

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

MONDAY / LUNES

TUESDAY / MARTES

WEDNESDAY / MIÉRCOLES

THURSDAY / JUEVES

FRIDAY / VIERNES

1 **Ensalada de col**

Coleslaw

Fabada vegetal

Vegetable "fabada"

Lomo plancha con patatas

Pork loin with chips

Fruta

Fruit

KCal 791,110 Prot 41,003g Ca 195,824mg Fe 10,756mg
HdC 81,440g Lip 49,603g VitA 2,266mg VitB12 3,290mg

CENA/DINNER:
Calabacín a la plancha / Pescado al limón/ Fruta
Grilled zucchini/Grilled fish with lemon/Fruit

2 **Ensalada fresca ecológica**

Fresh organic salad

Fusilli a la italiana

Italian pasta

Bacalao a la vizcaína con brócoli

Codfish in Biscayan style with broccoli

Lácteo

Dairy

KCal 862,428 Prot 41,161g Ca 569,302mg Fe 5,902mg
HdC 116,642g Lip 43,924g VitA 3,427mg VitB12 3,380mg

CENA/DINNER:
Crema de verduras/Carne blanca/ Fruta
Creamed vegetables/White meat/Fruit

5 **Lechuga, tomate, maíz y zanahoria**

Lettuce, tomato, sweetcorn and carrot

Lentejas con verduras y majado

Lentils with vegetables

Longanizas con pisto

Sausages with ratatouille

Fruta

Fruit

KCal 888,164 Prot 35,083g Ca 138,515mg Fe 9,117mg
HdC 109,503g Lip 35,078g VitA 0,985mg VitB12 0,776mg

CENA/DINNER:
Zanahoria aliñada con guisantes/Albóndigas
Carrot dressed with peas/Veggie "meat" balls/Fruit

6 **Lechuga, tomate, zanahoria y olivas**

Lettuce, tomato, carrot and olives

Macarrones integrales boloñesa

Whole meal macaroni with bolognese sauce

Gallo San Pedro a la meunier

John Dory fish with meunier sauce and broccoli

Fruta

Fruit

KCal 754,946 Prot 34,539g Ca 270,931mg Fe 6,502mg
HdC 119,355g Lip 32,063g VitA 2,342mg VitB12 0,576mg

CENA/DINNER:
Wok de verduras/Carne magra de cerdo/ Fruta
Vegetables wok/Lean pork/Fruit

7 **Ensalada fresca ecológica**

Fresh organic salad

Sopa de cocido con verduras ECO

Soup with vegetables (BIO)

Contramuslo a la italiana con patatas deluxe

Italian chicken thigh with deluxe chips

Fruta

Fruit

KCal 888,318 Prot 53,825g Ca 322,746mg Fe 11,707mg
HdC 102,094g Lip 33,734g VitA 2,370mg VitB12 9,925mg

CENA/DINNER:
Chips de boniato al horno/Pescado azul/ Fruta
Roasted sweet potato chips/Blue fish/Fruit

8 **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)

Anillas de calamar andaluza con mayonesa

Squid rings with mayonnaise

Fruta

Fruit

KCal 840,515 Prot 30,680g Ca 142,512mg Fe 6,273mg
HdC 102,216g Lip 35,069g VitA 0,744mg VitB12 2,379mg

CENA/DINNER:
Cous cous con especias/Sandwich vegetal con queso
Spiced cous cous/Sandwich with vegetable and cheese/Fruit

9 **DIA MUNDIAL DE LAS LEGUMBRES**

Ensalada fresca ecológica

WORLD LEGUMES DAY Fresh organic salad

Crema festival de legumbres P/ECO con tostones

Legume festival soup (P/ECO with croutons)

Tortilla de patata con queso fresco

Spanish omelette with fresh cheese

Lácteo

Dairy

KCal 801,739 Prot 37,802g Ca 438,228mg Fe 10,482mg
HdC 92,967g Lip 30,859g VitA 4,630mg VitB12 1,548mg

CENA/DINNER:
Coliflor gratinada/Pescado blanco /Fruta
Cauliflower au gratin/Whitefish/Fruit

12

Ensalada de verduras de temporada

Seasonal vegetable salad

Arroz a la cubana (tomate y huevo)

White rice with tomato and egg

Filete de merluza al horno con maíz salteado

Baked hake fillet with sauteed corn

Fruta

Fruit

KCal 810,763 Prot 33,020g Ca 166,935mg Fe 5,136mg HdC 88,519g Lip 36,045g VitA 0,876mg VitB12 2,093mg

CENA/DINNER:
Espárragos con jamón/Huevo/Fruta
Asparagus with ham /Egg/Fruit

19

Lechuga, tomate, zanahoria y olivas

Lettuce, tomato, carrot and olives

Guisado de patatas con costillas

Potatoes stew with ribs

Calamares a la romana con mayonesa

Breaded squid with mayonnaise

Fruta

Fruit

KCal 857,420 Prot 35,104g Ca 169,390mg Fe 5,855mg HdC 83,334g Lip 39,735g VitA 0,914mg VitB12 1,373mg

CENA/DINNER:
Espinacas con bechamel/Carne de ave/Fruta
Spinach with bechamel/Poultry/Fruit

26

Lechuga, tomate, maíz y zanahoria

Lettuce, tomato, corn and carrot

Lentejas a la hortelana

Lentils with vegetables

Cordon bleu con maíz

Cordon bleu with corn

Fruta

Fruit

KCal 808,666 Prot 45,701g Ca 131,188mg Fe 9,023mg HdC 83,802g Lip 32,308g VitA 1,062mg VitB12 0,014mg

CENA/DINNER:
Sopa de quinoa/Carne blanca/Fruta
Quinoa soup/White meat/Fruit

13

Lechuga, tomate, maíz y zanahoria

Lettuce, tomato, corn and carrot

Alubias blancas con verduras

White beans with vegetables

Solomillo de cerdo en salsa con cous cous

Pork tenderloin in sauce with cous cous

Fruta

Fruit

KCal 854,632 Prot 35,362g Ca 193,004mg Fe 8,220mg HdC 112,255g Lip 32,356g VitA 2,045mg VitB12 2,400mg

CENA/DINNER:
Mazorca de maíz con sal/Pescado al limón/Fruta
Corn on the cob with salt/Grilled fish with lemon/Fruit

20

Lechuga, tomate, zanahoria y remolacha cocida

Lettuce, tomato, carrot and cooked beetroot

Sopa de cocido

Noodle soup

Pollo asado con patatas

Roasted chicken with chips

Fruta

Fruit

KCal 851,344 Prot 49,702g Ca 130,435mg Fe 7,627mg HdC 94,376g Lip 38,058g VitA 1,340mg VitB12 13,200mg

CENA/DINNER:
Fajita casera/Pescado al limón/Fruta
Homemade fajita/Grilled fish with lemon/Fruit

27

Lechuga, tomate, zanahoria y olivas

Lettuce, tomato, carrot and olives

Crema de zanahoria y calabaza

Carrot and pumpkin soup

Pollo al curry con arroz blanco

Chicken curry with rice

Fruta

Fruit

KCal 864,288 Prot 27,187g Ca 134,299mg Fe 4,733mg HdC 87,254g Lip 45,351g VitA 1,360mg VitB12 3,508mg

CENA/DINNER:
Parrillada de verduras/Pescado azul/Fruta
Roasted vegetables/Blue fish/Fruit

14

Lechuga, tomate, manzana y queso rallado

Lettuce, tomato, apple and grated cheese

Fideuá

Fideua

Tortilla de calabacín con zanahoria baby

Zucchini omelette with baby carrots

Fruta

Fruit

KCal 832,987 Prot 37,350g Ca 299,854mg Fe 8,392mg HdC 133,856g Lip 37,504g VitA 3,303mg VitB12 1,598mg

CENA/DINNER:
Escalivada/Hamburguesa de legumbres/Fruta
Escalivada/Legumes burger/Fruit

21

Ensalada fresca ecológica

Fresh organic salad

Garbanzos con verduras P/ECO

Chickpeas with vegetables (P/ECO)

Pizza casera

Homemade pizza

Fruta ECO

Organic fruit

KCal 896,365 Prot 38,081g Ca 396,236mg Fe 9,835mg HdC 133,805g Lip 23,107g VitA 2,950mg VitB12 0,000mg

CENA/DINNER:
Cebolleta y pimiento rojo plancha/Carne roja
Grilled onion tender and red pepper/Lean red meat/Fruit

28

Ensalada fresca ecológica

Fresh organic salad

Lasaña

Lasagna

Filete de merluza plancha con calabacín

Grilled hake with courgette

Fruta ECO

Organic fruit

KCal 806,587 Prot 45,297g Ca 319,912mg Fe 7,965mg HdC 119,925g Lip 34,337g VitA 2,756mg VitB12 2,688mg

CENA/DINNER:
Judías verdes salteadas/Revuelto de ajos tiernos/Fruta
Sautéed green beans/Scrambled eggs with garlic/Fruit

15

Ensalada fresca ecológica

Fresh organic salad

Puré de hortalizas y verduras frescas de temporada

Vegetable soup and fresh seasonal vegetables

Salmón fresco a la plancha con salteado thai

Fresh grilled salmon with stir fried vegetables

Fruta ECO

Organic fruit

KCal 714,195 Prot 26,610g Ca 140,241mg Fe 4,922mg HdC 73,056g Lip 35,918g VitA 2,946mg VitB12 4,988mg

CENA/DINNER:
Brochetas de verduras/Pescado al papillote/Fruta
Vegetable skewers/Steamed fish/Fruit

22

Ensalada de verduras de temporada

Seasonal vegetable salad

Paella valenciana

Valencian paella

Merluza a la marinera con guisantes

Hake in "marinera" style with peas

Fruta

Fruit

KCal 833,967 Prot 28,703g Ca 156,464mg Fe 4,354mg HdC 107,327g Lip 32,408g VitA 0,813mg VitB12 2,148mg

CENA/DINNER:
Crema de puerros/Brocheta de tofu / Fruta
Leek cream/Tofu skewers/Fruit

29

Jornada Gastronómica

Gastronomic Day

CENA/DINNER:

16

Ensalada fresca ecológica

Fresh organic salad

Lentejas estofadas P/ECO

Organic stewed lentils

Pollo marinado al horno con gnocchis

Baked marinated chicken with gnocchi

Lácteo

Dairy

KCal 787,084 Prot 49,107g Ca 290,263mg Fe 9,009mg HdC 118,645g Lip 22,198g VitA 2,286mg VitB12 0,500mg

CENA/DINNER:
Crepe de verduras/Carne blanca/Fruta
Vegetable crepe/White meat/Fruit

23

Ensalada de col

Coleslaw

Alubias blancas con verduras

White beans with vegetables

Lomo de cerdo a la plancha con brócoli

Pork loin with broccoli

Lácteo

Dairy

KCal 819,548 Prot 33,864g Ca 335,322mg Fe 7,769mg HdC 86,181g Lip 49,049g VitA 1,010mg VitB12 2,156mg

CENA/DINNER:
Menestra salteada/Revuelto de brócoli con
Sautéed vegetable stew/Scrambled eggs with broccoli and

CENA/DINNER:

SECONDARY
PRIMERA OPCIÓN/FIRST OPTION

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

MONDAY / LUNES



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CENA/DINNER:

WEDNESDAY / MIÉRCOLES



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FRIDAY / VIERNES

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Lentils with vegetables

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Sausages with ratatouille

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Fruit

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HdC 109,503g Lip 35,078g VitA 0,985mg VitB12 0,776mg

CENA/DINNER:
Zanahoria aliñada con guisantes/Albóndigas
Carrot dressed with peas/Veggie "meat" balls/Fruit

6 **Lechuga, tomate, zanahoria y olivas**

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Macarrones integrales boloñesa

Whole meal macaroni with bolognese sauce

Gallo San Pedro a la meunier

John Dory fish with meunier sauce and broccoli

Fruta

Fruit

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HdC 119,355g Lip 32,063g VitA 2,342mg VitB12 0,576mg

CENA/DINNER:
Wok de verduras/Carne magra de cerdo/ Fruta
Vegetables wok/Lean pork/Fruit

7 **Ensalada fresca ecológica**

Fresh organic salad

Sopa de cocido con verduras ECO

Soup with vegetables (BIO)

Contramuslo a la italiana con patatas deluxe

Italian chicken thigh with deluxe chips

Fruta

Fruit

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HdC 102,094g Lip 33,734g VitA 2,370mg VitB12 9,925mg

CENA/DINNER:
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Roasted sweet potato chips/Blue fish/Fruit

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Seasonal vegetable salad

Arroz al horno (garbanzo, costilla, patata, tomate, morcilla)

"Arroz al horno" (chickpeas, ribs, potatoes, tomato, black pudding)

Anillas de calamar andaluza con mayonesa

Squid rings with mayonnaise

Fruta

Fruit

KCal 840,515 Prot 30,680g Ca 142,512mg Fe 6,273mg
HdC 102,216g Lip 35,069g VitA 0,744mg VitB12 2,379mg

CENA/DINNER:
Cous cous con especias/Sandwich vegetal con queso
Spiced cous cous/Sandwich with vegetables and cheese/Fruit

9 **DIA MUNDIAL DE LAS LEGUMBRES**

Ensalada fresca ecológica

WORLD LEGUMES DAY Fresh organic salad

Crema festival de legumbres P/ECO con tostones

Legume festival soup (P/ECO with croutons)

Tortilla de patata con queso fresco

Spanish omelette with fresh cheese

Lácteo

Dairy

KCal 801,739 Prot 37,802g Ca 438,228mg Fe 10,482mg
HdC 92,967g Lip 30,859g VitA 4,630mg VitB12 1,548mg

CENA/DINNER:
Coliflor gratinada/Pescado blanco /Fruta
Cauliflower au gratin/Whitefish/Fruit

12

Ensalada de verduras de temporada

Seasonal vegetable salad

Arroz a la cubana (tomate y huevo)

White rice with tomato and egg

Filete de merluza al horno con maíz salteado

Baked hake fillet with sauteed corn

Fruta

Fruit

KCal 810,763 Prot 33,020g Ca 166,935mg Fe 5,136mg HdC 88,519g Lip 36,045g VitA 0,876mg VitB12 2,093mg

13

Lechuga, tomate, maíz y zanahoria

Lettuce, tomato, corn and carrot

Alubias blancas con verduras

White beans with vegetables

Solomillo de cerdo en salsa con cous cous

Pork tenderloin in sauce with cous cous

Fruta

Fruit

KCal 854,632 Prot 35,362g Ca 193,004mg Fe 8,220mg HdC 112,255g Lip 32,356g VitA 2,045mg VitB12 2,400mg

14

Lechuga, tomate, manzana y queso rallado

Lettuce, tomato, apple and grated cheese

Fideuá

Fideua

Tortilla de calabacín con zanahoria baby

Zucchini omelette with baby carrots

Fruta

Fruit

KCal 832,987 Prot 37,350g Ca 299,854mg Fe 8,392mg HdC 133,856g Lip 37,504g VitA 3,303mg VitB12 1,598mg

15

Ensalada fresca ecológica

Fresh organic salad

Puré de hortalizas y verduras frescas de temporada

Vegetable soup and fresh seasonal vegetables

Salmón fresco a la plancha con salteado thai

Fresh grilled salmon with stir fried vegetables

Fruta ECO

Organic fruit

KCal 714,195 Prot 26,610g Ca 140,241mg Fe 4,922mg HdC 73,056g Lip 35,918g VitA 2,946mg VitB12 4,988mg

16

Ensalada fresca ecológica

Fresh organic salad

Lentejas estofadas P/ECO

Organic stewed lentils

Pollo marinado al horno con gnocchis

Baked marinated chicken with gnocchi

Lácteo

Dairy

KCal 787,084 Prot 49,107g Ca 290,263mg Fe 9,009mg HdC 118,645g Lip 22,198g VitA 2,286mg VitB12 0,500mg

CENA/DINNER:

Espárragos con jamón/Huevo/Fruta

Asparagus with ham /Egg/Fruit

CENA/DINNER:

Mazorca de maíz con sal/Pescado al limón/Fruta

Corn on the cob with salt/Grilled fish with lemon/Fruit

CENA/DINNER:

Escalivada/Hamburguesa de legumbres/Fruta

Escalivada/Legumes burger/Fruit

CENA/DINNER:

Brochetas de verduras/Pescado al papillote/Fruta

Vegetable skewers/Steamed fish/Fruit

CENA/DINNER:

Crepe de verduras/Carne blanca/Fruta

Vegetable crepe/White meat/Fruit

19

Lechuga, tomate, zanahoria y olivas

Lettuce, tomato, carrot and olives

Guisado de patatas con costillas

Potatoes stew with ribs

Calamares a la romana con mayonesa

Breaded squid with mayonnaise

Fruta

Fruit

KCal 857,420 Prot 35,104g Ca 169,390mg Fe 5,855mg HdC 83,334g Lip 39,735g VitA 0,914mg VitB12 1,373mg

20

Lechuga, tomate, zanahoria y remolacha cocida

Lettuce, tomato, carrot and cooked beetroot

Sopa de cocido

Noodle soup

Pollo asado con patatas

Roasted chicken with chips

Fruta

Fruit

KCal 851,344 Prot 49,702g Ca 130,435mg Fe 7,627mg HdC 94,376g Lip 38,058g VitA 1,340mg VitB12 13,200mg

21

Ensalada fresca ecológica

Fresh organic salad

Garbanzos con verduras P/ECO

Chickpeas with vegetables (P/ECO)

Pizza casera

Homemade pizza

Fruta ECO

Organic fruit

KCal 896,365 Prot 38,081g Ca 396,236mg Fe 9,835mg HdC 133,805g Lip 23,107g VitA 2,950mg VitB12 0,000mg

22

Ensalada de verduras de temporada

Seasonal vegetable salad

Paella valenciana

Valencian paella

Merluza a la marinera con guisantes

Hake in "marinera" style with peas

Fruta

Fruit

KCal 833,967 Prot 28,703g Ca 156,464mg Fe 4,354mg HdC 107,327g Lip 32,408g VitA 0,813mg VitB12 2,148mg

23

Ensalada de col

Coleslaw

Alubias blancas con verduras

White beans with vegetables

Lomo de cerdo a la plancha con brócoli

Pork loin with broccoli

Lácteo

Dairy

KCal 819,548 Prot 33,864g Ca 335,322mg Fe 7,769mg HdC 86,181g Lip 49,049g VitA 1,010mg VitB12 2,156mg

CENA/DINNER:

Espinacas con bechamel/Carne de ave/Fruta

Spinach with bechamel/Poultry/Fruit

CENA/DINNER:

Fajita casera/Pescado al limón/Fruta

Homemade fajita/Grilled fish with lemon/Fruit

CENA/DINNER:

Cebolleta y pimiento rojo plancha/Carne roja

Grilled onion tender and red pepper/Lean red meat/Fruit

CENA/DINNER:

Crema de puerros/Brocheta de tofu / Fruta

Leek cream/Tofu skewers/Fruit

CENA/DINNER:

Menestra salteada/Revuelto de brócoli con

Sautéed vegetable stew/Scrambled eggs with broccoli and

26

Lechuga, tomate, maíz y zanahoria

Lettuce, tomato, corn and carrot

Lentejas a la hortelana

Lentils with vegetables

Cordon bleu con maíz

Cordon bleu with corn

Fruta

Fruit

KCal 808,666 Prot 45,701g Ca 131,188mg Fe 9,023mg HdC 83,802g Lip 32,308g VitA 1,062mg VitB12 0,014mg

27

Lechuga, tomate, zanahoria y olivas

Lettuce, tomato, carrot and olives

Crema de zanahoria y calabaza

Carrot and pumpkin soup

Pollo al curry con arroz blanco

Chicken curry with rice

Fruta

Fruit

KCal 864,288 Prot 27,187g Ca 134,299mg Fe 4,733mg HdC 87,254g Lip 45,351g VitA 1,360mg VitB12 3,508mg

28

Ensalada fresca ecológica

Fresh organic salad

Lasaña

Lasagna

Filete de merluza plancha con calabacín

Grilled hake with courgette

Fruta ECO

Organic fruit

KCal 806,587 Prot 45,297g Ca 319,912mg Fe 7,965mg HdC 119,925g Lip 34,337g VitA 2,756mg VitB12 2,688mg

29

Jornada Gastronómica

Gastronomic Day

CENA/DINNER:

Sopa de quinoa/Carne blanca/Fruta

Quinoa soup/White meat/Fruit

CENA/DINNER:

Parrillada de verduras/Pescado azul/Fruta

Roasted vegetables/Blue fish/Fruit

CENA/DINNER:

Judías verdes salteadas/Revuelto de ajos tiernos/Fruta

Sautéed green beans/Scrambled eggs with garlic/Fruit

CENA/DINNER:

CENA/DINNER:

SECONDARY
SEGUNDA OPCIÓN/SECOND OPTION

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

MONDAY / LUNES

TUESDAY / MARTES

WEDNESDAY / MIÉRCOLES

THURSDAY / JUEVES

FRIDAY / VIERNES

1

Ensalada de col

Coleslaw

Tabulé de cous cous

Cous cous tabbouleh

Fajita de atún y verduras

Tuna and vegetable fajita

Fruta

Fruit

KCal 255,104 Prot 2,431g Ca 75,196mg Fe 1,989mg
HdC 58,747g Lip 1,160g VitA 1,256mg VitB12 0,000mg

2

Ensalada fresca ecológica

Fresh organic salad

Ensalada Santa Mónica

Santa Monica Salad

Cordon bleu con brócoli

Cordon bleu with broccoli

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 / Pescado al limón / Fruta

Grilled zucchini/Grilled fish with lemon/Fruit

CENA/DINNER:

Crema de verduras/Carne blanca/ Fruta

Creamed vegetables/White meat/Fruit

8

Ensalada de verduras de temporada

Seasonal vegetable salad

Escalibada

"Escalibada"

Hamburguesa vegetal con zanahoria

Veggie burger with carrot

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

DIA MUNDIAL DE LAS LEGUMBRES

Ensalada fresca ecológica

WORLD LEGUMES DAY Fresh organic salad

Caracolas a la carbonara

Carbonara pasta

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:

Cous cous con especias/Sandwich vegetal con queso

Spiced cous cous/Sandwich with vegetable and cheese/Fruit

CENA/DINNER:

Coliflor gratinada/Pescado blanco /Fruta

Cauliflower au graten/Whitefish/Fruit

CENA/DINNER:

5

Lechuga, tomate, maíz y zanahoria

Lettuce, tomato, corn and carrot

Salteado de verduras thai con arroz basmati

Thai vegetable stir-fry with basmati rice

Suquet de pescado

Stewed fish

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

6

Lechuga, tomate, zanahoria y olivas

Lettuce, tomato, carrot and olives

Ratatouille

Ratatouille

Magro con tomate

Lean pork with tomato

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:

Wok de verduras/Carne magra de cerdo/ Fruta

Vegetables wok/Lean pork/Fruit

7

Ensalada fresca ecológica

Fresh organic salad

Coliflor gratinada

Cauliflower au graten

Revuelto de setas

Scrambled eggs and mushrooms

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:

Chips de boniato al horno/Pescado azul/ Fruta

Roasted sweet potato chips/Blue fish/Fruit

12

Ensalada de verduras de temporada

Seasonal vegetable salad

Crema de zanahoria

Carrot soup

Lomo plancha con maíz

Pork loin with corn

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/Huevo/Fruta
Asparagus with ham /Egg/Fruit

19

Lechuga, tomate, zanahoria y olivas

Lettuce, tomato, carrot and olives

Judías verdes salteadas con jamón

Sauteed green beans with ham

Croquetas de cocido

Meat croquettes

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:
Espinacas con bechamel/Carne de ave/Fruta
Spinach with bechamel/Poultry meat/Fruit

26

Lechuga, tomate, maíz y zanahoria

Lettuce, tomato, corn and carrot

Wok de verduras

Vegetable wok

Gallineta al pimentón

Red fish in pepper 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:
Sopa de quinoa/Carne blanca/Fruta
Quinoa soup/White meat/Fruit

13

Lechuga, tomate, maíz y zanahoria

Lettuce, tomato, corn and carrot

Tempura de verduras

Vegetable tempura

Bacalao confitado

Cod confit

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:
Mazorca de maíz con sal/Pescado al limón/Fruta
Corn on the cob with salt/Grilled fish with lemon/Fruit

20

Lechuga, tomate, zanahoria y remolacha cocida

Lettuce, tomato, carrot and cooked beet

Hervido de verduras

Boiled vegetables

Boquerones en tempura con patatas

Floured anchovies with chips

Fruta

Fruit

KCal 184,444 Prot 2,241g Ca 56,298mg Fe 2,012mg
HdC 37,061g Lip 3,224g VitA 1,426mg VitB12 0,000mg

CENA/DINNER:
Fajita casera/Pescado al limón/Fruta
Homemade fajita/Grilled fish with lemon/Fruit

27

Lechuga, tomate, zanahoria y olivas

Lettuce, tomato, carrot and olives

Menestra de verduras

Stir fried vegetables

Bacalao al horno con arroz blanco

Baked cod with rice

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:
Parrillada de verduras/Pescado azul/Fruta
Roasted vegetables/Blue fish/Fruit

14

Lechuga, tomate, manzana y queso rallado

Lettuce, tomato, apple and cheese

Alcachofas con jamón

Artichokes with cured ham

Perrito caliente

Hot dog

Fruta

Fruit

KCal 307,032 Prot 11,672g Ca 221,896mg Fe 2,004mg
HdC 36,477g Lip 12,705g VitA 0,332mg VitB12 0,532mg

CENA/DINNER:
Escalivada/Hamburguesa de legumbres/Fruta
Escalivada/Legumes burger/Fruit

21

Ensalada fresca ecológica

Fresh organic salad

Ensalada de pasta con vegetales

Pasta salad with vegetables

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

CENA/DINNER:
Cebolleta y pimiento rojo plancha/Carne roja
Grilled onion tender and red pepper/Lean red meat/Fruit

28

Ensalada fresca ecológica

Fresh organic salad

Macarrones a la boloñesa

Pasta Bolognese

Tortilla de patata con jamón serrano

Spanish omelette with cured ham

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:
Judías verdes salteadas/Revuelto de ajos tiernos/Fruta
Sautéed green beans/Scrambled eggs with garlic/Fruit

15

Ensalada fresca ecológica

Fresh organic salad

Espinacas gratinadas

Spinachs au graten

Hamburguesa a la plancha con salteado thai

Grilled burger with sttir fried vegetables

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:
Brochetas de verduras/Pescado al papillote/Fruta
Vegetable skewers/Steamed fish/Fruit

22

Ensalada de verduras de temporada

Seasonal vegetable salad

Tomate gratinado

Tomato au graten

Panaché de fiambres

Variety of cold meats

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:
Crema de puerros/Brocheta de tofu / Fruta
Leek cream/Tofu skewers/Fruit

29

CENA/DINNER:

CENA/DINNER:

16

Ensalada fresca ecológica

Fresh organic salad

Ensalada César

Caesar salad

Gallineta en adobo

Marinated red 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:
Crepe de verduras/Carne blanca/Fruta
Vegetable crepe/White meat/Fruit

23

Ensalada de col

Coleslaw

Crema de calabacín

Courgette soup

Tosta de pisto con atún

Ratatouille toast with tuna

Lácteo

Dairy

KCal 279,064 Prot 10,175g Ca 365,076mg Fe 0,981mg
HdC 38,507g Lip 8,278g VitA 1,281mg VitB12 1,000mg

CENA/DINNER:
Menestra salteada/Revuelto de brócoli con
Sautéed vegetable stew/Scrambled eggs with broccoli and

CENA/DINNER:

CENA/DINNER:

	MERIENDAS BRITISH COLLEGE				
	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
Sem 1 y 2				Bocadillo de queso	Fruta
Sem 5-9	Fruta	Bocadillo de fiambre	Fruta	Bocadillo de jamón york	Zumo y galletas
Sem 12-16	Bocadillo de pavo	Fruta	Bocadillo de jamón serrano	Fruta	Fruta
Sem 19-23	Fruta	Bocadillo de queso	Fruta	Bocadillo de fiambre	Zumo y galletas
Sem 26-29	Bocadillo de jamón serrano	Fruta	Bocadillo de pavo	Fruta	

