

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

MONDAY / LUNES

TUESDAY / MARTES

WEDNESDAY / MIÉRCOLES

THURSDAY / JUEVES

FRIDAY / VIERNES

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

Lentejas con verduras P/ECO
Lentils with vegetables

Albóndigas veganas con cous cous
Vegan meatballs with cous cous

Fruta
Fruit

KCal 763,399 Prot 30,761g Ca 164,300mg Fe 7,612mg
HdC 93,583g Lip 31,651g VitA 2,500mg VitB12 0,000mg

CENA/DINNER:
Brochetas de verduras/Carne blanca/Fruta
Vegetable skewers/White meat/Fruit

3 **Hummus de garbanzos**
Hummus chickpea

Arroz con sepia y coliflor
Rice with cuttlefish and cauliflower

Tortilla de queso con ensalada
Cheese omelette with fresh vegetable salad

Fruta
Fruit

KCal 746,263 Prot 33,239g Ca 469,678mg Fe 6,536mg
HdC 79,313g Lip 33,041g VitA 2,159mg VitB12 1,426mg

CENA/DINNER:
Judías verdes salteadas/Sandwich vegetal/Fruta
Sautéed green beans/Veggie sandwich/Fruit

4 **Ensalada fresca ecológica**
Fresh organic salad

Crema de zanahoria con leche de coco
Carrot soup with coconut milk

Pollo asado con manzana con patatas al horno
Roasted chicken with apple and baked potatoes

Fruta ECO
Organic fruit

KCal 795,354 Prot 33,422g Ca 99,304mg Fe 5,005mg
HdC 84,606g Lip 36,955g VitA 2,856mg VitB12 13,200mg

CENA/DINNER:
Escalivada/Pescado al limón/Fruta
Escalivada/Grilled fish with lemon/Fruit

5 **Ensalada fresca ecológica**
Fresh organic salad

Garbanzos con verduras y chorizo
Chickpeas with vegetables and "chorizo"

Estofado de magro con verduras y patatas
Pork stew with vegetables and chips

Lácteo
Dairy

KCal 1101,073 Prot 54,410g Ca 479,406mg Fe 13,940mg
HdC 123,592g Lip 42,977g VitA 3,294mg VitB12 3,045mg

CENA/DINNER:
Couscous con calabacín y cebolla/Huevos al
Cous cous with zucchini and onion/Fried eggs/Fruit

6

Festivo
Holiday

CENA/DINNER:

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

Macarrones con boloñesa vegetal casera
Macaroni with homemade vegetable bolognese

Bacaladilla enharinada con mazorca de maíz
Floured blue whiting with corn on the cob

Fruta
Fruit

KCal 867,854 Prot 34,160g Ca 133,110mg Fe 4,477mg
HdC 126,839g Lip 41,603g VitA 0,726mg VitB12 1,248mg

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

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

Alubias blancas estofadas
White beans stew

Escalope de lomo empanado con samfaina
Pork escalope breaded with" samfaina

Fruta
Fruit

KCal 844,614 Prot 40,525g Ca 214,538mg Fe 10,398mg
HdC 90,749g Lip 45,177g VitA 1,739mg VitB12 2,693mg

CENA/DINNER:
Crema de calabaza/Pescado azul/Fruta
Pumpkin soup/Blue fish/Fruit

11 **Ensalada fresca ecológica**
Fresh organic salad

Sopa de cocido con verduras ECO
Soup with vegetables ECO

Pollo al horno con verduras
Baked chicken with vegetables

Fruta
Fruit

KCal 582,319 Prot 37,420g Ca 160,119mg Fe 7,551mg
HdC 65,144g Lip 23,593g VitA 2,677mg VitB12 7,700mg

CENA/DINNER:
Patatas gratinadas con queso/Tortilla de bacalao
Potatoes au gratin with cheese/Cosdfish omelette/Fruit

12 **Hummus de chirivía**
Parsnip hummus

Arroz al horno (garbanzo, costilla, patata, tomate, morcilla)
"Arroz al horno" (chickpeas, ribs, potatoes, tomato, black pudding)

Ensaladilla (atún, huevo, patata, guisante, mayonesa)
Salad (tuna, egg, potato, peas, mayonnaise)

Lácteo
Dairy

KCal 810,771 Prot 32,408g Ca 294,074mg Fe 6,834mg
HdC 84,176g Lip 37,710g VitA 0,301mg VitB12 3,748mg

CENA/DINNER:
Cebolleta y pimiento rojo plancha/Carne roja
Grilled onion tender and red pepper/Lean red meat/Fruit

13 **Ensalada fresca ecológica**
Fresh organic salad

Crema de lentejas rojas y calabaza al curry
Curried redentils and pumpkin soup

Goulash de ternera con trigo tierno
Beefgoulash with soft wheat

Fruta ECO
Organic fruit

KCal 774,137 Prot 45,279g Ca 215,737mg Fe 11,267mg
HdC 111,752g Lip 21,008g VitA 3,259mg VitB12 0,000mg

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

16 — Ensalada de verduras de temporada
Seasonal vegetable salad

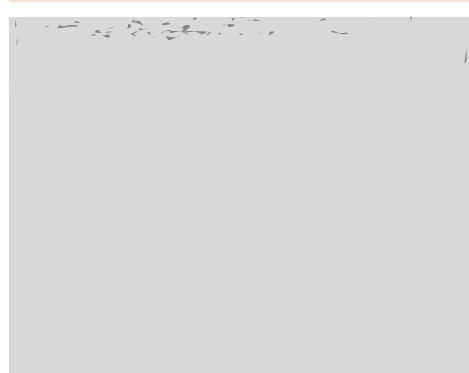
Arroz a la cubana (tomate y huevo)
White rice with tomato and egg

Filete de merluza al horno con verduras
Baked hake fillet with vegetables

Fruta
Fruit

KCal 783,648 Prot 32,982g Ca 173,028mg Fe 5,289mg
HdC 86,197g Lip 34,137g VitA 1,234mg VitB12 2,093mg

CENA/DINNER:
Tostada de tomate, queso fresco y anchoas/Revuelto
Tomato, cheese and anchovies toast/Scrambled eggs with



CENA/DINNER:



CENA/DINNER:

17 — Ensalada de verduras de temporada
Seasonal vegetable salad

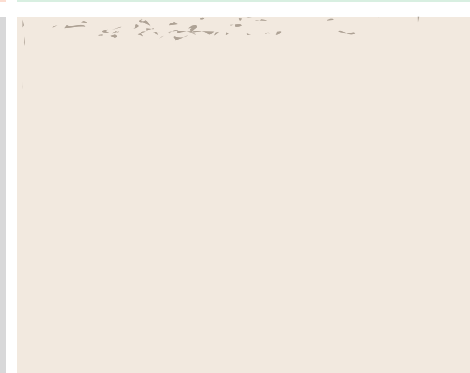
Garbanzos con verduras
Chickpeas with vegetables

Tortilla de patata con pisto
Spanish omelette with ratatouille

Fruta
Fruit

KCal 901,062 Prot 28,232g Ca 263,426mg Fe 10,319mg
HdC 115,193g Lip 36,883g VitA 2,208mg VitB12 0,898mg

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



CENA/DINNER:



CENA/DINNER:

18 — Ensalada fresca ecológica
Fresh organic salad

Caracolas a la napolitana
Pasta in Neapolitan style

Salmón al horno con zanahoria fresca al vapor
Grilled salmon with fresh carrot

Fruta
Fruit

KCal 781,735 Prot 31,323g Ca 176,206mg Fe 4,788mg
HdC 98,867g Lip 43,362g VitA 2,668mg VitB12 4,500mg

CENA/DINNER:
Coliflor al ajo arriero/Carne blanca magra/Fruta
Cauliflower with garlic/Lean white meat/Fruit



CENA/DINNER:



CENA/DINNER:

19 — Ensalada de col
Coleslaw

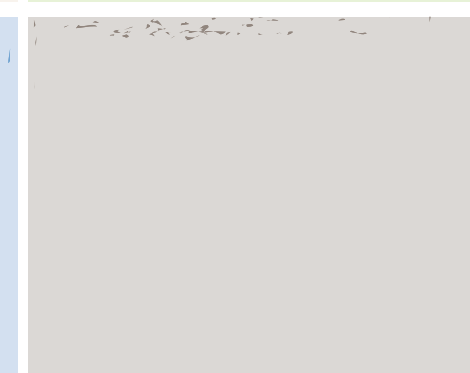
Lentejas pardinas con verduras P/ECO
Pardina lentils with vegetables BIO

Pollo al horno con patatas
Baked chicken with chips

Fruta ECO
Organic fruit

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CENA/DINNER:
Ensalada completa/Hamburguesa de soja/Fruta
Full salad/Soy burgers/Fruit



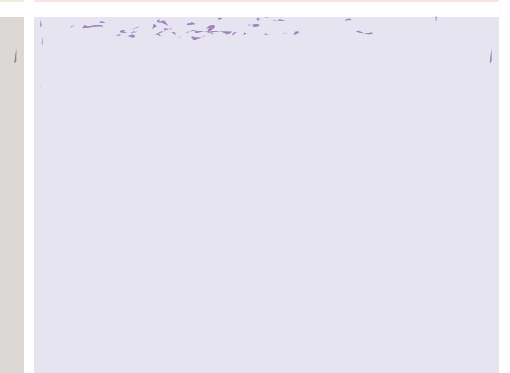
CENA/DINNER:



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20 — MENÚ ESPECIAL DE NAVIDAD
SPECIAL CHRISTMAS MENU

CENA/DINNER:



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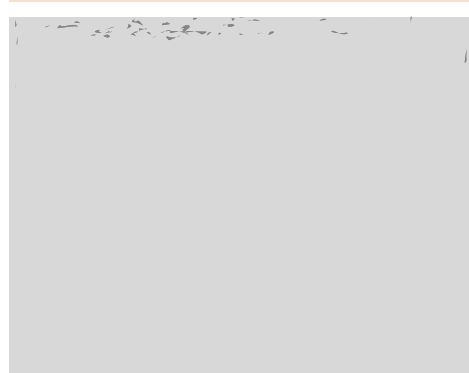
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White rice with tomato and egg

Filete de merluza al horno con verduras
Baked hake fillet with vegetables

Fruta
Fruit

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CENA/DINNER:



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Seasonal vegetable salad

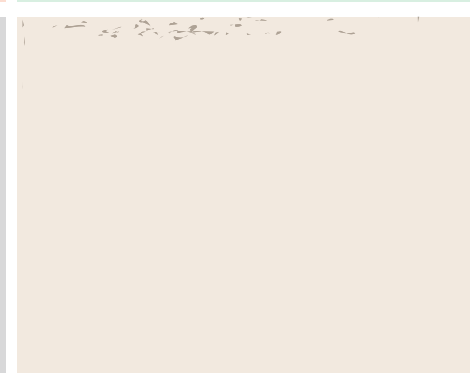
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Chickpeas with vegetables

Tortilla de patata con pisto
Spanish omelette with ratatouille

Fruta
Fruit

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HdC 115,193g Lip 36,883g VitA 2,208mg VitB12 0,898mg

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



CENA/DINNER:



CENA/DINNER:

18 — Ensalada fresca ecológica
Fresh organic salad

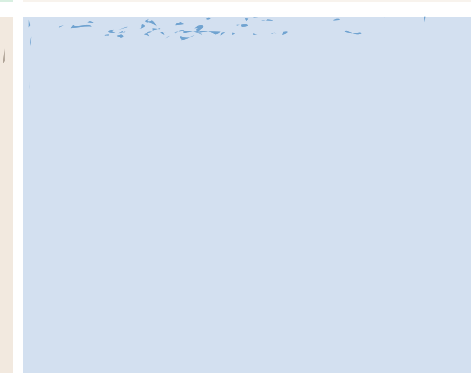
Caracolas a la napolitana
Pasta in Neapolitan style

Salmón al horno con zanahoria fresca al vapor
Grilled salmon with fresh carrot

Fruta
Fruit

KCal 781,735 Prot 31,323g Ca 176,206mg Fe 4,788mg
HdC 98,867g Lip 43,362g VitA 2,668mg VitB12 4,500mg

CENA/DINNER:
Coliflor al ajo arriero/Carne blanca magra/Fruta
Cauliflower with garlic/Lean white meat/Fruit



CENA/DINNER:



CENA/DINNER:

19 — Ensalada de col
Coleslaw

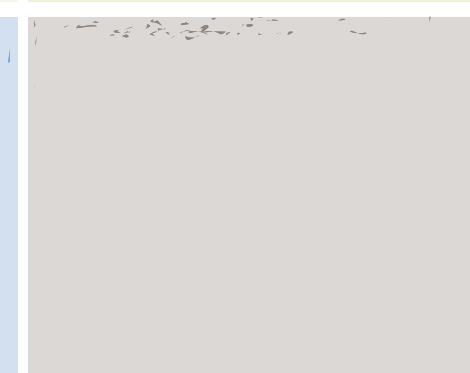
Lentejas pardinas con verduras P/ECO
Pardina lentils with vegetables BIO

Pollo al horno con patatas
Baked chicken with chips

Fruta ECO
Organic fruit

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HdC 98,629g Lip 25,884g VitA 1,134mg VitB12 7,700mg

CENA/DINNER:
Ensalada completa/Hamburguesa de soja/Fruta
Full salad/Soy burgers/Fruit



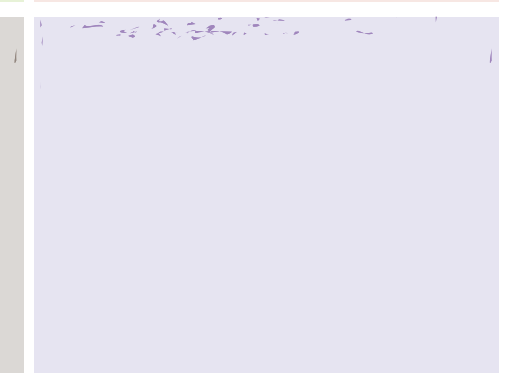
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20 — MENÚ ESPECIAL DE NAVIDAD
SPECIAL CHRISTMAS MENU

CENA/DINNER:



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

MONDAY / LUNES

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WEDNESDAY / MIÉRCOLES

THURSDAY / JUEVES

FRIDAY / VIERNES

2 DÍA VERDE Ensalada de verduras de temporada
GREEN DAY 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:
Brochetas de verduras/Carne blanca/Fruta
Vegetable skewers/White meat/Fruit

3 Hummus de garbanzos
Hummus chickpea

Espinacas gratinadas
Spinachs au graten

Croquetas de la abuela
Croquettes

Fruta
Fruit

KCal 468,295 Prot 15,358g Ca 138,592mg Fe 6,870mg
HdC 81,823g Lip 8,941g VitA 0,116mg VitB12 0,000mg

CENA/DINNER:
Judías verdes salteadas/Sandwich vegetal/Fruta
Sautéed green beans/Veggie sandwich/Fruit

4 Ensalada fresca ecológica
Fresh organic salad

Pasta al *pesto
Pesto pasta

Bacalao al pil pil
Cod in pil-pil 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:
Escalivada/Pescado al limón/Fruta
Escalivada/Grilled fish with lemon/Fruit

5 Ensalada fresca ecológica
Fresh organic salad

Brócoli gratinado
Broccoli au graten

Revuelto de verduras
Scrambled eggs and 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:
Couscous con calabacín y cebolla/Huevos al
Couscous with zucchini and onion/Fried eggs/Fruit

6 Festivo
Holiday

CENA/DINNER:

9 Ensalada de verduras de temporada
Seasonal vegetable salad

Ensalada César
Caesar salad

Tortilla de patata y calabacín
Zucchini and Potato Omelette

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 de ave/Fruta
Vegetables wok/Poultry/Fruit

10 Ensalada de verduras de temporada
Seasonal vegetable salad

Crema de calabaza y boniato asado
Pumpkin and sweet potato soup

Filete de merluza al horno
Baked hake fillet

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 calabaza/Pescado azul/Fruta
Pumpkin cream/Blue fish/Fruit

11 Ensalada fresca ecológica
Fresh organic salad

Judías verdes rehogadas con jamón y tomate
Green beans stewed with ham and tomatoes

Hamburguesa vegetal
Veggie burger

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:
Patatas gratinadas con queso/Tortilla de bacalao
Potato gratin with cheese/Cosfish omelette/Fruit

12 Hummus de chirivía
Parsnip hummus

Guisantes con jamón serrano
Peas with ham and onion

Bacalao confitado
Cod confit

Lácteo
Dairy

KCal 500,723 Prot 23,336g Ca 440,152mg Fe 6,008mg
HdC 63,335g Lip 16,117g VitA 0,141mg VitB12 1,000mg

CENA/DINNER:
Cebolleta y pimiento rojo plancha/Carne roja
Grilled onion tender and red pepper/Lean red meat/Fruit

13 Ensalada fresca ecológica
Fresh organic salad

Hervido de verduras
Boiled vegetables

Cordon bleu
Cordon bleu

Fruta ECO
Organic fruit

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HdC 53,374g Lip 7,836g VitA 3,335mg VitB12 0,000mg

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

16 — Ensalada de verduras de temporada
Seasonal vegetable salad

Coliflor al gratén
Cauliflower au graten

Lomo al horno con verduras
Baked tenderloin with vegetables

Fruta
Fruit

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HdC 39,223g Lip 10,443g VitA 1,183mg VitB12 0,000mg

CENA/DINNER:
Tostada de tomate, queso fresco y anchoas/Revuelto
Toast with tomato, cheese and anchovies/Scrambled eggs with

17 — Ensalada de verduras de temporada
Seasonal vegetable salad

Ensalada Santa Mónica
Santa Monica Salad

Bacalao a la vizcaína
Biscayan style cod

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Fruit

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HdC 39,223g Lip 10,443g VitA 1,183mg VitB12 0,000mg

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

18 — Ensalada fresca ecológica
Fresh organic salad

Menestra de verduras
Stir fried vegetables

Salchichas con zanahoria fresca al vapor
Sausages with fresh carrot

Fruta
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CENA/DINNER:
Coliflor al ajo arriero/Carne blanca magra/Fruta
Cauliflower with garlic/Lean white meat/Fruit

19 — Ensalada de col
Coleslaw

Crema de verduras de temporada
Vegetable soup

Rape en salsa
Monkfish in sauce

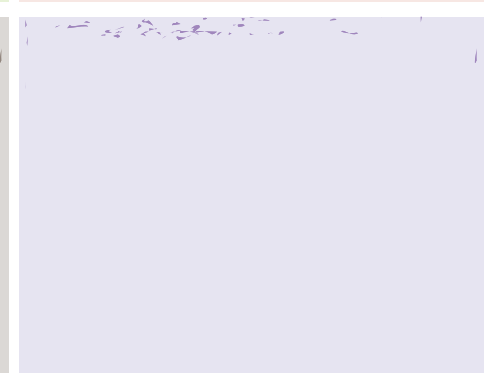
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Organic fruit

KCal 316,784 Prot 2,683g Ca 80,236mg Fe 2,325mg
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Ensalada completa/Hamburguesa de soja/Fruta
Full salad/Soy burgers/Fruit

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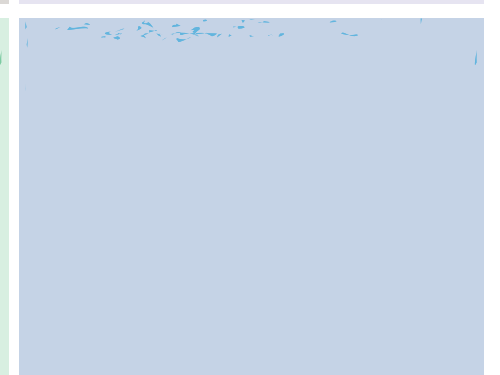
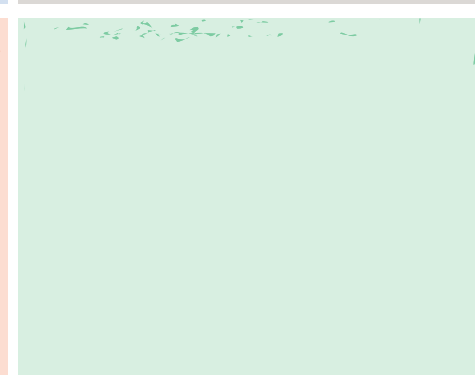
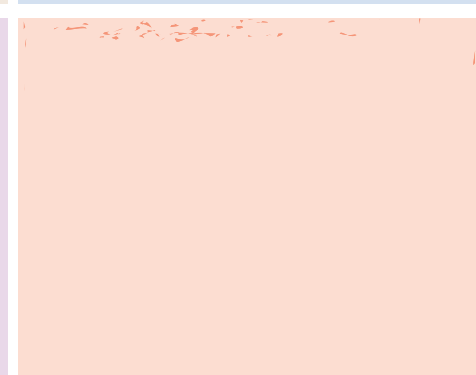
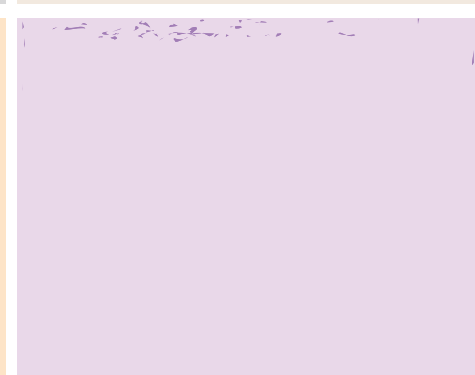
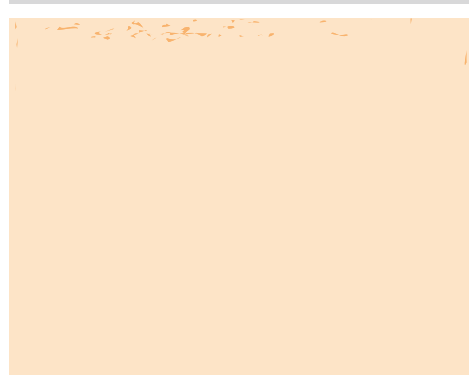
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MERIENDAS BRITISH COLLEGE					
	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
Sem 1 Dic					
Sem 2-5 Dic	Fruta	Bocadillo de pavo	Fruta	Bocadillo de fiambre	Fruta
Sem 9-13 Nov	Bocadillo de pavo	Fruta	Bocadillo de jamón serrano	Fruta	Zumo y galletas
Sem 16-20 Nov	Fruta	Bocadillo de jamón york	Fruta	Bocadillo de queso	Fruta
Sem 23-27 Nov	Bocadillo de fiambre	Fruta	Bocadillo de queso	Fruta	Zumo y galletas