

SEASONAL FRUITS: pear, apple, banana, persimon, tangerine

MONDAY / LUNES

TUESDAY / MARTES

WEDNESDAY / MIÉRCOLES

THURSDAY / JUEVES

FRIDAY / VIERNES

1

Festivo
Holiday

2

Lechuga, tomate, zanahoria y olivas
Lettuce, tomato, carrot and olives

Lentejas a la hortelana P/ECO
Lentils with vegetables (BIO)

Ragout de pavo con cous cous
Turkey ragu with cous cous

Fruta
Fruit

3

Ensalada fresca ecológica
Fresh organic salad

Arroz del senyoret
"Arroz del senyoret"

Croquetas de cocido con tomate en aceite de albahaca
Croquettes with tomato in basil oil

Lácteo
Dairy

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:
Calabacín a la plancha / Pescado blanco / Fruta
Grilled courgette/Whitefish/Fruit

CENA/DINNER:
Crema de calabaza/Huevo/Fruta
Pumpkin cream soup/Egg/Fruit

6

Lechuga, tomate, maíz y zanahoria
Lettuce, tomato, corn and carrot

Hélices a la napolitana
Neapolitan pasta

Merluza a la koskera
Koskera hake

Fruta
Fruit

KCal 797,403 Prot 36,848g Ca 230,170mg Fe 5,426mg
HdC 124,977g Lip 35,525g VitA 1,040mg VitB12 1,203mg

7

Ensalada de temporada con manzana
Seasonal salad with apple

Fabada vegetal
Vegetarian "fabada"

Contramuslo a la italiana con brócoli al vapor
Italian chicken thigh with steamed broccoli

Fruta
Fruit

KCal 859,525 Prot 51,390g Ca 336,698mg Fe 10,981mg
HdC 91,778g Lip 32,492g VitA 1,810mg VitB12 10,823mg

8

Ensalada de verduras de temporada
Seasonal vegetable salad

Arroz de otoño
Autumn rice

Salmón a la plancha con salteado thai
Grilled salmon with Thai stir fried vegetables

Fruta
Fruit

KCal 681,709 Prot 25,433g Ca 122,208mg Fe 4,283mg
HdC 87,034g Lip 25,811g VitA 1,829mg VitB12 4,500mg

9

Ensalada fresca ecológica
Fresh organic salad

Garbanzos con espinacas P/ECO
Chickpeas with green spinach (BIO)

Pizza casera
Homemade pizza

Fruta ECO
Organic fruit

KCal 920,046 Prot 38,387g Ca 376,367mg Fe 9,609mg
HdC 132,637g Lip 26,119g VitA 3,688mg VitB12 0,000mg

10

Ensalada fresca ecológica
Fresh organic salad

Sopa de ave
Poultry soup

Albóndigas en salsa con arroz blanco
Meatballs with rice

Lácteo
Dairy

KCal 838,701 Prot 28,488g Ca 288,911mg Fe 4,922mg
HdC 115,987g Lip 40,651g VitA 3,384mg VitB12 1,085mg

CENA/DINNER:
Cous cous con especias/Carne magra de cerdo/Fruta
Spiced cous cous/Lean pork/Fruit

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

CENA/DINNER:
Brochetas de verduras/Carne de ave/Fruta
Vegetable skewers/Poultry meat/Fruit

CENA/DINNER:
Menestra salteada/Tortilla de patata y cebolla/Fruta
Sautéed vegetable stew/Potato and onion omelette/Fruit

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

13 **Lechuga, tomate, espinacas y zanahoria**
Lettuce, tomato, spinach and carrot

Tallarines a la genovesa (bacon, tomate)
Pasta with bacon and tomato

Gallineta a la andaluza con zanahoria
Floured redfish with carrot

Fruta
Fruit

KCal 847,762 Prot 27,252g Ca 178,200mg Fe 5,760mg
HdC 107,694g Lip 36,281g VitA 2,277mg VitB12 0,470mg

CENA/DINNER:
Champiñones gratinados/Carne blanca/Fruta
Mushroom au graten/White meat/Fruit

14 **Ensalada de temporada con mandarina**
Seasonal salad with tangerine

Alubias con calabaza y nabo
Beans with pumpkin and turnip

Tortilla de patata con queso fresco
Spanish omelette with fresh cheese

Fruta
Fruit

KCal 764,113 Prot 26,136g Ca 228,792mg Fe 7,219mg
HdC 87,328g Lip 35,169g VitA 0,450mg VitB12 0,898mg

CENA/DINNER:
Guisantes con cebolla y jamón/Pescado/Fruta
Peas with ham and onion/Steamed fish/Fruit

15 **Ensalada fresca ecológica**
Fresh organic salad

Crema de verduras de temporada
Vegetable soup

Jamón asado con patatas deluxe
Roasted ham with deluxe potatoes

Fruta ECO
Organic fruit

KCal 793,843 Prot 22,854g Ca 201,511mg Fe 8,340mg
HdC 82,635g Lip 41,678g VitA 2,336mg VitB12 1,504mg

CENA/DINNER:
Ensalada completa/Carne roja magra/Fruta
Full salad/Lean red meat/Fruit

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

Paella valenciana con pollo de campo
Valencian paella with free-range chicken

Panaché de fiambres con picos de pan
Variety of cold meats with bread sticks

Fruta
Fruit

KCal 874,586 Prot 41,610g Ca 205,213mg Fe 4,872mg
HdC 92,159g Lip 37,399g VitA 0,717mg VitB12 7,437mg

CENA/DINNER:
Judías verdes salteadas/Hamburguesa de soja/Fruta
Sautéed green beans/Soy burgers/Fruit

17 **Ensalada fresca ecológica**
Fresh organic salad

Lentejas con arroz
Lentils with rice

Goulash de magro con calabacín
Lean pork goulash with courgette

Yogur natural valenciano
Valencian natural yogurt

KCal 793,015 Prot 42,126g Ca 278,133mg Fe 7,679mg
HdC 87,042g Lip 30,705g VitA 2,233mg VitB12 3,200mg

CENA/DINNER:
Tomate relleno /Pescado blanco /Fruta
Stuffed tomato/Whitefish/Fruit

20 **Hummus de garbanzos con nachos**
Chickpea hummus with nachos

Crema de calabaza asada
Pumpkins oup

Bacalao a la vizcaína con champiñón
Codfish in Biscayan sauce with mushrooms

Fruta
Fruit

KCal 816,966 Prot 26,506g Ca 175,867mg Fe 5,487mg
HdC 97,723g Lip 47,939g VitA 0,585mg VitB12 2,880mg

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

21 **Lechuga, tomate, maíz y zanahoria**
Lettuce, tomato, corn and carrot

Sopa minestrone
"Minestrone" soup

Pollo al horno (Infantil: Pollo deshuesado) con patatas
Baked Chicken (Kids: Boneless Chicken) with potatoes

Fruta
Fruit

KCal 762,550 Prot 44,350g Ca 106,079mg Fe 5,167mg
HdC 111,966g Lip 30,378g VitA 0,541mg VitB12 14,370mg

CENA/DINNER:
Verduras salteadas con pasta/Pescado al limón/Fruta
Sautéed vegetables with pasta/Grilled fish with lemon/Fruit

22 **Ensalada fresca ecológica**
Fresh organic salad

Olleta ilicitana
"Olleta ilicitana"

Hamburguesa a la plancha con judías verdes
Grilled burger with green beans

Fruta ECO
Organic fruit

KCal 846,125 Prot 39,996g Ca 205,530mg Fe 8,263mg
HdC 103,858g Lip 30,087g VitA 1,855mg VitB12 3,300mg

CENA/DINNER:
Hervido valenciano/Sandwich vegetal/Fruta
Boiled vegetables/Vegetable sandwich/Fruit

23 **Ensalada de temporada con granada**
Seasonal salad with pomegranate

Macarrones integrales a la italiana (tomate, queso)
Italian whole wheat pasta (tomato, cheese)

Merluza a la provenzal con verduras al horno
Provençal hake with baked vegetables

Fruta
Fruit

KCal 874,244 Prot 27,829g Ca 218,904mg Fe 7,081mg
HdC 123,421g Lip 30,819g VitA 1,294mg VitB12 0,576mg

CENA/DINNER:
Crepe de verduras/Carne de ave/Fruta
Vegetable crepe/Poultry meat/Fruit

24 **Ensalada fresca ecológica**
Fresh organic salad

Potaje de garbanzos P/ECO
Chickpeas stew (BIO)

Huevos revueltos con patatas y jamón
Scrambled eggs with potatoes and ham

Lácteo
Dairy

KCal 745,117 Prot 33,227g Ca 392,470mg Fe 10,237mg
HdC 80,351g Lip 31,918g VitA 1,853mg VitB12 1,812mg

CENA/DINNER:
Calabacín a la plancha /Revuelto de verduras/Fruta
Grilled courgette/Scrambled eggs with vegetables/Fruit

27 **Lechuga, tomate, zanahoria y olivas**
Lettuce, tomato, carrot and olives

Lentejas con chorizo
Lentils with "chorizo"

Longanizas con gnocchis
Sausages with gnocchi

Fruta
Fruit

KCal 828,989 Prot 35,848g Ca 115,717mg Fe 8,839mg
HdC 109,302g Lip 37,108g VitA 0,816mg VitB12 0,727mg

CENA/DINNER:
Tajin de Verduras/Carne blanca/Fruta
Vegetables Tagine/White meat/Fruit

28 **Lechuga, tomate, espinacas y zanahoria**
Lettuce, tomato, spinach and carrot

Sopa de cocido
Noodle soup

Alitas de pollo al horno con maíz salteado
Chicken wings with sauteed corn

Fruta
Fruit

KCal 777,993 Prot 40,505g Ca 158,656mg Fe 7,935mg
HdC 86,505g Lip 36,483g VitA 1,348mg VitB12 0,000mg

CENA/DINNER:
Crema de puerros/Pescado al papillote/Fruta
Leek soup/Steamed fish/Fruit

29 **Ensalada fresca ecológica**
Fresh organic salad

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

Calamares enharinados con mayonesa
Floured calamari with mayonnaise

Fruta ECO
Organic fruit

KCal 710,119 Prot 35,646g Ca 251,180mg Fe 6,908mg
HdC 107,170g Lip 28,640g VitA 2,511mg VitB12 1,620mg

CENA/DINNER:
Mazorca de maíz con sal/Huevo/Fruta
Corn on the cob with salt/Egg/Fruit

30 **J. GASTRONÓMICA MEJICANA**
MEXICAN GASTRONOMIC DAY

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

SEASONAL FRUITS: pear, apple, banana, persimon, tangerine

MONDAY / LUNES

TUESDAY / MARTES

WEDNESDAY / MIÉRCOLES

THURSDAY / JUEVES

FRIDAY / VIERNES

1

Festivo
Holiday

2

Lechuga, tomate, zanahoria y olivas
Lettuce, tomato, carrot and olives

Lentejas a la hortelana P/ECO
Lentils with vegetables (BIO)

Ragout de pavo con cous cous
Turkey ragu with cous cous

Fruta
Fruit

3

Ensalada fresca ecológica
Fresh organic salad

Arroz del senyoret
"Arroz del senyoret"

Croquetas de cocido con tomate en aceite de albahaca
Croquettes with tomato in basil oil

Lácteo
Dairy

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:
Calabacín a la plancha / Pescado blanco / Fruta
Grilled courgette/Whitefish/Fruit

CENA/DINNER:
Crema de calabaza/Huevo/Fruta
Pumpkin cream soup/Egg/Fruit

6

Lechuga, tomate, maíz y zanahoria
Lettuce, tomato, corn and carrot

Hélices a la napolitana
Neapolitan pasta

Merluza a la koskera
Koskera hake

Fruta
Fruit

KCal 797,403 Prot 36,848g Ca 230,170mg Fe 5,426mg
HdC 124,977g Lip 35,525g VitA 1,040mg VitB12 1,203mg

7

Ensalada de temporada con manzana
Seasonal salad with apple

Fabada vegetal
Vegetarian "fabada"

Contramuslo a la italiana con brócoli al vapor
Italian chicken thigh with steamed broccoli

Fruta
Fruit

KCal 859,525 Prot 51,390g Ca 336,698mg Fe 10,981mg
HdC 91,778g Lip 32,492g VitA 1,810mg VitB12 10,823mg

8

Ensalada de verduras de temporada
Seasonal vegetable salad

Arroz de otoño
Autumn rice

Salmón a la plancha con salteado thai
Grilled salmon with Thai stir fried vegetables

Fruta
Fruit

KCal 681,709 Prot 25,433g Ca 122,208mg Fe 4,283mg
HdC 87,034g Lip 25,811g VitA 1,829mg VitB12 4,500mg

9

Ensalada fresca ecológica
Fresh organic salad

Garbanzos con espinacas P/ECO
Chickpeas with green spinach (BIO)

Pizza casera
Homemade pizza

Fruta ECO
Organic fruit

KCal 920,046 Prot 38,387g Ca 376,367mg Fe 9,609mg
HdC 132,637g Lip 26,119g VitA 3,688mg VitB12 0,000mg

10

Ensalada fresca ecológica
Fresh organic salad

Sopa de ave
Poultry soup

Albóndigas en salsa con arroz blanco
Meatballs with rice

Lácteo
Dairy

KCal 838,701 Prot 28,488g Ca 288,911mg Fe 4,922mg
HdC 115,987g Lip 40,651g VitA 3,384mg VitB12 1,085mg

CENA/DINNER:
Cous cous con especias/Carne magra de cerdo/Fruta
Spiced cous cous/Lean pork/Fruit

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

CENA/DINNER:
Brochetas de verduras/Carne de ave/Fruta
Vegetable skewers/Poultry meat/Fruit

CENA/DINNER:
Menestra salteada/Tortilla de patata y cebolla/Fruta
Sautéed vegetable stew/Potato and onion omelette/Fruit

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

13 **Lechuga, tomate, espinacas y zanahoria**
Lettuce, tomato, spinach and carrot

Tallarines a la genovesa (bacon, tomate)
Pasta with bacon and tomato

Gallineta a la andaluza con zanahoria
Floured redfish with carrot

Fruta
Fruit

KCal 847,762 Prot 27,252g Ca 178,200mg Fe 5,760mg
HdC 107,694g Lip 36,281g VitA 2,277mg VitB12 0,470mg

CENA/DINNER:
Champiñones gratinados/Carne blanca/Fruta
Mushroom au graten/White meat/Fruit

14 **Ensalada de temporada con mandarina**
Seasonal salad with tangerine

Alubias con calabaza y nabo
Beans with pumpkin and turnip

Tortilla de patata con queso fresco
Spanish omelette with fresh cheese

Fruta
Fruit

KCal 764,113 Prot 26,136g Ca 228,792mg Fe 7,219mg
HdC 87,328g Lip 35,169g VitA 0,450mg VitB12 0,898mg

CENA/DINNER:
Guisantes con cebolla y jamón/Pescado/Fruta
Peas with ham and onion/Steamed fish/Fruit

15 **Ensalada fresca ecológica**
Fresh organic salad

Crema de verduras de temporada
Vegetable soup

Jamón asado con patatas deluxe
Roasted ham with deluxe potatoes

Fruta ECO
Organic fruit

KCal 793,843 Prot 22,854g Ca 201,511mg Fe 8,340mg
HdC 82,635g Lip 41,678g VitA 2,336mg VitB12 1,504mg

CENA/DINNER:
Ensalada completa/Carne roja magra/Fruta
Full salad/Lean red meat/Fruit

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

Paella valenciana con pollo de campo
Valencian paella with free-range chicken

Panaché de fiambres con picos de pan
Variety of cold meats with bread sticks

Fruta
Fruit

KCal 874,586 Prot 41,610g Ca 205,213mg Fe 4,872mg
HdC 92,159g Lip 37,399g VitA 0,717mg VitB12 7,437mg

CENA/DINNER:
Judías verdes salteadas/Hamburguesa de soja/Fruta
Sautéed green beans/Soy burgers/Fruit

17 **Ensalada fresca ecológica**
Fresh organic salad

Lentejas con arroz
Lentils with rice

Goulash de magro con calabacín
Lean pork goulash with courgette

Yogur natural valenciano
Valencian natural yogurt

KCal 793,015 Prot 42,126g Ca 278,133mg Fe 7,679mg
HdC 87,042g Lip 30,705g VitA 2,233mg VitB12 3,200mg

CENA/DINNER:
Tomate relleno /Pescado blanco /Fruta
Stuffed tomato/Whitefish/Fruit

20 **Hummus de garbanzos con nachos**
Chickpea hummus with nachos

Crema de calabaza asada
Pumpkins oup

Bacalao a la vizcaína con champiñón
Codfish in Biscayan sauce with mushrooms

Fruta
Fruit

KCal 816,966 Prot 26,506g Ca 175,867mg Fe 5,487mg
HdC 97,723g Lip 47,939g VitA 0,585mg VitB12 2,880mg

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

21 **Lechuga, tomate, maíz y zanahoria**
Lettuce, tomato, corn and carrot

Sopa minestrone
"Minestrone" soup

Pollo al horno (Infantil: Pollo deshuesado) con patatas
Baked Chicken (Kids: Boneless Chicken) with potatoes

Fruta
Fruit

KCal 762,550 Prot 44,350g Ca 106,079mg Fe 5,167mg
HdC 111,966g Lip 30,378g VitA 0,541mg VitB12 14,370mg

CENA/DINNER:
Verduras salteadas con pasta/Pescado al limón/Fruta
Sautéed vegetables with pasta/Grilled fish with lemon/Fruit

22 **Ensalada fresca ecológica**
Fresh organic salad

Olleta ilicitana
"Olleta ilicitana"

Hamburguesa a la plancha con judías verdes
Grilled burger with green beans

Fruta ECO
Organic fruit

KCal 846,125 Prot 39,996g Ca 205,530mg Fe 8,263mg
HdC 103,858g Lip 30,087g VitA 1,855mg VitB12 3,300mg

CENA/DINNER:
Hervido valenciano/Sandwich vegetal/Fruta
Boiled vegetables/Vegetable sandwich/Fruit

23 **Ensalada de temporada con granada**
Seasonal salad with pomegranate

Macarrones integrales a la italiana (tomate, queso)
Italian whole wheat pasta (tomato, cheese)

Merluza a la provenzal con verduras al horno
Provençal hake with baked vegetables

Fruta
Fruit

KCal 874,244 Prot 27,829g Ca 218,904mg Fe 7,081mg
HdC 123,421g Lip 30,819g VitA 1,294mg VitB12 0,576mg

CENA/DINNER:
Crepe de verduras/Carne de ave/Fruta
Vegetable crepe/Poultry meat/Fruit

24 **Ensalada fresca ecológica**
Fresh organic salad

Potaje de garbanzos P/ECO
Chickpeas stew (BIO)

Huevos revueltos con patatas y jamón
Scrambled eggs with potatoes and ham

Lácteo
Dairy

KCal 745,117 Prot 33,227g Ca 392,470mg Fe 10,237mg
HdC 80,351g Lip 31,918g VitA 1,853mg VitB12 1,812mg

CENA/DINNER:
Calabacín a la plancha /Revuelto de verduras/Fruta
Grilled courgette/Scrambled eggs with vegetables/Fruit

27 **Lechuga, tomate, zanahoria y olivas**
Lettuce, tomato, carrot and olives

Lentejas con chorizo
Lentils with "chorizo"

Longanizas con gnocchis
Sausages with gnocchi

Fruta
Fruit

KCal 828,989 Prot 35,848g Ca 115,717mg Fe 8,839mg
HdC 109,302g Lip 37,108g VitA 0,816mg VitB12 0,727mg

CENA/DINNER:
Tajin de Verduras/Carne blanca/Fruta
Vegetables Tagine/White meat/Fruit

28 **Lechuga, tomate, espinacas y zanahoria**
Lettuce, tomato, spinach and carrot

Sopa de cocido
Noodle soup

Alitas de pollo al horno con maíz salteado
Chicken wings with sauteed corn

Fruta
Fruit

KCal 777,993 Prot 40,505g Ca 158,656mg Fe 7,935mg
HdC 86,505g Lip 36,483g VitA 1,348mg VitB12 0,000mg

CENA/DINNER:
Crema de puerros/Pescado al papillote/Fruta
Leek soup/Steamed fish/Fruit

29 **Ensalada fresca ecológica**
Fresh organic salad

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

Calamares enharinados con mayonesa
Floured calamari with mayonnaise

Fruta ECO
Organic fruit

KCal 710,119 Prot 35,646g Ca 251,180mg Fe 6,908mg
HdC 107,170g Lip 28,640g VitA 2,511mg VitB12 1,620mg

CENA/DINNER:
Mazorca de maíz con sal/Huevo/Fruta
Corn on the cob with salt/Egg/Fruit

30 **J. GASTRONÓMICA MEJICANA**
MEXICAN GASTRONOMIC DAY

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

SEASONAL FRUITS: pear, apple, banana, persimon, tangerine

MONDAY / LUNES

TUESDAY / MARTES

WEDNESDAY / MIÉRCOLES

THURSDAY / JUEVES

FRIDAY / VIERNES

1

2 **Lechuga, tomate, zanahoria y olivas**
Lettuce, tomato, carrot and olives

Espinacas gratinadas
Spinachs au graten

Bacalao a la vizcaína
Codfish in Biscayan style

Fruta
Fruit

KCal 217,818 Prot 2,282g Ca 79,176mg Fe 2,446mg
HdC 38,373g Lip 6,340g VitA 1,450mg VitB12 0,000mg

3 **Ensalada fresca ecológica**
Fresh organic salad

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

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

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:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:
Calabacín a la plancha / Pescado blanco / Fruta
Grilled zucchini/Whitefish/Fruit

CENA/DINNER:
Crema de calabaza/Huevo/Fruta
Pumpkin cream/Egg/Fruit

6 **Lechuga, tomate, maíz y zanahoria**
Lettuce, tomato, corn and carrot

Crema de zanahoria
Carrot soup

Tortilla de patata con queso
Potatoes and cheese omelette

Fruta
Fruit

KCal 194,772 Prot 2,342g Ca 53,802mg Fe 1,866mg
HdC 39,386g Lip 3,228g VitA 1,082mg VitB12 0,000mg

7 **Ensalada de temporada con manzana**
Seasonal salad with apple

Coliflor al gratén
Cauliflower au graten

Albóndigas de bacalao
Cod balls

Fruta
Fruit

KCal 225,906 Prot 2,337g Ca 71,877mg Fe 2,187mg
HdC 40,075g Lip 6,414g VitA 0,279mg VitB12 0,000mg

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

Judías verdes con jamón
Green beans with ham

Rvuelto 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

9 **Ensalada fresca ecológica**
Fresh organic salad

Ensalada toscana
Tuscan salad

Pizza casera
Homemade pizza

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

10 **Ensalada fresca ecológica**
Fresh organic salad

Puré de calabaza
Pumpkin soup

Bacaladilla enharinada
Pan fried whiting fish

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:
Cous cous con especias/Carne magra de cerdo/Fruta
Spiced cous cous/Lean pork/Fruit

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

CENA/DINNER:
Brochetas de verduras/Carne de ave/Fruta
Vegetable skewers/Poultry meat/Fruit

CENA/DINNER:
Menestra salteada/Tortilla de patata y cebolla/Fruta
Sautéed vegetable stew/Potato and onion omelette/Fruit

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

13 — Lechuga, tomate, espinacas y zanahoria
Lettuce, tomato, spinach and carrot

Coliflor gratinada
Cauliflower au graten

Verduras a la parrilla
Grilled vegetables

Fruta
Fruit

KCal 264,928 Prot 3,102g Ca 93,420mg Fe 3,067mg
HdC 38,029g Lip 11,255g VitA 1,426mg VitB12 0,000mg

CENA/DINNER:
Champiñones gratinados/Carne blanca/Fruta
Mushroom au graten/White meat/Fruit

14 — Ensalada de temporada con mandarina
Seasonal salad with tangerine

Hervido de acelgas y patata
Boiled chards and potatoes

Hamburguesa vegetal
Veggie burger

Fruta
Fruit

KCal 219,794 Prot 2,463g Ca 81,505mg Fe 2,195mg
HdC 38,599g Lip 6,325g VitA 0,309mg VitB12 0,000mg

CENA/DINNER:
Guisantes con cebolla y jamón/Pescado al vapor
Peas with ham and onion/Steamed fish/Fruit

15 — Ensalada fresca ecológica
Fresh organic salad

Tabulé
Tabbouleh salad

Calamares a la romana
Floured Calamari

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:
Ensalada completa/Carne roja magra/Fruta
Full salad/Lean red meat/Fruit

16 — Ensalada de verduras de temporada
Seasonal vegetable salad

Escalibada
"Escalibada"

Ensaladilla (atún, huevo, patata, guisante, mayonesa)
Salad (tuna, egg, potato, peas, mayonnaise)

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/Hamburguesa de soja/Fruta
Sautéed green beans/Soy burgers/Fruit

17 — Ensalada fresca ecológica
Fresh organic salad

Tomate gratinado
Tomato au graten

Revuelto de gambas y ajetes
Scrambled eggs with prawns and garlic sprouts

Yogur natural valenciano
Valencian natural 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:
Tomate relleno /Pescado blanco /Fruta
Stuffed tomato/Whitefish/Fruit

20 — Hummus de garbanzos con nachos
Chickpea hummus with nachos

Ensalada César
Caesar salad

Solomillo de cerdo al horno
Baked pork tenderloin

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

21 — Lechuga, tomate, maíz y zanahoria
Lettuce, tomato, corn and carrot

Arroz tres delicias
Chinese fried rice

Fajita vegetal
Vegetarian fajita

Fruta
Fruit

KCal 194,772 Prot 2,342g Ca 53,802mg Fe 1,866mg
HdC 39,386g Lip 3,228g VitA 1,082mg VitB12 0,000mg

CENA/DINNER:
Verduras salteadas con pasta/Pescado al limón/Fruta
Sautéed vegetables with pasta/Grilled fish with lemon/Fruit

22 — Ensalada fresca ecológica
Fresh organic salad

Ensalada capresse
Mediterranean salad

Revuelto de setas
Scrambled eggs and mushrooms

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:
Hervido valenciano/Sandwich vegetal/Fruta
Boiled vegetables/Vegetable sandwich/Fruit

23 — Ensalada de temporada con granada
Seasonal salad with pomegranate

Crema de calabacín
Courgette soup

Pechuga de pollo a la plancha
Grilled chicken breast

Fruta
Fruit

KCal 233,654 Prot 2,519g Ca 72,189mg Fe 2,208mg
HdC 41,786g Lip 6,424g VitA 0,269mg VitB12 0,000mg

CENA/DINNER:
Crepe de verduras/Carne de ave/Fruta
Vegetable crepe/Poultry/Fruit

24 — Ensalada fresca ecológica
Fresh organic salad

Ensalada de quinoa
Quinoa salad

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

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:
Calabacín a la plancha /Revuelto de verduras/Fruta
Grilled zucchini/Scrambled eggs with vegetables/Fruit

27 — Lechuga, tomate, zanahoria y olivas
Lettuce, tomato, carrot and olives

Verdura en tempura
Vegetables in tempura

Bacalao al ajo
Garlic cod

Fruta
Fruit

KCal 217,818 Prot 2,282g Ca 79,176mg Fe 2,446mg
HdC 38,373g Lip 6,340g VitA 1,450mg VitB12 0,000mg

CENA/DINNER:
Tajin de Verduras/Carne blanca/Fruta
Vegetables Tagine/White meat/Fruit

28 — Lechuga, tomate, espinacas y zanahoria
Lettuce, tomato, spinach and carrot

Menestra de verduras
Stir fried vegetables

Merluza en salsa verde
Hake in green sauce

Fruta
Fruit

KCal 264,928 Prot 3,102g Ca 93,420mg Fe 3,067mg
HdC 38,029g Lip 11,255g VitA 1,426mg VitB12 0,000mg

CENA/DINNER:
Crema de puerros/Pescado al papillote/Fruta
Leek cream/Steamed fish/Fruit

29 — Ensalada fresca ecológica
Fresh organic salad

Caracolas a la boloñesa con tomate y queso
Pasta bolognese with tomato and cheese

Revuelto de ajos tiernos
Scrambled eggs with garlic

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:
Mazorca de maíz con sal/Huevo/Fruta
Cob of corn with salt/Egg/Fruit

30 — J. GASTRONÓMICA MEJICANA
MEXICAN GASTRONOMIC DAY

CENA/DINNER:

CENA/DINNER:

MERIENDAS BRITISH COLLEGE					
	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
Sem 2-3 Nov			FESTIVO	Fruta	Bocadillo de queso
Sem 6-10 Nov	Fruta	Bocadillo de fiambre	Fruta	Zumo y galletas	Fruta
Sem 13-17 Nov	Bocadillo de pavo	Fruta	Bocadillo de jamón serrano	Fruta	Zumo y galletas
Sem 20-24 Nov	Fruta	Bocadillo de jamón york	Fruta	Bocadillo de queso	Fruta
Sem 27-30 Nov	Bocadillo de fiambre	Fruta	Bocadillo de queso	Zumo y galletas	

