

SEASONAL FRUITS: banana, pear, strawberry, orange, pineapple

MONDAY / LUNES

TUESDAY / MARTES

WEDNESDAY / MIÉRCOLES

THURSDAY / JUEVES

FRIDAY / VIERNES

1

Festivo
Holiday

2

Festivo
Holiday

3

Festivo
Holiday

4

Festivo
Holiday

5

Festivo
Holiday

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

8

Festivo
Holiday

9

Nachos con queso
Nachos with cheese

Caracolas a la italiana
Pasta in Italian style

Calamares a la romana
Breaded calamari

Fruta
Fruit

10

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

Sopa de cocido
Noodle soup

Pollo al horno con maíz salteado
Roasted Chicken with sauteed corn

Fruta
Fruit

11

Ensalada fresca ecológica
Fresh organic salad

Potaje de garbanzos con verduras ECO
Chickpea stew with vegetables (BIO)

Tortilla de patata con croquetas
Spanish omelette with croquettes

Fruta ECO
Organic fruit

12

Ensalada fresca ecológica
Fresh organic salad

Potaje de garbanzos con verduras ECO
Chickpea stew with vegetables (BIO)

Tortilla de patata con croquetas
Spanish omelette with croquettes

Fruta ECO
Organic fruit

KCal 857,761 Prot 31,697g Ca 197,264mg Fe 4,997mg
HdC 122,765g Lip 41,421g VitA 1,096mg VitB12 1,200mg

KCal 821,260 Prot 61,815g Ca 123,014mg Fe 9,387mg
HdC 85,176g Lip 35,812g VitA 1,005mg VitB12 13,200mg

KCal 866,923 Prot 31,151g Ca 259,870mg Fe 10,991mg
HdC 123,099g Lip 28,092g VitA 1,879mg VitB12 0,898mg

KCal 866,923 Prot 31,151g Ca 259,870mg Fe 10,991mg
HdC 123,099g Lip 28,092g VitA 1,879mg VitB12 0,898mg

KCal 866,923 Prot 31,151g Ca 259,870mg Fe 10,991mg
HdC 123,099g Lip 28,092g VitA 1,879mg VitB12 0,898mg

CENA/DINNER:

CENA/DINNER:
Calabacín a la plancha /Revuelto de ajos tiernos/Fruta
Grilled courgette/Scrambled eggs with garlic sprouts/Fruit

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

CENA/DINNER:
Ensalada completa/Hamburguesa de pollo y
Whole salad/Chicken and broccoli burgers/Fruit

CENA/DINNER:

15 — **Ensalada fresca ecológica**
Fresh organic salad

Lentejas con verduras P/ECO
Organic lentils with vegetables

Revuelto de patatas y jamón serrano
Scrambled potatoes and cured ham

Fruta
Fruit

KCal 879,159 Prot 33,513g Ca 174,366mg Fe 9,856mg
HdC 99,040g Lip 39,721g VitA 2,790mg VitB12 1,442mg

CENA/DINNER:
Verduras salteadas con arroz/Carne roja magra/Fruta
Sautéed vegetables with rice/Lean red meat/Fruit

16 — **Lechuga, olivas, maíz y tomate**
Lettuce, olives, corn and tomato

Crema (de verduras) P/ECO con tostones
Vegetables ECO with croutons

Pollo al curry con arroz basmati
Chicken curry with basmati rice

Fruta ECO
Organic fruit

KCal 939,086 Prot 29,125g Ca 110,817mg Fe 5,246mg
HdC 106,561g Lip 44,359g VitA 0,761mg VitB12 3,478mg

CENA/DINNER:
Brochetas de verduras/Pescado azul/Fruta
Vegetable skewers/Blue fish/Fruit

17 — **Lechuga, tomate, zanahoria y pepino**
Lettuce, tomato, carrot and cucumber

Macarrones integrales napolitana
Whole wheat pasta in Neapolitan style

Merluza a la marinera
Hake in "marinera" style

Fruta
Fruit

KCal 818,970 Prot 37,763g Ca 254,688mg Fe 5,474mg
HdC 121,228g Lip 22,451g VitA 1,250mg VitB12 1,060mg

CENA/DINNER:
Patatas al gratén/Huevo/Fruta
Potatoes au graten/Egg/Fruit

18 — **Ensalada fresca ecológica**
Fresh organic salad

Judías del ganxet con hortalizas
"Ganxet" beans with vegetables

Solomillo en salsa española con gnocchis
Spanish style pork tendertain with gnocchi

Fruta
Fruit

KCal 828,228 Prot 36,480g Ca 216,063mg Fe 10,605mg
HdC 124,985g Lip 40,039g VitA 4,158mg VitB12 1,472mg

CENA/DINNER:
Sopa de verduras /Croquetas caseras de pescado/Fruta
Vegetable soup/Fish croquettes/Fruit

19 — **Lechuga, tomate, aceitunas, pasas, zanahoria**
Lettuce, tomato, olives, raisins, carrot

Fideuá
Fideua

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

Lácteo
Dairy

KCal 828,948 Prot 32,729g Ca 336,793mg Fe 6,108mg
HdC 133,806g Lip 38,757g VitA 2,076mg VitB12 1,534mg

CENA/DINNER:
Mazorca de maíz con sal/Sandwich vegetal/Fruta
Corn on the cob with salt/Veggie sandwich/Fruit

22 — **Ensalada fresca ecológica**
Fresh organic salad

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

Merluza en salsa verde con brócoli
Hake in green sauce with broccoli

Fruta
Fruit

KCal 874,560 Prot 34,820g Ca 209,503mg Fe 6,282mg
HdC 112,110g Lip 32,737g VitA 1,934mg VitB12 1,965mg

CENA/DINNER:
Judías verdes salteadas/Carne magra de cerdo/Fruta
Sautéed green beans/Lean pork/Fruit

23 — **Baba ghanoush (paté de berenjena)**
Baba ghanoush

Harira Marroquí
Moroccan Harira

Tajine de pollo con cous cous
Chicken tagine with cous cous

Postre especial
Special dessert

KCal 964,644 Prot 65,123g Ca 264,562mg Fe 8,308mg
HdC 203,656g Lip 44,657g VitA 0,374mg VitB12 9,050mg

CENA/DINNER:
Calabaza y patata hervida/Tortilla de queso
Pumpkin and potato boiled/Cheese

24 — **Lechuga, tomate, aceitunas, pepino, palitos de cangrejo**
Lettuce, tomato, olives, cucumber, crab sticks

Garbanzos con espinacas
Chickpeas with spinach

Albóndigas con patatas deluxe
Meatballs with deluxe potatoes

Fruta
Fruit

KCal 1093,158 Prot 33,023g Ca 297,033mg Fe 11,541mg
HdC 125,600g Lip 49,745g VitA 2,120mg VitB12 0,150mg

CENA/DINNER:
Crema de calabacín/Pescado al papillote/Fruta
Courgette soup/Steamed fish/Fruit

25 — **Lechuga, tomate, manzana y queso rallado**
Lettuce, tomato, apple and grated cheese

Lasaña
Lasagna

Salmón al horno con salteado thai
Grilled fish with stir fried vegetables

Fruta
Fruit

KCal 916,887 Prot 52,961g Ca 328,989mg Fe 7,544mg
HdC 124,586g Lip 41,246g VitA 1,716mg VitB12 6,686mg

CENA/DINNER:
Cebolleta y pimiento rojo plancha/Carne de ave/Fruta
Grilled onion tender and red pepper/Poultry meat/Fruit

26 — **Lechuga, tomate, col, maíz, atún**
Lettuce, tomato, cabbage, corn, tuna

Crema de guisantes y zanahoria con tostones
Pea and carrot soup with croutons

PIZZA CASERA
Homemade pizza

Yogur valenciano
Valencian yogurt

KCal 989,354 Prot 36,121g Ca 388,558mg Fe 4,085mg
HdC 110,543g Lip 45,014g VitA 1,966mg VitB12 1,000mg

CENA/DINNER:
Cous cous con especias/Pizza casera de verduras/Fruta vegetables
Spiced cous cous/Homemade pizza with seasonal fresh/Fruit

29 — **Lechuga, tomate, zanahoria y pimiento**
Lettuce, tomato, carrot and pepper

Guisado de patatas y verduras de
Stewed potatoes and vegetables

Goulash de magro con gnocchis
Lean pork goulash with gnocchi

Fruta
Fruit

KCal 795,113 Prot 34,389g Ca 171,412mg Fe 6,867mg
HdC 116,828g Lip 30,031g VitA 2,889mg VitB12 2,700mg

CENA/DINNER:
Chips de boniato al horno/Pescado al limón/Fruta
Roasted sweet potato chips/Grilled fish with lemon/Fruit

30 — **Ensalada de verduras de temporada**
Seasonal vegetable salad

Paella valenciana
Valencian paella

Calamares a la romana
Breaded Calamari

Fruta
Fruit

KCal 887,887 Prot 35,323g Ca 181,684mg Fe 5,538mg
HdC 119,119g Lip 30,540g VitA 0,808mg VitB12 2,422mg

CENA/DINNER:
Crema de zanahoria/Huevo/Fruta
Carrot soup/Egg/Fruit

CENA/DINNER:

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Festivo
Holiday

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Nachos con queso
Nachos with cheese

Caracolas a la italiana
Pasta in Italian style

Calamares a la romana
Breaded calamari

Fruta
Fruit

10

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

Sopa de cocido
Noodle soup

Pollo al horno con maíz salteado
Roasted Chicken with sauteed corn

Fruta
Fruit

11

Ensalada fresca ecológica
Fresh organic salad

Potaje de garbanzos con verduras ECO
Chickpea stew with vegetables (BIO)

Tortilla de patata con croquetas
Spanish omelette with croquettes

Fruta ECO
Organic fruit

12

Ensalada fresca ecológica
Fresh organic salad

Arroz a la milanese
Milanese rice

Longanizas con tomate
Sausages with tomato

Yogur Artesano
Artisan Yogurt

KCal 857,761 Prot 31,697g Ca 197,264mg Fe 4,997mg
HdC 122,765g Lip 41,421g VitA 1,096mg VitB12 1,200mg

KCal 821,260 Prot 61,815g Ca 123,014mg Fe 9,387mg
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KCal 866,923 Prot 31,151g Ca 259,870mg Fe 10,991mg
HdC 123,099g Lip 28,092g VitA 1,879mg VitB12 0,898mg

KCal 774,311 Prot 28,077g Ca 247,371mg Fe 4,352mg
HdC 88,362g Lip 34,552g VitA 2,376mg VitB12 2,121mg

CENA/DINNER:

CENA/DINNER:
Calabacín a la plancha /Revuelto de ajos tiernos/Fruta
Grilled courgette/Scrambled eggs with garlic sprouts/Fruit

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

CENA/DINNER:
Ensalada completa/Hamburguesa de pollo y
Whole salad/Chicken and broccoli burgers/Fruit

CENA/DINNER:
Crema de champiñón/Pescado al papillote/Fruta
Mushroom cream/Steamed fish/Fruit

15 — **Ensalada fresca ecológica**
Fresh organic salad

Lentejas con verduras P/ECO
Organic lentils with vegetables

Revuelto de patatas y jamón serrano
Scrambled potatoes and cured ham

Fruta
Fruit

KCal 879,159 Prot 33,513g Ca 174,366mg Fe 9,856mg
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CENA/DINNER:
Verduras salteadas con arroz/Carne roja magra/Fruta
Sautéed vegetables with rice/Lean red meat/Fruit

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Lettuce, olives, corn and tomato

Crema (de verduras) P/ECO con tostones
Vegetables ECO with croutons

Pollo al curry con arroz basmati
Chicken curry with basmati rice

Fruta ECO
Organic fruit

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CENA/DINNER:
Brochetas de verduras/Pescado azul/Fruta
Vegetable skewers/Blue fish/Fruit

17 — **Lechuga, tomate, zanahoria y pepino**
Lettuce, tomato, carrot and cucumber

Macarrones integrales napolitana
Whole wheat pasta in Neapolitan style

Merluza a la marinera
Hake in "marinera" style

Fruta
Fruit

KCal 818,970 Prot 37,763g Ca 254,688mg Fe 5,474mg
HdC 121,228g Lip 22,451g VitA 1,250mg VitB12 1,060mg

CENA/DINNER:
Patatas al gratén/Huevo/Fruta
Potatoes au graten/Egg/Fruit

18 — **Ensalada fresca ecológica**
Fresh organic salad

Judías del ganxet con hortalizas
"Ganxet" beans with vegetables

Solomillo en salsa española con gnocchis
Spanish style pork tendertain with gnocchi

Fruta
Fruit

KCal 828,228 Prot 36,480g Ca 216,063mg Fe 10,605mg
HdC 124,985g Lip 40,039g VitA 4,158mg VitB12 1,472mg

CENA/DINNER:
Sopa de verduras /Croquetas caseras de pescado/Fruta
Vegetable soup/Fish croquettes/Fruit

19 — **Lechuga, tomate, aceitunas, pasas, zanahoria**
Lettuce, tomato, olives, raisins, carrot

Fideuá
Fideua

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

Lácteo
Dairy

KCal 828,948 Prot 32,729g Ca 336,793mg Fe 6,108mg
HdC 133,806g Lip 38,757g VitA 2,076mg VitB12 1,534mg

CENA/DINNER:
Mazorca de maíz con sal/Sandwich vegetal/Fruta
Corn on the cob with salt/Veggie sandwich/Fruit

22 — **Ensalada fresca ecológica**
Fresh organic salad

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

Merluza en salsa verde con brócoli
Hake in green sauce with broccoli

Fruta
Fruit

KCal 874,560 Prot 34,820g Ca 209,503mg Fe 6,282mg
HdC 112,110g Lip 32,737g VitA 1,934mg VitB12 1,965mg

CENA/DINNER:
Judías verdes salteadas/Carne magra de cerdo/Fruta
Sautéed green beans/Lean pork/Fruit

23 — **Baba ghanoush (paté de berenjena)**
Baba ghanoush

Harira Marroquí
Moroccan Harira

Tajine de pollo con cous cous
Chicken tagine with cous cous

Postre especial
Special dessert

KCal 964,644 Prot 65,123g Ca 264,562mg Fe 8,308mg
HdC 203,656g Lip 44,657g VitA 0,374mg VitB12 9,050mg

CENA/DINNER:
Calabaza y patata hervida/Tortilla de queso
Pumpkin and potato boiled/Cheese

24 — **Lechuga, tomate, aceitunas, pepino, palitos de cangrejo**
Lettuce, tomato, olives, cucumber, crab sticks

Garbanzos con espinacas
Chickpeas with spinach

Albóndigas con patatas deluxe
Meatballs with deluxe potatoes

Fruta
Fruit

KCal 1093,158 Prot 33,023g Ca 297,033mg Fe 11,541mg
HdC 125,600g Lip 49,745g VitA 2,120mg VitB12 0,150mg

CENA/DINNER:
Crema de calabacín/Pescado al papillote/Fruta
Courgette soup/Steamed fish/Fruit

25 — **Lechuga, tomate, manzana y queso rallado**
Lettuce, tomato, apple and grated cheese

Lasaña
Lasagna

Salmón al horno con salteado thai
Grilled fish with stir fried vegetables

Fruta
Fruit

KCal 916,887 Prot 52,961g Ca 328,989mg Fe 7,544mg
HdC 124,586g Lip 41,246g VitA 1,716mg VitB12 6,686mg

CENA/DINNER:
Cebolleta y pimiento rojo plancha/Carne de ave/Fruta
Grilled onion tender and red pepper/Poultry meat/Fruit

26 — **Lechuga, tomate, col, maíz, atún**
Lettuce, tomato, cabbage, corn, tuna

Crema de guisantes y zanahoria con tostones
Pea and carrot soup with croutons

PIZZA CASERA
Homemade pizza

Yogur valenciano
Valencian yogurt

KCal 989,354 Prot 36,121g Ca 388,558mg Fe 4,085mg
HdC 110,543g Lip 45,014g VitA 1,966mg VitB12 1,000mg

CENA/DINNER:
Cous cous con especias/Pizza casera de verduras/Fruta vegetables
Spiced cous cous/Homemade pizza with seasonal fresh/Fruit

29 — **Lechuga, tomate, zanahoria y pimiento**
Lettuce, tomato, carrot and pepper

Guisado de patatas y verduras de
Stewed potatoes and vegetables

Goulash de magro con gnocchis
Lean pork goulash with gnocchi

Fruta
Fruit

KCal 795,113 Prot 34,389g Ca 171,412mg Fe 6,867mg
HdC 116,828g Lip 30,031g VitA 2,889mg VitB12 2,700mg

CENA/DINNER:
Chips de boniato al horno/Pescado al limón/Fruta
Roasted sweet potato chips/Grilled fish with lemon/Fruit

30 — **Ensalada de verduras de temporada**
Seasonal vegetable salad

Paella valenciana
Valencian paella

Calamares a la romana
Breaded Calamari

Fruta
Fruit

KCal 887,887 Prot 35,323g Ca 181,684mg Fe 5,538mg
HdC 119,119g Lip 30,540g VitA 0,808mg VitB12 2,422mg

CENA/DINNER:
Crema de zanahoria/Huevo/Fruta
Carrot soup/Egg/Fruit

CENA/DINNER:

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SEASONAL FRUITS: banana, pear, strawberry, orange, pineapple

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CENA/DINNER:

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9 **Nachos con queso**
Nachos with cheese

Wok de verduras
Vegetable wok

Hamburguesa vegetal con guisantes encebollados
Veggie burger with peas with onion

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

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

Ensalada de col
Coleslaw

Bacalao gratinado con maíz salteado
Cod au graten with sauteed corn

Fruta
Fruit

KCal 334,340 Prot 21,928g Ca 38,200mg Fe 6,708mg
HdC 45,720g Lip 15,662g VitA 0,076mg VitB12 0,000mg

11 **Ensalada fresca ecológica**
Fresh organic salad

Tabulé de cous cous
Cous cous tabbouleh

Estofado de pavo con verduras
Turkey stew with 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

12 **Ensalada fresca ecológica**
Fresh organic salad

Judías verdes salteadas con jamón
Green beans with cured ham

Bacalao a la vizcaína
Codfish in Biscayan style

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:

CENA/DINNER:
Calabacín a la plancha /Revuelto de ajos tiernos/Fruta
Grilled zucchini/Scrambled eggs with garlic/Fruit

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

CENA/DINNER:
Ensalada completa/Hamburguesa de pollo y
Full salad/Chicken and broccoli burgers/Fruit

CENA/DINNER:
Crema de champiñón/Pescado al papillote/Fruta
Mushroom cream/Steamed fish/Fruit

15 **Ensalada fresca ecológica**
Fresh organic salad

Espinacas gratinadas
Spinachs au graten

Costillas BBQ
BBQ ribs

Fruta
Fruit

16 **Lechuga, olivas, maíz y tomate**
Lettuce, olives, corn and tomato

Menestra de verduras con tomate
Stir fried vegetables with tomato

Corvina a la plancha con verduras
Grilled sea bass with vegetables

Fruta ECO
Organic fruit

17 **Lechuga, tomate, zanahoria y pepino**
Lettuce, tomato, carrot and cucumber

Crema de zanahoria con miel
Carrot soup with honey

Hamburguesa a la plancha con Ketchup
Grilled burger with Ketchup

Fruta
Fruit

18 **Ensalada fresca ecológica**
Fresh organic salad

Ensalada César
Caesar salad

Gallo San Pedro a la meuniere
John Dory fish with meuniere sauce

Fruta
Fruit

19 **Lechuga, tomate, aceitunas, pasas, zanahoria**
Lettuce, tomato, olives, raisins, carrot

Alcachofas con jamón
Artichokes with cured ham

Revuelto de gambas y ajos tiernos
Scrambled eggs with prawns and garlic sprouts

Lácteo
Dairy

CENA/DINNER:
Verduras salteadas con arroz/Carne roja magra/Fruta
Sautéed vegetables with rice/Lean red meat/Fruit

CENA/DINNER:
Brochetas de verduras/Pescado azul/Fruta
Vegetable skewers/Blue fish/Fruit

CENA/DINNER:
Patatas al gratén/Huevo/Fruta
Gratin potatoes/Egg/Fruit

CENA/DINNER:
Sopa de verduras /Croquetas caseras de pescado/Fruta
Vegetable soup/Fish croquettes/Fruit

CENA/DINNER:
Mazorca de maíz con sal/Sandwich vegetal/Fruta
Cob of corn with salt/Vegetable sandwich/Fruit

22 **Ensalada fresca ecológica**
Fresh organic salad

Guisantes encebollados with
Peas with onions

Ragout de magro
Pork ragu

Fruta
Fruit

23 **Baba ghanoush (paté de berenjena)**
Baba ghanoush

Postre especial
Special dessert

24 **Lechuga, tomate, aceitunas, pepino, palitos de cangrejo**
Lettuce, tomato, olives, cucumber, crab sticks

Ensalada waldorf
Waldorf salad

Boquerones enharinados con patatas deluxe
Breaded anchovies with deluxe potatoes

Fruta
Fruit

25 **Lechuga, tomate, manzana y queso**
Lettuce, tomato, apple and cheese

Macarrones a la italiana
Pasta in Italian style

Revuelto de verduras
Scrambled eggs with vegetables

Fruta
Fruit

26 **Lechuga, tomate, col, maíz, atún**
Lettuce, tomato, cabbage, corn, tuna

Ratatouille
Ratatouille

Yogur valenciano
Valencian yogurt

CENA/DINNER:
Judías verdes salteadas/Carne magra de cerdo/Fruta
Sautéed green beans/Lean pork/Fruit

CENA/DINNER:
Calabaza y patata al microondas/Tortilla de
Pumpkin and potato in the microwawe made/Cheese

CENA/DINNER:
Crema de calabacín/Pescado al papillote/Fruta
Zucchini cream/Steamed fish/Fruit

CENA/DINNER:
Cebolleta y pimiento rojo plancha/Carne de ave/Fruta
Grilled onion tender and red pepper/Poultry/Fruit

CENA/DINNER:
Cous cous con especias/Pizza casera de verduras
Spiced cous cous/Homemade pizza with seasonal fresh

29 **Lechuga, tomate, zanahoria y pimiento**
Lettuce, tomato, carrot and pepper

Pasta a los cuatro quesos
Four cheese pasta

Fingers de pescado con mayonesa
Fish finger with mayonnaise

Fruta
Fruit

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

Escalivada casera
Homemade escalivada

Revuelto de ajos tiernos
Scrambled eggs with garlic sprouts

Fruta
Fruit

Fruta
Fruit

Fruta
Fruit

Fruta
Fruit

CENA/DINNER:
Chips de boniato al horno/Pescado al limón/Fruta
Roasted sweet potato chips/Grilled fish with lemon/Fruit

CENA/DINNER:
Crema de zanahoria/Huevo/Fruta
Carrot cream/Egg/Fruit

CENA/DINNER:

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ABRIL - MERIENDAS BRITISH COLLEGE					
	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
Sem 1 - 5	FESTIVO	FESTIVO	FESTIVO	FESTIVO	FESTIVO
Sem 8 - 12	FESTIVO	Zumo y galletas	Fruta	Bocadillo de queso	Fruta
Sem 15 - 19	Bocadillo de pavo	Fruta	Bocadillo de queso	Fruta	Zumo y galletas
Sem 22 - 26	Fruta	Bocadillo de jamón york	Fruta	Zumo y galletas	Fruta
Sem 29 - 30	Bocadillo de queso	Zumo y galletas			