

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

MONDAY / LUNES

TUESDAY / MARTES

WEDNESDAY / MIÉRCOLES

THURSDAY / JUEVES

FRIDAY / VIERNES

1

Festivo
Holiday

2

Festivo
Holiday

3

Festivo
Holiday

Festivo
Holiday

Festivo
Holiday

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

6

Festivo
Holiday

7

Ensalada fresca de temporada con escarola
Fresh seasonal salad with escarole

Macarrones integrales con atún y tomate
Whole wheat macaroni with tuna and tomato

Suprema de merluza con brócoli
Hake supreme with broccoli

Fruta
Fruit

KCal 775,801 Prot 31,636g Ca 194,344mg Fe 6,308mg
HdC 105,391g Lip 26,429g VitA 0,718mg VitB12 2,250mg

8

Ensalada fresca ecológica
Fresh organic salad

Crema de coliflor con boniato asado
Cauliflower soup with roasted sweet potato

Pollo al horno con patatas asadas tex-mex
Baked chicken with Tex-Mex roasted potatoes

Fruta
Fruit

KCal 785,336 Prot 33,280g Ca 134,726mg Fe 5,322mg
HdC 75,187g Lip 38,072g VitA 1,669mg VitB12 13,220mg

9

Hummus de garbanzos y tomate seco con picos de pan
Chickpea and dried tomato hummus with bread peaks

Arroz de secreto y calabaza
Iberian secret and pumpkin rice

Tortilla de espinacas con verduras salteadas
Spinach omelette with sauteed vegetables

Fruta
Fruit

KCal 898,826 Prot 32,219g Ca 196,064mg Fe 8,657mg
HdC 123,325g Lip 30,849g VitA 1,860mg VitB12 2,661mg

10

Ensalada fresca ecológica
Fresh organic salad

Lentejas a la hortelana P/ECO
Vegetable lentils ECO

Albóndigas a la jardinera con trigo tierno
Gardener Meatballs with soft wheat

Lácteo
Dairy

KCal 1005,592 Prot 56,460g Ca 312,003mg Fe 10,194mg
HdC 100,309g Lip 46,196g VitA 3,253mg VitB12 0,500mg

CENA/DINNER:

CENA/DINNER:
Calabacín a la plancha /Carne blanca magra/Fruta
Grilled zucchini/Lean white meat/Fruit

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

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

CENA/DINNER:
Menestra salteada/Huevo/Fruta
Sautéed vegetable stew/Egg/Fruit

13 **DÍA VERDE Ensalada fresca de temporada con fruta**
GREEN DAY Fresh seasonal salad with fruit

Crema dubarry (coliflor y alubias)
Dubarry soup (cauliflower and beans)

Tortilla de patata con pisto
Spanish omelette with ratatouille

Fruta
Fruit

KCal 792,497 Prot 22,326g Ca 200,793mg Fe 7,416mg
HdC 101,419g Lip 33,584g VitA 0,874mg VitB12 0,898mg

CENA/DINNER:
Verduras estofadas con pollo/Pescado blanco /Fruta
Stewed vegetables with chicken/Whitefish/Fruit

14 **Ensalada fresca de temporada con batavia**
Fresh seasonal salad with batavia

Fideuà
Fideuà

Calamares a la romana con mayonesa
Breaded Calamari with mayonnaise

Fruta
Fruit

KCal 648,686 Prot 36,075g Ca 226,048mg Fe 7,025mg
HdC 119,718g Lip 23,426g VitA 2,075mg VitB12 0,539mg

CENA/DINNER:
Parrillada de verduras/Carne blanca magra/Fruta
Roasted vegetables/Lean white meat/Fruit

15 **Ensalada fresca ecológica**
Fresh organic salad

Garbanzos con hortalizas
Chickpeas with vegetables

Lomo a la naranja con cous cous
Loin with orange sauce with cous cous

Fruta ECO
Organic fruit

KCal 771,352 Prot 32,710g Ca 240,169mg Fe 10,489mg
HdC 103,064g Lip 40,150g VitA 3,731mg VitB12 1,840mg

CENA/DINNER:
Wok de verduras/Tortilla de patata y pimiento
Vegetables wok/Potato and green pepper omelette/Fruit

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

Sopa de puchero con verduras ecológicas
Soup pot with organic vegetables

Alitas de pollo a la bbq con croquetas
Chicken wings BBQ with croquettes

Fruta
Fruit

KCal 635,415 Prot 37,311g Ca 99,166mg Fe 5,040mg
HdC 55,812g Lip 36,154g VitA 1,477mg VitB12 0,000mg

CENA/DINNER:
Tosta de hummus/Pescado azul/Fruta
Hummus toast/Blue fish/Fruit

17 **Ensalada fresca ecológica**
Fresh organic salad

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

Filete de merluza plancha con zanahoria fresca al vapor
Grilled hake with carrot

Lácteo
Dairy

KCal 818,908 Prot 36,762g Ca 327,743mg Fe 5,493mg
HdC 90,709g Lip 34,220g VitA 2,673mg VitB12 2,465mg

CENA/DINNER:
Berenjena gratinada al horno/Carne roja magra/Fruta
Eggplant au gratin/Lean red meat/Fruit

20 **Ensalada de col**
Coleslaw

Espaguetis integrales boloñesa
Whole wheat spaghetti bolognese

Bacalao lactonesa con calabacín
Lemon butter cod and zucchini

Fruta
Fruit

KCal 935,948 Prot 32,171g Ca 241,534mg Fe 7,883mg
HdC 120,594g Lip 36,658g VitA 1,758mg VitB12 3,450mg

CENA/DINNER:
Cous cous con especias/Carne de ave/Fruta
Spiced cous cous/Poultry/Fruit

21 **JORNADA GASTRONÓMICA ASTURIANA Ensalada de verduras de temporada**
Asturian Gastronomic Day Seasonal vegetable salad

Fabada asturiana
"Fabada"

Lomo empanado casero con patatas
Breaded loin with chips

Tarta de manzana
Apple pie

KCal 1071,203 Prot 42,471g Ca 188,324mg Fe 10,538mg
HdC 86,806g Lip 74,690g VitA 1,251mg VitB12 2,458mg

CENA/DINNER:
Sopa juliana/Pescado blanco /Fruta
Vegetable soup/Whitefish/Fruit

22 **Festivo**
Holiday

CENA/DINNER:

23 **Ensalada fresca ecológica**
Fresh organic salad

Sopa de cocido con verduras ECO
Soup with vegetables ECO

Jamoncitos de pollo con zanahoria vichy
Chicken drumsticks with Vichy carrot

Fruta
Fruit

KCal 714,754 Prot 40,334g Ca 191,451mg Fe 9,045mg
HdC 67,594g Lip 34,767g VitA 3,786mg VitB12 3,448mg

CENA/DINNER:
Calabacín a la plancha /Pescado al limón/Fruta
Grilled zucchini/Grilled fish with lemon/Fruit

24 **DÍA VERDE Nachos**
GREEN DAY Nachos

Garbanzos con hortalizas
Chickpeas with vegetables

Tortilla de queso con ensalada
Cheese omelette with fresh vegetable salad

Lácteo
Dairy

KCal 904,009 Prot 57,483g Ca 667,155mg Fe 13,850mg
HdC 90,217g Lip 43,257g VitA 3,106mg VitB12 1,818mg

CENA/DINNER:
Espinacas salteadas/Carne blanca/Fruta
Sautéed spinach/White meat/Fruit

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

Lentejas estofadas con verduras de temporada
Stewed lentils with seasonal vegetables

Tortilla de patata con croquetas de bacalao
Spanish omelette with cod croquettes

Fruta
Fruit

KCal 911,193 Prot 34,141g Ca 150,357mg Fe 9,600mg
HdC 122,303g Lip 32,446g VitA 1,284mg VitB12 0,898mg

CENA/DINNER:
Escalivada/Carne de ave/Fruta
Escalivada/Poultry/Fruit

28 **Ensalada fresca ecológica**
Fresh organic salad

Vichyssoise de puerro
Leek vichyssoise

Ragout de pavo con cous cous
Turkey ragu and cous cous

Fruta
Fruit

KCal 743,707 Prot 23,828g Ca 160,726mg Fe 4,520mg
HdC 70,929g Lip 42,179g VitA 2,280mg VitB12 1,050mg

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

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

Lasaña casera
Homemade lasagna

Salmón al eneldo con verduras
Dill salmon and vegetables

Fruta
Fruit

KCal 819,942 Prot 44,572g Ca 221,289mg Fe 7,399mg
HdC 110,591g Lip 36,070g VitA 1,766mg VitB12 6,990mg

CENA/DINNER:
Tosta de verduras gratinadas/Carne blanca/Fruta
Gratin vegetable toast/White meat/Fruit

30 **Hummus de garbanzos**
Hummus chickpea

Paella valenciana
Paella

Pinchos morunos
Pork kebabs

Fruta ECO
Organic fruit

KCal 1008,098 Prot 50,408g Ca 146,884mg Fe 7,580mg
HdC 125,877g Lip 33,856g VitA 0,173mg VitB12 5,948mg

CENA/DINNER:
Mazorca de maíz con sal/Revuelto de ajos
Corn on the cob with salt/Scrambled eggs with garlic/Fruit

31 **Ensalada fresca ecológica**
Fresh organic salad

Guisado de patatas y verduras de temporada
Stewed potatoes and seasonal vegetables

Pollo al curry
Chicken curry

Lácteo
Dairy

KCal 873,109 Prot 32,740g Ca 326,260mg Fe 5,968mg
HdC 79,835g Lip 45,923g VitA 3,232mg VitB12 3,978mg

CENA/DINNER:
Chips de boniato al horno/Pescado blanco /Fruta
Roasted sweet potato chips/Whitefish/Fruit

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

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Festivo
Holiday

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Ensalada fresca de temporada con escarola
Fresh seasonal salad with escarole

Macarrones integrales con atún y tomate
Whole wheat macaroni with tuna and tomato

Suprema de merluza con brócoli
Hake supreme with broccoli

Fruta
Fruit

KCal 775,801 Prot 31,636g Ca 194,344mg Fe 6,308mg
HdC 105,391g Lip 26,429g VitA 0,718mg VitB12 2,250mg

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Ensalada fresca ecológica
Fresh organic salad

Crema de coliflor con boniato asado
Cauliflower soup with roasted sweet potato

Pollo al horno con patatas asadas tex-mex
Baked chicken with Tex-Mex roasted potatoes

Fruta
Fruit

KCal 785,336 Prot 33,280g Ca 134,726mg Fe 5,322mg
HdC 75,187g Lip 38,072g VitA 1,669mg VitB12 13,220mg

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Hummus de garbanzos y tomate seco con picos de pan
Chickpea and dried tomato hummus with bread peaks

Arroz de secreto y calabaza
Iberian secret and pumpkin rice

Tortilla de espinacas con verduras salteadas
Spinach omelette with sautéed vegetables

Fruta
Fruit

KCal 898,826 Prot 32,219g Ca 196,064mg Fe 8,657mg
HdC 123,325g Lip 30,849g VitA 1,860mg VitB12 2,661mg

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Ensalada fresca ecológica
Fresh organic salad

Lentejas a la hortelana P/ECO
Vegetable lentils ECO

Albóndigas a la jardinera con trigo tierno
Gardener Meatballs with soft wheat

Lácteo
Dairy

KCal 1005,592 Prot 56,460g Ca 312,003mg Fe 10,194mg
HdC 100,309g Lip 46,196g VitA 3,253mg VitB12 0,500mg

CENA/DINNER:

CENA/DINNER:
Calabacín a la plancha /Carne blanca magra/Fruta
Grilled zucchini/Lean white meat/Fruit

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

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

CENA/DINNER:
Menestra salteada/Huevo/Fruta
Sautéed vegetable stew/Egg/Fruit

13 **DÍA VERDE Ensalada fresca de temporada con fruta**
GREEN DAY Fresh seasonal salad with fruit

Crema dubarry (coliflor y alubias)
Dubarry soup (cauliflower and beans)

Tortilla de patata con pisto
Spanish omelette with ratatouille

Fruta
Fruit

KCal 792,497 Prot 22,326g Ca 200,793mg Fe 7,416mg
HdC 101,419g Lip 33,584g VitA 0,874mg VitB12 0,898mg

CENA/DINNER:
Verduras estofadas con pollo/Pescado blanco /Fruta
Stewed vegetables with chicken/Whitefish/Fruit

14 **Ensalada fresca de temporada con batavia**
Fresh seasonal salad with batavia

Fideuà
Fideuà

Calamares a la romana con mayonesa
Breaded Calamari with mayonnaise

Fruta
Fruit

KCal 648,686 Prot 36,075g Ca 226,048mg Fe 7,025mg
HdC 119,718g Lip 23,426g VitA 2,075mg VitB12 0,539mg

CENA/DINNER:
Parrillada de verduras/Carne blanca magra/Fruta
Roasted vegetables/Lean white meat/Fruit

15 **Ensalada fresca ecológica**
Fresh organic salad

Garbanzos con hortalizas
Chickpeas with vegetables

Lomo a la naranja con cous cous
Loin with orange sauce with cous cous

Fruta ECO
Organic fruit

KCal 771,352 Prot 32,710g Ca 240,169mg Fe 10,489mg
HdC 103,064g Lip 40,150g VitA 3,731mg VitB12 1,840mg

CENA/DINNER:
Wok de verduras/Tortilla de patata y pimiento
Vegetables wok/Potato and green pepper omelette/Fruit

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

Sopa de puchero con verduras ecológicas
Soup pot with organic vegetables

Alitas de pollo a la bbq con patatas
Chicken wings BBQ with potatoes

Fruta
Fruit

KCal 635,415 Prot 37,311g Ca 99,166mg Fe 5,040mg
HdC 55,812g Lip 36,154g VitA 1,477mg VitB12 0,000mg

CENA/DINNER:
Tosta de hummus/Pescado azul/Fruta
Hummus toast/Blue fish/Fruit

17 **Ensalada fresca ecológica**
Fresh organic salad

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

Filete de merluza plancha con zanahoria fresca al vapor
Grilled hake with carrot

Lácteo
Dairy

KCal 818,908 Prot 36,762g Ca 327,743mg Fe 5,493mg
HdC 90,709g Lip 34,220g VitA 2,673mg VitB12 2,465mg

CENA/DINNER:
Berenjena gratinada al horno/Carne roja magra/Fruta
Eggplant au gratin/Lean red meat/Fruit

20 **Ensalada de col**
Coleslaw

Espaguetis integrales boloñesa
Whole wheat spaghetti bolognese

Bacalao lactonesa con calabacín
Lemon butter cod and zucchini

Fruta
Fruit

KCal 935,948 Prot 32,171g Ca 241,534mg Fe 7,883mg
HdC 120,594g Lip 36,658g VitA 1,758mg VitB12 3,450mg

CENA/DINNER:
Cous cous con especias/Carne de ave/Fruta
Spiced cous cous/Poultry/Fruit

21 **JORNADA GASTRONÓMICA ASTURIANA Ensalada de verduras de temporada**
Asturian Gastronomic Day Seasonal vegetable salad

Fabada asturiana
"Fabada"

Lomo empanado casero con patatas
Breaded loin with chips

Tarta de manzana
Apple pie

KCal 1071,203 Prot 42,471g Ca 188,324mg Fe 10,538mg
HdC 86,806g Lip 74,690g VitA 1,251mg VitB12 2,458mg

CENA/DINNER:
Sopa juliana/Pescado blanco /Fruta
Vegetable soup/Whitefish/Fruit

22 **Festivo**
Holiday

CENA/DINNER:

23 **Ensalada fresca ecológica**
Fresh organic salad

Sopa de cocido con verduras ECO
Soup with vegetables ECO

Jamoncitos de pollo con zanahoria vichy
Chicken drumsticks with Vichy carrot

Fruta
Fruit

KCal 714,754 Prot 40,334g Ca 191,451mg Fe 9,045mg
HdC 67,594g Lip 34,767g VitA 3,786mg VitB12 3,448mg

CENA/DINNER:
Calabacín a la plancha /Pescado al limón/Fruta
Grilled zucchini/Grilled fish with lemon/Fruit

24 **DÍA VERDE Nachos**
GREEN DAY Nachos

Garbanzos con hortalizas
Chickpeas with vegetables

Tortilla de queso con ensalada
Cheese omelette with fresh vegetable salad

Lácteo
Dairy

KCal 904,009 Prot 57,483g Ca 667,155mg Fe 13,850mg
HdC 90,217g Lip 43,257g VitA 3,106mg VitB12 1,818mg

CENA/DINNER:
Espinacas salteadas/Carne blanca/Fruta
Sautéed spinach/White meat/Fruit

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

Lentejas estofadas con verduras de temporada
Stewed lentils with seasonal vegetables

Tortilla de patata con croquetas de bacalao
Spanish omelette with cod croquettes

Fruta
Fruit

KCal 911,193 Prot 34,141g Ca 150,357mg Fe 9,600mg
HdC 122,303g Lip 32,446g VitA 1,284mg VitB12 0,898mg

CENA/DINNER:
Escalivada/Carne de ave/Fruta
Escalivada/Poultry/Fruit

28 **Ensalada fresca ecológica**
Fresh organic salad

Vichyssoise de puerro
Leek vichyssoise

Ragout de pavo con cous cous
Turkey ragu and cous cous

Fruta
Fruit

KCal 743,707 Prot 23,828g Ca 160,726mg Fe 4,520mg
HdC 70,929g Lip 42,179g VitA 2,280mg VitB12 1,050mg

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

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

Lasaña casera
Homemade lasagna

Salmón al eneldo con verduras
Dill salmon and vegetables

Fruta
Fruit

KCal 819,942 Prot 44,572g Ca 221,289mg Fe 7,399mg
HdC 110,591g Lip 36,070g VitA 1,766mg VitB12 6,990mg

CENA/DINNER:
Tosta de verduras gratinadas/Carne blanca/Fruta
Gratin vegetable toast/White meat/Fruit

30 **Hummus de garbanzos**
Hummus chickpea

Paella valenciana
Paella

Pinchos morunos
Pork kebabs

Fruta ECO
Organic fruit

KCal 1008,098 Prot 50,408g Ca 146,884mg Fe 7,580mg
HdC 125,877g Lip 33,856g VitA 0,173mg VitB12 5,948mg

CENA/DINNER:
Mazorca de maíz con sal/Revuelto de ajos
Corn on the cob with salt/Scrambled eggs with garlic/Fruit

31 **Ensalada fresca ecológica**
Fresh organic salad

Guisado de patatas y verduras de temporada
Stewed potatoes and seasonal vegetables

Pollo al curry
Chicken curry

Lácteo
Dairy

KCal 873,109 Prot 32,740g Ca 326,260mg Fe 5,968mg
HdC 79,835g Lip 45,923g VitA 3,232mg VitB12 3,978mg

CENA/DINNER:
Chips de boniato al horno/Pescado blanco /Fruta
Roasted sweet potato chips/Whitefish/Fruit

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

MONDAY / LUNES

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FRIDAY / VIERNES

1

Festivo
Holiday

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Festivo
Holiday

3

Festivo
Holiday

Festivo
Holiday

Festivo
Holiday

CENA/DINNER:

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CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

6

Festivo
Holiday

7

Ensalada fresca de temporada con escarola
Fresh seasonal salad with escarole

Alcachofas con jamón
Artichokes with cured ham

Revuelto de ajos tiernos
Scrambled eggs and garlic sprouts

Fruta
Fruit

KCal 676,700 Prot 24,600g Ca 108,456mg Fe 4,826mg
HdC 69,733g Lip 34,201g VitA 0,803mg VitB12 1,761mg

8

Ensalada fresca ecológica
Fresh organic salad

Espinacas gratinadas
Spinachs au graten

Bacalao gratinado al allioli con patatas asadas tex-mex
Codfish au gratin with "allioli" with Tex-Mex roasted chips

Fruta
Fruit

KCal 846,807 Prot 26,050g Ca 386,730mg Fe 7,852mg
HdC 76,628g Lip 49,244g VitA 2,258mg VitB12 2,400mg

9

Hummus de garbanzos y tomate seco con picos de pan
Chickpea and dried tomato hummus with bread peaks

Crema de verduras de temporada
Vegetable soup

Filete de pavo plancha con verduras salteadas
Grilled Turkey Fillet with sauteed vegetables

Fruta
Fruit

KCal 586,823 Prot 26,825g Ca 122,389mg Fe 5,671mg
HdC 70,910g Lip 21,792g VitA 1,023mg VitB12 0,000mg

10

Ensalada fresca ecológica
Fresh organic salad

Ensalada de quinoa y vegetales
Quinoa and vegetable salad

Corvina a la plancha con verduras
Grilled sea bass and vegetables

Lácteo
Dairy

KCal 366,662 Prot 19,386g Ca 316,263mg Fe 2,791mg
HdC 36,017g Lip 15,358g VitA 2,744mg VitB12 1,228mg

CENA/DINNER:

CENA/DINNER:
Calabacín a la plancha /Carne blanca magra/Fruta
Grilled zucchini/Lean white meat/Fruit

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

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

CENA/DINNER:
Menestra salteada/Huevo/Fruta
Sautéed vegetable stew/Egg/Fruit

13 Ensalada fresca de temporada con fruta
Fresh seasonal salad with fruit

Ensalada César
Caesar salad

Longanizas con pisto
Sausages with ratatouille

Fruta
Fruit

14 Ensalada fresca de temporada con batavia
Fresh seasonal salad with batavia

Guisantes a la francesa
French peas

Tomate gratinado
Tomato au gratin

Fruta
Fruit

15 Ensalada fresca ecológica
Fresh organic salad

Crema de calabacín
Zucchini soup

Gallo San Pedro al horno con cous cous
Baked John Dory fish with cous cous

Fruta ECO
Organic fruit

16 Ensalada de verduras de temporada
Seasonal vegetable salad

Judías con jamón
Beans with ham

Atún teriyaki con patatas
Teriyaki tuna with potatoes

Fruta
Fruit

17 Ensalada fresca ecológica
Fresh organic salad

Crema de verduras de temporada
Vegetable soup

Revuelto de ajos tiernos
Scrambled eggs and garlig sprouts

Lácteo
Dairy

CENA/DINNER:
Verduras estofadas con pollo/Pescado blanco /Fruta
Stewed vegetables with chicken/Whitefish/Fruit

CENA/DINNER:
Parrillada de verduras/Carne blanca magra/Fruta
Roasted vegetables/Lean white meat/Fruit

CENA/DINNER:
Wok de verduras/Tortilla de patata y pimiento
Vegetables wok/Potato and green pepper omelette/Fruit

CENA/DINNER:
Tosta de hummus/Pescado azul/Fruta
Hummus toast/Blue fish/Fruit

CENA/DINNER:
Berenjena gratinada al horno/Carne roja magra/Fruta
Eggplant au gratin/Lean red meat/Fruit

20 Ensalada de col
Coleslaw

Hervido de verduras
Boiled vegetables

Hot dog
Hot dog

Fruta
Fruit

21 JORNADA GASTRONÓMICA ASTURIANA
Ensalada de verduras de temporada
Asturian Gastronomic Day Seasonal vegetable salad

Fabada asturiana
"Fabada"

Lomo empanado casero con patatas
Breaded loin with chips

Tarta de manzana
Apple pie

22 Festivo
Holiday

23 Ensalada fresca ecológica
Fresh organic salad

Coliflor al gratén
Cauliflower au graten

Filete de merluza a la gallega (patata)
Hake fillet "a la gallega" (potato)

Fruta
Fruit

24 Nachos
Nachos

Crema de calabaza asada
Pumpkin cream

Boquerones en tempura con ensalada
Floured anchovies with fresh vegetable salad

Lácteo
Dairy

KCal 919,167 Prot 25,685g Ca 186,133mg Fe 5,892mg HdC 115,778g Lip 40,383g VitA 2,182mg VitB12 0,610mg

CENA/DINNER:
Cous cous con especias/Carne de ave/Fruta
Spiced cous cous/Poultry/Fruit

KCal 1071,203 Prot 42,471g Ca 188,324mg Fe 10,538mg HdC 86,806g Lip 74,690g VitA 1,251mg VitB12 2,458mg

CENA/DINNER:
Sopa juliana/Pescado blanco /Fruta
Vegetable soup/Whitefish/Fruit

CENA/DINNER:

KCal 707,964 Prot 31,670g Ca 151,243mg Fe 3,898mg HdC 52,936g Lip 41,025g VitA 1,699mg VitB12 0,814mg

CENA/DINNER:
Calabacín a la plancha /Pescado al limón/Fruta
Grilled zucchini/Grilled fish with lemon/Fruit

KCal 632,813 Prot 44,779g Ca 216,439mg Fe 8,236mg HdC 62,919g Lip 31,039g VitA 0,626mg VitB12 19,904mg

CENA/DINNER:
Espinacas salteadas/Carne blanca/Fruta
Sautéed spinach/White meat/Fruit

27 Ensalada de verduras de temporada
Seasonal vegetable salad

Guisantes con jamón serrano
Peas with ham and onion

Tosta de verduras con croquetas de bacalao
Veggie toast with cod croquettes

Fruta
Fruit

28 Ensalada fresca ecológica
Fresh organic salad

Menestra de verduras
Stir fried vegetables

Dorada al horno
Baked "dorada"

Fruta
Fruit

29 Ensalada de verduras de temporada
Seasonal vegetable salad

Caracolas a la napolitana
Pasta Napoletana

Hamburguesa a la plancha con verduras
Grilled burger and vegetables

Fruta
Fruit

30 Hummus de garbanzos
Hummus chickpea

Escalibada
Escalibada

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

Fruta ECO
Organic fruit

31 Ensalada fresca ecológica
Fresh organic salad

Espinacas a la crema
Creamy spinach

Bacalao a la vizcaína
Codfish in Biscayne sauce

Lácteo
Dairy

KCal 914,279 Prot 27,979g Ca 117,709mg Fe 7,048mg HdC 129,750g Lip 33,655g VitA 0,793mg VitB12 0,564mg

CENA/DINNER:
Escalivada/Carne de ave/Fruta
Escalivada/Poultry/Fruit

KCal 370,821 Prot 16,057g Ca 110,911mg Fe 3,518mg HdC 31,163g Lip 19,712g VitA 2,624mg VitB12 0,000mg

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

KCal 737,949 Prot 38,452g Ca 179,889mg Fe 5,241mg HdC 94,413g Lip 37,116g VitA 1,363mg VitB12 3,300mg

CENA/DINNER:
Tosta de verduras gratinadas/Carne blanca/Fruta
Gratin vegetable toast/White meat/Fruit

KCal 709,788 Prot 27,419g Ca 159,228mg Fe 6,519mg HdC 93,583g Lip 25,737g VitA 0,527mg VitB12 0,594mg

CENA/DINNER:
Mazorca de maíz con sal/Revuelto de ajos
Corn on the cob salt/Scrambled eggs with garlic/Fruit

KCal 817,611 Prot 34,853g Ca 668,539mg Fe 7,500mg HdC 68,345g Lip 44,965g VitA 2,742mg VitB12 3,680mg

CENA/DINNER:
Chips de boniato al horno/Pescado blanco /Fruta
Roasted sweet potato chips/Whitefish/Fruit

MERIENDAS BRITISH COLLEGE

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
Sem 6-10 Ene	FESTIVO	Fruta	Bocadillo de pavo	Fruta	Zumo y galletas
Sem 13-17 Ene	Fruta	Bocadillo de jamón york	Fruta	Bocadillo de queso	Fruta
Sem 20-24 Ene	Bocadillo de pavo	Fruta	Bocadillo de jamón serrano	Fruta	Zumo y galletas
Sem 27-31 Ene	Fruta	Bocadillo de fiambre	Fruta	Bocadillo de queso	Fruta