

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

MONDAY / LUNES

TUESDAY / MARTES

WEDNESDAY / MIÉRCOLES

THURSDAY / JUEVES

FRIDAY / VIERNES



1 Ensalada fresca ecológica
Fresh organic salad

Potaje de garbanzos con calabaza P/ECO
Chickpea stew with pumpkin (BIO)

Albóndigas a la jardinera con puré de patatas
Gardener Meatballs with mashed potatoes

Lácteo
Dairy

KCal 870,545 Prot 32,032g Ca 362,736mg Fe 8,131mg
HdC 88,709g Lip 42,687g VitA 2,957mg VitB12 0,500mg

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:
Calabacín a la plancha /Carne blanca/Fruta
Grilled courgette/White meat/Fruit

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

Espaguetis a la italiana (verduras trituradas, tomate, queso)
Spaghetti in italian style (vegetables, tomato, cheese)

Calamares a la romana con brócoli
Breaded Calamari with broccoli

Fruta
Fruit

KCal 916,450 Prot 41,074g Ca 347,412mg Fe 6,441mg
HdC 138,917g Lip 43,092g VitA 1,382mg VitB12 0,374mg

5 Lechuga, tomate y espárragos
Lettuce, tomato and asparagus

Crema de zanahoria
Carrot soup

Pollo al horno con patatas
Roasted Chicken with chips

Fruta ECO
Organic fruit

KCal 771,964 Prot 32,269g Ca 91,926mg Fe 4,834mg
HdC 73,642g Lip 37,798g VitA 1,521mg VitB12 13,200mg

6 Festivo
Holiday

7 Festivo
Holiday

8 Festivo
Holiday

CENA/DINNER:
Chips de boniato al horno/Revuelto de verduras/Fruta
Roasted sweet potato chips/Scrambled eggs with

CENA/DINNER:
Tosta de hummus/Pescado blanco /Fruta
Hummus toast/Whitefish/Fruit

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

11 **Lechuga, tomate, zanahoria y queso**
Lettuce, tomato, carrot and cheese

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

Merluza a la marinera
Hake in "marinera" style

Fruta
Fruit

KCal 824,468 Prot 35,939g Ca 250,633mg Fe 4,780mg
HdC 96,631g Lip 32,377g VitA 1,029mg VitB12 1,775mg

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

12 **Ensalada con fruta**
Salad with fruit

Habichuelas con chorizo
Beans with chorizo

Lomo a la naranja con puré de manzana
Loin with orange sauce with applesauce

Fruta
Fruit

KCal 945,858 Prot 36,629g Ca 219,636mg Fe 10,448mg
HdC 112,798g Lip 50,392g VitA 1,627mg VitB12 1,985mg

CENA/DINNER:
Crema de nabo y patata/Pescado al papillote/Fruta
Turnip and potato soup/Steamed fish/Fruit

13 **Ensalada fresca ecológica**
Fresh organic salad

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

Albóndigas de bacalao con zanahoria
Cod balls with carrot

Fruta
Fruit

KCal 872,541 Prot 29,054g Ca 216,106mg Fe 5,973mg
HdC 110,999g Lip 48,214g VitA 3,912mg VitB12 1,590mg

CENA/DINNER:
Brócoli al vapor/Tortilla de cebolla/Fruta
Steamed broccoli/Onion omelet/Fruit

14 **Ensalada fresca ecológica**
Fresh organic salad

Sopa de cocido
Noodle soup

Pollo a la miel con patatas
Honey chicken with honey with chips

Fruta ECO
Organic fruit

KCal 879,088 Prot 51,796g Ca 171,320mg Fe 8,132mg
HdC 104,206g Lip 35,664g VitA 3,217mg VitB12 11,000mg

CENA/DINNER:
Parrillada de verduras/Hamburguesa de merluza/Fruta
Roasted vegetables/Hake burgers/Fruit

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

Crema de calabacín
Courgette soup

Pizza casera
Homemade pizza

Yogur natural valenciano
Valencian natural yogurt

KCal 642,979 Prot 26,354g Ca 365,402mg Fe 2,225mg
HdC 65,905g Lip 29,720g VitA 1,281mg VitB12 0,500mg

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

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

Lentejas con verduras
Lentils with vegetables

Tortilla de patata con jamón serrano
Spanish omelette with cured ham

Fruta
Fruit

KCal 819,042 Prot 41,751g Ca 148,868mg Fe 10,782mg
HdC 101,169g Lip 27,854g VitA 1,192mg VitB12 1,274mg

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

19 **Lechugas, tomate y olivas**
Lettuce, tomato and olives

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

Salmón fresco al horno con verduras thai
Fresh grilled salmon with Thai vegetables

Fruta
Fruit

KCal 783,902 Prot 33,141g Ca 93,600mg Fe 6,045mg
HdC 93,645g Lip 31,247g VitA 0,433mg VitB12 6,399mg

CENA/DINNER:
Wok de verduras/Carne de ave/Fruta
Vegetables wok/Poultry meat/Fruit

20 **Ensalada fresca ecológica**
Fresh organic salad

Hervido valenciano
Boiled vegetables

Goulash de magro con gnocchis
Lean pork goulash with gnocchi

Fruta
Fruit

KCal 834,224 Prot 33,020g Ca 142,881mg Fe 6,116mg
HdC 110,008g Lip 38,952g VitA 3,056mg VitB12 2,700mg

CENA/DINNER:
Berenjena gratinada al horno/Croquetas caseras de
Eggplant au graten/Fish croquettes/Fruit

21 **Ensalada fresca ecológica**
Fresh organic salad

Fideuà de verduras y setas de cardo
Vegetables and mushrooms "Fideuà"

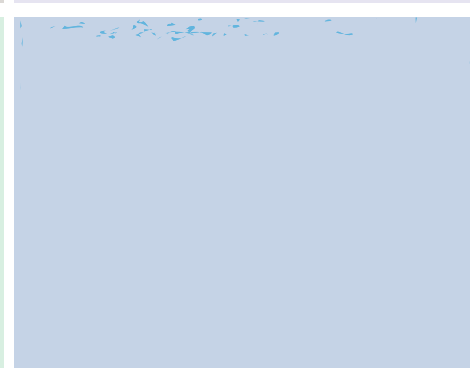
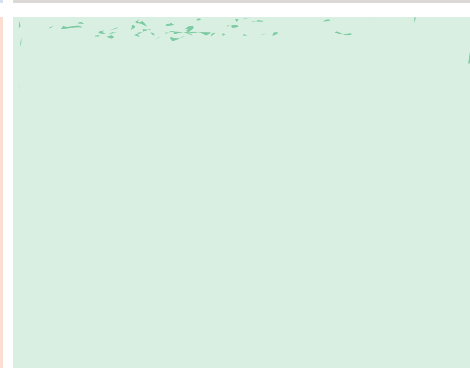
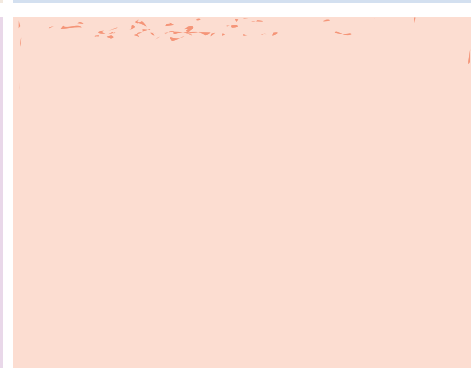
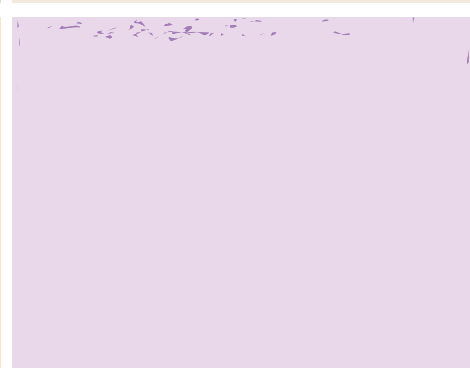
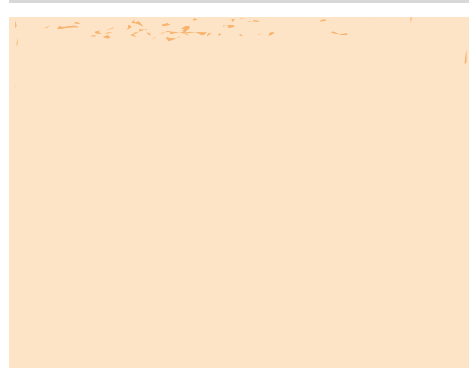
Bacalao con muselina de ajo
Cod with garlic mousseline

Fruta ECO
Organic fruit

KCal 790,673 Prot 28,901g Ca 153,248mg Fe 5,349mg
HdC 136,533g Lip 33,575g VitA 2,228mg VitB12 2,430mg

CENA/DINNER:
Escalivada/Huevo/Fruta
Escalivada/Egg/Fruit

22 **MENÚ DE NAVIDAD**
CHRISTMAS MENU



CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

SECONDARY
PRIMERA OPCIÓN/FIRST OPTION

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

MONDAY / LUNES

TUESDAY / MARTES

WEDNESDAY / MIÉRCOLES

THURSDAY / JUEVES

FRIDAY / VIERNES



1 Ensalada fresca ecológica
Fresh organic salad

Potaje de garbanzos con calabaza P/ECO
Chickpea stew with pumpkin (BIO)

Albóndigas a la jardinera con puré de patatas
Gardener Meatballs with mashed potatoes

Lácteo
Dairy

KCal 870,545 Prot 32,032g Ca 362,736mg Fe 8,131mg
HdC 88,709g Lip 42,687g VitA 2,957mg VitB12 0,500mg

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:
Calabacín a la plancha /Carne blanca/Fruta
Grilled courgette/White meat/Fruit

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

Espaguetis a la italiana (verduras trituradas, tomate, queso)
Spaghetti in italian style (vegetables, tomato, cheese)

Calamares a la romana con brócoli
Breaded Calamari with broccoli

Fruta
Fruit

KCal 916,450 Prot 41,074g Ca 347,412mg Fe 6,441mg
HdC 138,917g Lip 43,092g VitA 1,382mg VitB12 0,374mg

5 Lechuga, tomate y espárragos
Lettuce, tomato and asparagus

Crema de zanahoria
Carrot soup

Pollo al horno con patatas
Roasted Chicken with chips

Fruta ECO
Organic fruit

KCal 771,964 Prot 32,269g Ca 91,926mg Fe 4,834mg
HdC 73,642g Lip 37,798g VitA 1,521mg VitB12 13,200mg

6 Festivo
Holiday

7 Festivo
Holiday

8 Festivo
Holiday

CENA/DINNER:
Chips de boniato al horno/Revuelto de verduras/Fruta
Roasted sweet potato chips/Scrambled eggs with

CENA/DINNER:
Tosta de hummus/Pescado blanco /Fruta
Hummus toast/Whitefish/Fruit

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

11 **Lechuga, tomate, zanahoria y queso**
Lettuce, tomato, carrot and cheese

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

Merluza a la marinera
Hake in "marinera" style

Fruta
Fruit

KCal 824,468 Prot 35,939g Ca 250,633mg Fe 4,780mg
HdC 96,631g Lip 32,377g VitA 1,029mg VitB12 1,775mg

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

12 **Ensalada con fruta**
Salad with fruit

Habichuelas con chorizo
Beans with "chorizo"

Lomo a la naranja con puré de manzana
Loin with orange sauce with applesauce

Fruta
Fruit

KCal 945,858 Prot 36,629g Ca 219,636mg Fe 10,448mg
HdC 112,798g Lip 50,392g VitA 1,627mg VitB12 1,985mg

CENA/DINNER:
Crema de nabo y patata/Pescado al papillote/Fruta
Turnip and potato soup/Steamed fish/Fruit

13 **Ensalada fresca ecológica**
Fresh organic salad

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

Albóndigas de bacalao con zanahoria
Cod balls with carrot

Fruta
Fruit

KCal 872,541 Prot 29,054g Ca 216,106mg Fe 5,973mg
HdC 110,999g Lip 48,214g VitA 3,912mg VitB12 1,590mg

CENA/DINNER:
Brócoli al vapor/Tortilla de cebolla/Fruta
Steamed broccoli/Onion omelet/Fruit

14 **Ensalada fresca ecológica**
Fresh organic salad

Sopa de cocido
Noodle soup

Pollo a la miel con patatas
Honey chicken with chips

Fruta ECO
Organic fruit

KCal 879,088 Prot 51,796g Ca 171,320mg Fe 8,132mg
HdC 104,206g Lip 35,664g VitA 3,217mg VitB12 11,000mg

CENA/DINNER:
Parrillada de verduras/Hamburguesa de merluza/Fruta
Roasted vegetables/Hake burgers/Fruit

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

Crema de calabacín
Courgette soup

Pizza casera
Homemade pizza

Yogur natural valenciano
Valencian natural yogurt

KCal 642,979 Prot 26,354g Ca 365,402mg Fe 2,225mg
HdC 65,905g Lip 29,720g VitA 1,281mg VitB12 0,500mg

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

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

Lentejas con verduras
Lentils with vegetables

Tortilla de patata con jamón serrano
Spanish omelette with cured ham

Fruta
Fruit

KCal 819,042 Prot 41,751g Ca 148,868mg Fe 10,782mg
HdC 101,169g Lip 27,854g VitA 1,192mg VitB12 1,274mg

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

19 **Lechugas, tomate y olivas**
Lettuce, tomato and olives

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

Salmón fresco al horno con verduras thai
Fresh grilled salmon with Thai vegetables

Fruta
Fruit

KCal 783,902 Prot 33,141g Ca 93,600mg Fe 6,045mg
HdC 93,645g Lip 31,247g VitA 0,433mg VitB12 6,399mg

CENA/DINNER:
Wok de verduras/Carne de ave/Fruta
Vegetables wok/Poultry meat/Fruit

20 **Ensalada fresca ecológica**
Fresh organic salad

Hervido valenciano
Boiled vegetables

Goulash de magro con gnocchis
Lean pork goulash with gnocchi

Fruta
Fruit

KCal 834,224 Prot 33,020g Ca 142,881mg Fe 6,116mg
HdC 110,008g Lip 38,952g VitA 3,056mg VitB12 2,700mg

CENA/DINNER:
Berenjena gratinada al horno/Croquetas caseras de
Eggplant au graten/Fish croquettes/Fruit

21 **Ensalada fresca ecológica**
Fresh organic salad

Fideuà de verduras y setas de cardo
Vegetables and mushrooms "Fideuà"

Bacalao con muselina de ajo
Cod with garlic mousseline

Fruta ECO
Organic fruit

KCal 790,673 Prot 28,901g Ca 153,248mg Fe 5,349mg
HdC 136,533g Lip 33,575g VitA 2,228mg VitB12 2,430mg

CENA/DINNER:
Escalivada/Huevo/Fruta
Escalivada/Egg/Fruit

22 **MENÚ DE NAVIDAD**
CHRISTMAS MENU

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

SECONDARY
SEGUNDA OPCIÓN/SECOND OPTION

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

MONDAY / LUNES

TUESDAY / MARTES

WEDNESDAY / MIÉRCOLES

THURSDAY / JUEVES

FRIDAY / VIERNES

1 Ensalada fresca ecológica
Fresh organic salad

Ensalada César
Caesar salad

Atún teriyaki
Teriyaki tuna

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 / Carne blanca / Fruta
Grilled zucchini/White meat/Fruit

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

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

Judías verdes con jamón
Green beans with ham

Burrito mexicano
Mexican burrito

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:
Chips de boniato al horno / Revuelto de verduras / Fruta
Roasted sweet potato chips/Scrambled eggs with

5 Lechuga, tomate y espárragos
Lettuce, tomato and asparagus

Arroz salteado estilo chino
Chinesse fried rice

Gallineta en salsa
Redfish in sauce

Fruta ECO
Organic fruit

KCal 250,268 Prot 3,400g Ca 76,608mg Fe 3,072mg
HdC 50,038g Lip 3,876g VitA 0,681mg VitB12 0,000mg

CENA/DINNER:
Tosta de hummus / Pescado blanco / Fruta
Hummus toast/Whitefish/Fruit

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

11 Lechuga, tomate, zanahoria y queso
Lettuce, tomato, carrot and cheese

Wok de verduras
Vegetable wok

Hamburguesa a la plancha con patatas
Grilled burger with chips

Fruta
Fruit

KCal 383,268 Prot 12,227g Ca 245,452mg Fe 2,425mg
HdC 36,979g Lip 20,755g VitA 1,505mg VitB12 0,532mg

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

12 Ensalada con fruta
Salad with fruit

Ensalada completa
Full salad

Verdura en tempura
Vegetables in tempura

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:
Crema de nabo y patata/Pescado al papillote/Fruta
Turnip and potato cream/Steamed fish/Fruit

13 Ensalada fresca ecológica
Fresh organic salad

Macarrones a la boloñesa
Pasta Bolognese

Revuelto de verduras
Scrambled eggs with 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:
Brócoli al vapor/Tortilla de cebolla/Fruta
Steamed broccoli/Onion omelet/Fruit

14 Ensalada fresca ecológica
Fresh organic salad

Menestra de verduras
Stir fried vegetables

Bacalao a la vizcaína
Codfish in Biscayan style

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:
Parrillada de verduras/Hamburguesa de merluza/Fruta
Roasted vegetables/Hake burgers/Fruit

15 Ensalada de verduras de temporada
Seasonal vegetable salad

Coliflor gratinada
Cauliflower au graten

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:
Champiñones gratinados/Sandwich vegetal/Fruta
Mushroom au graten/Vegetable sandwich/Fruit

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

Tabulé de cous cous
Cous cous tabbouleh

Merluza con salsa mery
Hake in green sauce

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

19 Lechugas, tomate y olivas
Lettuce, tomato and olives

Puré de calabaza
Pumpkin soup

Pollo teriyaki
Teriyaki chicken

Fruta
Fruit

KCal 206,588 Prot 3,148g Ca 71,568mg Fe 2,736mg
HdC 39,958g Lip 3,582g VitA 0,656mg VitB12 0,000mg

CENA/DINNER:
Wok de verduras/Carne de ave/Fruta
Vegetables wok/Poultry/Fruit

20 Ensalada fresca ecológica
Fresh organic salad

Macarrones a la carbonara
Pasta carbonara

Boquerones enharinados
Breaded anchovies

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:
Berenjena gratinada al horno/Croquetas caseras de
Eggplant au gratin/Fish croquettes/Fruit

21 Ensalada fresca ecológica
Fresh organic salad

Espinacas gratinadas
Spinachs au graten

Cordon bleu de pavo y queso
Cordon bleu (turkey and cheese)

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:
Escalivada/Huevo/Fruta
Escalivada/Egg/Fruit

22

CENA/DINNER:

23

CENA/DINNER:

24

CENA/DINNER:

25

CENA/DINNER:

26

CENA/DINNER:

27

CENA/DINNER:

MERIENDAS BRITISH COLLEGE					
	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
Sem 1 Dic					Fruta
Sem 4-8 Dic	Zumo y galletas	Fruta	FESTIVO	FESTIVO	FESTIVO
Sem 11-15 Dic	Bocadillo de queso	Fruta	Bocadillo de jamón serrano	Fruta	Fruta
Sem 18-22 Dic	Fruta	Bocadillo de pavo	Fruta	Bocadillo de fiambre	Zumo y galletas

