

SEASONAL FRUITS: Banana, Apple, Pear, Persimon, Tangerine

**MONDAY / LUNES**

**TUESDAY / MARTES**

**WEDNESDAY / MIÉRCOLES**

**THURSDAY / JUEVES**

**FRIDAY / VIERNES**

1  
**Festivo**  
Holiday

CENA/DINNER:

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4 **Ensalada de verduras de temporada**  
Seasonal vegetable salad  
**Espaguetis a la carbonara**  
Carbonara spaghetti  
**Tortilla de patata con samfaina**  
Spanish omelette with samfaina  
**Fruta**  
Fruit  
KCal 769,855 Prot 26,276g Ca 315,299mg Fe 5,068mg  
HdC 95,481g Lip 43,033g VitA 0,896mg VitB12 1,170mg

5 **Ensalada de col ECO**  
Coleslaw (BIO)  
**Sopa de cocido con fideos**  
Noodle soup  
**Pollo al horno (Infantil: Pollo deshuesado) con mazorca de maíz**  
Baked chicken (FS: Boneless chicken) with corn on the cob (Children: sautéed)  
**Fruta**  
Fruit  
KCal 787,168 Prot 49,923g Ca 138,014mg Fe 6,873mg  
HdC 90,202g Lip 28,722g VitA 1,302mg VitB12 13,200mg

6 **Ensalada de verduras de temporada**  
Seasonal vegetable salad  
**Arroz de otoño**  
Autumn rice  
**Rape en salsa con zanahoria**  
Monkfish in sauce with carrot  
**Fruta**  
Fruit  
KCal 683,769 Prot 24,994g Ca 202,165mg Fe 5,621mg  
HdC 105,535g Lip 16,787g VitA 4,124mg VitB12 0,648mg

7 **Ensalada de verduras de temporada**  
Seasonal vegetable salad  
**Crema de guisantes y zanahoria con tostones**  
Cream of pea and carrot with croutons  
**Goulash de magro con cous cous**  
Lean pork goulash with cous cous  
**Fruta ECO**  
Organic fruit  
KCal 795,233 Prot 31,434g Ca 137,904mg Fe 6,263mg  
HdC 108,081g Lip 29,619g VitA 2,426mg VitB12 2,700mg

8 **Ensalada fresca ecológica**  
Fresh organic salad  
**Lentejas estofadas P/ECO con arroz integral**  
Organic stewed lentils with brown rice  
**Suprema de merluza con brócoli**  
Hake supreme with broccoli  
**Lácteo**  
Dairy  
KCal 841,268 Prot 39,625g Ca 348,197mg Fe 7,678mg  
HdC 101,667g Lip 30,921g VitA 2,201mg VitB12 1,500mg

CENA/DINNER:  
**Calabacín a la plancha /Revuelto de espinacas/Fruta**  
Grilled zucchini/Scrambled eggs with spinach/Fruit

CENA/DINNER:  
**Cebolleta y pimiento rojo plancha/Pescado blanco/Fruta**  
Grilled onion tender and red pepper/Whitefish/Fruit

CENA/DINNER:  
**Wok de verduras/Carne roja magra/Fruta**  
Vegetables wok/Lean red meat/Fruit

CENA/DINNER:  
**Menestra salteada/Pescado al papillote/Fruta**  
Sautéed vegetable stew/Steamed fish/Fruit

CENA/DINNER:  
**Mazorca de maíz con sal/Carne blanca/Fruta**  
Corn in the cob with salt/White meat/Fruit

**11 — Ensalada de temporada con mandarina**

Seasonal salad with mandarine

**Guisado de sepia con patatas, guisantes y zanahoria**  
Cuttlefish stew with potatoes, peas and carrot

**Pollo al curry con arroz blanco**  
Chicken curry with rice

**Fruta**  
Fruit

KCal 802,212 Prot 38,579g Ca 169,627mg Fe 6,735mg  
HdC 100,902g Lip 26,653g VitA 1,248mg VitB12 3,478mg

CENA/DINNER:  
**Crema de calabacín/Pescado al limón/Fruta**  
Zuchinnis oup/Grilled fish with lemon/Fruit

**12 — DÍA VERDE Ensalada de verduras de temporada**  
GREEN DAY Seasonal vegetable salad

**Macarrones a los 4 quesos**  
4 cheese pasta

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

**Fruta**  
Fruit

KCal 934,742 Prot 43,154g Ca 491,523mg Fe 5,345mg  
HdC 108,956g Lip 38,333g VitA 2,243mg VitB12 4,864mg

CENA/DINNER:  
**Patatas gratinadas con queso/Carne blanca**  
Potato au gratin with cheese/Lean white meat/Fruit

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

**Garbanzos con verduras**  
Chickpeas with vegetables

**Longanizas con gnocchis**  
Sausages with gnocchi

**Fruta ECO**  
Organic fruit

KCal 731,886 Prot 27,951g Ca 206,370mg Fe 8,849mg  
HdC 107,185g Lip 30,465g VitA 2,970mg VitB12 0,582mg

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

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

**Paella valenciana con alcachofas y pollo de campo**  
Valencian paella with artichokes and free-range chicken

**Entremeses variados con picos de pan**  
Variety of cold meats with bread peaks

**Fruta**  
Fruit

KCal 842,855 Prot 35,585g Ca 296,708mg Fe 4,370mg  
HdC 82,431g Lip 41,424g VitA 1,347mg VitB12 2,111mg

CENA/DINNER:  
**Hervido valenciano/Hamburguesa de soja/Fruta**  
Boiled vegetables/Soy burgers/Fruit

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

**Fabada vegetal**  
Vegetable "fabada"

**Fish and chips**  
Fish and chips

**Lácteo**  
Dairy

KCal 868,190 Prot 42,999g Ca 352,936mg Fe 8,815mg  
HdC 104,794g Lip 30,767g VitA 3,305mg VitB12 1,398mg

CENA/DINNER:  
**Champiñones gratinados/Huevo/Fruta**  
Mushroom au graten/Egg/Fruit

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

**Macarrones integrales boloñesa**  
Whole wheat pasta with bolognese sauce

**Merluza a la provenzal con salteado campestre**  
Provençal hake with vegetables

**Fruta**  
Fruit

KCal 787,450 Prot 31,868g Ca 233,002mg Fe 6,980mg  
HdC 118,181g Lip 37,004g VitA 1,649mg VitB12 0,576mg

CENA/DINNER:  
**Brócoli al vapor/Carne de ave/Fruta**  
Steamed broccoli/Poultry/Fruit

**19 — Jornada Gastronómica Balear**  
Balear Gastronomic Day

**Fruta**  
Fruit

KCal 0,000 Prot 0,000g Ca 0,000mg Fe 0,000mg  
HdC 0,000g Lip 0,000g VitA 0,000mg VitB12 0,000mg

CENA/DINNER:  
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**20 — Ensalada de verduras de temporada**  
Seasonal vegetable salad

**Sopa minestrone**  
"Minestrone" soup

**Pollo al horno (Infantil: Pollo deshuesado) con patatas al pimentón**  
Baked chicken (FS: Boneless chicken) with paprika potatoes

**Fruta**  
Fruit

KCal 792,192 Prot 45,069g Ca 127,744mg Fe 5,751mg  
HdC 115,245g Lip 31,912g VitA 0,620mg VitB12 14,370mg

CENA/DINNER:  
**Brochetas de verduras/Pescado blanco /Fruta**  
Vegetable skewers/Whitefish/Fruit

**21 — Ensalada de col ECO**  
Coleslaw (BIO)

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

**Boquerones enharinados con mayonesa**  
Breaded anchovies with mayonnaise

**Fruta**  
Fruit

KCal 853,365 Prot 32,861g Ca 104,273mg Fe 4,888mg  
HdC 103,004g Lip 34,339g VitA 0,963mg VitB12 20,631mg

CENA/DINNER:  
**Crema de calabaza/Carne roja magra/Fruta**  
Pumpkin soup/Lean red meat/Fruit

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

**Lentejas con verduras**  
Lentils with vegetables

**Pizza casera**  
Homemade pizza

**Lácteo**  
Dairy

KCal 969,516 Prot 51,464g Ca 434,097mg Fe 8,608mg  
HdC 127,326g Lip 28,300g VitA 2,793mg VitB12 0,500mg

CENA/DINNER:  
**Tosta de hummus/Tortilla de cebolla/Fruta**  
Hummus toast/Onion omelet/Fruit

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

**Patatas a la riojana**  
Rioja style potatoes

**Calamares enharinados**  
Floured calamari

**Fruta**  
Fruit

KCal 804,932 Prot 25,406g Ca 133,238mg Fe 5,103mg  
HdC 85,110g Lip 40,908g VitA 0,995mg VitB12 0,340mg

CENA/DINNER:  
**Wok de verduras/Carne blanca/Fruta**  
Vegetables wok/White meat/Fruit

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

**Sopa de cocido con verduras ECO**  
Cooked soup with vegetables (BIO)

**Alitas de pollo (Infantil: Pollo deshuesado) con maíz salteado**  
Chicken wings (FS: Boneless chicken) with sauteed corn

**Fruta**  
Fruit

KCal 778,815 Prot 45,429g Ca 153,153mg Fe 7,957mg  
HdC 84,995g Lip 33,559g VitA 2,318mg VitB12 0,000mg

CENA/DINNER:  
**Zanahoria aliñada con guisantes/Pescado al limón/Fruta**  
Carrot dressed with peas/Grilled fish with lemon/Fruit

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

**Arròs rossejat**  
'Rossejat' rice

**Quesadilla de jamón york, queso, rúcula y mayonesa**  
Ham, cheese, arugula and mayonnaise quesadilla

**Fruta**  
Fruit

KCal 938,915 Prot 33,843g Ca 271,305mg Fe 5,688mg  
HdC 119,660g Lip 35,694g VitA 1,217mg VitB12 0,956mg

CENA/DINNER:  
**Judías verdes salteadas/Revuelto de verduras/Fruta**  
Sautéed green beans/Scrambled eggs with vegetables/Fruit

**28 — Ensalada de col**  
Coleslaw

**Crema de alubias blancas con tostones**  
Beans soup with croutons

**Lomo adobado con patatas parisinas**  
Pork tenderloin marinade with parisian potatoes

**Fruta**  
Fruit

KCal 824,041 Prot 30,007g Ca 142,794mg Fe 7,348mg  
HdC 84,969g Lip 54,361g VitA 1,247mg VitB12 1,860mg

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

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

**Lasaña casera (Infantil: Pasta boloñesa)**  
Homemade Lasagna (FS: Bolognese pasta)

**Gallineta al horno con calabacín**  
Baked redfish with zucchini

**Postre especial**  
Special dessert

KCal 718,389 Prot 57,582g Ca 382,280mg Fe 7,367mg  
HdC 172,430g Lip 50,159g VitA 2,607mg VitB12 2,625mg

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

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**Cebolleta y pimiento rojo plancha/Pescado blanco/Fruta**  
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Seasonal vegetable salad

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Autumn rice

**Rape en salsa con zanahoria**

Monkfish in sauce with carrot

**Fruta**

Fruit

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Cream of pea and carrot with croutons

**Goulash de magro con cous cous**

Lean pork goulash with cous cous

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**Suprema de merluza con brócoli**

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Valencian paella with artichokes and free-range chicken

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Fruit

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**Hervido valenciano/Hamburguesa de soja/Fruta**  
Boiled vegetables/Soy burgers/Fruit

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

**Fabada vegetal**  
Vegetable "fabada"

**Fish and chips**  
Fish and chips

**Lácteo**  
Dairy

KCal 868,190 Prot 42,999g Ca 352,936mg Fe 8,815mg  
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CENA/DINNER:  
**Champiñones gratinados/Huevo/Fruta**  
Mushroom au graten/Egg/Fruit

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

**Macarrones integrales boloñesa**  
Whole wheat pasta with bolognese sauce

**Merluza a la provenzal con salteado campestre**  
Provençal hake with vegetables

**Fruta**  
Fruit

KCal 787,450 Prot 31,868g Ca 233,002mg Fe 6,980mg  
HdC 118,181g Lip 37,004g VitA 1,649mg VitB12 0,576mg

CENA/DINNER:  
**Brócoli al vapor/Carne de ave/Fruta**  
Steamed broccoli/Poultry/Fruit

**19 — Jornada Gastronómica Balear**  
Balear Gastronomic Day

**Fruta**  
Fruit

KCal 0,000 Prot 0,000g Ca 0,000mg Fe 0,000mg  
HdC 0,000g Lip 0,000g VitA 0,000mg VitB12 0,000mg

CENA/DINNER:  
/ /

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

**Sopa minestrone**  
"Minestrone" soup

**Pollo al horno (Infantil: Pollo deshuesado) con patatas al pimentón**  
Baked chicken (FS: Boneless chicken) with paprika potatoes

**Fruta**  
Fruit

KCal 792,192 Prot 45,069g Ca 127,744mg Fe 5,751mg  
HdC 115,245g Lip 31,912g VitA 0,620mg VitB12 14,370mg

CENA/DINNER:  
**Brochetas de verduras/Pescado blanco /Fruta**  
Vegetable skewers/Whitefish/Fruit

**21 — Ensalada de col ECO**  
Coleslaw (BIO)

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

**Boquerones enharinados con mayonesa**  
Breaded anchovies with mayonnaise

**Fruta**  
Fruit

KCal 853,365 Prot 32,861g Ca 104,273mg Fe 4,888mg  
HdC 103,004g Lip 34,339g VitA 0,963mg VitB12 20,631mg

CENA/DINNER:  
**Crema de calabaza/Carne roja magra/Fruta**  
Pumpkin soup/Lean red meat/Fruit

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

**Lentejas con verduras**  
Lentils with vegetables

**Pizza casera**  
Homemade pizza

**Lácteo**  
Dairy

KCal 969,516 Prot 51,464g Ca 434,097mg Fe 8,608mg  
HdC 127,326g Lip 28,300g VitA 2,793mg VitB12 0,500mg

CENA/DINNER:  
**Tosta de hummus/Tortilla de cebolla/Fruta**  
Hummus toast/Onion omelet/Fruit

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

**Patatas a la riojana**  
Rioja style potatoes

**Calamares enharinados**  
Floured calamari

**Fruta**  
Fruit

KCal 804,932 Prot 25,406g Ca 133,238mg Fe 5,103mg  
HdC 85,110g Lip 40,908g VitA 0,995mg VitB12 0,340mg

CENA/DINNER:  
**Wok de verduras/Carne blanca/Fruta**  
Vegetables wok/White meat/Fruit

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

**Sopa de cocido con verduras ECO**  
Cooked soup with vegetables (BIO)

**Alitas de pollo (Infantil: Pollo deshuesado) con maíz salteado**  
Chicken wings (FS: Boneless chicken) with sauteed corn

**Fruta**  
Fruit

KCal 778,815 Prot 45,429g Ca 153,153mg Fe 7,957mg  
HdC 84,995g Lip 33,559g VitA 2,318mg VitB12 0,000mg

CENA/DINNER:  
**Zanahoria aliñada con guisantes/Pescado al limón/Fruta**  
Carrot dressed with peas/Grilled fish with lemon/Fruit

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

**Arròs rossejat**  
'Rossejat' rice

**Quesadilla de jamón york, queso, rúcula y mayonesa**  
Ham, cheese, arugula and mayonnaise quesadilla

**Fruta**  
Fruit

KCal 938,915 Prot 33,843g Ca 271,305mg Fe 5,688mg  
HdC 119,660g Lip 35,694g VitA 1,217mg VitB12 0,956mg

CENA/DINNER:  
**Judías verdes salteadas/Revuelto de verduras/Fruta**  
Sautéed green beans/Scrambled eggs with vegetables/Fruit

**28 — Ensalada de col**  
Coleslaw

**Crema de alubias blancas con tostones**  
Beans soup with croutons

**Lomo adobado con patatas parisinas**  
Pork tenderloin marinade with parisian potatoes

**Fruta**  
Fruit

KCal 824,041 Prot 30,007g Ca 142,794mg Fe 7,348mg  
HdC 84,969g Lip 54,361g VitA 1,247mg VitB12 1,860mg

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

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

**Lasaña casera (Infantil: Pasta boloñesa)**  
Homemade Lasagna (FS: Bolognese pasta)

**Gallineta al horno con calabacín**  
Baked redfish with zucchini

**Postre especial**  
Special dessert

KCal 718,389 Prot 57,582g Ca 382,280mg Fe 7,367mg  
HdC 172,430g Lip 50,159g VitA 2,607mg VitB12 2,625mg

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

SEASONAL FRUITS: Banana, Apple, Pear, Persimon, Tangerine

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

**Crema de zanahoria**  
Carrot soup

**Merluza a la koskera**  
Koskera hake

**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:  
**Calabacín a la plancha /Revuelto de espinacas/Fruta**  
Grilled zucchini/Scrambled eggs with spinach/Fruit

**5 Ensalada de col ECO**  
Coleslaw (BIO)

**Coliflor al gratén**  
Cauliflower au gratin

**Albóndigas de bacalao**  
Cod balls

**Fruta**  
Fruit

KCal 273,104 Prot 2,431g Ca 75,196mg Fe 1,989mg  
HdC 58,747g Lip 3,160g VitA 1,256mg VitB12 0,000mg

CENA/DINNER:  
**Cebolleta y pimiento rojo plancha/Pescado blanco/Fruta**  
Grilled onion tender and red pepper/Whitefish/Fruit

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

**Judías verdes salteadas con jamón**  
Green beans with cured ham

**Revuelto de verduras**  
Scrambled eggs and 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

CENA/DINNER:  
**Wok de verduras/Carne roja magra/Fruta**  
Vegetables wok/Lean red meat/Fruit

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

**Ensalada toscana**  
Tuscan salad

**Bacaladilla a la andaluza**  
Blue whiting "Andalusian" style

**Fruta ECO**  
Organic fruit

KCal 304,354 Prot 3,151g Ca 94,872mg Fe 2,826mg  
HdC 49,303g Lip 10,737g VitA 1,208mg VitB12 0,000mg

CENA/DINNER:  
**Menestra salteada/Pescado al papillote/Fruta**  
Sautéed vegetable stew/Steamed fish/Fruit

**8 Ensalada fresca ecológica**  
Fresh organic salad

**Brócoli al vapor**  
Steamed broccoli

**Tortilla de berenjena**  
Eggplant omelette

**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:  
**Mazorca de maíz con sal/Carne blanca/Fruta**  
Corn on the cob with salt/White meat/Fruit

**11 Ensalada de temporada con mandarina**

Seasonal salad with mandarine

**Espinacas gratinadas**

Spinachs au graten

**Bacalao al horno**

Baked cod

**Fruta**

Fruit

**12 DÍA VERDE Ensalada de verduras de temporada**

GREEN DAY Seasonal vegetable salad

**Wok de verduras**

Vegetable wok

**Albóndigas a la jardinera**

Gardener Meatballs

**Fruta**

Fruit

**13 Ensalada fresca ecológica**

Fresh organic salad

**Hervido valenciano (patata, judías, zanahoria y cebolla)**

Boiled vegetable

**Hamburguesa vegetal**

Veggie burger

**Fruta ECO**

Organic fruit

**14 Ensalada de verduras de temporada**

Seasonal vegetable salad

**Escalibada**

Escalivada

**Ensaladilla (atún, huevo, patata, guisante, mayonesa)**

Salad (tuna, egg, potato, peas, mayonnaise)

**Fruta**

Fruit

**15 Ensalada fresca ecológica**

Fresh organic salad

**Menestra de verduras**

Stir fried vegetables

**Revuelto de ajos tiernos**

Scrambled eggs and garlic sprouts

**Lácteo**

Dairy

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:  
**Crema de calabacín/Pescado al limón/Fruta**  
Zuchinni soup//Grilled fish with lemon/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:  
**Patatas gratinadas con queso/Carne blanca**  
Potato gratin with cheese/Lean white meat/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/Pescado azul/Fruta**  
Roasted vegetables/Blue fish/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:  
**Hervido valenciano/Hamburguesa de soja/Fruta**  
Boiled vegetables/Soy burgers/Fruit

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:  
**Champiñones gratinados/Huevo/Fruta**  
Mushroom au graten/Egg/Fruit

**18 Ensalada de verduras de temporada**

Seasonal vegetable salad

**Ensalada caprese**

Mediterranean salad

**Lomo adobado**

Pork tenderloin marinade

**Fruta**

Fruit

**19 Jornada Gastronómica Balear**

Balear Gastronomic Day

**Ensalada de verduras de temporada**

Seasonal vegetable salad

**Verduras plancha con trigo tierno**

Grilled vegetables with soft wheat

**Fajita vegetal**

Veggie fajita

**Fruta**

Fruit

**20 Ensalada de verduras de temporada**

Seasonal vegetable salad

**Verduras plancha con trigo tierno**

Grilled vegetables with soft wheat

**Fajita vegetal**

Veggie fajita

**Fruta**

Fruit

**21 Ensalada de col ECO**

Coleslaw (BIO)

**Hervido valenciano (patata, judías, zanahoria y cebolla)**

Boiled vegetable

**Magro con tomate**

Lean pork with tomato sauce

**Fruta**

Fruit

**22 Ensalada fresca ecológica**

Fresh organic salad

**Ensalada de quinoa**

Quinoa salad

**Pizza casera**

Homemade pizza

**Lácteo**

Dairy

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:  
**Brócoli al vapor/Carne de ave/Fruta**  
Steamed broccoli/Poultry/Fruit

KCal 0,000 Prot 0,000g Ca 0,000mg Fe 0,000mg HdC 0,000g Lip 0,000g VitA 0,000mg VitB12 0,000mg

CENA/DINNER:  
/ /

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:  
**Brochetas de verduras/Pescado blanco /Fruta**  
Vegetable skewers/Whitefish/Fruit

KCal 273,104 Prot 2,431g Ca 75,196mg Fe 1,989mg HdC 58,747g Lip 3,160g VitA 1,256mg VitB12 0,000mg

CENA/DINNER:  
**Crema de calabaza/Carne roja magra/Fruta**  
Pumpkin soup/Lean red meat/Fruit

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:  
**Tosta de hummus/Tortilla de cebolla/Fruta**  
Hummus toast/Onion omelet/Fruit

**25 Ensalada de verduras de temporada**

Seasonal vegetable salad

**Verduras en tempura**

Tempura vegetables

**Tortilla de calabacín con queso**

Zucchini omelette with cheese

**Fruta**

Fruit

**26 Ensalada fresca ecológica**

Fresh organic salad

**Menestra de verduras**

Stir fried vegetables

**Merluza en salsa verde**

Hake in green sauce

**Fruta**

Fruit

**27 Ensalada de verduras de temporada**

Seasonal vegetable salad

**Guisantes a la francesa**

French peas

**Revuelto de setas**

Scrambled eggs and mushrooms

**Fruta**

Fruit

**28 Ensalada de col**

Coleslaw

**Ensalada César**

Caesar salad

**Bacalao a la vizcaína**

Biscayan style cod

**Fruta**

Fruit

**29 Ensalada fresca ecológica**

Fresh organic salad

**Caracolas a la boloñesa con tomate y queso**

Pasta bolognese with tomato and cheese

**Hamburguesa a la plancha con trigo tierno**

Grilled burger with soft wheat

**Postre especial**

Special dessert

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:  
**Wok de verduras/Carne blanca/Fruta**  
Vegetables wok/White meat/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:  
**Zanahoria aliñada con guisantes/Pescado al limón/Fruta**  
Carrot dressed with peas/Grilled fish with lemon/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/Revuelto de verduras/Fruta**  
Sautéed green beans/Scrambled eggs with vegetables/Fruit

KCal 273,104 Prot 2,431g Ca 75,196mg Fe 1,989mg HdC 58,747g Lip 3,160g VitA 1,256mg VitB12 0,000mg

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

KCal 225,800 Prot 28,316g Ca 180,840mg Fe 1,977mg HdC 182,654g Lip 41,060g VitA 3,234mg VitB12 0,000mg

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

MERIENDAS BRITISH COLLEGE					
	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
Sem 1 Nov					FESTIVO
Sem 4-8 Nov	Fruta	Bocadillo de fiambre	Fruta	Zumo y galletas	Fruta
Sem 11-15 Nov	Bocadillo de pavo	Fruta	Bocadillo de jamón serrano	Fruta	Zumo y galletas
Sem 18-22 Nov	Fruta	Bocadillo de jamón york	Fruta	Bocadillo de queso	Fruta
Sem 25-29 Nov	Bocadillo de fiambre	Fruta	Bocadillo de queso	Zumo y galletas	Bocadillo de jamón serrano