

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

MONDAY / LUNES

TUESDAY / MARTES

WEDNESDAY / MIÉRCOLES

THURSDAY / JUEVES

FRIDAY / VIERNES

1
Festivo
Holiday

2
Festivo
Holiday

CENA/DINNER:

CENA/DINNER:

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CENA/DINNER:

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

Lentejas con verduras de temporada
Lentils with seasonal vegetables

Nuggets de pollo con mazorca de maíz
Chicken Nuggets and corn on the cob

Fruta
Fruit

KCal 919,373 Prot 38,724g Ca 155,783mg Fe 8,798mg
HdC 108,134g Lip 37,571g VitA 1,113mg VitB12 0,016mg

6 **Ensalada fresca ecológica**
Fresh organic salad

Vichyssoise (crema de puerros) con tostones
Vichyssoise (leek cream) with croutons

Goulash de pavo con patatas
Turkey stew and chips

Fruta
Fruit

KCal 957,135 Prot 32,561g Ca 170,616mg Fe 7,065mg
HdC 134,193g Lip 32,045g VitA 2,669mg VitB12 0,980mg

7 **Hummus de garbanzos con calabaza**
Hummus chickpea with pumpkin

Ensalada de espirales, vegetales, cherrys y queso con huevo duro
Pasta salad with cherry tomato, cheese, vegetables and boiled egg

Merluza en salsa mery con zanahoria
Hake in mery sauce and carrot

Fruta
Fruit

KCal 739,129 Prot 35,572g Ca 288,410mg Fe 7,380mg
HdC 114,963g Lip 33,592g VitA 2,113mg VitB12 1,099mg

8 **Ensalada fresca ecológica**
Fresh organic salad

Garbanzos estofados con verduras
Stewed chickpeas with vegetables

Tortilla de patata con croqueta de cocido
Spanish omelette with croquettes

Fruta ECO
Organic fruit

KCal 701,395 Prot 26,750g Ca 281,026mg Fe 10,037mg
HdC 95,613g Lip 23,705g VitA 3,146mg VitB12 1,038mg

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

Arroz tres delicias
Fried rice

Salmón a la plancha con tirabeques salteados
Grilled salmon with sautéed snow peas

Lácteo
Dairy

KCal 824,234 Prot 35,851g Ca 263,204mg Fe 4,488mg
HdC 78,587g Lip 40,520g VitA 1,081mg VitB12 5,472mg

CENA/DINNER:
Hervido valenciano/Pizza casera /Fruta
Boiled vegetables/Homemade pizza /Fruit

CENA/DINNER:
Judías verdes salteadas/Lubina a la sal/Fruta
Sautéed green beans/Sea bass with salt/Fruit

CENA/DINNER:
Brochetas de verduras/Huevos revueltos con
Vegetable skewers/Scrambled eggs with mushrooms and

CENA/DINNER:
Gazpacho/Rodaballo con pimientos/Fruta
Gazpacho/Turbot with peppers/Fruit

CENA/DINNER:
Calabacín a la plancha /Lomo adobado con patata al
Grilled zucchini/Marinated pork loin with baked potato/Fruit

12 — Ensalada de verduras de temporada

Seasonal vegetable salad

Espaguetis integrales con salsa de calabacín y queso cottage
Whole wheat spaguetis with zucchini and cottage cheese sauce

Calamares a la romana con mayonesa

Breaded Calamari with mayonnaise

Fruta

Fruit

KCal 722,515 Prot 33,736g Ca 162,234mg Fe 5,500mg
HdC 103,975g Lip 33,385g VitA 2,226mg VitB12 0,404mg

CENA/DINNER:
Mazorca de maíz con sal/Filete de ternera con
Corn on the cob with salt/Filet of beef with potatoes/Fruit

13 — Ensalada de verduras de temporada

Seasonal vegetable salad

Crema de lentejas rojas y calabaza al curry
Red lentils and pumpkin curry soup

Solomillo de cerdo al roquefort

Pork tenderloin with roquefort cheese

Fruta

Fruit

KCal 847,981 Prot 45,604g Ca 272,557mg Fe 10,370mg
HdC 102,800g Lip 29,122g VitA 2,085mg VitB12 2,524mg

CENA/DINNER:
Sopa de verduras y pollo/Tortilla de espinacas/Fruta
Chicken vegetable soup/Spinach omelet/Fruit

14 — Ensalada de verduras de temporada

Seasonal vegetable salad

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

Huevos camperos revueltos con jamón
Scrambled free-range eggs with ham

Fruta

Fruit

KCal 667,069 Prot 26,025g Ca 114,582mg Fe 5,555mg
HdC 68,422g Lip 32,354g VitA 0,812mg VitB12 3,637mg

CENA/DINNER:
Patatas gratinadas con queso/Merluza al horno con
Potato gratin with cheese/Baked hake with homemade

15 — Ensalada fresca ecológica

Fresh organic salad

DÍA BARBACOA

BBQ DAY

Fruta

Fruit

KCal 722,515 Prot 33,736g Ca 162,234mg Fe 5,500mg
HdC 103,975g Lip 33,385g VitA 2,226mg VitB12 0,404mg

CENA/DINNER:

16 — Ensalada fresca ecológica

Fresh organic salad

Lasaña

Lasagna

Gallo San Pedro con brócoli

John Dory fish with broccoli

Lácteo

Dairy

KCal 912,892 Prot 48,763g Ca 516,182mg Fe 7,284mg
HdC 116,358g Lip 46,160g VitA 2,557mg VitB12 3,110mg

CENA/DINNER:
Crema de verduras/Bacalao al horno con cous
Creamed vegetables/Baked cod wit cous cous/Fruit

19 — Ensalada de verduras de temporada

Seasonal vegetable salad

Arroz a la cubana (tomate y huevo)

White rice with tomato and egg

Merluza en salsa mery con verduras rehogadas
Hake in mery sauce with sautéed vegetables

Fruta

Fruit

KCal 877,918 Prot 27,841g Ca 157,860mg Fe 5,742mg
HdC 110,875g Lip 36,567g VitA 1,374mg VitB12 1,581mg

CENA/DINNER:
Gazpacho/Hamburguesa de pollo y brócoli/Fruta
Gazpacho/Chicken and broccoli burgers/Fruit

20 — Ensalada de verduras de temporada

Seasonal vegetable salad

Hervido valenciano

Boiled vegetables

Pollo al curry con cous cous

Chicken curry and cous cous

Fruta

Fruit

KCal 651,225 Prot 26,163g Ca 129,564mg Fe 4,735mg
HdC 81,683g Lip 26,635g VitA 1,658mg VitB12 3,478mg

CENA/DINNER:
Calabacín a la plancha /Gallo San Pedro a la
Grilled zucchini/Rooster San Pedro grilled/Fruit

21 — Ensalada de verduras de temporada

Seasonal vegetable salad

Ensalada de lentejas

Lentils salad

Tortilla de atún con pisto

Tuna omelette with ratatouille

Fruta ECO

Organic fruit

KCal 696,388 Prot 33,973g Ca 178,797mg Fe 9,741mg
HdC 80,391g Lip 26,604g VitA 1,621mg VitB12 1,748mg

CENA/DINNER:
Crema de verduras/Lomo al horno con tomate
Creamed vegetables/Baked pork loin with tomato

22 — Ensalada fresca ecológica

Fresh organic salad

Crema mediterránea de verduras de temporada
Mediterranean seasonal vegetable soup

PIZZERO

Homemade pizza

Fruta

Fruit

KCal 661,767 Prot 24,268g Ca 263,837mg Fe 3,875mg
HdC 90,791g Lip 22,139g VitA 3,513mg VitB12 0,000mg

CENA/DINNER:
Menestra salteada/Merluza y tosta de tomate/Fruta
Sautéed vegetable stew/Hake and toast with tomato /Fruit

23 — Ensalada fresca ecológica

Fresh organic salad

Fideuà de Gandia (fondo de lonja)

Fish fideua

Ensaladilla con huevo y atún

Egg and tuna salad

Lácteo

Dairy

KCal 739,661 Prot 30,674g Ca 339,734mg Fe 5,758mg
HdC 114,286g Lip 35,996g VitA 3,153mg VitB12 1,534mg

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

26 — Ensalada de verduras de temporada

Seasonal vegetable salad

Crema festival de legumbres con tostones
Legume festival soup with croutons

Lomo de cerdo a la plancha con maíz salteado
Loin escalope with sauteed corn

Fruta

Fruit

KCal 986,764 Prot 37,877g Ca 212,614mg Fe 11,525mg
HdC 114,715g Lip 54,091g VitA 3,308mg VitB12 1,656mg

CENA/DINNER:
Gazpacho/Lenguado con espárragos/Fruta
Gazpacho/Sole with asparagus/Fruit

27 — JORNADA GASTRONÓMICA ANDALUZA
Gazpacho andaluz
ANDALUSIAN GASTRONOMIC DAY
Andalusian gazpacho

Arroz con pollo campero

Chickpea and quinoa salad

Pescaíto frito con Alboronia

"Pescaíto frito" with Alboronia

Fruta

Fruit

KCal 1390,838 Prot 34,327g Ca 161,863mg Fe 6,022mg
HdC 145,428g Lip 76,047g VitA 0,923mg VitB12 2,711mg

CENA/DINNER:
Judías verdes rehogadas/Huevos revueltos con
Sautéed green beans/Scrambled eggs with mushrooms and

28 — Ensalada de verduras de temporada

Seasonal vegetable salad

Ensalada de garbanzos con quinoa

Chickpea and quinoa salad

Tortilla de patata con tomate grillé

Spanish omelette and grilled tomato

Fruta

Fruit

KCal 920,625 Prot 32,307g Ca 363,538mg Fe 9,308mg
HdC 111,516g Lip 38,111g VitA 2,382mg VitB12 1,137mg

CENA/DINNER:
Crema de brócoli y queso/Pescado al papillote/Fruta
Cream of broccoli and cheese soup/Steamed fish/Fruit

29 — Ensalada fresca ecológica

Fresh organic salad

Lacitos a la italiana con queso
Pasta in Italian style

Corvina a la espalda con brócoli ECO

Croaker with ORGANIC broccoli

Fruta

Fruit

KCal 674,172 Prot 39,261g Ca 602,700mg Fe 5,290mg
HdC 96,746g Lip 32,703g VitA 3,148mg VitB12 1,155mg

CENA/DINNER:
Ensalada de pepino, tomate y queso fresco/Mini
Cucumber salad with tomato and cheese/Mini chicken skewers

30 — Ensalada ecológica de trocadero y pepino en vinagreta
Organic Trocadero and Cucumber Salad in Vinaigrette

Paella valenciana con pollo de campo

Valencian paella with free-range chicken

Combo (aros de cebolla, fingers de queso y patatas tex-mex) con nachos
Combo (onion rings, cheese fingers and tex-mex chips) with nachos

Helado

Ice cream

KCal 982,222 Prot 48,199g Ca 242,209mg Fe 7,635mg
HdC 140,444g Lip 30,054g VitA 0,881mg VitB12 6,773mg

CENA/DINNER:
Calabacín a la plancha /Albóndigas vegetales/Fruta
Grilled zucchini/Veggie "meat" balls/Fruit

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

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Festivo
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5 Ensalada de verduras de temporada
Seasonal vegetable salad

Lentejas con verduras de temporada
Lentils with seasonal vegetables

Nuggets de pollo con mazorca de maíz
Chicken Nuggets and corn on the cob

Fruta
Fruit

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HdC 108,134g Lip 37,571g VitA 1,113mg VitB12 0,016mg

CENA/DINNER:
Hervido valenciano/Pizza casera /Fruta
Boiled vegetables/Homemade pizza /Fruit

6 Ensalada fresca ecológica
Fresh organic salad

Vichyssoise (crema de puerros) con tostones
Vichyssoise (leek cream) with croutons

Goulash de pavo con patatas
Turkey stew and chips

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Fruit

KCal 957,135 Prot 32,561g Ca 170,616mg Fe 7,065mg
HdC 134,193g Lip 32,045g VitA 2,669mg VitB12 0,980mg

CENA/DINNER:
Judías verdes salteadas/Lubina a la sal/Fruta
Sautéed green beans/Sea bass with salt/Fruit

7 Hummus de garbanzos con calabaza
Hummus chickpea with pumpkin

Ensalada de espirales, vegetales, cherrys y queso con huevo duro
Pasta salad with cherry tomato, cheese, vegetables and boiled egg

Merluza en salsa mery con zanahoria
Hake in mery sauce and carrot

Fruta
Fruit

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CENA/DINNER:
Brochetas de verduras/Huevos revueltos con
Vegetable skewers/Scrambled eggs with mushrooms and

8 Ensalada fresca ecológica
Fresh organic salad

Garbanzos estofados con verduras
Stewed chickpeas with vegetables

Tortilla de patata con croqueta de cocido
Spanish omelette with croquettes

Fruta ECO
Organic fruit

KCal 701,395 Prot 26,750g Ca 281,026mg Fe 10,037mg
HdC 95,613g Lip 23,705g VitA 3,146mg VitB12 1,038mg

CENA/DINNER:
Gazpacho/Rodaballo con pimientos/Fruta
Gazpacho/Turbot with peppers/Fruit

9 Ensalada de verduras de temporada
Seasonal vegetable salad

Arroz tres delicias
Fried rice

Salmón a la plancha con tirabeques salteados
Grilled salmon with sautéed snow peas

Lácteo
Dairy

KCal 824,234 Prot 35,851g Ca 263,204mg Fe 4,488mg
HdC 78,587g Lip 40,520g VitA 1,081mg VitB12 5,472mg

CENA/DINNER:
Calabacín a la plancha /Lomo adobado con patata al
Grilled zucchini/Marinated pork loin with baked potato/Fruit

12 — Ensalada de verduras de temporada

Seasonal vegetable salad

Espaguetis integrales con salsa de calabacín y queso cottage
Whole wheat spaguetis with zucchini and cottage cheese sauce

Calamares a la romana con mayonesa

Breaded Calamari with mayonnaise

Fruta

Fruit

KCal 722,515 Prot 33,736g Ca 162,234mg Fe 5,500mg
HdC 103,975g Lip 33,385g VitA 2,226mg VitB12 0,404mg

CENA/DINNER:
Mazorca de maíz con sal/Filete de ternera con
Corn on the cob with salt/Filet of beef with potatoes/Fruit

13 — Ensalada de verduras de temporada

Seasonal vegetable salad

Crema de lentejas rojas y calabaza al curry
Red lentils and pumpkin curry soup

Solomillo de cerdo al roquefort

Pork tenderloin with roquefort cheese

Fruta

Fruit

KCal 847,981 Prot 45,604g Ca 272,557mg Fe 10,370mg
HdC 102,800g Lip 29,122g VitA 2,085mg VitB12 2,524mg

CENA/DINNER:
Sopa de verduras y pollo/Tortilla de espinacas/Fruta
Chicken vegetable soup/Spinach omelet/Fruit

14 — Ensalada de verduras de temporada

Seasonal vegetable salad

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

Huevos camperos revueltos con jamón
Scrambled free-range eggs with ham

Fruta

Fruit

KCal 667,069 Prot 26,025g Ca 114,582mg Fe 5,555mg
HdC 68,422g Lip 32,354g VitA 0,812mg VitB12 3,637mg

CENA/DINNER:
Patatas gratinadas con queso/Merluza al horno con
Potato gratin with cheese/Baked hake with homemade

15 — Ensalada fresca ecológica

Fresh organic salad

DÍA BARBACOA

BBQ DAY

Fruta

Fruit

KCal 667,069 Prot 26,025g Ca 114,582mg Fe 5,555mg
HdC 68,422g Lip 32,354g VitA 0,812mg VitB12 3,637mg

CENA/DINNER:

16 — Ensalada fresca ecológica

Fresh organic salad

Lasaña

Lasagna

Gallo San Pedro con brócoli

John Dory fish with broccoli

Lácteo

Dairy

KCal 912,892 Prot 48,763g Ca 516,182mg Fe 7,284mg
HdC 116,358g Lip 46,160g VitA 2,557mg VitB12 3,110mg

CENA/DINNER:
Crema de verduras/Bacalao al horno con cous
Creamed vegetables/Baked cod wit cous cous/Fruit

19 — Ensalada de verduras de temporada

Seasonal vegetable salad

Arroz a la cubana (tomate y huevo)

White rice with tomato and egg

Merluza en salsa mery con verduras rehogadas
Hake in mery sauce with sautéed vegetables

Fruta

Fruit

KCal 877,918 Prot 27,841g Ca 157,860mg Fe 5,742mg
HdC 110,875g Lip 36,567g VitA 1,374mg VitB12 1,581mg

CENA/DINNER:
Gazpacho/Hamburguesa de pollo y brócoli/Fruta
Gazpacho/Chicken and broccoli burgers/Fruit

20 — Ensalada de verduras de temporada

Seasonal vegetable salad

Hervido valenciano

Boiled vegetables

Pollo al curry con cous cous

Chicken curry and cous cous

Fruta

Fruit

KCal 651,225 Prot 26,163g Ca 129,564mg Fe 4,735mg
HdC 81,683g Lip 26,635g VitA 1,658mg VitB12 3,478mg

CENA/DINNER:
Calabacín a la plancha /Gallo San Pedro a la
Grilled zucchini/Rooster San Pedro grilled/Fruit

21 — Ensalada de verduras de temporada

Seasonal vegetable salad

Ensalada de lentejas

Lentils salad

Tortilla de atún con pisto

Tuna omelette with ratatouille

Fruta ECO

Organic fruit

KCal 696,388 Prot 33,973g Ca 178,797mg Fe 9,741mg
HdC 80,391g Lip 26,604g VitA 1,621mg VitB12 1,748mg

CENA/DINNER:
Crema de verduras/Lomo al horno con tomate
Creamed vegetables/Baked pork loin with tomato

22 — Ensalada fresca ecológica

Fresh organic salad

Crema mediterránea de verduras de temporada
Mediterranean seasonal vegetable soup

PIZZERO

Homemade pizza

Fruta

Fruit

KCal 661,767 Prot 24,268g Ca 263,837mg Fe 3,875mg
HdC 90,791g Lip 22,139g VitA 3,513mg VitB12 0,000mg

CENA/DINNER:
Menestra salteada/Merluza y tosta de tomate/Fruta
Sautéed vegetable stew/Hake and toast with tomato /Fruit

23 — Ensalada fresca ecológica

Fresh organic salad

Fideuà de Gandia (fondo de lonja)

Fish fideua

Ensaladilla con huevo y atún

Egg and tuna salad

Lácteo

Dairy

KCal 739,661 Prot 30,674g Ca 339,734mg Fe 5,758mg
HdC 114,286g Lip 35,996g VitA 3,153mg VitB12 1,534mg

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

26 — Ensalada de verduras de temporada

Seasonal vegetable salad

Crema festival de legumbres con tostones
Legume festival soup with croutons

Lomo de cerdo a la plancha con maíz salteado
Loin escalope with sauteed corn

Fruta

Fruit

KCal 986,764 Prot 37,877g Ca 212,614mg Fe 11,525mg
HdC 114,715g Lip 54,091g VitA 3,308mg VitB12 1,656mg

CENA/DINNER:
Gazpacho/Lenguado con espárragos/Fruta
Gazpacho/Sole with asparagus/Fruit

27 — JORNADA GASTRONÓMICA ANDALUZA
Gazpacho andaluz
ANDALUSIAN GASTRONOMIC DAY
Andalusian gazpacho

Arroz con pollo campero

Chickpea and quinoa salad

Pescaíto frito con Alboronia

"Pescaíto frito" with Alboronia

Fruta

Fruit

KCal 1390,838 Prot 34,327g Ca 161,863mg Fe 6,022mg
HdC 145,428g Lip 76,047g VitA 0,923mg VitB12 2,711mg

CENA/DINNER:
Judías verdes rehogadas/Huevos revueltos con
Sautéed green beans/Scrambled eggs with mushrooms and

28 — Ensalada de verduras de temporada

Seasonal vegetable salad

Ensalada de garbanzos con quinoa

Chickpea and quinoa salad

Tortilla de patata con tomate grillé

Spanish omelette and grilled tomato

Fruta

Fruit

KCal 920,625 Prot 32,307g Ca 363,538mg Fe 9,308mg
HdC 111,516g Lip 38,111g VitA 2,382mg VitB12 1,137mg

CENA/DINNER:
Crema de brócoli y queso/Pescado al papillote/Fruta
Cream of broccoli and cheese soup/Steamed fish/Fruit

29 — Ensalada fresca ecológica

Fresh organic salad

Lacitos a la italiana con queso
Pasta in Italian style

Corvina a la espalda con brócoli ECO

Croaker with ORGANIC broccoli

Fruta

Fruit

KCal 674,172 Prot 39,261g Ca 602,700mg Fe 5,290mg
HdC 96,746g Lip 32,703g VitA 3,148mg VitB12 1,155mg

CENA/DINNER:
Ensalada de pepino, tomate y queso fresco/Mini
Cucumber salad with tomato and cheese/Mini chicken skewers

30 — Ensalada ecológica de trocadero y pepino en vinagreta
Organic Trocadero and Cucumber Salad in Vinaigrette

Paella valenciana con pollo de campo

Valencian paella with free-range chicken

Combo (aros de cebolla, fingers de queso y patatas tex-mex) con nachos
Combo (onion rings, cheese fingers and tex-mex chips) with nachos

Helado

Ice cream

KCal 982,222 Prot 48,199g Ca 242,209mg Fe 7,635mg
HdC 140,444g Lip 30,054g VitA 0,881mg VitB12 6,773mg

CENA/DINNER:
Calabacín a la plancha /Albóndigas vegetales/Fruta
Grilled zucchini/Veggie "meat" balls/Fruit

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

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CENA/DINNER:

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5 Ensalada de verduras de temporada
Seasonal vegetable salad

Judías verdes con jamón serrano
Green beans with cured ham

Enchilada
Enchilada

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:
Hervido valenciano/Pizza casera /Fruta
Boiled vegetables/Homemade pizza /Fruit

6 Ensalada fresca ecológica
Fresh organic salad

Espinacas gratinadas
Spinachs au graten

Bacalao en salsa verde con patatas
Cod in green sauce with chips

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:
Judías verdes salteadas/Lubina a la sal/Fruta
Sautéed green beans/Sea bass with salt/Fruit

7 Hummus de garbanzos con calabaza
Hummus chickpea with pumpkin

Guisantes a la francesa
French peas

Hamburguesa a la plancha con zanahoria
Grilled burger and carrot

Fruta
Fruit

KCal 578,455 Prot 16,450g Ca 179,752mg Fe 7,206mg
HdC 86,359g Lip 19,109g VitA 0,150mg VitB12 0,000mg

CENA/DINNER:
Brochetas de verduras/Huevos revueltos con setas
Vegetable skewers/Scrambled eggs with mushrooms and

8 Ensalada fresca ecológica
Fresh organic salad

Ensalada de col
Coleslaw

Magro con tomate
Lean pork in tomato sauce

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:
Gazpacho/Rodaballo con pimientos/Fruta
Gazpacho/Turbot with peppers/Fruit

9 Ensalada de verduras de temporada
Seasonal vegetable salad

Crema fría de pepino
Cold cucumber soup

Berenjenas rellenas
Stuffed eggplant

Lácteo
Dairy

KCal 284,634 Prot 10,643g Ca 379,712mg Fe 1,482mg
HdC 18,983g Lip 17,561g VitA 1,208mg VitB12 1,000mg

CENA/DINNER:
Calabacín a la plancha /Lomo adobado con patata al
Grilled zucchini/Marinated pork loin and baked potato/Fruit

12 — Ensalada de verduras de temporada

Seasonal vegetable salad

Wok de verduras

Vegetable wok

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

CENA/DINNER:
Mazorca de maíz con sal/Filete de ternera con
Corn of the cob with salt/Fillet of beef with potatoes/Fruit

13 — Ensalada de verduras de temporada

Seasonal vegetable salad

Hervido de acelgas

Boiled chard

Lubina a la plancha con verduras

Grilled bass with 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:
Sopa de verduras y pollo/Tortilla de espinacas/Fruta
Chicken vegetable soup/Spinach omelette/Fruit

14 — Ensalada de verduras de temporada

Seasonal vegetable salad

Salmorejo

"Salmorejo"

Calabacín gratinado

Zucchini au graten

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:
Patatas gratinadas con queso/Merluza al horno con
Potato au graten with cheese/Baked hake with homemade

15 — Ensalada fresca ecológica

Fresh organic salad

Crema de verduras/Bacalao al horno con cous

Vegetables soup/Baked cod with couscous/Fruit

CENA/DINNER:
Crema de verduras/Bacalao al horno con cous
Vegetables soup/Baked cod with couscous/Fruit

16 — Ensalada fresca ecológica

Fresh organic salad

Caracolas a la italiana

Pasta in Italian style

Rollito de primavera

Spring roll

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:
Crema de verduras/Bacalao al horno con cous
Vegetables soup/Baked cod with couscous/Fruit

19 — Ensalada de verduras de temporada

Seasonal vegetable salad

Menestra de verduras

Stir fried vegetables

Huevos al plato

Fried eggs

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:
Gazpacho/Hamburguesa de pollo y brócoli/Fruta
Gazpacho/Chicken and broccoli burgers/Fruit

20 — Ensalada de verduras de temporada

Seasonal vegetable salad

Ensalada César

Caesar salad

All i pebre de rape

'All i pebre' monkfish

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 /Gallo San Pedro a la
Grilled zucchini/Rooster San Pedro grilled/Fruit

21 — Ensalada de verduras de temporada

Seasonal vegetable salad

Arroz salteado thai

Thai stir fried rice

Verdura en tempura

Vegetables in tempura

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:
Crema de verduras/Lomo al horno con tomate
Vegetables soup/Baked pork loin with tomato

22 — Ensalada fresca ecológica

Fresh organic salad

Ensalada Primavera (patata, vegetales, atún y huevo)

Spring salad (potatoes, vegetables, tuna and egg)

PIZZERO

Homemade pizza

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:
Menestra salteada/Merluza y tosta de tomate/Fruta
Sautéed vegetable stew/Hake and tomato toast/Fruit

23 — Ensalada fresca ecológica

Fresh organic salad

Escalibada con atún

Escalibada with tuna

Entremeses variados

Variety of cold cuts

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

26 — Ensalada de verduras de temporada

Seasonal vegetable salad

Coliflor gratinada

Cauliflower au graten

Bacalao a la vizcaína (tomate, pimiento y cebolla)

Codfish a la Vizcaína (tomato, pepper and onion)

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:
Gazpacho/Lenguado con espárragos/Fruta
Gazpacho/Sole with asparagus/Fruit

27 — JORNADA GASTRONÓMICA ANDALUZA

Gazpacho andaluz ANDALUSIAN GASTRONOMIC DAY Andalusian gazpacho

Arroz con pollo campero

"Pescaíto frito con Alboronia"

Fruta

Fruit

KCal 250,898 Prot 4,600g Ca 50,927mg Fe 2,741mg
HdC 50,985g Lip 3,631g VitA 0,723mg VitB12 0,000mg

CENA/DINNER:
Judías verdes rehogadas/Huevos revueltos con
Sautéed green beans/Scrambled eggs with mushrooms and

28 — Ensalada de verduras de temporada

Seasonal vegetable salad

Crema de calabacín

Zucchini soup

Atún teriyaki

Teriyaki tuna

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 brócoli y queso/Pescado al papillote/Fruta
Broccoli and cheese soup/Steamed fish/Fruit

29 — Ensalada fresca ecológica

Fresh organic salad

Hervido de verduras Boiled vegetables

Hot dog

Hot dog

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:
Ensalada de pepino, tomate y queso fresco/Mini
Cucumber tomato and cheese salad/Mini chicken skewers

30 — Ensalada ecológica de trocadero y pepino en vinagreta

Organic Trocadero and Cucumber Salad in Vinaigrette

Chucrut

Sauerkraut

Gallo San Pedro con cítricos y perejil

John Dory fish with citrus and parsley

Helado

Ice cream

KCal 280,948 Prot 6,907g Ca 200,886mg Fe 1,648mg
HdC 39,381g Lip 11,262g VitA 0,803mg VitB12 0,000mg

CENA/DINNER:
Calabacín a la plancha /Albóndigas vegetales/Fruta
Grilled zucchini/Veggie "meat" balls/Fruit

MERIENDAS BRITISH COLLEGE

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
Sem 1 - 2 Mayo					
Sem 5 - Mayo	Fruta	Bocadillo de jamón york	Fruta	Bocadillo de queso	Fruta
Sem 12 - 16 Mayo	Bocadillo de pavo	Fruta	Bocadillo de jamón serrano	Fruta	Zumo y galletas
Sem 19 - 23 Mayo	Fruta	Bocadillo de queso	Fruta	Zumo y galletas	Fruta
Sem 26 - 30 Mayo	Bocadillo de jamón york	Fruta	Bocadillo de pavo	Fruta	Zumo y galletas