

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

Tortilla de patata con pan con aceite, sal y pimentón

Spanish omelette and bread with oil, salt and red pepper

Fruta

Fruit

KCal 892,068 Prot 36,852g Ca 243,552mg Fe 8,385mg
HdC 140,918g Lip 34,772g VitA 1,532mg VitB12 2,338mg

CENA/DINNER:
Espinacas con pasas y piñones/Nuggets de Pavo
Spinach with raisins and pine nuts/Turkey Nuggets

22 — **Ensalada fresca ecológica**

Fresh organic salad

Alubias blancas a la vinagreta P/ECO

White beans vinegarette. (Organic dish)

Pechuga de pollo a la plancha con patatas

Grilled chicken breast with potatoes

Lácteo

Dairy

KCal 964,489 Prot 43,037g Ca 337,268mg Fe 8,551mg
HdC 96,450g Lip 45,320g VitA 1,996mg VitB12 9,300mg

CENA/DINNER:
Mazorca de maíz con sal/Revuelto de brócoli# fi HU
Cobor in the cob with salt/Scrambled eggs with broccoli/Fruit

25 — **Ensalada de verduras de temporada**

Seasonal vegetable salad

Sopa minestrone

"Minestrone" soup

Albóndigas a la jardinera

Gardener Meatballs

Fruta

Fruit

KCal 710,558 Prot 29,306g Ca 130,510mg Fe 4,624mg
HdC 105,035g Lip 35,201g VitA 1,686mg VitB12 1,170mg

CENA/DINNER:
Wok de verduras/Gambas salteadas con setas/Fruta
Vegetables wok/Sauteed prawns with mushrooms/Fruit

26 — **Ensalada de verduras de temporada**

Seasonal vegetable salad

Lentejas a la hortelana

Lentils with vegetables

Merluza a la provenzal con zanahoria

Hake Provençal with carrot

Fruta

Fruit

KCal 838,594 Prot 50,562g Ca 191,857mg Fe 10,640mg
HdC 101,206g Lip 26,511g VitA 2,588mg VitB12 0,576mg

CENA/DINNER:
Chips de boniato al horno/Carne blanca/Fruta
Roasted sweet potato chips/White meat/Fruit

27 — **Ensalada fresca ecológica**

Fresh organic salad

Hervido valenciano (patata, judías, zanahoria y cebolla)

Boiled vegetables

Alitas de pollo/ Inf. Contramuslo con gnocchis

Chicken wings/ Chil. chicken breast with gnocchi

Fruta ECO

Organic fruit

KCal 567,953 Prot 29,883g Ca 120,561mg Fe 4,618mg
HdC 77,918g Lip 24,373g VitA 2,581mg VitB12 0,000mg

CENA/DINNER:
Coliflor con patata/Carne blanca magra/Fruta
Cauliflower with potato/Lean white meat/Fruit

28 — **Ensalada fresca ecológica**

Fresh organic salad

Arroz a la cubana (tomate y huevo)

White rice with tomato and egg

Salmón a la plancha con brócoli

Grilled salmon with broccoli

Fruta

Fruit

KCal 878,098 Prot 34,401g Ca 152,031mg Fe 6,000mg
HdC 99,109g Lip 38,773g VitA 1,949mg VitB12 5,697mg

CENA/DINNER:
Hervido de verduras/Tortilla de jamón york/Fruta
Boiled vegetables/Omelette with ham/Fruit

29 — **Ensalada de verduras de temporada**

Seasonal vegetable salad

Crema de puerros y calabaza con tostones

Leek and pumpkin cream with croutons

PIZZERO

PIZZERO

Yogur natural

Artisan yogurt

KCal 1039,200 Prot 34,585g Ca 457,230mg Fe 4,743mg
HdC 121,713g Lip 46,961g VitA 3,627mg VitB12 0,500mg

CENA/DINNER:
Habas rehogadas con ajos tiernos /Hamburguesa de
Broad beans sautéed with tender garlic/Hake burgers/Fruit

SECONDARY
SEGUNDA OPCIÓN/SECOND OPTION

SEASONAL FRUITS: banana, peach, apple, watermelon, pineapple, melon

MONDAY / LUNES

TUESDAY / MARTES

WEDNESDAY / MIÉRCOLES

THURSDAY / JUEVES

FRIDAY / VIERNES



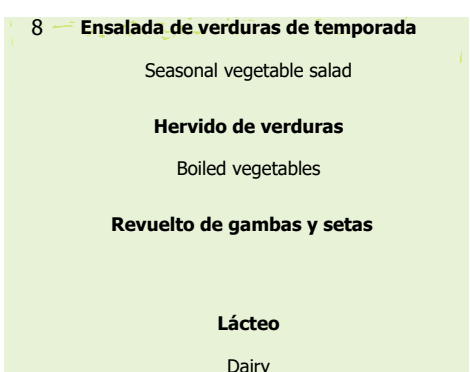
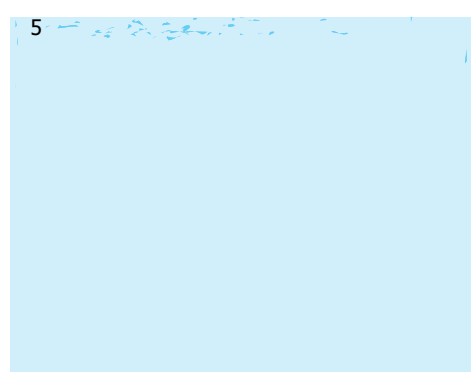
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8 **Ensalada de verduras de temporada**
Seasonal vegetable salad

Hervido de verduras
Boiled vegetables

Revuelto de gambas y setas

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

Calabacín a la plancha / Hamburguesa de
Grilled zucchini/Legumes burger/Fruit

11 **Ensalada de verduras de temporada**

Seasonal vegetable salad

Espinacas a la crema

Creamed spinach

Bacalao a la plancha

Grilled cod

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:
Berenjena rellena de verduras/Pescado al limón/Fruta
Stuffed aubergine with vegetables/Grilled fish with lemon/Fruit

12 **Ensalada de verduras de temporada**

Seasonal vegetable salad

Ensalada César

Caesar salad

Berenjenas al gratén

Aubergine au graten

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:
Espárragos con jamón/Carne blanca/Fruta
Asparagur with ham /White meat/Fruit

13 **Gazpacho andaluz**

"Gazpacho andaluz"

Guisantes con bacon

Peas with bacon

Longanizas

Sausages

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:
Quinoa con especias/Tortilla de calabacín con
Quinoa with spices/Zucchini omelette with avocado/Fruit

14 **Ensalada de verduras de temporada**

Seasonal vegetable salad

Tomate relleno

Stuffed tomato

Salmón a la plancha

Grilled salmon

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/Huevo/Fruta
Sautéed green beans/Egg/Fruit

15 **Ensalada fresca ecológica**

Fresh organic salad

Coliflor gratinada

Cauliflower au graten

Revuelto de ajos tiernos

Scrambled eggs with spring onions

Yogur Artesano

Artisan Yogurt

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

18 **Ensalada con fruta**

Salad with fruit

Tempura de verduras

Vegetable tempura

Revuelto de setas

Scrambled eggs with mushrooms

Fruta

Fruit

KCal 259,000 Prot 3,290g Ca 111,280mg Fe 2,547mg
HdC 53,676g Lip 3,599g VitA 0,234mg VitB12 0,000mg

CENA/DINNER:
Escalivada/Croquetas caseras de legumbres/Fruta
Escalivada/Homemade vegetable croquettes/Fruit

19 **Hummus de garbanzos con nachos**

Chickpea hummus with nachos

Crema de verduras de temporada

Vegetable soup

Filete de San Pedro a la marinera

Filet of San Pedro "a la marinera"

Fruta

Fruit

KCal 488,432 Prot 15,942g Ca 84,256mg Fe 4,346mg
HdC 89,712g Lip 30,748g VitA 0,200mg VitB12 0,000mg

CENA/DINNER:
Crepe de verduras/Pescado azul/Fruta
Vegetable crepe/Blue fish/Fruit

20 **DÍA MUNDIAL DE LA PAELLA / Ensalada valenciana con huevo y atún**
PAELLA WORLD DAY / Valencian salad

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

Tosta de esgarraet

"Esgarraet" toast

Fruta

Fruit

KCal 296,074 Prot 10,593g Ca 82,624mg Fe 3,040mg
HdC 36,308g Lip 12,209g VitA 0,357mg VitB12 1,449mg

CENA/DINNER:
Champiñones gratinados/Salmón al papillote/Fruta
Mushroom au graten/Salmon in papillote/Fruit

21 **Ensalada de verduras de temporada**

Seasonal vegetable salad

Sopa minestrone

"Minestrone" soup

Pechuga pollo a la crema

Cream chicken breast

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:
Espinacas con pasas y piñones/Nuggets de Pavo
Spinach with raisins and pine nuts/Turkey Nuggets

22 **Ensalada fresca ecológica**

Fresh organic salad

Arroz salteado estilo chino

Chinesse rice

Boquerones en tempura

Floured anchovies

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:
Mazorca de maíz con sal/Revuelto de brócoli con
Cob of corn with salt/Scrambled eggs with broccoli and

25 **Ensalada de verduras de temporada**

Seasonal vegetable salad

Menestra de verduras

Stir fried vegetables

All i pebre de rape (con patata)

'All i pebre' monkfish (with potato)

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/Gambas salteadas con setas/Fruta
Vegetables wok/Sauteed prawns with mushrooms/Fruit

26 **Ensalada de verduras de temporada**

Seasonal vegetable salad

Ensalada de quinoa

Quinoa salad

Tortilla de jamón york

Ham omelette

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:
Chips de boniato al horno/Carne blanca/Fruta
Roasted sweet potato chips/White meat/Fruit

27 **Ensalada fresca ecológica**

Fresh organic salad

Escalibada

Grilled vegetables

Bacalao a la koskera

Koskera cod

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:
Coliflor con patata/Carne blanca magra/Fruta
Cauliflower with potato/Lean white meat/Fruit

28 **Ensalada fresca ecológica**

Fresh organic salad

Wok de verduras

Vegetables wok

Pinchos adobados

Chiken kebabs

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:
Hervido de verduras/Tortilla de jamón york/Fruta
Boiled vegetables/Omelette with ham/Fruit

29 **Ensalada de verduras de temporada**

Seasonal vegetable salad

Bacon cheese fries

Bacon cheese fries

PIZZERO

PIZZERO

Yogur natural

Plain 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:
Habas rehogadas con ajos tiernos /Hamburguesa de
Broad beans sautéed with tender garlic/Hake burgers/Fruit

MERIENDAS BRITISH COLLEGE

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
Sem 04-08 Septi					Fruta
Sem 11-15 Septi	Zumo y galletas	Bocadillo de jamón	Fruta	Bocadillo de queso	Fruta
Sem 18-22 Septi	Bocadillo de jamón york	Fruta	Bocadillo de fiambre	Fruta	Zumo y galletas
Sem 25-29 Septiembre	Fruta	Bocadillo de pavo	Fruta	Bocadillo de queso	Fruta

