

SEASONAL FRUITS: Banana, Apple, Pear, Strawberry, Pineapple, Orange

**MONDAY / LUNES**

**TUESDAY / MARTES**

**WEDNESDAY / MIÉRCOLES**

**THURSDAY / JUEVES**

**FRIDAY / VIERNES**

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

**Arroz de secreto, calabaza y setas**  
Secret rice, pumpkin and mushrooms

**Calamares con salsa de tomate**  
Calamari with tomato sauce

**Fruta**  
Fruit

KCal 787,777 Prot 25,486g Ca 151,672mg Fe 4,749mg  
HdC 100,122g Lip 32,212g VitA 0,817mg VitB12 0,550mg

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

**Potaje de garbanzos con espinacas**  
Chickpea stew with spinach

**Tortilla de patata Croquetas**  
Spanish omelette Croquettes

**Fruta ECO**  
Organic fruit

KCal 797,373 Prot 26,994g Ca 235,663mg Fe 9,893mg  
HdC 98,878g Lip 32,617g VitA 1,255mg VitB12 0,898mg

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

**Sopa de cocido con verduras ECO**  
Soup with BIO vegetables

**Pollo asado con maíz salteado**  
Roasted chicken with sauteed corn

**Fruta**  
Fruit

KCal 848,825 Prot 44,728g Ca 149,052mg Fe 8,396mg  
HdC 91,174g Lip 38,597g VitA 1,255mg VitB12 3,762mg

**4 — Hummus de garbanzos**  
Hummus chickpea

**Caracolas a los 4 quesos**  
4 cheeses pasta

**Bacalao a la vizcaína**  
Codfish a la Vizcaína

**Lácteo**  
Dairy

KCal 725,627 Prot 40,426g Ca 571,455mg Fe 6,212mg  
HdC 92,524g Lip 34,321g VitA 1,206mg VitB12 3,597mg

CENA/DINNER:

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

CENA/DINNER:  
**Crema de calabacín/Carne blanca/Fruta**  
Zucchini cream/White meat/Fruit

CENA/DINNER:  
**Judías verdes salteadas/Pescado al papillote/Fruta**  
Sautéed green beans/Steamed fish/Fruit

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

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

**Lentejas con verduras de temporada**  
Lentils with seasonal vegetables

**Albóndigas con cous cous**  
Meatballs with cous cous

**Fruta**  
Fruit

KCal 728,133 Prot 32,971g Ca 154,431mg Fe 8,516mg  
HdC 95,244g Lip 26,309g VitA 2,024mg VitB12 0,000mg

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

**Sopa de cocido con verduras**  
Soup with vegetables

**Pollo rustido con patatas**  
Roasted chicken with chips

**Fruta**  
Fruit

KCal 765,759 Prot 48,861g Ca 145,752mg Fe 7,631mg  
HdC 87,178g Lip 30,518g VitA 1,219mg VitB12 13,200mg

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

**Arroz al horno (garbanzo, costilla, patata y tomate)**  
Baked rice (chickpeas, ribs, potatoes and tomatoes)

**Salmón al horno con zanahoria rehogada**  
Grilled fish with sauteed carrot

**Fruta**  
Fruit

KCal 787,732 Prot 33,029g Ca 113,516mg Fe 5,767mg  
HdC 91,283g Lip 32,977g VitA 3,238mg VitB12 6,825mg

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

**Crema de calabaza asada con tostones integrales**  
Pumpkin soup with wholemeal bread

**Revuelto de patatas**  
Scrambled potatoes

**Fruta ECO**  
Organic fruit

KCal 837,333 Prot 19,120g Ca 152,800mg Fe 5,814mg  
HdC 88,115g Lip 46,307g VitA 1,893mg VitB12 1,197mg

**11 — Nachos**  
Nachos

**Fideua de pescado y marisco**  
Fish fideuà

**Magro con tomate**  
Lean pork with tomato sauce

**Lácteo**  
Dairy

KCal 849,111 Prot 72,411g Ca 332,548mg Fe 9,562mg  
HdC 107,932g Lip 39,035g VitA 0,233mg VitB12 4,753mg

CENA/DINNER:  
**Escalivada/Carne magra de cerdo/Fruta**  
Escalivada/Lean pork/Fruit

CENA/DINNER:  
**Tosta de verduras gratinadas/Pescado blanco /Fruta**  
Vegetable toast au graten/Whitefish/Fruit

CENA/DINNER:  
**Parrillada de verduras/Carne magra de cerdo/Fruta**  
Roasted vegetables/Lean pork/Fruit

CENA/DINNER:  
**Cebolleta y pimiento rojo plancha/Pescado azul/Fruta**  
Grilled onion tender and red pepper/Blue fish/Fruit

CENA/DINNER:  
**Brócoli al vapor/Hamburguesa de lentejas/Fruta**  
Steamed broccoli/Lentil burgers/Fruit

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

**Macarrones a la carbonara (bacon, champiñón, nata)**  
Pasta carbonara (bacon, mushrooms, cream)

**Merluza a la plancha con guisantes**  
Grilled hake with peas

**Fruta**  
Fruit

KCal 1019,577 Prot 36,689g Ca 254,596mg Fe 7,185mg  
HdC 108,085g Lip 49,636g VitA 0,595mg VitB12 1,079mg

CENA/DINNER:  
**Ensalada completa/Carne de ave/Fruta**  
Full salad/Poultry/Fruit

15 — **Ensalada fresca ecológica con fruta**  
Fresh organic salad with fruit

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

**Hamburguesa a la plancha con gnocchis**  
Grilled burger with gnocchi

**Fruta ECO**  
Organic fruit

KCal 731,216 Prot 39,721g Ca 168,146mg Fe 7,959mg  
HdC 92,434g Lip 31,580g VitA 2,254mg VitB12 3,300mg

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

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

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

**Rabas enharinadas con mayonesa**  
Breaded squids with mayonnaise

**Helado**  
Ice cream

KCal 792,760 Prot 32,311g Ca 218,522mg Fe 4,103mg  
HdC 101,112g Lip 28,821g VitA 0,772mg VitB12 6,628mg

CENA/DINNER:  
**Tosta de hummus/Revuelto de ajos tiernos/Fruta**  
Hummus toast/Scrambled eggs with garlic/Fruit

17 — **Festivo**  
Holiday

CENA/DINNER:

18 — **Festivo**  
Holiday

CENA/DINNER:

21 — **Festivo**  
Holiday

CENA/DINNER:

22 — **Festivo**  
Holiday

CENA/DINNER:

23 — **Festivo**  
Holiday

CENA/DINNER:

24 — **Festivo**  
Holiday

CENA/DINNER:

25 — **Festivo**  
Holiday

CENA/DINNER:

28 — **Festivo**  
Holiday

CENA/DINNER:

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

**Espaguetis integrales con boloñesa vegetal**  
Wholemeal spaghetti with vegetal bolognese

**Cordon bleu con brócoli**  
Cordon bleu with broccoli

**Fruta**  
Fruit

KCal 840,204 Prot 29,084g Ca 201,722mg Fe 6,569mg  
HdC 112,733g Lip 31,324g VitA 0,766mg VitB12 0,014mg

CENA/DINNER:  
**Crema de zanahoria/Carne magra de cerdo/Fruta**  
Carrot soup/Lean pork/Fruit

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

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

**Alitas de pollo al horno con patatas al pimentón**  
Chicken wings with paprika chips

**Fruta ECO**  
Organic fruit

KCal 879,041 Prot 34,914g Ca 149,235mg Fe 6,353mg  
HdC 100,283g Lip 36,885g VitA 1,971mg VitB12 1,197mg

CENA/DINNER:  
**Calabacín a la plancha /Pescado azul/Fruta**  
Grilled zucchini/Blue fish/Fruit

31 — **Festivo**  
Holiday

CENA/DINNER:

32 — **Festivo**  
Holiday

CENA/DINNER:

SEASONAL FRUITS: Banana, Apple, Pear, Strawberry, Pineapple, Orange

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Calamari with tomato sauce

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Zucchini cream/White meat/Fruit

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Sautéed green beans/Steamed fish/Fruit

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Vegetables wok/Poultry/Fruit

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Lentils with seasonal vegetables

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Meatballs with cous cous

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Scrambled potatoes

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Fish fideuà

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Lean pork with tomato sauce

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Fresh organic salad with fruit

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Beans with organic vegetables

**Hamburguesa a la plancha con gnocchis**  
Grilled burger with gnocchi

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Organic fruit

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Sautéed vegetable stew/Steamed fish/Fruit

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

**Rabas enharinadas con mayonesa**  
Breaded squids with mayonnaise

**Helado**  
Ice cream

KCal 792,760 Prot 32,311g Ca 218,522mg Fe 4,103mg  
HdC 101,112g Lip 28,821g VitA 0,772mg VitB12 6,628mg

CENA/DINNER:  
**Tosta de hummus/Revuelto de ajos tiernos/Fruta**  
Hummus toast/Scrambled eggs with garlic/Fruit

17 — **Festivo**  
Holiday

CENA/DINNER:

18 — **Festivo**  
Holiday

CENA/DINNER:

21 — **Festivo**  
Holiday

CENA/DINNER:

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Holiday

CENA/DINNER:

23 — **Festivo**  
Holiday

CENA/DINNER:

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Holiday

CENA/DINNER:

25 — **Festivo**  
Holiday

CENA/DINNER:

28 — **Festivo**  
Holiday

CENA/DINNER:

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

**Espaguetis integrales con boloñesa vegetal**  
Wholemeal spaghetti with vegetal bolognese

**Cordon bleu con brócoli**  
Cordon bleu with broccoli

**Fruta**  
Fruit

KCal 840,204 Prot 29,084g Ca 201,722mg Fe 6,569mg  
HdC 112,733g Lip 31,324g VitA 0,766mg VitB12 0,014mg

CENA/DINNER:  
**Crema de zanahoria/Carne magra de cerdo/Fruta**  
Carrot soup/Lean pork/Fruit

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

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

**Alitas de pollo al horno con patatas al pimentón**  
Chicken wings with paprika chips

**Fruta ECO**  
Organic fruit

KCal 879,041 Prot 34,914g Ca 149,235mg Fe 6,353mg  
HdC 100,283g Lip 36,885g VitA 1,971mg VitB12 1,197mg

CENA/DINNER:  
**Calabacín a la plancha /Pescado azul/Fruta**  
Grilled zucchini/Blue fish/Fruit

31 — **Festivo**  
Holiday

CENA/DINNER:

32 — **Festivo**  
Holiday

CENA/DINNER:

SEASONAL FRUITS: Banana, Apple, Pear, Strawberry, Pineapple, Orange

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**THURSDAY / JUEVES**

**FRIDAY / VIERNES**

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

**Crema de zanahoria y curry**  
Carrot and curry soup

**Revuelto de ajos tiernos**  
Scrambled eggs and garlic sprouts

**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

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

**Hervido valenciano**  
Valencian boiled vegetables

**Merluza a la koskera**  
Koskera hake

**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

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

**Tabulé de cous cous**  
Cous cous tabbouleh

**Croquetas de bacalao**  
Cod croquettes

**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

**4 — Hummus de garbanzos**  
Hummus chickpea

**Ensalada caprese**  
Caprese salad

**Hamburguesa vegetal**  
Vegetable burger

**Lácteo**  
Dairy

KCal 492,255 Prot 23,102g Ca 428,472mg Fe 5,862mg  
HdC 61,583g Lip 16,059g VitA 0,141mg VitB12 1,000mg

CENA/DINNER:

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

CENA/DINNER:  
**Crema de calabacín/Carne blanca/Fruta**  
Zucchini cream/White meat/Fruit

CENA/DINNER:  
**Judías verdes salteadas/Pescado al papillote/Fruta**  
Sautéed green beans/Steamed fish/Fruit

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

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

**Judías verdes salteadas con jamón serrano**  
Sautéed beans with cured ham

**Gallineta a la marinera**  
Fish "marinera" style

**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

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

**Menestra de verduras con tomate**  
Stir fried vegetables with tomato

**Lubina a la plancha**  
Grilled sea bass

**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 — Ensalada fresca ecológica**  
Fresh organic salad

**Guisantes a la francesa**  
French peas

**Calabacín gratinado**  
Zucchini au graten

**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

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

**Ensalada toscana** Tuscan salad

**Nuggets de pollo**  
Chicken Nuggets

**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

**11 — Nachos**  
Nachos

**Brócoli gratinado**  
Broccoli au graten

**Ensaladilla con huevo y atún**  
Egg and tuna salad

**Lácteo**  
Dairy

KCal 319,100 Prot 28,600g Ca 314,000mg Fe 5,700mg  
HdC 25,000g Lip 19,100g VitA 0,100mg VitB12 1,000mg

CENA/DINNER:  
**Escalivada/Carne magra de cerdo/Fruta**  
Escalivada/Lean pork/Fruit

CENA/DINNER:  
**Tosta de verduras gratinadas/Pescado blanco /Fruta**  
Gratin vegetable toast/Whitefish/Fruit

CENA/DINNER:  
**Parrillada de verduras/Carne magra de cerdo/Fruta**  
Roasted vegetables/Lean pork/Fruit

CENA/DINNER:  
**Cebolleta y pimiento rojo plancha/Pescado azul/Fruta**  
Grilled onion tender and red pepper/Blue fish/Fruit

CENA/DINNER:  
**Brócoli al vapor/Hamburguesa de lentejas/Fruta**  
Steamed broccoli/Lentil burgers/Fruit

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

**Escalibada**  
Escalibada

**Huevos al plato con pisto**  
Fried eggs with ratatouille

**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:  
**Ensalada completa/Carne de ave/Fruta**  
Full salad/Poultry/Fruit

15 **Ensalada fresca ecológica con fruta**  
Fresh organic salad with fruit

**Hervido de acelgas** Boiled  
chard

**Berenjenas gratinadas**  
Eggplant au graten

**Fruta ECO**  
Organic fruit

KCal 313,192 Prot 3,825g Ca 105,416mg Fe 3,455mg  
HdC 57,406g Lip 7,954g VitA 3,345mg VitB12 0,000mg

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

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

**Crema de calabacín**  
Zucchini soup

**Revuelto de champiñón**  
Scrambled eggs with mushroom

**Helado**  
Ice cream

KCal 296,634 Prot 5,843g Ca 214,712mg Fe 1,682mg  
HdC 33,783g Lip 16,161g VitA 1,248mg VitB12 0,000mg

CENA/DINNER:  
**Tosta de hummus/Revuelto de ajos tiernos/Fruta**  
Hummus toast/Scrambled eggs with garlic/Fruit

17

CENA/DINNER:

18

CENA/DINNER:

21

CENA/DINNER:

22

CENA/DINNER:

23

CENA/DINNER:

24

CENA/DINNER:

25

CENA/DINNER:

28

CENA/DINNER:

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

**Menestra de verduras**  
Stir fried vegetables

**Boquerones en tempura**  
Floured anchovies

**Fruta**  
Fruit

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CENA/DINNER:  
**Crema de zanahoria/Carne magra de cerdo/Fruta**  
Carrot cream/Lean pork/Fruit

30 **Ensalada fresca ecológica**  
Fresh organic salad

**Coliflor al gratén**  
Cauliflower au graten

**Bacalao al pil pil**  
Pil-pil cod

**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:  
**Calabacín a la plancha /Pescado azul/Fruta**  
Grilled zucchini/Blue fish/Fruit

31

CENA/DINNER:

32

CENA/DINNER:

**MERIENDAS BRITISH COLLEGE**

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
Sem 1 - 4 Abr		Fruta	Bocadillo de pavo	Fruta	Zumo y galletas
Sem 7 - 11 Abr	Fruta	Bocadillo de jamón york	Fruta	Bocadillo de queso	Fruta
Sem 14 - 18 Abr	Bocadillo de pavo	Fruta	Zumo y galletas	FESTIVO	FESTIVO
Sem 21 - 25 Abr	FESTIVO	FESTIVO	FESTIVO	FESTIVO	FESTIVO
Sem 28 - 30 Abr	FESTIVO	Zumo y galletas	Fruta	Bocadillo de jamón serrano	Fruta