

SEASONAL FRUITS: Pear, Apple, Banana, Kiwi, Persimmon

MONDAY / LUNES

TUESDAY / MARTES

WEDNESDAY / MIÉRCOLES

THURSDAY / JUEVES

FRIDAY / VIERNES

1 Ensalada de verduras de temporada

Seasonal vegetable salad

Arroz de otoño (secreto, setas y calabaza)
Autumn rice (mushrooms and pumpkin)

Huevos al gratén
Eggs au graten

Fruta
Fruit

KCal 789,955 Prot 41,747g Ca 235,104mg Fe 6,754mg
HdC 74,075g Lip 36,428g VitA 1,893mg VitB12 3,583mg

CENA/DINNER:

Judías verdes salteadas/Tosta de hummus/Fruta
Sautéed green beans/Hummus toast/Fruit

2 Ensalada fresca ecológica

Fresh organic salad

Garbanzos con verduras
Chickpeas with vegetables

Lomo de cerdo a la plancha con cous cous
Pork loin with cous cous

Fruta
Fruit

KCal 770,780 Prot 32,853g Ca 209,845mg Fe 10,036mg
HdC 111,959g Lip 35,485g VitA 3,110mg VitB12 1,656mg

CENA/DINNER:

Salteado de calabacín, zanahoria y quinoa/Pescado al
Quinoa with sautéed zucchini and carrots/Grilled fish with

3 Ensalada de verduras de temporada

Seasonal vegetable salad

Lasaña casera (Infantil: Pasta boloñesa)
Homemade lasagna (Children: Bolognese pasta)

Boquerones en tempura con salteado thai
Pan-fried anchovies with stir fried vegetables

Fruta
Fruit

KCal 791,251 Prot 48,118g Ca 260,757mg Fe 7,499mg
HdC 121,859g Lip 30,432g VitA 2,159mg VitB12 21,324mg

CENA/DINNER:

Sopa minestrone/Revuelto de guisantes con
Minestrone soup/Scrambled eggs with peas and ham/Fruit

4 Ensalada fresca ecológica

Fresh organic salad

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

Hamburguesa (con pan y queso)
Hamburger (with bread and cheese)

Lácteo
Dairy

KCal 775,314 Prot 35,016g Ca 396,798mg Fe 8,173mg
HdC 113,005g Lip 20,151g VitA 2,735mg VitB12 0,633mg

CENA/DINNER:

Hervido valenciano/Curry de pollo y zanahoria/Fruta
Boiled vegetables/Chicken and carrot curry/Fruit

7 Ensalada de verduras de temporada

Seasonal vegetable salad

Espaguetis integrales a la napolitana con queso
Whole grain Neapolitan style spaghetti with cheese

Tortilla paisana con tomate
Vegetable omelette with tomato

Fruta
Fruit

KCal 824,270 Prot 30,102g Ca 454,255mg Fe 7,475mg
HdC 93,637g Lip 36,662g VitA 3,252mg VitB12 1,325mg

CENA/DINNER:

Calabacín a la plancha /Carne de ave/Fruta
Grilled zucchini/Poultry meat/Fruit

8 Ensalada fresca ecológica

Fresh organic salad

Sopa de ave con verduras ecológicas
Poultry soup with organic vegetables

Pollo rustido con patatas
Roasted chicken with chips

Fruta
Fruit

KCal 774,769 Prot 40,793g Ca 125,130mg Fe 5,625mg
HdC 100,609g Lip 34,046g VitA 2,847mg VitB12 13,785mg

CENA/DINNER:

Champiñones gratinados/Pescado azul/Fruta
Mushroom au graten/Blue fish/Fruit

9 Festivo

Holiday

CENA/DINNER:

10 Festivo

Holiday

CENA/DINNER:

11 Festivo

Holiday

CENA/DINNER:

14 **Ensalada de verduras de temporada**

Seasonal vegetable salad

Vichyssoise de puerro

Leek vichyssoise

Embutido valenciano con "samfaina"

Sausage with "samfaina"

Fruta

Fruit

KCal 890,259 Prot 19,053g Ca 138,247mg Fe 6,408mg
HdC 75,503g Lip 57,517g VitA 0,729mg VitB12 0,555mg

CENA/DINNER:
Tabulé de couscous/Pescado al limón/Fruta
Cous cous tabuleh/Grilled fish with lemon/Fruit

15 **Ensalada fresca ecológica**

Fresh organic salad

Fabada vegetal P/ECO

Vegetable "fabada" P/ECO

Tortilla de patata con pan, tomate y jamón

Spanish omelette with bread, tomato and cured ham

Fruta ECO

Organic fruit

KCal 867,505 Prot 31,651g Ca 215,287mg Fe 10,155mg
HdC 127,632g Lip 26,686g VitA 2,882mg VitB12 1,274mg

CENA/DINNER:
Crema de puerros/Fajita casera/Fruta
Leek soup/Homemade fajita/Fruit

16 **Ensalada con fruta**

Salad with fruit

Caracolas a la italiana

Pasta in Italian style

Salmón al horno con judías verdes

Grilled salmon with green beans

Fruta

Fruit

KCal 712,193 Prot 30,919g Ca 193,733mg Fe 5,317mg
HdC 106,158g Lip 32,342g VitA 0,717mg VitB12 4,500mg

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

17 **Ensalada fresca ecológica**

Fresh organic salad

Arroz del senyoret

"Senyoret" rice

Croquetas de cocido

Croquettes

Fruta

Fruit

KCal 606,027 Prot 19,581g Ca 138,444mg Fe 3,639mg
HdC 96,024g Lip 16,727g VitA 1,999mg VitB12 0,291mg

CENA/DINNER:
Cebolleta y pimiento rojo plancha/Pescado al
Grilled onion tender and red pepper/Steamed fish/Fruit

18 **Ensalada de verduras de temporada**

Seasonal vegetable salad

Lentejas a la riojana

Lentils with vegetables

Pizza casera

Homemade pizza

Lácteo

Dairy

KCal 819,854 Prot 41,007g Ca 397,730mg Fe 5,900mg
HdC 85,635g Lip 34,175g VitA 1,427mg VitB12 0,694mg

CENA/DINNER:
Verduritas estofadas con pollo/Huevos al plato/Fruta
Stewed vegetables with chicken/Fried eggs/Fruit

21 **Ensalada con fruta**

Salad with fruit

Macarrones integrales genovesa (champiñón, bacon, tomate)

Whole grain pasta with mushrooms, bacon and tomato

Bacalao lactonesa con zanahoria al vapor

Baked cod with carrot

Fruta

Fruit

KCal 796,474 Prot 28,887g Ca 226,054mg Fe 6,732mg
HdC 109,657g Lip 27,361g VitA 0,840mg VitB12 3,465mg

CENA/DINNER:
Menestra salteada/Tortilla de cebolla/Fruta
Sautéed vegetable stew/Onion omelette/Fruit

22 **Ensalada de verduras de temporada**

Seasonal vegetable salad

Crema de verduras de temporada

Vegetablesoup

Goulash de magro con arroz pilaf

Pork goulash with pilaf rice

Fruta

Fruit

KCal 717,964 Prot 28,081g Ca 127,142mg Fe 5,338mg
HdC 82,329g Lip 31,198g VitA 1,691mg VitB12 2,700mg

CENA/DINNER:
Mazorca de maíz con sal/Pescado azul/Fruta
Corn on the cob with salt/Blue fish/Fruit

23 **Ensalada fresca ecológica**

Fresh organic salad

Sopa de cocido

Noodle soup

Pollo al horno (Infantil: Pollo deshuesado) con patatas asadas

Baked chicken (Children: Boneless chicken) with Tex-Mex roasted potatoes (Children:

Fruta

Fruit

KCal 712,865 Prot 50,936g Ca 169,254mg Fe 7,781mg
HdC 72,040g Lip 29,730g VitA 2,628mg VitB12 13,200mg

CENA/DINNER:
Judías verdes salteadas/Pescado blanco /Fruta
Sautéed green beans/Whitefish/Fruit

24 **Ensalada de verduras de temporada**

Seasonal vegetable salad

Lentejas pardinas estofadas P/ECO

Stewed lentils (BIO)

Tortilla de atún con queso

Tuna omelette with cheese

Fruta

Fruit

KCal 810,881 Prot 47,352g Ca 379,178mg Fe 9,820mg
HdC 73,089g Lip 36,688g VitA 2,037mg VitB12 2,175mg

CENA/DINNER:
Crema de berenjena y queso crema/Carne magra de
Eggplant and cheese cream/Lean pork/Fruit

25 **Ensalada fresca ecológica**

Fresh organic salad

Paella valenciana con pollo de campo

Valencian paella with free-range chicken

Calamares andaluza (rebozado casero) con salsa tártara

Calamari "a la andaluza" (homemade batter) with tartara sauce

Lácteo

Dairy

KCal 1010,213 Prot 44,214g Ca 337,353mg Fe 5,074mg
HdC 84,288g Lip 54,402g VitA 1,859mg VitB12 7,412mg

CENA/DINNER:
Cebolleta y pimiento rojo plancha/Lasaña de
Grilled onion tender and red pepper/Zucchini lasagna/Fruit

28 **Ensalada con fruta**

Salad with fruit

Crema de calabaza y boniato asado P/ECO con tostones

Pumpkin and sweet potato soup (BIO) P/ECO with croutons

Gallineta al horno

Baked redfish

Fruta

Fruit

KCal 730,301 Prot 27,931g Ca 255,191mg Fe 5,110mg
HdC 114,650g Lip 17,709g VitA 0,630mg VitB12 0,765mg

CENA/DINNER:
Tomate con atún, huevo duro y olivas/Revuelto de ajos
Tomato with tuna, boiled egg and olives/Scrambled eggs with

29 **Ensalada fresca ecológica**

Fresh organic salad

Potaje de garbanzos con espinacas

Chickpea stew with spinach

Alitas de pollo con patatas

Chicken wings with chips

Fruta

Fruit

KCal 796,037 Prot 39,285g Ca 226,104mg Fe 9,977mg
HdC 99,026g Lip 27,650g VitA 2,147mg VitB12 0,000mg

CENA/DINNER:
Verduras salteadas con arroz/Pescado blanco /Fruta
Sautéed vegetables with rice/Whitefish/Fruit

30 **Hummus de garbanzos con nachos**

Chickpea hummus with nachos

Espaguetis al pomodoro

Spaghetti in "pomodoro" sauce

Tortilla de patata y calabacín con ensalada

Zucchini and Potato Omelette with fresh vegetable salad

Fruta ECO

Organic fruit

KCal 836,123 Prot 48,488g Ca 214,856mg Fe 13,821mg
HdC 152,949g Lip 28,150g VitA 2,006mg VitB12 0,898mg

CENA/DINNER:
Couscous con calabacín y cebolla/Carne blanca/Fruta
Couscous with zucchini and onion/White meat/Fruit

31 **HALLOWEEN Tosta de Frankenstein (Tosta de guacamole)**

HALLOWEEN Frankenstein toast (guacamole toast)

Arroz negro

Black rice

Carne de zombi con sangre (Escalope con tomate)

Zombie meat with blood (Pork scaloppini with tomato)

Ataúd de chocolate

Chocolate coffin

KCal 976,721 Prot 31,230g Ca 125,029mg Fe 5,671mg
HdC 122,467g Lip 49,770g VitA 0,256mg VitB12 1,961mg

CENA/DINNER:
Tajin de Verduras/Pescado al papillote/Fruta
Vegetables Tagine/Steamed fish/Fruit

Fruta

Fruit

CENA/DINNER:

SEASONAL FRUITS: Pear, Apple, Banana, Kiwi, Persimmon

MONDAY / LUNES

TUESDAY / MARTES

WEDNESDAY / MIÉRCOLES

THURSDAY / JUEVES

FRIDAY / VIERNES

1 Ensalada de verduras de temporada
Seasonal vegetable salad

Arroz de otoño (secreto, setas y calabaza)
Autumn rice (mushrooms and pumpkin)

Huevos al gratén
Eggs au graten

Fruta
Fruit

KCal 789,955 Prot 41,747g Ca 235,104mg Fe 6,754mg
HdC 74,075g Lip 36,428g VitA 1,893mg VitB12 3,583mg

CENA/DINNER:
Judías verdes salteadas/Tosta de hummus/Fruta
Sautéed green beans/Hummus toast/Fruit

2 Ensalada fresca ecológica
Fresh organic salad

Garbanzos con verduras
Chickpeas with vegetables

Lomo de cerdo a la plancha con cous cous
Pork loin with cous cous

Fruta
Fruit

KCal 770,780 Prot 32,853g Ca 209,845mg Fe 10,036mg
HdC 111,959g Lip 35,485g VitA 3,110mg VitB12 1,656mg

CENA/DINNER:
Salteado de calabacín, zanahoria y quinoa/Pescado al
Quinoa with sautéed zucchini and carrots/Grilled fish with

3 Ensalada de verduras de temporada
Seasonal vegetable salad

Lasaña casera (Infantil: Pasta boloñesa)
Homemade lasagna (Children: Bolognese pasta)

Boquerones en tempura con salteado thai
Pan-fried anchovies with stir fried vegetables

Fruta
Fruit

KCal 791,251 Prot 48,118g Ca 260,757mg Fe 7,499mg
HdC 121,859g Lip 30,432g VitA 2,159mg VitB12 21,324mg

CENA/DINNER:
Sopa minestrone/Revuelto de guisantes con
Minestrone soup/Scrambled eggs with peas and ham/Fruit

4 Ensalada fresca ecológica
Fresh organic salad

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

Hamburguesa (con pan y queso)
Hamburger (with bread and cheese)

Lácteo
Dairy

KCal 775,314 Prot 35,016g Ca 396,798mg Fe 8,173mg
HdC 113,005g Lip 20,151g VitA 2,735mg VitB12 0,633mg

CENA/DINNER:
Hervido valenciano/Curry de pollo y zanahoria/Fruta
Boiled vegetables/Chicken and carrot curry/Fruit

7 Ensalada de verduras de temporada
Seasonal vegetable salad

Espaguetis integrales a la napolitana con queso
Whole grain Neapolitan style spaghetti with cheese

Tortilla paisana con tomate
Vegetable omelette with tomato

Fruta
Fruit

KCal 824,270 Prot 30,102g Ca 454,255mg Fe 7,475mg
HdC 93,637g Lip 36,662g VitA 3,252mg VitB12 1,325mg

CENA/DINNER:
Calabacín a la plancha /Carne de ave/Fruta
Grilled zucchini/Poultry meat/Fruit

8 Ensalada fresca ecológica
Fresh organic salad

Sopa de ave con verduras ecológicas
Poultry soup with organic vegetables

Pollo rustido con patatas
Roasted chicken with chips

Fruta
Fruit

KCal 774,769 Prot 40,793g Ca 125,130mg Fe 5,625mg
HdC 100,609g Lip 34,046g VitA 2,847mg VitB12 13,785mg

CENA/DINNER:
Champiñones gratinados/Pescado azul/Fruta
Mushroom au graten/Blue fish/Fruit

9 Festivo
Holiday

Fruta
Fruit

KCal 774,769 Prot 40,793g Ca 125,130mg Fe 5,625mg
HdC 100,609g Lip 34,046g VitA 2,847mg VitB12 13,785mg

CENA/DINNER:
Champiñones gratinados/Pescado azul/Fruta
Mushroom au graten/Blue fish/Fruit

10 Festivo
Holiday

Fruta
Fruit

KCal 774,769 Prot 40,793g Ca 125,130mg Fe 5,625mg
HdC 100,609g Lip 34,046g VitA 2,847mg VitB12 13,785mg

CENA/DINNER:
Champiñones gratinados/Pescado azul/Fruta
Mushroom au graten/Blue fish/Fruit

11 Festivo
Holiday

Fruta
Fruit

KCal 774,769 Prot 40,793g Ca 125,130mg Fe 5,625mg
HdC 100,609g Lip 34,046g VitA 2,847mg VitB12 13,785mg

CENA/DINNER:
Champiñones gratinados/Pescado azul/Fruta
Mushroom au graten/Blue fish/Fruit

14 **Ensalada de verduras de temporada**

Seasonal vegetable salad

Vichyssoise de puerro

Leek vichyssoise

Embutido valenciano con "samfaina"

Sausage with "samfaina"

Fruta

Fruit

KCal 890,259 Prot 19,053g Ca 138,247mg Fe 6,408mg
HdC 75,503g Lip 57,517g VitA 0,729mg VitB12 0,555mg

CENA/DINNER:
Tabulé de couscous/Pescado al limón/Fruta
Cous cous tabuleh/Grilled fish with lemon/Fruit

15 **Ensalada fresca ecológica**

Fresh organic salad

Fabada vegetal P/ECO

Vegetable "fabada" P/ECO

Tortilla de patata con pan, tomate y jamón

Spanish omelette with bread, tomato and cured ham

Fruta ECO

Organic fruit

KCal 867,505 Prot 31,651g Ca 215,287mg Fe 10,155mg
HdC 127,632g Lip 26,686g VitA 2,882mg VitB12 1,274mg

CENA/DINNER:
Crema de puerros/Fajita casera/Fruta
Leek soup/Homemade fajita/Fruit

16 **Ensalada con fruta**

Salad with fruit

Caracolas a la italiana

Pasta in Italian style

Salmón al horno con judías verdes

Grilled salmon with green beans

Fruta

Fruit

KCal 712,193 Prot 30,919g Ca 193,733mg Fe 5,317mg
HdC 106,158g Lip 32,342g VitA 0,717mg VitB12 4,500mg

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

17 **Ensalada fresca ecológica**

Fresh organic salad

Arroz del senyoret

"Señoret" rice

Croquetas de cocido

Croquettes

Fruta

Fruit

KCal 606,027 Prot 19,581g Ca 138,444mg Fe 3,639mg
HdC 96,024g Lip 16,727g VitA 1,999mg VitB12 0,291mg

CENA/DINNER:
Cebolleta y pimiento rojo plancha/Pescado al
Grilled onion tender and red pepper/Steamed fish/Fruit

18 **Ensalada de verduras de temporada**

Seasonal vegetable salad

Lentejas a la riojana

Lentils with vegetables

Pizza casera

Homemade pizza

Lácteo

Dairy

KCal 819,854 Prot 41,007g Ca 397,730mg Fe 5,900mg
HdC 85,635g Lip 34,175g VitA 1,427mg VitB12 0,694mg

CENA/DINNER:
Verduras estofadas con pollo/Huevos al plato/Fruta
Stewed vegetables with chicken/Fried eggs/Fruit

21 **Ensalada con fruta**

Salad with fruit

Macarrones integrales genovesa (champiñón, bacon, tomate)

Whole grain pasta with mushrooms, bacon and tomato

Bacalao lactonesa con zanahoria al vapor

Baked cod with carrot

Fruta

Fruit

KCal 796,474 Prot 28,887g Ca 226,054mg Fe 6,732mg
HdC 109,657g Lip 27,361g VitA 0,840mg VitB12 3,465mg

CENA/DINNER:
Menestra salteada/Tortilla de cebolla/Fruta
Sautéed vegetable stew/Onion omelette/Fruit

22 **Ensalada de verduras de temporada**

Seasonal vegetable salad

Crema de verduras de temporada

Vegetablesoup

Goulash de magro con arroz pilaf

Pork goulash with pilaf rice

Fruta

Fruit

KCal 717,964 Prot 28,081g Ca 127,142mg Fe 5,338mg
HdC 82,329g Lip 31,198g VitA 1,691mg VitB12 2,700mg

CENA/DINNER:
Mazorca de maíz con sal/Pescado azul/Fruta
Corn on the cob with salt/Blue fish/Fruit

23 **Ensalada fresca ecológica**

Fresh organic salad

Sopa de cocido

Noodle soup

Pollo al horno (Infantil: Pollo deshuesado) con patatas asadas

Baked chicken (Children: Boneless chicken) with Tex-Mex roasted potatoes (Children:

Fruta

Fruit

KCal 712,865 Prot 50,936g Ca 169,254mg Fe 7,781mg
HdC 72,040g Lip 29,730g VitA 2,628mg VitB12 13,200mg

CENA/DINNER:
Judías verdes salteadas/Pescado blanco /Fruta
Sautéed green beans/Whitefish/Fruit

24 **Ensalada de verduras de temporada**

Seasonal vegetable salad

Lentejas pardinas estofadas P/ECO

Stewed lentils (BIO)

Tortilla de atún con queso

Tuna omelette with cheese

Fruta

Fruit

KCal 810,881 Prot 47,352g Ca 379,178mg Fe 9,820mg
HdC 73,089g Lip 36,688g VitA 2,037mg VitB12 2,175mg

CENA/DINNER:
Crema de berenjena y queso crema/Carne magra de
Eggplant and cheese cream/Lean pork/Fruit

25 **Ensalada fresca ecológica**

Fresh organic salad

Paella valenciana con pollo de campo

Valencian paella with free-range chicken

Calamares andaluza (rebozado casero) con salsa tártara

Calamari "a la andaluza" (homemade batter) with tartara sauce

Lácteo

Dairy

KCal 1010,213 Prot 44,214g Ca 337,353mg Fe 5,074mg
HdC 84,288g Lip 54,402g VitA 1,859mg VitB12 7,412mg

CENA/DINNER:
Cebolleta y pimiento rojo plancha/Lasaña de
Grilled onion tender and red pepper/Zucchini lasagna/Fruit

28 **Ensalada con fruta**

Salad with fruit

Crema de calabaza y boniato asado P/ECO con tostones

Pumpkin and sweet potato soup (BIO) P/ECO with croutons

Gallineta al horno

Baked redfish

Fruta

Fruit

KCal 730,301 Prot 27,931g Ca 255,191mg Fe 5,110mg
HdC 114,650g Lip 17,709g VitA 0,630mg VitB12 0,765mg

CENA/DINNER:
Tomate con atún, huevo duro y olivas/Revuelto de ajos
Tomato with tuna, boiled egg and olives/Scrambled eggs with

29 **Ensalada fresca ecológica**

Fresh organic salad

Potaje de garbanzos con espinacas

Chickpea stew with spinach

Alitas de pollo con patatas

Chicken wings with chips

Fruta

Fruit

KCal 796,037 Prot 39,285g Ca 226,104mg Fe 9,977mg
HdC 99,026g Lip 27,650g VitA 2,147mg VitB12 0,000mg

CENA/DINNER:
Verduras salteadas con arroz/Pescado blanco /Fruta
Sautéed vegetables with rice/Whitefish/Fruit

30 **Hummus de garbanzos con nachos**

Chickpea hummus with nachos

Espaguetis al pomodoro

Spaghetti in "pomodoro" sauce

Tortilla de patata y calabacín con ensalada

Zucchini and Potato Omelette with fresh vegetable salad

Fruta ECO

Organic fruit

KCal 836,123 Prot 48,488g Ca 214,856mg Fe 13,821mg
HdC 152,949g Lip 28,150g VitA 2,006mg VitB12 0,898mg

CENA/DINNER:
Couscous con calabacín y cebolla/Carne blanca/Fruta
Couscous with zucchini and onion/White meat/Fruit

31 **HALLOWEEN Tosta de Frankenstein (Tosta de guacamole)**

HALLOWEEN Frankenstein toast (guacamole toast)

Arroz negro

Black rice

Carne de zombi con sangre (Escalope con tomate)

Zombie meat with blood (Pork scaloppini with tomato)

Ataúd de chocolate

Chocolate coffin

KCal 976,721 Prot 31,230g Ca 125,029mg Fe 5,671mg
HdC 122,467g Lip 49,770g VitA 0,256mg VitB12 1,961mg

CENA/DINNER:
Tajin de Verduras/Pescado al papillote/Fruta
Vegetables Tagine/Steamed fish/Fruit

Fruta

Fruit

CENA/DINNER:

SEASONAL FRUITS: Pear, Apple, Banana, Kiwi, Persimmon

MONDAY / LUNES

TUESDAY / MARTES

WEDNESDAY / MIÉRCOLES

THURSDAY / JUEVES

FRIDAY / VIERNES

1 Ensalada de verduras de temporada

Seasonal vegetable salad

Menestra de verduras

Stir fried vegetables

Merluza en salsa

Hake in sauce

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:

Judías verdes salteadas/Tosta de hummus/Fruta
Sautéed green beans/Hummus toast/Fruit

2 Ensalada fresca ecológica

Fresh organic salad

Espinacas salteadas

Sautéed spinach

Bacalao al pil pil

Cod in pil-pil sauce

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:

Salteado de calabacín, zanahoria y quinoa/Pescado al
Quinoa with sautéed zucchini and carrots/Grilled fish with

3 Ensalada de verduras de temporada

Seasonal vegetable salad

Caracolas a la boloñesa con tomate y queso

Pasta bolognese with tomato and cheese

Pechuga pollo a la crema

Creamy chicken breast

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 minestrone/Revuelto de guisantes con
Minestrone soup/Scrambled eggs with peas and ham/Fruit

4 Ensalada fresca ecológica

Fresh organic salad

Crema de calabacín

Zucchini soup

Revuelto de verduras

Scrambled eggs with vegetables

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:

Hervido valenciano/Curry de pollo y zanahoria/Fruta
Boiled vegetables/Chicken and carrot curry/Fruit

7 Ensalada de verduras de temporada

Seasonal vegetable salad

Judías salteadas

Sautéed beans

Albóndigas en salsa

Meatballs with rice

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 /Carne de ave/Fruta
Grilled zucchini/Poultry/Fruit

8 Ensalada fresca ecológica

Fresh organic salad

Coliflor al gratén

Cauliflower au graten

Bacalao confitado

Cod confit

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:

Champiñones gratinados/Pescado azul/Fruta
Mushroom au graten/Blue fish/Fruit

9

CENA/DINNER:

10

CENA/DINNER:

11

CENA/DINNER:

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

Ensalada campera
Salad with potatoes and vegetables

Bacalao gratinado (bacalao, queso crema)
Cod 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:
Tabulé de couscous/Pescado al limón/Fruta
Couscous tabuleh/Grilled fish with lemon/Fruit

15 **Ensalada fresca ecológica**
Fresh organic salad

Hervido de acelgas
Boiled swiss chard

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:
Crema de puerros/Fajita casera/Fruta
Leek cream/Homemade fajita/Fruit

16 **Ensalada con fruta**
Salad with fruit

Brócoli al vapor
Steamed broccoli

Lágrimas de pollo
Chicken nuggets delights

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

17 **Ensalada fresca ecológica**
Fresh organic salad

Alcachofas con jamón
Artichokes with cured ham

Gallo San Pedro
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:
Cebolleta y pimiento rojo plancha/Pescado al
Grilled onion tender and red pepper/Steamed fish/Fruit

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

Coliflor al graten
Gratin cauliflower

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:
Verduras estofadas con pollo/Huevos al plato/Fruta
Stewed vegetables with chicken/Fried eggs/Fruit

21 **Ensalada con fruta**
Salad with fruit

Menestra de verduras
Stir fried vegetables

Revuelto de jamón serrano y queso
Scrambled eggs with currede ham and cheese

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:
Menestra salteada/Tortilla de cebolla/Fruta
Sautéed vegetable stew/Onion omelet/Fruit

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

Hervido valenciano (patata, judías, zanahoria y cebolla)
Boiled vegetables

Merluza en salsa
Hake in sauce

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/Pescado azul/Fruta
Cob of corn with salt/Blue fish/Fruit

23 **Ensalada fresca ecológica**
Fresh organic salad

Judías verdes salteadas con jamón
Green beans with cured ham

Fritura de pescado variada
Fried 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:
Judías verdes salteadas/Pescado blanco /Fruta
Sautéed green beans/Whitefish/Fruit

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

Ensalada de quinoa
Quinoa salad

Ragout de ternera
Beef ragu

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 berenjena y queso crema/Carne magra de
Eggplant and cheese cream/Lean pork/Fruit

25 **Ensalada fresca ecológica**
Fresh organic salad

Guisantes salteados
Sauteed peas

Hamburguesa vegetal
Veggie burger

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:
Cebolleta y pimiento rojo plancha/Lasaña de
Grilled onion tender and red pepper/Zucchini lasagna/Fruit

28 **Ensalada con fruta**
Salad with fruit

Arroz tres delicias
Fried rice

Cordon blue (pavo y queso)
Cordon bleu (turkey and cheese)

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:
Tomate con atún, huevo duro y olivas/Revuelto de ajos
Tomato with tuna, boiled egg and olives/Scrambled eggs with

29 **Ensalada fresca ecológica**
Fresh organic salad

Tabulé de cous cous
Cous cous tabbouleh

Fajita vegetal
Veggie fajita

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:
Verduras salteadas con arroz/Pescado blanco /Fruta
Sautéed vegetables with rice/Whitefish/Fruit

30 **Hummus de garbanzos con nachos**
Chickpea hummus with nachos

Menestra de verduras
Stir fried vegetables

Boquerones en tempura
Floured anchovies

Fruta ECO
Organic fruit

KCal 672,512 Prot 48,594g Ca 107,296mg Fe 16,082mg
HdC 96,192g Lip 27,442g VitA 0,225mg VitB12 0,000mg

CENA/DINNER:
Couscous con calabacín y cebolla/Carne blanca/Fruta
Couscous with zucchini and onion/White meat/Fruit

31 **HALLOWEEN Tosta de Frankenstein (Tosta de guacamole)**
HALLOWEEN Frankenstein toast (guacamole toast)

Brócoli al vapor
Steamed broccoli

Bacalao al pil pil
Cod in pil-pil sauce

Ataúd de chocolate
Chocolate coffin

KCal 925,910 Prot 19,563g Ca 146,374mg Fe 4,909mg
HdC 122,944g Lip 40,941g VitA 0,244mg VitB12 0,898mg

CENA/DINNER:
Tajin de Verduras/Pescado al papillote/Fruta
Vegetables Tagine/Steamed fish/Fruit

CENA/DINNER:

MERIENDAS BRITISH COLLEGE

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
Sem 1 al 4 Oct		Fruta	Bocadillo de jamón	Fruta	Zumo y galletas
Sem 07-11 Oct	Fruta	Bocadillo de fiambre	FESTIVO	Bocadillo de pavo	Fruta
Sem 14-18 Oct	Bocadillo de jamón york	Fruta	Bocadillo de fiambre	Fruta	Zumo y galletas
Sem 21-25 Oct	Fruta	Bocadillo de queso	Fruta	Bocadillo de jamón	Fruta
Sem 28-31 Oct	Bocadillo de pavo	Fruta	Bocadillo de pavo	Zumo y galletas	