

SEASONAL FRUITS: Banana, Pineapple, Melon, Watermelon, Apple

MONDAY / LUNES

TUESDAY / MARTES

WEDNESDAY / MIÉRCOLES

THURSDAY / JUEVES

FRIDAY / VIERNES



CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

9 Lechuga, tomate, aceitunas, zanahoria
Lettuce, tomato, olives, carrot

Arroz tres delicias con salsa de soja
Fried rice with soy sauce

Albóndigas a la jardinera con champiñones
Gardener - style Meatballs with mushrooms

Fruta
Fruit

KCal 935,867 Prot 29,417g Ca 118,043mg Fe 5,535mg
HdC 104,752g Lip 44,144g VitA 2,076mg VitB12 0,472mg

10 Ensalada fresca ecológica
Fresh organic salad

Lentejas con verduras P/ECO
Lentils with vegetables (organic)

Tortilla de patata con pisto casero
Spanish omelette with homemade ratatouille

Fruta
Fruit

KCal 846,426 Prot 30,992g Ca 206,130mg Fe 9,969mg
HdC 109,479g Lip 32,287g VitA 2,932mg VitB12 0,898mg

11 Lechuga, tomate, cebolla, pepino, zanahoria
Lettuce, tomato, onion, cucumber, carrot

Macarrones a la napolitana
Pasta in Neapolitan sauce

Merluza a la marinera
Hake in "marinera" style

Fruta
Fruit

KCal 744,264 Prot 37,696g Ca 278,221mg Fe 5,232mg
HdC 113,214g Lip 17,497g VitA 1,211mg VitB12 1,060mg

12 Ensalada fresca ecológica
Fresh organic salad

Vichyssoise de puerro con tostones integrales
Leek vichyssoise with croutons whole wheat

Pollo al romero con trigo tierno
Rosemary Chicken with soft wheat

Fruta ECO
Organic fruit

KCal 1096,524 Prot 39,872g Ca 199,380mg Fe 6,796mg
HdC 114,858g Lip 58,282g VitA 1,667mg VitB12 13,260mg

13 Lechuga, tomate, aceitunas, maíz, zanahoria
Lettuce, tomato, olives, corn, carrot

Fideuá de pescado y marisco (fondo de lonja)
Fideua (fresh fish)

Quesadilla de jamón york y queso
Ham and cheese quesadilla

Yogur valenciano
Valencian yogurt

KCal 824,205 Prot 45,101g Ca 460,789mg Fe 6,114mg
HdC 135,036g Lip 31,106g VitA 1,318mg VitB12 0,926mg

CENA/DINNER:
Berenjena rellena de verduras/Pescado al limón/Fruta
Stuffed aubergine with vegetables/Grilled fish with lemon/Fruit

CENA/DINNER:
Espárragos con jamón/Carne blanca magra/Fruta
Asparagus with cured ham /Lean white meat/Fruit

CENA/DINNER:
Quinoa con especias/Tortilla de calabacín con
Spicy quinoa/Zucchini omelette with avocado/Fruit

CENA/DINNER:
Judías verdes salteadas/Tostada de tomate, queso
Sautéed green beans/Toast with tomato, cheese and

CENA/DINNER:
Guisantes con cebolla y jamón/Carne de ave/Fruta
Peas with ham and onion/Poultry/Fruit

16 **Ensalada con fruta**
Salad with fruit

Caracolas a los 4 quesos
4 cheese pasta

Bacalao a la vizcaína
Codfish in Biscayne sauce

Fruta
Fruit

KCal 833,100 Prot 34,030g Ca 421,409mg Fe 5,320mg
HdC 114,671g Lip 40,541g VitA 1,253mg VitB12 3,097mg

CENA/DINNER:
Escalivada/Croquetas caseras de legumbres/Fruta
Escalivada/Homemade legumes croquettes/Fruit

17 **Gazpacho de sandía**
Watermelon Gazpacho

Crema de verduras de temporada
Vegetable soup

Hamburguesa completa con ensalada
Hamburger with salad

Fruta
Fruit

KCal 681,426 Prot 18,688g Ca 205,070mg Fe 4,991mg
HdC 103,519g Lip 21,752g VitA 1,559mg VitB12 0,133mg

CENA/DINNER:
Crepe de verduras/Pescado azul/Fruta
Vegetables crepe/Blue fish/Fruit

18 **Ensalada fresca ecológica**
Fresh organic salad

Sopa de cocido y fideos
Soup with noodles

Pollo al horno (Infantil: Pollo deshuesado) con patatas
Baked chicken (Children: Boneless chicken) with chips

Fruta
Fruit

KCal 854,462 Prot 51,309g Ca 165,246mg Fe 8,648mg
HdC 96,101g Lip 33,118g VitA 2,310mg VitB12 13,200mg

CENA/DINNER:
Espinacas con pasas y piñones/Nuggets de Pavo
Spinach with raisins and pine nuts/Turkey Nuggets

19 **Ensalada fresca ecológica**
Fresh organic salad

Alubias blancas con verduras
White beans with vegetables

Tortilla de patata con croquetas
Spanish omelette with croquettes

Fruta ECO
Organic fruit

KCal 827,130 Prot 27,808g Ca 198,318mg Fe 8,469mg
HdC 114,761g Lip 29,118g VitA 2,195mg VitB12 0,898mg

CENA/DINNER:
Mazorca de maíz con sal/Revuelto de brócoli con
Corn of the cob with salt/Scrambled eggs with broccoli and

20 **DÍA MUNDIAL DE LA PAELLA Tosta de hummus de garbanzos**
PAELLA WORLD DAY Chickpea hummus toast

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

Calamares a la andaluza con mayonesa
Calamari " a la andaluza" with mayonnaise

Lácteo
Dairy

KCal 988,032 Prot 48,174g Ca 325,560mg Fe 5,905mg
HdC 109,134g Lip 38,474g VitA 0,214mg VitB12 7,128mg

CENA/DINNER:
Champiñones gratinados/Salmón al papillote/Fruta
Mushroom au graten/SBaked salmon/Fruit

23 **Lechuga, tomate, maíz, pimiento, zanahoria, queso**
Lettuce, tomato, corn, pepper, carrot, cheese

Lentejas con verduras y manzana
Lentils with vegetables and apple

Pinchos morunos con brócoli
Pork kebabs with broccoli

Fruta
Fruit

KCal 872,598 Prot 55,471g Ca 269,747mg Fe 10,822mg
HdC 100,051g Lip 28,603g VitA 1,918mg VitB12 4,042mg

CENA/DINNER:
Patatas al gratén/Revuelto de verduras/Fruta
Potatoes au graten/Scrambled eggs with vegetables/Fruit

24 **Lechuga, tomate, aceitunas, zanahoria**
Lettuce, tomato, olives, carrot

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

Salmón a la plancha con salteado thai
Grilled salmon with stir fried vegetables

Fruta
Fruit

KCal 828,754 Prot 29,277g Ca 99,569mg Fe 4,767mg
HdC 106,432g Lip 32,086g VitA 1,381mg VitB12 4,949mg

CENA/DINNER:
Hervido de verduras/Tortilla de jamón york/Fruta
Boiled vegetables/Omelette with cured ham/Fruit

25 **Lechuga, tomate, aceitunas, maíz, zanahoria**
Lettuce, tomato, olives, corn, carrot

Garbanzos con verduras
Chickpeas with vegetables

Alitas de pollo BBQ (Infantil: contramuslo deshuesado) con patatas
BBQ chicken wings (Children: boneless thigh) with chips

Fruta
Fruit

KCal 804,907 Prot 38,097g Ca 201,457mg Fe 8,811mg
HdC 98,503g Lip 29,220g VitA 1,878mg VitB12 0,000mg

CENA/DINNER:
Habas rehogadas con ajos tiernos /Hamburguesa de
Sautéed broad beans sautéed with garlic sprouts/Hake burgers/Fruit

26 **Ensalada fresca ecológica**
Fresh organic salad

Lasaña casera/Inf pasta italiana
Lasagna /Pasta in Italian style

Bacaladilla enharinada casera con verduras
Pan-fried whiting with vegetables

Fruta ECO
Organic fruit

KCal 889,633 Prot 45,465g Ca 274,113mg Fe 7,497mg
HdC 140,591g Lip 34,547g VitA 2,924mg VitB12 3,168mg

CENA/DINNER:
Chips de boniato al horno/Carne blanca/Fruta
Roasted sweet potato chips/White meat/Fruit

27 **Ensalada fresca ecológica**
Fresh organic salad

Crema de puerros y zanahoria
Leek and carrot soup

Pizza casera
Homemade pizza

Yogur Artesano
Artisan Yogurt

KCal 850,135 Prot 31,141g Ca 409,838mg Fe 3,953mg
HdC 100,787g Lip 35,935g VitA 4,077mg VitB12 0,500mg

CENA/DINNER:
Coliflor con patata/Carne blanca magra/Fruta
Cauliflower with potato/Lean white meat/Fruit

30 **Lechuga, tomate, aceitunas, pimiento y zanahoria**
Lettuce, tomato, olives, pepper and carrot

Sopa de cocido
Noodle soup

Pavo al curry con patatas
Turkey curry with chips

Fruta
Fruit

KCal 879,211 Prot 49,669g Ca 144,155mg Fe 7,789mg
HdC 92,512g Lip 41,150g VitA 1,655mg VitB12 1,310mg

CENA/DINNER:
Wok de verduras/Gambas salteadas con setas/Fruta
Vegetables wok/Sauteed prawns with mushrooms/Fruit

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CENA/DINNER:

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CENA/DINNER:

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CENA/DINNER:

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Ham and cheese quesadilla

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Valencian yogurt

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CENA/DINNER:
Espárragos con jamón/Carne blanca magra/Fruta
Asparagus with cured ham /Lean white meat/Fruit

CENA/DINNER:
Quinoa con especias/Tortilla de calabacín con
Spicy quinoa/Zucchini omelette with avocado/Fruit

CENA/DINNER:
Judías verdes salteadas/Tostada de tomate, queso
Sautéed green beans/Toast with tomato, cheese and

CENA/DINNER:
Guisantes con cebolla y jamón/Carne de ave/Fruta
Peas with ham and onion/Poultry/Fruit

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Salad with fruit

Caracolas a los 4 quesos
4 cheese pasta

Bacalao a la vizcaína
Codfish in Biscayne sauce

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Fruit

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Escalivada/Croquetas caseras de legumbres/Fruta
Escalivada/Homemade legumes croquettes/Fruit

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Watermelon Gazpacho

Crema de verduras de temporada
Vegetable soup

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Hamburger with salad

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Fruit

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Vegetables crepe/Blue fish/Fruit

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Fresh organic salad

Sopa de cocido y fideos
Soup with noodles

Pollo al horno (Infantil: Pollo deshuesado) con patatas
Baked chicken (Children: Boneless chicken) with chips

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Fruit

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CENA/DINNER:
Espinacas con pasas y piñones/Nuggets de Pavo
Spinach with raisins and pine nuts/Turkey Nuggets

19 **Ensalada fresca ecológica**
Fresh organic salad

Alubias blancas con verduras
White beans with vegetables

Tortilla de patata con croquetas
Spanish omelette with croquettes

Fruta ECO
Organic fruit

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CENA/DINNER:
Mazorca de maíz con sal/Revuelto de brócoli con
Corn of the cob with salt/Scrambled eggs with broccoli and

20 **DÍA MUNDIAL DE LA PAELLA Tosta de hummus de garbanzos**
PAELLA WORLD DAY Chickpea hummus toast

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

Calamares a la andaluza con mayonesa
Calamari " a la andaluza" with mayonnaise

Lácteo
Dairy

KCal 988,032 Prot 48,174g Ca 325,560mg Fe 5,905mg
HdC 109,134g Lip 38,474g VitA 0,214mg VitB12 7,128mg

CENA/DINNER:
Champiñones gratinados/Salmón al papillote/Fruta
Mushroom au graten/SBaked salmon/Fruit

23 **Lechuga, tomate, maíz, pimiento, zanahoria, queso**
Lettuce, tomato, corn, pepper, carrot, cheese

Lentejas con verduras y manzana
Lentils with vegetables and apple

Pinchos morunos con brócoli
Pork kebabs with broccoli

Fruta
Fruit

KCal 872,598 Prot 55,471g Ca 269,747mg Fe 10,822mg
HdC 100,051g Lip 28,603g VitA 1,918mg VitB12 4,042mg

CENA/DINNER:
Patatas al gratén/Revuelto de verduras/Fruta
Potatoes au graten/Scrambled eggs with vegetables/Fruit

24 **Lechuga, tomate, aceitunas, zanahoria**
Lettuce, tomato, olives, carrot

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

Salmón a la plancha con salteado thai
Grilled salmon with stir fried vegetables

Fruta
Fruit

KCal 828,754 Prot 29,277g Ca 99,569mg Fe 4,767mg
HdC 106,432g Lip 32,086g VitA 1,381mg VitB12 4,949mg

CENA/DINNER:
Hervido de verduras/Tortilla de jamón york/Fruta
Boiled vegetables/Omelette with cured ham/Fruit

25 **Lechuga, tomate, aceitunas, maíz, zanahoria**
Lettuce, tomato, olives, corn, carrot

Garbanzos con verduras
Chickpeas with vegetables

Alitas de pollo BBQ (Infantil: contramuslo deshuesado) con patatas
BBQ chicken wings (Children: boneless thigh) with chips

Fruta
Fruit

KCal 804,907 Prot 38,097g Ca 201,457mg Fe 8,811mg
HdC 98,503g Lip 29,220g VitA 1,878mg VitB12 0,000mg

CENA/DINNER:
Habas rehogadas con ajos tiernos /Hamburguesa de
Sautéed broad beans sautéed with garlic sprouts/Hake burgers/Fruit

26 **Ensalada fresca ecológica**
Fresh organic salad

Lasaña casera/Inf pasta italiana
Lasagna /Pasta in Italian style

Bacaladilla enharinada casera con verduras
Pan-fried whiting with vegetables

Fruta ECO
Organic fruit

KCal 889,633 Prot 45,465g Ca 274,113mg Fe 7,497mg
HdC 140,591g Lip 34,547g VitA 2,924mg VitB12 3,168mg

CENA/DINNER:
Chips de boniato al horno/Carne blanca/Fruta
Roasted sweet potato chips/White meat/Fruit

27 **Ensalada fresca ecológica**
Fresh organic salad

Crema de puerros y zanahoria
Leek and carrot soup

Pizza casera
Homemade pizza

Yogur Artesano
Artisan Yogurt

KCal 850,135 Prot 31,141g Ca 409,838mg Fe 3,953mg
HdC 100,787g Lip 35,935g VitA 4,077mg VitB12 0,500mg

CENA/DINNER:
Coliflor con patata/Carne blanca magra/Fruta
Cauliflower with potato/Lean white meat/Fruit

30 **Lechuga, tomate, aceitunas, pimiento y zanahoria**
Lettuce, tomato, olives, pepper and carrot

Sopa de cocido
Noodle soup

Pavo al curry con patatas
Turkey curry with chips

Fruta
Fruit

KCal 879,211 Prot 49,669g Ca 144,155mg Fe 7,789mg
HdC 92,512g Lip 41,150g VitA 1,655mg VitB12 1,310mg

CENA/DINNER:
Wok de verduras/Gambas salteadas con setas/Fruta
Vegetables wok/Sauteed prawns with mushrooms/Fruit

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CENA/DINNER:

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CENA/DINNER:

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CENA/DINNER:

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CENA/DINNER:

SECONDARY
SEGUNDA OPCIÓN/SECOND OPTION

SEASONAL FRUITS: Banana, Pineapple, Melon, Watermelon, Apple

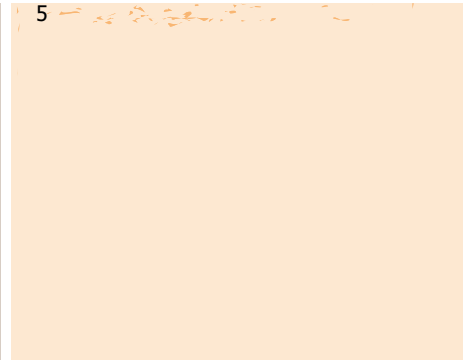
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CENA/DINNER:

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9 Lechuga, tomate, aceitunas, zanahoria
Lettuce, tomato, olives, carrot

Espinacas a la crema
Creamed spinach

Bacalao a la plancha
Grilled codfish

Fruta
Fruit

KCal 266,214 Prot 2,663g Ca 82,378mg Fe 2,876mg
HdC 49,635g Lip 6,523g VitA 1,155mg VitB12 0,000mg

10 Ensalada fresca ecológica
Fresh organic salad

Ensalada César
Caesar salad

Atún teriyaki
Teriyaki tuna

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

11 Lechuga, tomate, cebolla, pepino, zanahoria
Lettuce, tomato, onion, cucumber, carrot

Guisantes con jamón serrano
Sautéed peas with ham and onion

Longanizas
Sausages

Fruta
Fruit

KCal 185,646 Prot 2,353g Ca 57,338mg Fe 2,021mg
HdC 37,183g Lip 3,240g VitA 1,130mg VitB12 0,000mg

12 Ensalada fresca ecológica
Fresh organic salad

Tomate al horno
Baked tomato

Boquerones en tempura
Tempura anchovies

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

13 Lechuga, tomate, aceitunas, maíz, zanahoria
Lettuce, tomato, olives, corn, carrot

Espinacas al gratén
Spinach au graten

Revuelto de ajos tiernos
Scrambled eggs with garlic sprouts

Yogur valenciano
Valencian yogurt

KCal 238,672 Prot 10,189g Ca 356,318mg Fe 1,203mg
HdC 19,818g Lip 12,244g VitA 1,176mg VitB12 1,000mg

CENA/DINNER:
Berenjena rellena de verduras/Pescado al limón/Fruta
Stuffed aubergine with vegetables/Grilled fish with lemon/Fruit

CENA/DINNER:
Espárragos con jamón/Carne blanca magra/Fruta
Asparagus with ham /Lean white meat/Fruit

CENA/DINNER:
Quinoa con especias/Tortilla de calabacín con aguacate
Spicy quinoa/Zucchini omelette with avocado/Fruit

CENA/DINNER:
Judías verdes salteadas/Tostada de tomate, queso
Sautéed green beans/Toast with tomato, cheese and

CENA/DINNER:
Guisantes con cebolla y jamón/Carne de ave/Fruta
Peas with ham and onion/Poultry/Fruit

16 Ensalada con fruta
Fruit salad

Wok de verduras
Stir fried wok vegetables

Costillas BBQ
BBQ ribs

Fruta
Fruit

KCal 259,000 Prot 3,290g Ca 111,280mg Fe 2,547mg
HdC 53,676g Lip 3,599g VitA 0,234mg VitB12 0,000mg

CENA/DINNER:
Escalivada/Croquetas caseras de legumbres/Fruta
Escalivada/Homemade vegetable croquettes/Fruit

17 Gazpacho de sandía
Watermelon Gazpacho

Ensalada campera (patata, vegetales y atún)
Salad with potatoes, vegetables and tuna

Salmón a la plancha
Grilled salmon

Fruta
Fruit

KCal 295,328 Prot 3,420g Ca 44,200mg Fe 2,402mg
HdC 45,032g Lip 11,625g VitA 0,744mg VitB12 0,000mg

CENA/DINNER:
Crepe de verduras/Pescado azul/Fruta
Vegetable crepe/Blue fish/Fruit

18 Ensalada fresca ecológica
Fresh organic salad

Judías verdes con jamón
Green beans with cured ham

Gallo San Pedro a la plancha
Grilled John Dory fish

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:
Espinacas con pasas y piñones/Nuggets de Pavo
Spinach with raisins and pine nuts/Turkey Nuggets

19 Ensalada fresca ecológica
Fresh organic salad

Arroz oriental
Asian rice

Hamburguesa vegetal
Veggie burger

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:
Mazorca de maíz con sal/Revuelto de brócoli con
Corn of the cob with salt/Scrambled eggs with broccoli and

20 DÍA MUNDIAL DE LA PAELLA Tosta de hummus de garbanzos
PAELLA WORLD DAY Chickpea hummus toast

Hervido de verduras
Boiled vegetables

Tosta de esgarraet
"Esgarraet" toast

Lácteo
Dairy

KCal 555,777 Prot 24,326g Ca 417,868mg Fe 5,049mg
HdC 76,638g Lip 14,806g VitA 0,121mg VitB12 1,000mg

CENA/DINNER:
Champiñones gratinados/Salmón al papillote/Fruta
Mushroom au graten/Bared salmon/Fruit

23 Lechuga, tomate, maíz, pimiento, zanahoria, queso
Lettuce, tomato, corn, pepper, carrot, cheese

Ensalada de quinoa
Quinoa salad

All i pebre de rape (con patata)
'All i pebre' monkfish (with potato)

Fruta
Fruit

KCal 252,724 Prot 7,716g Ca 211,810mg Fe 2,073mg
HdC 36,378g Lip 8,676g VitA 1,801mg VitB12 0,285mg

CENA/DINNER:
Patatas al gratén/Revuelto de verduras/Fruta
Potatoes au graten/Scrambled eggs with vegetables/Fruit

24 Lechuga, tomate, aceitunas, zanahoria
Lettuce, tomato, olives, carrot

Wok de verduras
Vegetable wok

Longanizas
Sausages

Fruta
Fruit

KCal 266,214 Prot 2,663g Ca 82,378mg Fe 2,876mg
HdC 49,635g Lip 6,523g VitA 1,155mg VitB12 0,000mg

CENA/DINNER:
Hervido de verduras/Tortilla de jamón york/Fruta
Boiled vegetables/Omelette with cured ham/Fruit

25 Lechuga, tomate, aceitunas, maíz, zanahoria
Lettuce, tomato, olives, corn, carrot

Escalibada
Escalibada

Fajita vegetal
Vegetable fajita

Fruta
Fruit

KCal 214,712 Prot 2,445g Ca 66,438mg Fe 2,211mg
HdC 40,058g Lip 5,126g VitA 1,151mg VitB12 0,000mg

CENA/DINNER:
Habas rehogadas con ajos tiernos /Hamburguesa de
Sauted beans sautéed with garlic sprouts/Hake burgers/Fruit

26 Ensalada fresca ecológica
Fresh organic salad

Macarrones a la italiana
Pasta in Italian style

Tortilla de jamón york
Ham omelette

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:
Chips de boniato al horno/Carne blanca/Fruta
Roasted sweet potato chips/White meat/Fruit

27 Ensalada fresca ecológica
Fresh organic salad

Bacon cheese fries
Bacon cheese fries

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:
Coliflor con patata/Carne blanca magra/Fruta
Cauliflower with potato/Lean white meat/Fruit

30 Lechuga, tomate, aceitunas, pimiento y zanahoria
Lettuce, tomato, olives, pepper and carrot

Coliflor al gratén
Cauliflower au graten

Revuelto de gambas y setas
Scrambled eggs with shrimp and mushrooms

Fruta
Fruit

KCal 206,840 Prot 2,503g Ca 69,702mg Fe 2,281mg
HdC 38,079g Lip 5,130g VitA 1,391mg VitB12 0,000mg

CENA/DINNER:
Wok de verduras/Gambas salteadas con setas/Fruta
Vegetables wok/Sauteed prawns with mushrooms/Fruit

31 Lechuga, tomate, aceitunas, pimiento y zanahoria
Lettuce, tomato, olives, pepper and carrot

Wok de verduras
Vegetable wok

Longanizas
Sausages

Fruta
Fruit

KCal 266,214 Prot 2,663g Ca 82,378mg Fe 2,876mg
HdC 49,635g Lip 6,523g VitA 1,155mg VitB12 0,000mg

CENA/DINNER:
Hervido de verduras/Tortilla de jamón york/Fruta
Boiled vegetables/Omelette with cured ham/Fruit

32 Ensalada fresca ecológica
Fresh organic salad

Judías verdes con jamón
Green beans with cured ham

Gallo San Pedro a la plancha
Grilled John Dory fish

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:
Espinacas con pasas y piñones/Nuggets de Pavo
Spinach with raisins and pine nuts/Turkey Nuggets

33 Ensalada fresca ecológica
Fresh organic salad

Arroz oriental
Asian rice

Hamburguesa vegetal
Veggie burger

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:
Mazorca de maíz con sal/Revuelto de brócoli con
Corn of the cob with salt/Scrambled eggs with broccoli and

34 Ensalada fresca ecológica
Fresh organic salad

Bacon cheese fries
Bacon cheese fries

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:
Coliflor con patata/Carne blanca magra/Fruta
Cauliflower with potato/Lean white meat/Fruit

MERIENDAS BRITISH COLLEGE					
	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
Sem 02-06 Sep					
Sem 09-13 Sep	Zumo y galletas	Bocadillo de jamón	Fruta	Bocadillo de queso	Fruta
Sem 16-20 Sep	Bocadillo de jamón york	Fruta	Bocadillo de fiambre	Fruta	Zumo y galletas
Sem 23-27 Sep	Fruta	Bocadillo de pavo	Fruta	Bocadillo de queso	Fruta
30-sep	Bocadillo de pavo				

