

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

MONDAY / LUNES

TUESDAY / MARTES

WEDNESDAY / MIÉRCOLES

THURSDAY / JUEVES

FRIDAY / VIERNES

3 Ensalada de verduras de temporada
Seasonal vegetable salad

Espaguetis integrales a la carbonara
Whole wheat pasta carbonara

Bacalao a la vizcaína
Codfish in Biscayne sauce

Fruta
Fruit

KCal 814,732 Prot 26,464g Ca 234,045mg Fe 6,792mg
HdC 92,671g Lip 37,398g VitA 1,060mg VitB12 2,954mg

CENA/DINNER:
Brochetas de verduras/Carne de ave/Fruta
Vegetable skewers/Poultry/Fruit

4 DÍA VERDE Ensalada de verduras de temporada
GREEN DAY Seasonal vegetable salad

Judías blancas con verduras de temporada
White beans with seasonal vegetables

Tortilla de patata con pisto
Spanish omelette with ratatouille

Fruta
Fruit

KCal 739,052 Prot 25,691g Ca 224,768mg Fe 8,667mg
HdC 102,685g Lip 25,410g VitA 1,275mg VitB12 0,898mg

CENA/DINNER:
Ensalada completa/Pizza casera de verduras frescas de
Full salad/Homemade pizza with seasonal fresh

5 Ensalada fresca ecológica
Fresh organic salad

Sopa de cocido con verduras ECO
Cooked soup with vegetables BIO

Pollo a l'ast con patatas
Grilled chicken with chips

Fruta ECO
Organic fruit

KCal 764,802 Prot 49,765g Ca 162,166mg Fe 8,386mg
HdC 87,691g Lip 27,390g VitA 2,323mg VitB12 13,200mg

CENA/DINNER:
Escalivada/Pescado al papillote/Fruta
Escalivada/Steamed fish/Fruit

6 Ensalada fresca ecológica
Fresh organic salad

Arroz de otoño
Autumn rice

Filete de merluza enharinada casera con zanahoria
Fillet of hake floured homemade with carrot

Fruta
Fruit

KCal 763,015 Prot 29,224g Ca 195,747mg Fe 5,222mg
HdC 109,108g Lip 23,820g VitA 3,709mg VitB12 0,960mg

CENA/DINNER:
Calabacín a la plancha /Carne blanca/Fruta
Grilled zucchini/White meat/Fruit

7 Ensalada de verduras de temporada
Seasonal vegetable salad

Garbanzos con espinacas
Chickpeas with spinach

Goulash de magro con cous cous
Lean pork goulash with cous cous

Lácteo
Dairy

KCal 794,969 Prot 40,483g Ca 360,293mg Fe 8,859mg
HdC 87,070g Lip 33,351g VitA 1,818mg VitB12 3,350mg

CENA/DINNER:
Wok de verduras/Huevo/Fruta
Vegetables wok/Egg/Fruit

10 DÍA MUNDIAL DE LAS LEGUMBRES Ensalada de verduras de temporada
WORLD PULSES DAY Seasonal vegetable salad

Lentejas al curry con manzana
Curry lentils with apple

Tortilla de jamón york con queso fresco
Ham omelette with fresh cheese

Fruta
Fruit

KCal 750,057 Prot 34,578g Ca 215,190mg Fe 9,117mg
HdC 93,820g Lip 27,004g VitA 1,838mg VitB12 0,898mg

CENA/DINNER:
Crema de puerros/Sandwich vegetal/Fruta
Leek cream/Vegetable sandwich/Fruit

11 Ensalada de verduras de temporada
Seasonal vegetable salad

Fideuá
Fideuà

Magro con tomate
Lean pork with tomato sauce

Fruta
Fruit

KCal 624,706 Prot 43,901g Ca 181,068mg Fe 6,836mg
HdC 102,233g Lip 25,249g VitA 1,936mg VitB12 3,735mg

CENA/DINNER:
Judías verdes salteadas/Carne magra de cerdo/Fruta
Sautéed green beans/Lean pork/Fruit

12 Ensalada fresca ecológica
Fresh organic salad

Lasaña casera (magro, verdura, leche, harina, queso)
Homemade lasagna (lean, vegetables, milk, flour, cheese)

Croquetas de bacalao con verduras
Cod croquettes with vegetables

Fruta
Fruit

KCal 958,006 Prot 31,474g Ca 215,159mg Fe 6,478mg
HdC 130,467g Lip 48,614g VitA 2,802mg VitB12 1,590mg

CENA/DINNER:
Zanahoria aliñada con guisantes/Pescado azul/Fruta
Carrot dressed with peas/Blue fish/Fruit

13 Ensalada de verduras de temporada
Seasonal vegetable salad

Arròs rossejat
'Rossejat' rice

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

Fruta ECO
Organic fruit

KCal 765,213 Prot 31,209g Ca 151,042mg Fe 5,409mg
HdC 98,304g Lip 27,337g VitA 0,668mg VitB12 1,395mg

CENA/DINNER:
Alcachofas salteadas/Carne de ave/Fruta
Sautéed artichokes/Poultry/Fruit

14 Ensalada fresca ecológica
Fresh organic salad

Crema dubarry (coliflor y alubias) P/ECO con tostones integrales
Organic dubarry soup (cauliflower and beans) BIO with wholemeal bread

Pechuga de pollo plancha con verduras thai
Grilled chicken breast with thai vegetables

Lácteo
Dairy

KCal 575,940 Prot 26,754g Ca 295,679mg Fe 4,999mg
HdC 63,622g Lip 23,654g VitA 2,110mg VitB12 6,044mg

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

17 — **Ensalada de verduras de temporada**
Seasonal vegetable salad

Guisado de sepia con patatas y zanahoria
Cuttlefish stew with potatoes and carrots

Longanizas con tomate
Sausages with tomato

Fruta
Fruit

KCal 880,919 Prot 33,103g Ca 173,604mg Fe 6,885mg
HdC 91,807g Lip 43,095g VitA 1,536mg VitB12 0,774mg

CENA/DINNER:
Tosta de hummus/Tortilla de cebolla/Fruta
Hummus toast/Onion omelet/Fruit

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

Garbanzos con calabaza y boniato
Chickpeas with pumpkin and sweet potato

Pizza casera
Homemade pizza

Fruta
Fruit

KCal 1115,539 Prot 41,183g Ca 379,987mg Fe 9,549mg
HdC 156,163g Lip 36,853g VitA 1,741mg VitB12 0,000mg

CENA/DINNER:
Cebolleta y pimiento rojo plancha/Carne blanca/Fruta
Grilled onion tender and red pepper/White meat/Fruit

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

Sopa de cocido con verduras
Soup with vegetables

Pollo al horno con verduras al horno
Baked chicken with vegetables

Fruta
Fruit

KCal 597,799 Prot 37,053g Ca 167,473mg Fe 7,464mg
HdC 71,148g Lip 25,132g VitA 2,079mg VitB12 7,700mg

CENA/DINNER:
Parrillada de verduras/Pescado blanco /Fruta
Roasted vegetables/Whitefish/Fruit

20 — **Ensalada fresca ecológica**
Fresh organic salad

Paella
Paella

Nuggets de pollo
Chicken Nuggets

Fruta
Fruit

KCal 851,430 Prot 27,259g Ca 143,648mg Fe 3,899mg
HdC 102,452g Lip 36,980g VitA 1,781mg VitB12 2,064mg

CENA/DINNER:
Ensalada completa/Carne blanca magra/Fruta
Full salad/Lean white meat/Fruit

21 — **Ensalada fresca ecológica**
Fresh organic salad

Lentejas con verduras P/ECO
Organic lentils with vegetables

Salmón al horno con verduras salteadas
Grilled fish with sauteed vegetables

Lácteo
Dairy

KCal 615,860 Prot 36,246g Ca 277,939mg Fe 7,180mg
HdC 54,934g Lip 27,564g VitA 3,015mg VitB12 5,000mg

CENA/DINNER:
Patatas al micro con aceite, sal y
Potatoes (microwave) with olive oil, salt and paprika/Hake

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

Espirales a la napolitana
Pasta neapolitan

Bacalao al pil pil con guisantes
Pil-pil cod with peas

Fruta
Fruit

KCal 856,773 Prot 76,922g Ca 218,436mg Fe 7,014mg
HdC 85,823g Lip 24,364g VitA 1,013mg VitB12 4,000mg

CENA/DINNER:
Sopa juliana/Revuelto de ajos tiernos/Fruta
Vegetable soup/Scrambled eggs with garlic/Fruit

25 — **Ensalada de verduras de temporada**
Seasonal vegetable salad

Puré de legumbres con leche de coco con tostones
Legumes soup with coconut milk with croutons

Albóndigas en salsa con trigo tierno
Meatballs with soft wheat

Fruta
Fruit

KCal 847,148 Prot 24,657g Ca 136,795mg Fe 6,608mg
HdC 110,109g Lip 39,895g VitA 2,586mg VitB12 0,000mg

CENA/DINNER:
Berenjena gratinada al horno/Pescado al
Eggplant au gratin/Steamed fish/Fruit

26 — **DÍA VERDE Ensalada fresca ecológica**
GREEN DAY Fresh organic salad

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

Calamares a la andaluza con mayonesa
Squids Andaluza style with mayonnaise

Fruta ECO
Organic fruit

KCal 939,630 Prot 29,474g Ca 167,195mg Fe 5,770mg
HdC 99,133g Lip 47,275g VitA 2,012mg VitB12 1,227mg

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

27 — **Jornada gastronómica Manchega Tosta de queso manchego**
"LA MANCHA" GASTRONOMIC DAY
Manchego cheese toast

Pisto y huevo duro
Ratatouille and egg

Gazpacho manchego
Gazpacho manchego

Postre especial
Special dessert

KCal 753,456 Prot 51,693g Ca 334,067mg Fe 6,487mg
HdC 165,987g Lip 42,787g VitA 0,672mg VitB12 6,069mg

CENA/DINNER:
Calabaza y patata al microondas/Pescado blanco
Pumpkin and potato in the microwave made/Whitefish/Fruit

28 — **Ensalada fresca ecológica**
Fresh organic salad

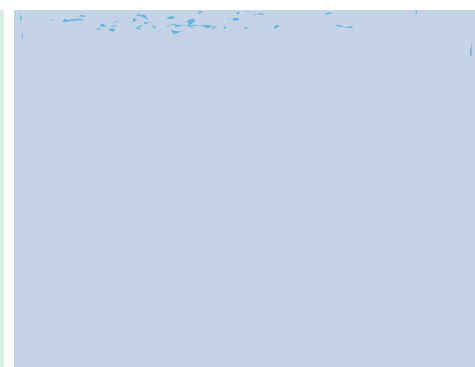
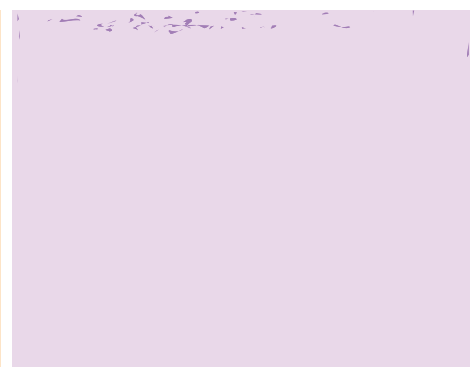
Fabada vegetal P/ECO
Vegetarian "fabada" P/BIO

Tortilla de patata con tosta de champiñones
Spanish omelette with mushroom toast

Lácteo
Dairy

KCal 796,333 Prot 32,385g Ca 357,236mg Fe 9,103mg
HdC 112,535g Lip 24,529g VitA 2,840mg VitB12 1,398mg

CENA/DINNER:
Brochetas de verduras/Carne roja magra/Fruta
Vegetable skewers/Lean red meat/Fruit



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Vegetable skewers/Poultry/Fruit

4 DÍA VERDE Ensalada de verduras de temporada
GREEN DAY Seasonal vegetable salad

Judías blancas con verduras de temporada
White beans with seasonal vegetables

Tortilla de patata con pisto
Spanish omelette with ratatouille

Fruta
Fruit

KCal 739,052 Prot 25,691g Ca 224,768mg Fe 8,667mg
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CENA/DINNER:
Ensalada completa/Pizza casera de verduras frescas de
Full salad/Homemade pizza with seasonal fresh

5 Ensalada fresca ecológica
Fresh organic salad

Sopa de cocido con verduras ECO
Cooked soup with vegetables BIO

Pollo a l'ast con patatas
Grilled chicken with chips

Fruta ECO
Organic fruit

KCal 764,802 Prot 49,765g Ca 162,166mg Fe 8,386mg
HdC 87,691g Lip 27,390g VitA 2,323mg VitB12 13,200mg

CENA/DINNER:
Escalivada/Pescado al papillote/Fruta
Escalivada/Steamed fish/Fruit

6 Ensalada fresca ecológica
Fresh organic salad

Arroz de otoño
Autumn rice

Filete de merluza enharinada casera con zanahoria
Fillet of hake floured homemade with carrot

Fruta
Fruit

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CENA/DINNER:
Calabacín a la plancha /Carne blanca/Fruta
Grilled zucchini/White meat/Fruit

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Seasonal vegetable salad

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Chickpeas with spinach

Goulash de magro con cous cous
Lean pork goulash with cous cous

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CENA/DINNER:
Wok de verduras/Huevo/Fruta
Vegetables wok/Egg/Fruit

10 DÍA MUNDIAL DE LAS LEGUMBRES Ensalada de verduras de temporada
WORLD PULSES DAY Seasonal vegetable salad

Lentejas al curry con manzana
Curry lentils with apple

Tortilla de jamón york con queso fresco
Ham omelette with fresh cheese

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Fruit

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HdC 93,820g Lip 27,004g VitA 1,838mg VitB12 0,898mg

CENA/DINNER:
Crema de puerros/Sandwich vegetal/Fruta
Leek cream/Vegetable sandwich/Fruit

11 Ensalada de verduras de temporada
Seasonal vegetable salad

Fideuá
Fideuà

Magro con tomate
Lean pork with tomato sauce

Fruta
Fruit

KCal 624,706 Prot 43,901g Ca 181,068mg Fe 6,836mg
HdC 102,233g Lip 25,249g VitA 1,936mg VitB12 3,735mg

CENA/DINNER:
Judías verdes salteadas/Carne magra de cerdo/Fruta
Sautéed green beans/Lean pork/Fruit

12 Ensalada fresca ecológica
Fresh organic salad

Lasaña casera (magro, verdura, leche, harina, queso)
Homemade lasagna (lean, vegetables, milk, flour, cheese)

Croquetas de bacalao con verduras
Cod croquettes with vegetables

Fruta
Fruit

KCal 958,006 Prot 31,474g Ca 215,159mg Fe 6,478mg
HdC 130,467g Lip 48,614g VitA 2,802mg VitB12 1,590mg

CENA/DINNER:
Zanahoria aliñada con guisantes/Pescado azul/Fruta
Carrot dressed with peas/Blue fish/Fruit

13 Ensalada de verduras de temporada
Seasonal vegetable salad

Arròs rossejat
'Rossejat' rice

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

Fruta ECO
Organic fruit

KCal 765,213 Prot 31,209g Ca 151,042mg Fe 5,409mg
HdC 98,304g Lip 27,337g VitA 0,668mg VitB12 1,395mg

CENA/DINNER:
Alcachofas salteadas/Carne de ave/Fruta
Sautéed artichokes/Poultry/Fruit

14 Ensalada fresca ecológica
Fresh organic salad

Crema dubarry (coliflor y alubias) P/ECO con tostones integrales
Organic dubarry soup (cauliflower and beans) BIO with wholemeal bread

Pechuga de pollo plancha con verduras thai
Grilled chicken breast with thai vegetables

Lácteo
Dairy

KCal 575,940 Prot 26,754g Ca 295,679mg Fe 4,999mg
HdC 63,622g Lip 23,654g VitA 2,110mg VitB12 6,044mg

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

17 — **Ensalada de verduras de temporada**
Seasonal vegetable salad

Guisado de sepia con patatas y zanahoria
Cuttlefish stew with potatoes and carrots

Longanizas con tomate
Sausages with tomato

Fruta
Fruit

KCal 880,919 Prot 33,103g Ca 173,604mg Fe 6,885mg
HdC 91,807g Lip 43,095g VitA 1,536mg VitB12 0,774mg

CENA/DINNER:
Tosta de hummus/Tortilla de cebolla/Fruta
Hummus toast/Onion omelet/Fruit

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

Garbanzos con calabaza y boniato
Chickpeas with pumpkin and sweet potato

Pizza casera
Homemade pizza

Fruta
Fruit

KCal 1115,539 Prot 41,183g Ca 379,987mg Fe 9,549mg
HdC 156,163g Lip 36,853g VitA 1,741mg VitB12 0,000mg

CENA/DINNER:
Cebolleta y pimiento rojo plancha/Carne blanca/Fruta
Grilled onion tender and red pepper/White meat/Fruit

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

Sopa de cocido con verduras
Soup with vegetables

Pollo al horno con verduras al horno
Baked chicken with vegetables

Fruta
Fruit

KCal 597,799 Prot 37,053g Ca 167,473mg Fe 7,464mg
HdC 71,148g Lip 25,132g VitA 2,079mg VitB12 7,700mg

CENA/DINNER:
Parrillada de verduras/Pescado blanco /Fruta
Roasted vegetables/Whitefish/Fruit

20 — **Ensalada fresca ecológica**
Fresh organic salad

Paella
Paella

Nuggets de pollo
Chicken Nuggets

Fruta
Fruit

KCal 851,430 Prot 27,259g Ca 143,648mg Fe 3,899mg
HdC 102,452g Lip 36,980g VitA 1,781mg VitB12 2,064mg

CENA/DINNER:
Ensalada completa/Carne blanca magra/Fruta
Full salad/Lean white meat/Fruit

21 — **Ensalada fresca ecológica**
Fresh organic salad

Lentejas con verduras P/ECO
Organic lentils with vegetables

Salmón al horno con verduras salteadas
Grilled fish with sauteed vegetables

Lácteo
Dairy

KCal 615,860 Prot 36,246g Ca 277,939mg Fe 7,180mg
HdC 54,934g Lip 27,564g VitA 3,015mg VitB12 5,000mg

CENA/DINNER:
Patatas al micro con aceite, sal y
Potatoes (microwave) with olive oil, salt and paprika/Hake

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

Espirales a la napolitana
Pasta neapolitan

Bacalao al pil pil con guisantes
Pil-pil cod with peas

Fruta
Fruit

KCal 856,773 Prot 76,922g Ca 218,436mg Fe 7,014mg
HdC 85,823g Lip 24,364g VitA 1,013mg VitB12 4,000mg

CENA/DINNER:
Sopa juliana/Revuelto de ajos tiernos/Fruta
Vegetable soup/Scrambled eggs with garlic/Fruit

25 — **Ensalada de verduras de temporada**
Seasonal vegetable salad

Puré de legumbres con leche de coco con tostones
Legumes soup with coconut milk with croutons

Albóndigas en salsa con trigo tierno
Meatballs with soft wheat

Fruta
Fruit

KCal 847,148 Prot 24,657g Ca 136,795mg Fe 6,608mg
HdC 110,109g Lip 39,895g VitA 2,586mg VitB12 0,000mg

CENA/DINNER:
Berenjena gratinada al horno/Pescado al
Eggplant au gratin/Steamed fish/Fruit

26 — **DÍA VERDE Ensalada fresca ecológica**
GREEN DAY Fresh organic salad

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

Calamares a la andaluza con mayonesa
Squids Andaluza style with mayonnaise

Fruta ECO
Organic fruit

KCal 939,630 Prot 29,474g Ca 167,195mg Fe 5,770mg
HdC 99,133g Lip 47,275g VitA 2,012mg VitB12 1,227mg

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

27 — **Jornada gastronómica Manchega Tosta de queso manchego**
"LA MANCHA" GASTRONOMIC DAY
Manchego cheese toast

Pisto y huevo duro
Ratatouille and egg

Gazpacho manchego
Gazpacho manchego

Postre especial
Special dessert

KCal 753,456 Prot 51,693g Ca 334,067mg Fe 6,487mg
HdC 165,987g Lip 42,787g VitA 0,672mg VitB12 6,069mg

CENA/DINNER:
Calabaza y patata al microondas/Pescado blanco
Pumpkin and potato in the microwave made/Whitefish/Fruit

28 — **Ensalada fresca ecológica**
Fresh organic salad

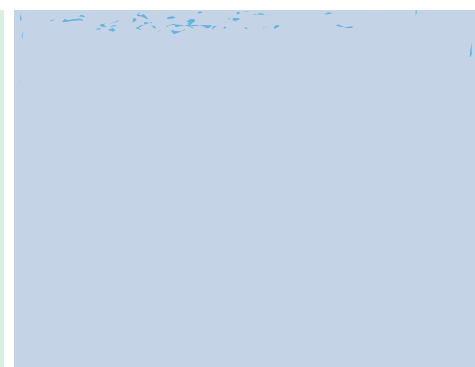
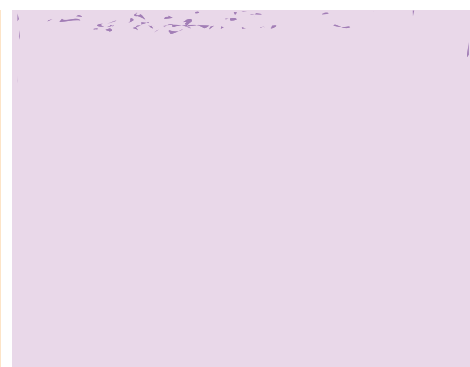
Fabada vegetal P/ECO
Vegetarian "fabada" P/BIO

Tortilla de patata con tosta de champiñones
Spanish omelette with mushroom toast

Lácteo
Dairy

KCal 796,333 Prot 32,385g Ca 357,236mg Fe 9,103mg
HdC 112,535g Lip 24,529g VitA 2,840mg VitB12 1,398mg

CENA/DINNER:
Brochetas de verduras/Carne roja magra/Fruta
Vegetable skewers/Lean red meat/Fruit



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

MONDAY / LUNES

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FRIDAY / VIERNES

3 Ensalada de verduras de temporada
Seasonal vegetable salad

Ensalada Santa Mónica
Santa Monica Salad

Cordon bleu
Cordon bleu

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 de ave/Fruta
Vegetable skewers/Poultry/Fruit

4 DÍA VERDE Ensalada de verduras de temporada
GREEN DAY Seasonal vegetable salad

Menestra de verduras
Stir fried vegetables

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

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:
Ensalada completa/Pizza casera de verduras frescas de
Full salad/Homemade pizza with seasonal fresh

5 Ensalada fresca ecológica
Fresh organic salad

Espinacas gratinadas
Spinachs au graten

Revuelto de champiñón
Scrambled eggs with mushroom

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 papillote/Fruta
Escalivada/Steamed fish/Fruit

6 Ensalada fresca ecológica
Fresh organic salad

Guisantes con jamón serrano
Peas with ham and onion

Lomo de cerdo a la plancha
Loin escalope

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:
Calabacín a la plancha /Carne blanca/Fruta
Grilled zucchini/White meat/Fruit

7 Ensalada de verduras de temporada
Seasonal vegetable salad

Crema de verduras de temporada
Vegetable puree

Bacalao confitado
Cod confit

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:
Wok de verduras/Huevo/Fruta
Vegetables wok/Egg/Fruit

10 DIA MUNDIAL DE LAS LEGUMBRES Ensalada de verduras de temporada
WORLD PULSES DAY Seasonal vegetable salad

Wok de verduras
Vegetable wok

Escalope de lomo empanado con queso fresco
Tenderloin escalope breaded with fresh cheese

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 puerros/Sandwich vegetal/Fruta
Leek cream/Vegetable sandwich/Fruit

11 Ensalada de verduras de temporada
Seasonal vegetable salad

Ensalada César
Caesar salad

Revuelto de setas
Scrambled mushrooms

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/Carne magra de cerdo/Fruta
Sautéed green beans/Lean pork/Fruit

12 Ensalada fresca ecológica
Fresh organic salad

Macarrones a la boloñesa
Macaroni Bolognese

Gallineta a la marinera
Fish with seafood

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:
Zanahoria aliñada con guisantes/Pescado azul/Fruta
Carrot dressed with peas/Blue fish/Fruit

13 Ensalada de verduras de temporada
Seasonal vegetable salad

Judías verdes salteadas con jamón
Green beans with ham

Tempura de verduras
Vegetable 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:
Alcachofas salteadas/Carne de ave/Fruta
Sautéed artichokes/Poultry/Fruit

14 Ensalada fresca ecológica
Fresh organic salad

Hervido de verduras
Boiled vegetables

Hamburguesa vegetal con verduras thai
Vegetable burger with thai 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:
Salteado de calabacín, zanahoria y quinoa/Pescado al
Quinoa with sautéed zucchini and carrots/Grilled fish with

17 — Ensalada de verduras de temporada
Seasonal vegetable salad

Verduras al horno
Vegetables

Corvina a la plancha
Grilled sea bass

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:
Tosta de hummus/Tortilla de cebolla/Fruta
Hummus toast/Onion omelet/Fruit

18 — Ensalada de verduras de temporada
Seasonal vegetable salad

Arroz tres delicias
Chinese fried rice

Pizza casera
Homemade pizza

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:
Cebolleta y pimiento rojo plancha/Carne blanca/Fruta
Grilled onion tender and red pepper/White meat/Fruit

19 — DÍA VERDE Ensalada de verduras de temporada
GREEN DAY Seasonal vegetable salad

Coliflor gratinada
Grated cauliflower

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:
Parrillada de verduras/Pescado blanco /Fruta
Roasted vegetables/Whitefish/Fruit

20 — Ensalada fresca ecológica
Fresh organic salad

Escalibada
Escalivada

Burrito vegetal con aguacate y queso
Vegetable burrito with avocado and cheese

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 completa/Carne blanca magra/Fruta
Full salad/Lean white meat/Fruit

21 — Ensalada fresca ecológica
Fresh organic salad

Coleslaw (ensalada de col)
Coleslaw

Costillas BBQ
BBQ ribs

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:
Patatas al micro con aceite, sal y
Potatoes (microwave) with olive oil, salt and paprika/Hake

24 — Ensalada de verduras de temporada
Seasonal vegetable salad

Ensalada de quinoa
Quinoa salad

Goulash de magro
Lean pork goulash

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 juliana/Revuelto de ajos tiernos/Fruta
Vegetable soup/Scrambled eggs with garlic/Fruit

25 — Ensalada de verduras de temporada
Seasonal vegetable salad

Alcachofas con jamón
Artichokes with cured ham

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:
Berenjena gratinada al horno/Pescado al
Eggplant au gratin/Steamed fish/Fruit

26 — DÍA VERDE Ensalada fresca ecológica
GREEN DAY Fresh organic salad

Hervido de verduras
Boiled vegetables

Revuelto de ajos tiernos
Scrambled eggs with garlic

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 magra/Fruta
Roasted sweet potato chips/Lean white meat/Fruit

27 — Jornada gastronómica Manchega Tosta de queso manchego
"LA MANCHA" GASTRONOMIC DAY
Manchego cheese toast

Postre especial
Special dessert

KCal 723,778 Prot 53,198g Ca 401,480mg Fe 3,382mg
HdC 266,120g Lip 50,287g VitA 0,317mg VitB12 0,798mg

CENA/DINNER:
Calabaza y patata al microondas/Pescado blanco
Pumpkin and potato in the microwave made/Whitefish/Fruit

28 — Ensalada fresca ecológica
Fresh organic salad

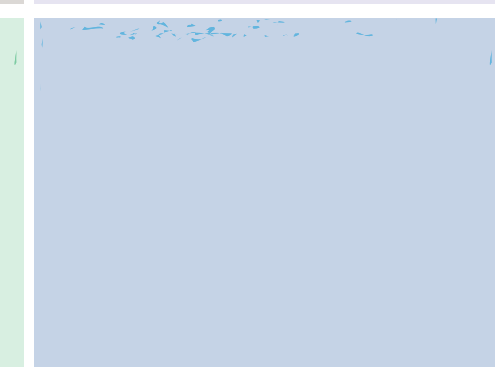
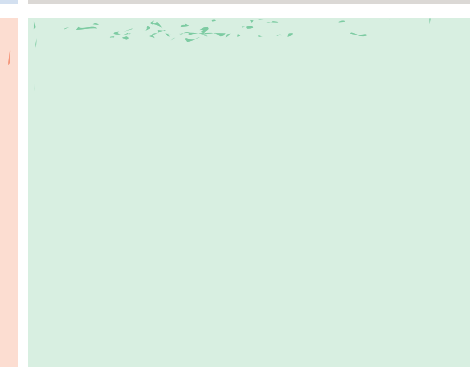
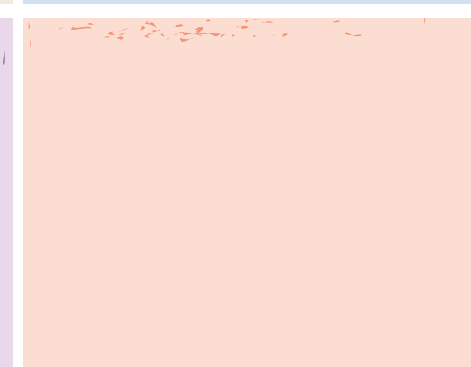
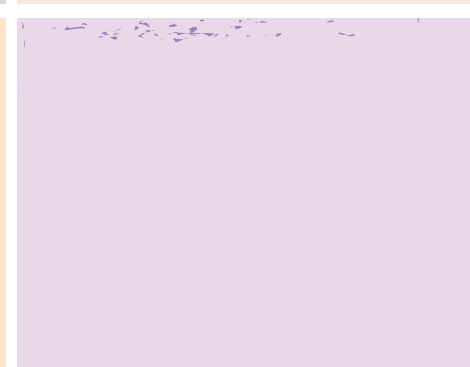
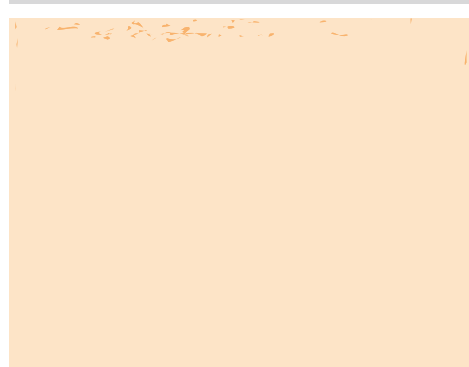
Crema de verduras de temporada
Vegetable puree

Atún teriyaki
Teriyaki tuna

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:
Brochetas de verduras/Carne roja magra/Fruta
Vegetable skewers/Lean red meat/Fruit



CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

CENA/DINNER:

MERIENDAS BRITISH COLLEGE

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
Sem 3 - 7 Feb	Bocadillo de fiambre	Fruta	Bocadillo de pavo	Fruta	Zumo y galletas
Sem 10 - 14 Feb	Fruta	Bocadillo de jamón york	Fruta	Bocadillo de queso	Fruta
Sem 17 - 21 Feb	Bocadillo de pavo	Fruta	Bocadillo de jamón serrano	Fruta	Zumo y galletas
Sem 24 - 28 Feb	Bocadillo de pavo	Fruta	Bocadillo de jamón serrano	Fruta	Zumo y galletas