

SEASONAL FRUITS: Melon, Watermelon, Nectarine, Peach, Apricot, Banana, Pear, Plum

MONDAY / LUNES

TUESDAY / MARTES

WEDNESDAY / MIÉRCOLES

THURSDAY / JUEVES

FRIDAY / VIERNES

3 Ensalada fresca ecológica
Fresh organic salad

Macarrones a la italiana con atún
Italian Macaroni with tuna

Calamares a la romana con mayonesa
Breaded Calamari with mayonnaise

Fruta ECO
Organic fruit

KCal 878,559 Prot 41,921g Ca 367,297mg Fe 6,133mg
HdC 101,340g Lip 35,643g VitA 3,123mg VitB12 1,654mg

CENA/DINNER:
Champiñones gratinados/Carne de ave/Fruta
Mushroom au graten/Poultry/Fruit

4 Salmorejo
"Salmorejo"

Garbanzos con verduras
Chickpeas with vegetables

Merluza a la provenzal con brócoli
Hake Provençal with broccoli

Fruta
Fruit

KCal 897,837 Prot 32,958g Ca 252,832mg Fe 9,137mg
HdC 113,722g Lip 35,856g VitA 1,507mg VitB12 0,820mg

CENA/DINNER:
Tosta de hummus/Carne roja magra/Fruta
Hummus toast/Lean red meat/Fruit

5 Ensalada fresca ecológica
Fresh organic salad

Sopa de cocido con verduras ECO
Vegetable soup ECO

Pollo asado con patatas
Roast chicken with potatoes

Fruta
Fruit

KCal 886,122 Prot 51,144g Ca 154,166mg Fe 8,318mg
HdC 93,723g Lip 39,292g VitA 2,310mg VitB12 13,200mg

CENA/DINNER:
Brochetas de verduras/Pescado al limón/Fruta
Vegetable skewers/Grilled fish with lemon/Fruit

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

Arroz rossejat
"Rossejat" rice

Longanizas con pisto
Sausages with ratatouille

Fruta
Fruit

KCal 944,143 Prot 30,690g Ca 117,838mg Fe 6,005mg
HdC 107,901g Lip 43,831g VitA 0,932mg VitB12 1,417mg

CENA/DINNER:
Gazpacho/Albóndigas vegetales/Fruta
Gazpacho/Veggie "meat" balls/Fruit

7 Lechuga, tomate, col, maíz, atún
Lettuce, tomato, cabbage, corn, tuna

Lentejas a la jardinera
Vegetable Lentil soup

Pizza casera
Homemade pizza

Helado
Ice cream

KCal 884,532 Prot 46,534g Ca 372,570mg Fe 8,728mg
HdC 115,845g Lip 26,177g VitA 1,955mg VitB12 0,500mg

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

10 Lechuga, olivas, maíz y tomate
Lettuce, olives, corn and tomato

Crema de calabacín
Zucchini soup

Pollo al curry con leche de coco con cous cous
Chicken curry with coconut milk with cous cous

Fruta
Fruit

KCal 730,005 Prot 24,917g Ca 86,852mg Fe 4,060mg
HdC 75,953g Lip 38,481g VitA 0,331mg VitB12 3,478mg

CENA/DINNER:
Verduras salteadas con pasta/Pescado al
Sautéed vegetables with pasta/Steamed fish/Fruit

11 Lechuga, pimiento, tomate y zanahoria
Lettuce, pepper, tomato and carrot

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

Salmón al horno con salteado de verduras
Grilled fish with sautéed vegetables

Fruta
Fruit

KCal 830,456 Prot 32,499g Ca 107,760mg Fe 5,259mg
HdC 88,197g Lip 38,679g VitA 1,399mg VitB12 5,697mg

CENA/DINNER:
Parrillada de verduras/Carne blanca/Fruta
Roasted vegetables/White meat/Fruit

12 Ensalada fresca ecológica
Fresh organic salad

Alubias blancas con verduras - P/ECO
Beans with organic vegetables - ECO

Hamburguesa completa con patatas
Complete hamburger with chips

Fruta
Fruit

KCal 775,679 Prot 26,457g Ca 275,120mg Fe 7,774mg
HdC 119,556g Lip 21,449g VitA 2,341mg VitB12 0,133mg

CENA/DINNER:
Cous cous con especias/Pescado azul/Fruta
Spiced cous cous/Blue fish/Fruit

13 Gazpacho de sandía
Watermelon "Gazpacho"

Lasaña casera
Homemade lasagna

Bacalao enharinado con ensalada
Breaded cod with fresh vegetable salad

Fruta ECO
Organic fruit

KCal 722,994 Prot 38,262g Ca 242,389mg Fe 7,210mg
HdC 122,998g Lip 22,369g VitA 1,710mg VitB12 4,484mg

CENA/DINNER:
Chips de boniato al horno/Carne roja magra/Fruta
Roasted sweet potato chips/Lean red meat/Fruit

14 Ensalada fresca ecológica
Fresh organic salad

Lentejas a la hortelana
Lentils with vegetables

Tortilla de patata con croquetas
Spanish omelette with croquettes

Helado
Ice cream

KCal 936,866 Prot 49,741g Ca 223,947mg Fe 10,507mg
HdC 93,118g Lip 40,970g VitA 2,337mg VitB12 0,898mg

CENA/DINNER:
Mazorca de maíz con sal/Pizza de verduras y
Cob of corn with salt/Pizza with vegetables and cheese/Fruit

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

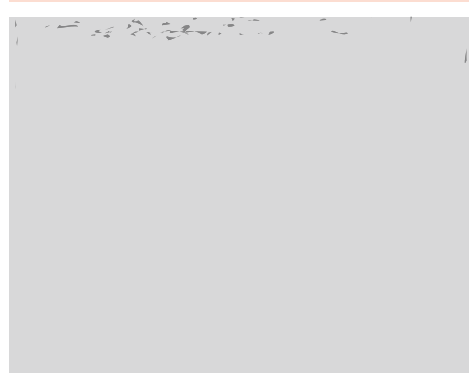
Pasta genovesa
Genovese pasta

Gallo San Pedro a la meuniere con zanahoria vichy
John Dory fish a la meuniere with Vichy carrot

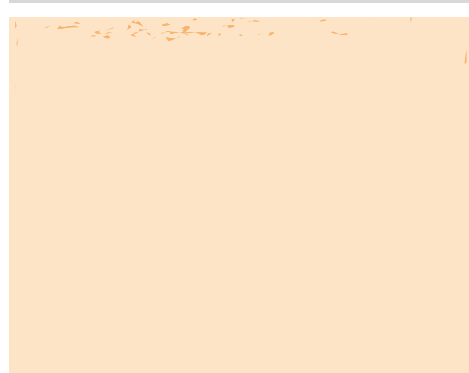
Fruta
Fruit

KCal 770,336 Prot 22,533g Ca 149,471mg Fe 4,403mg
HdC 100,423g Lip 45,168g VitA 2,124mg VitB12 0,414mg

CENA/DINNER:
Calabacín a la plancha /Carne magra de cerdo/Fruta
Grilled zucchini/Lean pork/Fruit



CENA/DINNER:



CENA/DINNER:

18 Tomate y queso fresco
Tomato and cheese

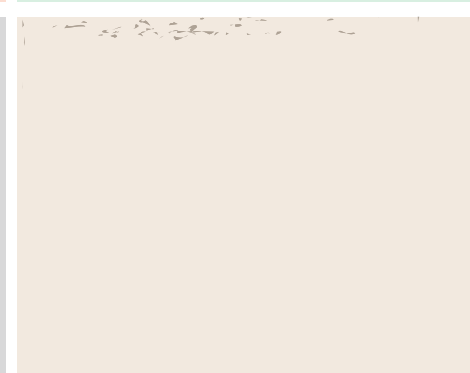
Vichyssoise de puerro
Leek vichyssoise

Alitas de pollo al ajillo con patatas
Garlic chicken wings with chips

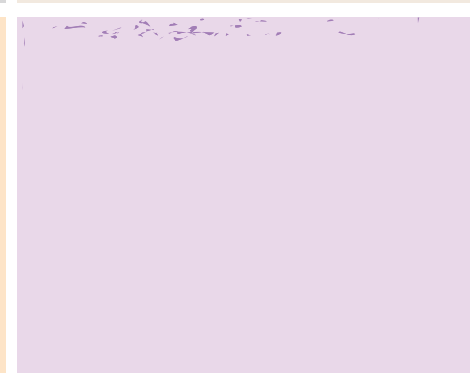
Fruta
Fruit

KCal 871,402 Prot 36,223g Ca 241,282mg Fe 4,381mg
HdC 72,469g Lip 48,930g VitA 0,239mg VitB12 0,459mg

CENA/DINNER:
Crema de puerros/Pescado blanco /Fruta
Leek soup/Whitefish/Fruit



CENA/DINNER:



CENA/DINNER:

19 Lechuga, maíz, pepino, zanahoria, pasas
Lettuce, corn, cucumber, carrot, raisins

Fideuá
"Fideua"

Revuelto de huevo con patata y jamón
Scrambled egg with potato and cured ham

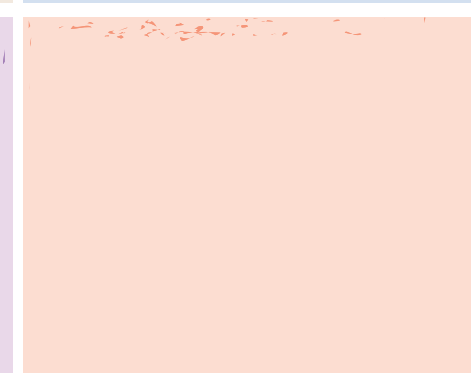
Fruta
Fruit

KCal 700,563 Prot 32,036g Ca 176,759mg Fe 7,432mg
HdC 140,819g Lip 21,924g VitA 1,960mg VitB12 1,259mg

CENA/DINNER:
Guisantes con cebolla y jamón/Brocheta de tofu /Fruta
Peas with ham and onion/Tofu skewers/Fruit



CENA/DINNER:



CENA/DINNER:

20 Ensalada fresca ecológica
Fresh organic salad

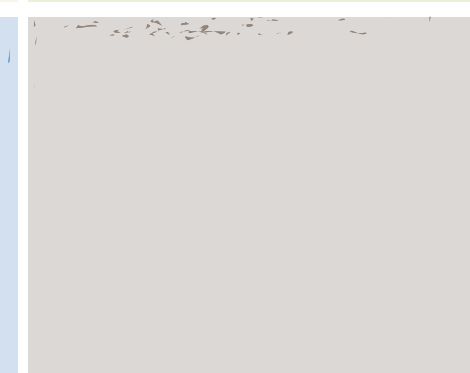
Crema de verduras y lentejas
Creamed vegetables and lentils

Solomillo de cerdo a la plancha con trigo tierno
Grilled pork tenderloin with soft wheat

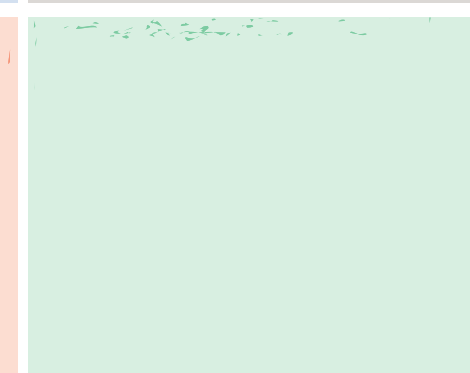
Fruta ECO
Organic fruit

KCal 862,735 Prot 37,010g Ca 122,555mg Fe 7,319mg
HdC 96,958g Lip 41,731g VitA 2,930mg VitB12 3,000mg

CENA/DINNER:
Gazpacho/Pescado al limón/Fruta
Gazpacho/Grilled fish with lemon/Fruit



CENA/DINNER:



CENA/DINNER:

21 Nachos con queso
Nachos with cheese

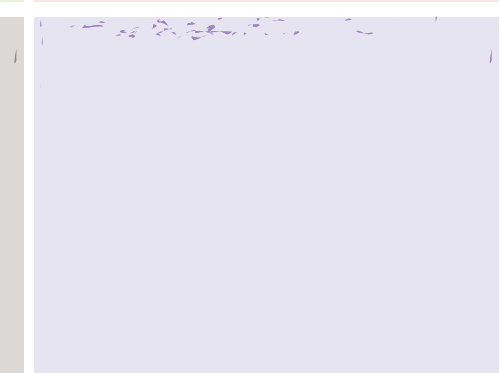
Paella valenciana con pollo de campo
Valencian paella with free-range chicken

Rabas de sepia a la andaluza (Infantil: Capricho de calamar)
Andalusian cuttlefish tails (Children: calamari)

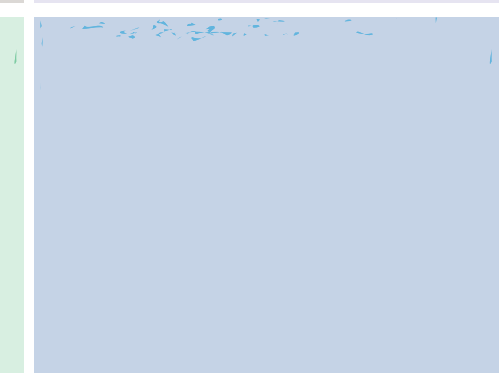
Helado
Ice cream

KCal 778,013 Prot 47,203g Ca 192,226mg Fe 6,208mg
HdC 90,917g Lip 29,303g VitA 0,194mg VitB12 6,598mg

CENA/DINNER:
Ensalada completa/Tortilla de cebolla/Fruta
Full salad/Onion omelet/Fruit



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Homemade lasagna

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Lentils with vegetables

Tortilla de patata con croquetas
Spanish omelette with croquettes

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Cob of corn with salt/Pizza with vegetables and cheese/Fruit

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Lettuce, tomato, corn and carrot

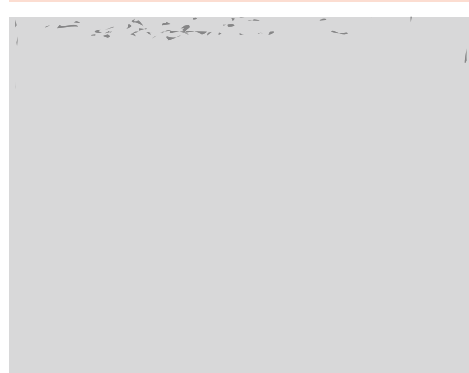
Pasta genovesa
Genovese pasta

Gallo San Pedro a la meuniere con zanahoria vichy
John Dory fish a la meuniere with Vichy carrot

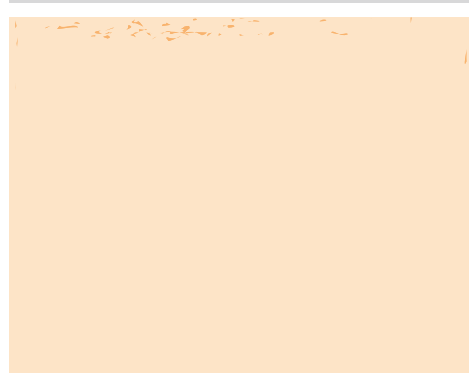
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Fruit

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CENA/DINNER:
Calabacín a la plancha /Carne magra de cerdo/Fruta
Grilled zucchini/Lean pork/Fruit



CENA/DINNER:



CENA/DINNER:

18 Tomate y queso fresco
Tomato and cheese

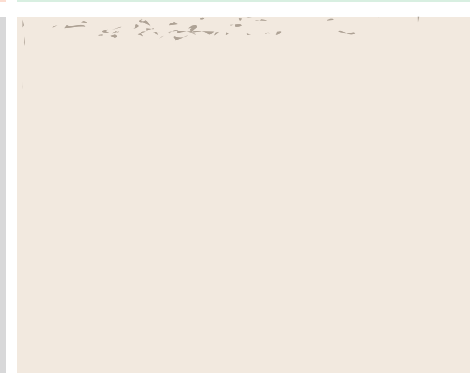
Vichyssoise de puerro
Leek vichyssoise

Alitas de pollo al ajillo con patatas
Garlic chicken wings with chips

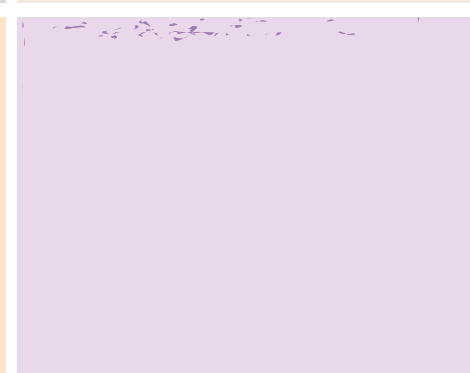
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Fruit

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CENA/DINNER:
Crema de puerros/Pescado blanco /Fruta
Leek soup/Whitefish/Fruit



CENA/DINNER:



CENA/DINNER:

19 Lechuga, maíz, pepino, zanahoria, pasas
Lettuce, corn, cucumber, carrot, raisins

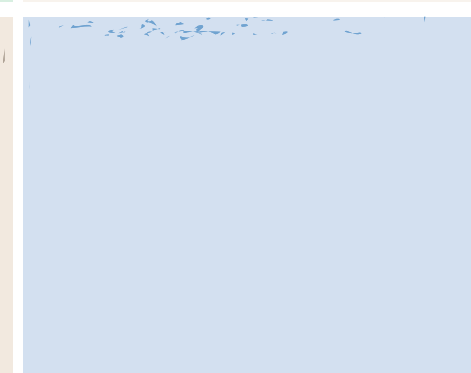
Fideuá
"Fideua"

Revuelto de huevo con patata y jamón
Scrambled egg with potato and cured ham

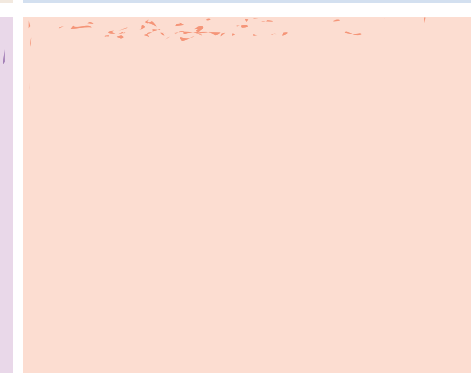
Fruta
Fruit

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HdC 140,819g Lip 21,924g VitA 1,960mg VitB12 1,259mg

CENA/DINNER:
Guisantes con cebolla y jamón/Brocheta de tofu /Fruta
Peas with ham and onion/Tofu skewers/Fruit



CENA/DINNER:



CENA/DINNER:

20 Ensalada fresca ecológica
Fresh organic salad

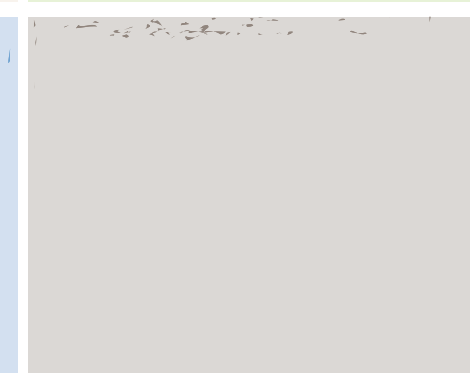
Crema de verduras y lentejas
Creamed vegetables and lentils

Solomillo de cerdo a la plancha con trigo tierno
Grilled pork tenderloin with soft wheat

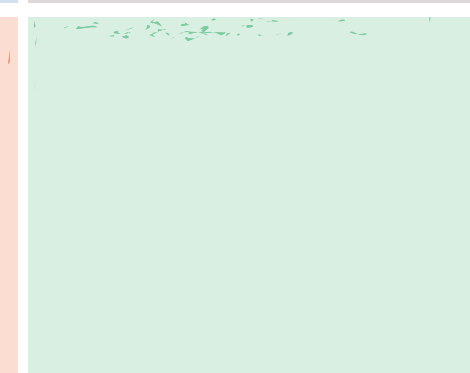
Fruta ECO
Organic fruit

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HdC 96,958g Lip 41,731g VitA 2,930mg VitB12 3,000mg

CENA/DINNER:
Gazpacho/Pescado al limón/Fruta
Gazpacho/Grilled fish with lemon/Fruit



CENA/DINNER:



CENA/DINNER:

21 Nachos con queso
Nachos with cheese

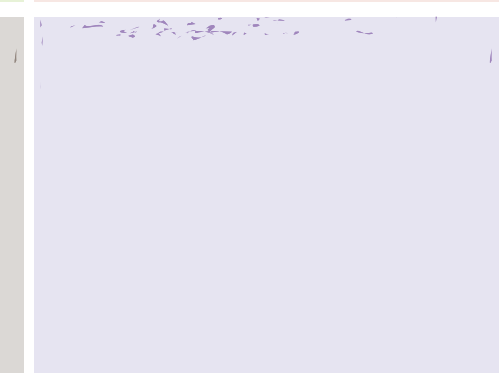
Paella valenciana con pollo de campo
Valencian paella with free-range chicken

Rabas de sepia a la andaluza (Infantil: Capricho de calamar)
Andalusian cuttlefish tails (Children: calamari)

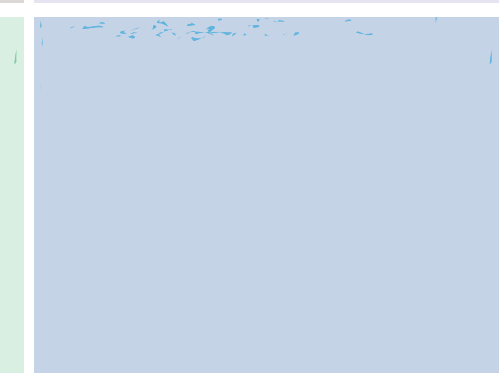
Helado
Ice cream

KCal 778,013 Prot 47,203g Ca 192,226mg Fe 6,208mg
HdC 90,917g Lip 29,303g VitA 0,194mg VitB12 6,598mg

CENA/DINNER:
Ensalada completa/Tortilla de cebolla/Fruta
Full salad/Onion omelet/Fruit



CENA/DINNER:



CENA/DINNER:

SEASONAL FRUITS: Melon, Watermelon, Nectarine, Peach, Apricot, Banana, Pear, Plum

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THURSDAY / JUEVES

FRIDAY / VIERNES

3 Ensalada fresca ecológica
Fresh organic salad

Menestra de verduras
Stir fried vegetables

Hamburguesa vegetal con mayonesa
Veggie burger with mayonnaise

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: / /

4 Salmorejo
Salmorejo

Arroz tres delicias
Chinese fried rice

Fajitas de pollo con brócoli
Chicken fajitas with broccoli

Fruta
Fruit

KCal 373,557 Prot 7,057g Ca 37,812mg Fe 2,527mg
HdC 45,385g Lip 18,711g VitA 0,354mg VitB12 0,487mg

CENA/DINNER: / /

5 Ensalada fresca ecológica
Fresh organic salad

Judías verdes rehogadas
Stewed beans

Tortilla de verdura
Vegetable omelette

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: / /

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

Alcachofas con jamón
Artichokes with cured ham

Revuelto de ajos tiernos con gambitas
Scrambled eggs with garlic prawns

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: / /

7 Lechuga, tomate, col, maíz, atún
Lettuce, tomato, cabbage, corn, tuna

Ensalada Santa Mónica
Santa Monica Salad

Pizza casera
Homemade pizza

Helado
Ice cream

KCal 278,156 Prot 10,180g Ca 178,412mg Fe 1,161mg
HdC 31,808g Lip 12,922g VitA 0,333mg VitB12 1,000mg

CENA/DINNER: / /

10 Lechuga, olivas, maíz y tomate
Lettuce, olives, corn and tomato

Ensalada César
Caesar salad

Bacalao gratinado (bacalao, queso crema)
Cod au graten

Fruta
Fruit

KCal 224,042 Prot 2,328g Ca 66,784mg Fe 2,133mg
HdC 39,701g Lip 6,321g VitA 0,277mg VitB12 0,000mg

CENA/DINNER: / /

11 Lechuga, pimiento, tomate y zanahoria
Lettuce, pepper, tomato and carrot

Ensalada de quinoa
Quinoa salad

Escalope de lomo empanado con salteado de verduras
Breaded tenderloin with sauteed vegetables

Fruta
Fruit

KCal 188,292 Prot 2,498g Ca 58,140mg Fe 2,084mg
HdC 37,636g Lip 3,280g VitA 1,672mg VitB12 0,000mg

CENA/DINNER: / /

12 Ensalada fresca ecológica
Fresh organic salad

Crema de calabaza asada
Pumpkin soup

Revuelto de champiñones
Scrambled mushrooms

Fruta
Fruit

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HdC 43,294g Lip 7,542g VitA 3,310mg VitB12 0,000mg

CENA/DINNER: / /

13 Gazpacho de sandía
Watermelon "Gazpacho"

Macarrones a la boloñesa
Macaroni Bolognese

Pechuga de pollo a la plancha con ensalada
Grilled chicken breast with fresh vegetable salad

Fruta ECO
Organic fruit

KCal 339,008 Prot 3,672g Ca 49,240mg Fe 2,738mg
HdC 55,112g Lip 11,919g VitA 0,769mg VitB12 0,000mg

CENA/DINNER: / /

14 Ensalada fresca ecológica
Fresh organic salad

Hervido de verduras
Boiled vegetables

Atún teriyaki
Teriyaki tuna

Helado
Ice cream

KCal 288,000 Prot 6,416g Ca 223,240mg Fe 2,177mg
HdC 37,854g Lip 13,260g VitA 3,374mg VitB12 0,000mg

CENA/DINNER: / /

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

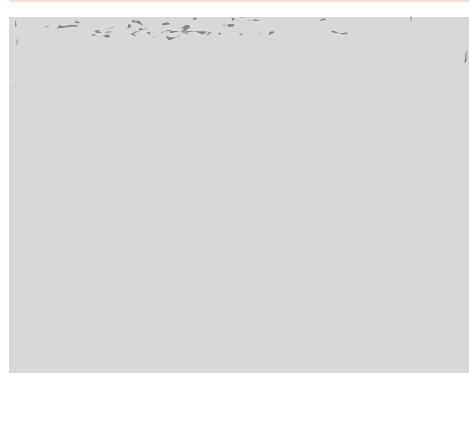
Brócoli gratinado
Broccoli au graten

Costillas BBQ con zanahoria vichy
BBQ ribs with Vichy carrot

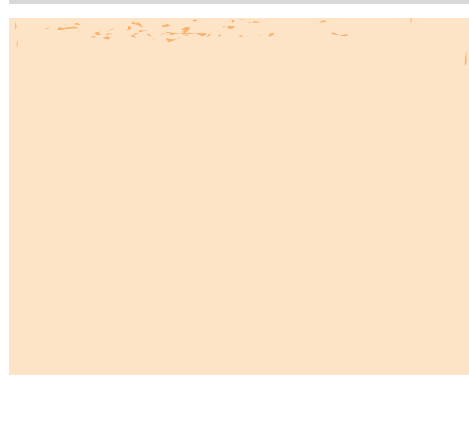
Fruta
Fruit

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:
/



CENA/DINNER:



CENA/DINNER:

18 **Tomate y queso fresco**
Tomato and cheese

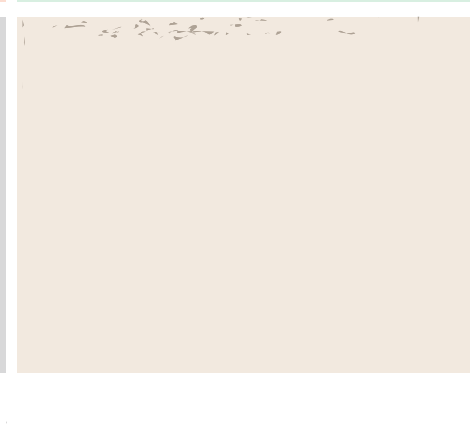
Tabulé de cous cous
Cous cous cous tabbouleh

Merluza a la marinera
Hake in "marinera" style

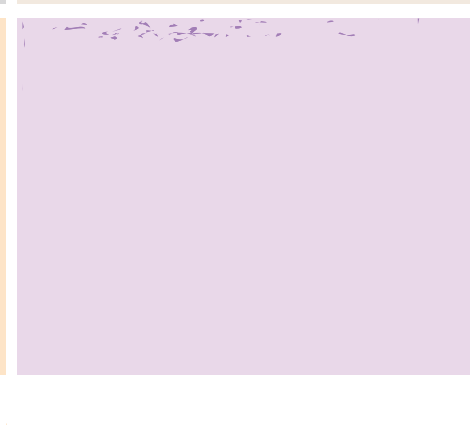
Fruta
Fruit

KCal 341,530 Prot 16,516g Ca 293,360mg Fe 2,085mg
HdC 34,000g Lip 15,414g VitA 0,477mg VitB12 0,798mg

CENA/DINNER:
/



CENA/DINNER:



CENA/DINNER:

19 **Lechuga, maíz, pepino, zanahoria, pasas**
Lettuce, corn, cucumber, carrot, raisins

Salmorejo
"Salmorejo"

Ensaladilla de abadejo con tostas
Cod salad with toast

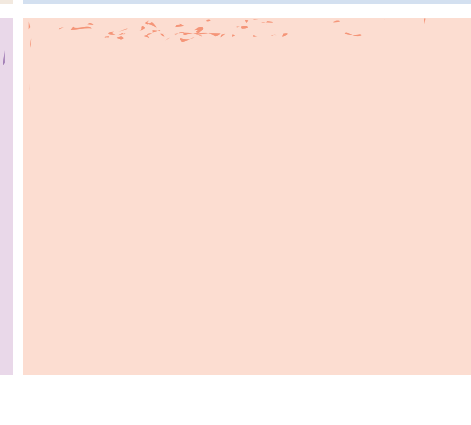
Fruta
Fruit

KCal 216,408 Prot 2,293g Ca 52,554mg Fe 2,028mg
HdC 44,737g Lip 3,243g VitA 0,967mg VitB12 0,000mg

CENA/DINNER:
/



CENA/DINNER:



CENA/DINNER:

20 **Ensalada fresca ecológica**
Fresh organic salad

Ensalada de patata
Salad with potato

Bacaladilla enharinada
Floured blue whiting

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:
/



CENA/DINNER:



CENA/DINNER:

21 **Nachos con queso**
Nachos with cheese

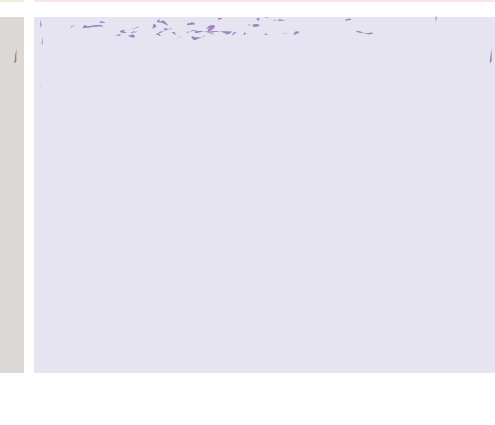
Paella valenciana con pollo de campo
Valencian paella with free-range chicken

Rabas de sepia a la andaluza (Infantil: Capricho de calamar)
Andalusian cuttlefish tails (Children: Squid Whim)

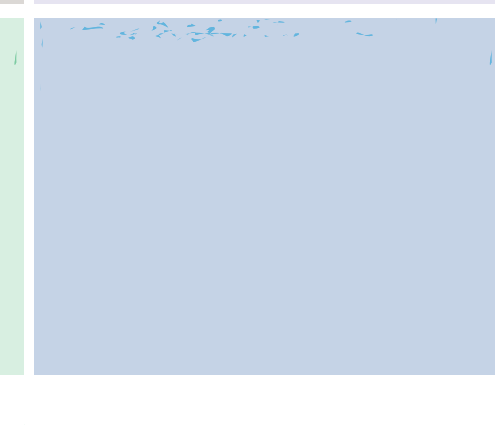
Helado
Ice cream

KCal 370,300 Prot 24,872g Ca 163,080mg Fe 5,900mg
HdC 40,280g Lip 21,380g VitA 0,140mg VitB12 0,000mg

CENA/DINNER:
/



CENA/DINNER:



CENA/DINNER:

MERIENDAS BRITISH COLLEGE - JUNIO					
	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
Sem 3 - 7	Bocadillo de jamón york	Fruta	Bocadillo de fiambre	Fruta	Zumo y galletas
Sem 10 - 14	Fruta	Bocadillo de pavo	Fruta	Bocadillo de queso	Fruta
Sem 17 - 21	Bocadillo de jamón	Fruta	Bocadillo de fiambre	Fruta	Zumo y galletas
Sem 24 - 28	Fruta	Bocadillo de jamón york	Fruta	Bocadillo de queso	Fruta