

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

MONDAY / LUNES

TUESDAY / MARTES

WEDNESDAY / MIÉRCOLES

THURSDAY / JUEVES

FRIDAY / VIERNES

3 Ensalada fresca ecológica
Fresh organic salad

Arroz oriental
Asian rice

Filete de merluza a la meunière con gnocchis
Hake fillet "meunière" style with gnocchi

Fruta
Fruit

KCal 707,454 Prot 26,329g Ca 120,174mg Fe 4,078mg
HdC 119,000g Lip 23,510g VitA 1,737mg VitB12 0,790mg

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

4 Ensalada de verduras de temporada
Seasonal vegetable salad

Crema de lentejas rojas y zanahoria
Red lentils and carrot soup

Alitas de pollo a la barbacoa con maíz
BBQ chicken wings with corn

Fruta
Fruit

KCal 762,153 Prot 44,571g Ca 158,882mg Fe 9,306mg
HdC 90,338g Lip 25,082g VitA 1,582mg VitB12 0,000mg

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

5 Ensalada de verduras de temporada
Seasonal vegetable salad

Lasaña
Lasagna

Hamburguesa vegetal con champiñones
Vegetable with mushrooms

Fruta
Fruit

KCal 878,627 Prot 34,695g Ca 271,682mg Fe 7,649mg
HdC 131,112g Lip 41,574g VitA 1,492mg VitB12 1,920mg

CENA/DINNER:
Zanahoria aliñada con guisantes/Huevo/Fruta
Carrot dressed with peas/Egg/Fruit

6 Ensalada de verduras de temporada
Seasonal vegetable salad

Sopa de cocido con verduras ECO
Soup with BIO vegetables

Lomo de cerdo a la plancha con patatas gajo
Loin escalope with deluxe chips

Fruta ECO
Organic fruit

KCal 718,080 Prot 37,102g Ca 222,602mg Fe 10,816mg
HdC 75,027g Lip 45,145g VitA 1,288mg VitB12 1,656mg

CENA/DINNER:
Tosta de hummus/Pescado al papillote/Fruta
Hummus toast/Steamed fish/Fruit

7 Ensalada fresca ecológica
Fresh organic salad

Estofado de garbanzos con acelgas y calabaza
Chickpea stew with chard and pumpkin

Bacalao a la vizcaína
Codfish Biscayne style

Lácteo
Dairy

KCal 692,998 Prot 32,208g Ca 423,689mg Fe 8,243mg
HdC 80,839g Lip 26,798g VitA 2,173mg VitB12 3,380mg

CENA/DINNER:
Menestra salteada/Carne blanca/Fruta
Sautéed vegetable stew/White meat/Fruit

10 Ensalada de verduras de temporada
Seasonal vegetable salad

Vichyssoise (crema de puerros)
Vichyssoise (leek soup)

Ragout de cerdo con champiñones
Pork ragu with mushrooms

Fruta
Fruit

KCal 787,360 Prot 23,921g Ca 174,262mg Fe 5,589mg
HdC 64,078g Lip 48,632g VitA 1,244mg VitB12 0,020mg

CENA/DINNER:
Wok de verduras/Pescado azul/Fruta
Vegetables wok/Blue fish/Fruit

11 DÍA DE LA TORTILLA DE PATATA
Ensalada de verduras de temporada
POTATO OMELETTE DAY Seasonal vegetable salad

Lentejas a la jardinera con arroz blanco
Vegetable Lentil stew with rice

Tortilla de calabacín con queso fresco
Zucchini omelette with fresh cheese

Fruta
Fruit

KCal 852,613 Prot 40,325g Ca 281,084mg Fe 11,559mg
HdC 104,317g Lip 30,539g VitA 2,183mg VitB12 1,347mg

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

12 Ensalada fresca ecológica
Fresh organic salad

Crema de verduras de temporada
Vegetable soup

Pizza casera
Homemade pizza

Fruta ECO
Organic fruit

KCal 654,408 Prot 24,225g Ca 253,559mg Fe 3,775mg
HdC 89,635g Lip 22,064g VitA 2,862mg VitB12 0,000mg

CENA/DINNER:
Menestra salteada/Pescado blanco /Fruta
Sautéed vegetable stew/Whitefish/Fruit

13 Ensalada fresca ecológica
Fresh organic salad

Sopa de cocido con verduras ECO
Soup with BIO vegetables

Pollo al horno con patatas
Baked chicken with chips

Fruta ECO
Organic fruit

KCal 700,302 Prot 47,815g Ca 157,416mg Fe 7,961mg
HdC 73,191g Lip 27,140g VitA 2,323mg VitB12 13,200mg

CENA/DINNER:
Escalivada/Tortilla de habas/Fruta
Escalivada/Fava bean omelette/Fruit

14 Ensalada valenciana con huevo y atún
Valencian salad

Paella valenciana
Valencian paella

All i pebre de rape
'All i pebre' monkfish

Lácteo
Dairy

KCal 815,202 Prot 37,610g Ca 299,736mg Fe 4,307mg
HdC 103,670g Lip 27,392g VitA 0,320mg VitB12 3,867mg

CENA/DINNER:
Patatas cocidas/Carne roja magra/Fruta
Cooked potatoes/Lean red meat/Fruit

17

Festivo
Holiday

18

Festivo
Holiday

19

Festivo
Holiday

20

Festivo
Holiday

21

Ensalada fresca ecológica
Fresh organic salad

Caracolas con salsa de calabaza
Pumpki pasta sauce

Cordon bleu con guisantes
Cordon bleu with peas

KCal 540,291 Prot 22,932g Ca 154,530mg Fe 4,220mg
HdC 81,495g Lip 27,729g VitA 3,142mg VitB12 0,014mg

CENA/DINNER:
Chips de boniato al horno/Berenjena rellena de soja
Roasted sweet potato chips/Textured Soy Stuffed

CENA/DINNER:

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CENA/DINNER:

24

Ensalada de verduras de temporada
Seasonal vegetable salad

Crema de legumbres con tostones
Polses soup with croutons

Hamburguesa completa
Hamburger

Fruta
Fruit

25

Ensalada de verduras de temporada
Seasonal vegetable salad

Macarrones a la italiana
Pasta in italian style

Merluza en salsa mery con brócoli
Hake in mery sauce with broccoli

Fruta
Fruit

26

Ensalada fresca ecológica
Fresh organic salad

Sopa minestrone
"Minestrone" soup

Tortilla de jamón york con croqueta de la abuela
Ham omelette with croquette

Fruta ECO
Organic fruit

27

Ensalada fresca ecológica
Fresh organic salad

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

Pollo al curry con trigo tierno
Chicken curry with soft wheat

Fruta
Fruit

28

Ensalada de verduras de temporada
Seasonal vegetable salad

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

Salmón al horno con zanahoria
Baked salmon with carrot

Lácteo
Dairy

KCal 808,525 Prot 25,461g Ca 251,616mg Fe 7,186mg
HdC 124,303g Lip 23,621g VitA 1,513mg VitB12 0,133mg

CENA/DINNER:
Menestra salteada/Pescado al limón/Fruta
Sautéed vegetable stew/Grilled fish with lemon/Fruit

KCal 717,490 Prot 27,272g Ca 354,085mg Fe 4,461mg
HdC 88,993g Lip 29,882g VitA 2,025mg VitB12 0,384mg

CENA/DINNER:
Mazorca de maíz con sal/Carne de ave/Fruta
Cob of corn with salt/Poultry/Fruit

KCal 745,900 Prot 31,141g Ca 131,448mg Fe 5,831mg
HdC 119,682g Lip 32,391g VitA 1,799mg VitB12 1,918mg

CENA/DINNER:
Ensalada de tomate y aguacate/Pizza casera de
Tomato and avocado salad/Homemade pizza with seasonal

KCal 891,606 Prot 38,502g Ca 200,321mg Fe 8,944mg
HdC 113,493g Lip 36,070g VitA 2,669mg VitB12 3,478mg

CENA/DINNER:
Tosta de hummus/Pescado blanco /Fruta
Hummus toast/Whitefish/Fruit

KCal 908,073 Prot 39,670g Ca 285,293mg Fe 5,473mg
HdC 82,712g Lip 46,015g VitA 2,396mg VitB12 7,097mg

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

31

Ensalada de verduras de temporada
Seasonal vegetable salad

Lentejas con verduras de temporada
Lentils with seasonal vegetables

Lomo asado con patatas
Pork loin with chips

Fruta
Fruit

CENA/DINNER:

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KCal 837,233 Prot 44,399g Ca 131,133mg Fe 10,274mg
HdC 89,684g Lip 47,626g VitA 1,079mg VitB12 1,840mg

CENA/DINNER:
Crema de calabacín/Tortilla de cebolla/Fruta
Zucchini cream/Onion omelet/Fruit

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Soup with BIO vegetables

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Vichyssoise (leek soup)

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Zucchini omelette with fresh cheese

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Fruit

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Vegetable skewers/Poultry/Fruit

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Vegetable soup

Pizza casera
Homemade pizza

Fruta ECO
Organic fruit

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Valencian salad

Paella valenciana
Valencian paella

All i pebre de rape
'All i pebre' monkfish

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Cooked potatoes/Lean red meat/Fruit

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Holiday

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Festivo
Holiday

19

Festivo
Holiday

20

Festivo
Holiday

21

Ensalada fresca ecológica
Fresh organic salad

Caracolas con salsa de calabaza
Pumpki pasta sauce

Cordon bleu con guisantes
Cordon bleu with peas

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CENA/DINNER:

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24

Ensalada de verduras de temporada
Seasonal vegetable salad

Crema de legumbres con tostones
Polses soup with croutons

Hamburguesa completa
Hamburger

Fruta
Fruit

25

Ensalada de verduras de temporada
Seasonal vegetable salad

Macarrones a la italiana
Pasta in italian style

Merluza en salsa mery con brócoli
Hake in mery sauce with broccoli

Fruta
Fruit

26

Ensalada fresca ecológica
Fresh organic salad

Sopa minestrone
"Minestrone" soup

Tortilla de jamón york con croqueta de la abuela
Ham omelette with croquette

Fruta ECO
Organic fruit

27

Ensalada fresca ecológica
Fresh organic salad

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

Pollo al curry con trigo tierno
Chicken curry with soft wheat

Fruta
Fruit

28

Ensalada de verduras de temporada
Seasonal vegetable salad

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

Salmón al horno con zanahoria
Baked salmon with carrot

Lácteo
Dairy

KCal 808,525 Prot 25,461g Ca 251,616mg Fe 7,186mg
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CENA/DINNER:
Menestra salteada/Pescado al limón/Fruta
Sautéed vegetable stew/Grilled fish with lemon/Fruit

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CENA/DINNER:
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Cob of corn with salt/Poultry/Fruit

KCal 745,900 Prot 31,141g Ca 131,448mg Fe 5,831mg
HdC 119,682g Lip 32,391g VitA 1,799mg VitB12 1,918mg

CENA/DINNER:
Ensalada de tomate y aguacate/Pizza casera de
Tomato and avocado salad/Homemade pizza with seasonal

KCal 891,606 Prot 38,502g Ca 200,321mg Fe 8,944mg
HdC 113,493g Lip 36,070g VitA 2,669mg VitB12 3,478mg

CENA/DINNER:
Tosta de hummus/Pescado blanco /Fruta
Hummus toast/Whitefish/Fruit

KCal 908,073 Prot 39,670g Ca 285,293mg Fe 5,473mg
HdC 82,712g Lip 46,015g VitA 2,396mg VitB12 7,097mg

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

31

Ensalada de verduras de temporada
Seasonal vegetable salad

Lentejas con verduras de temporada
Lentils with seasonal vegetables

Lomo asado con patatas
Pork loin with chips

Fruta
Fruit

CENA/DINNER:

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KCal 837,233 Prot 44,399g Ca 131,133mg Fe 10,274mg
HdC 89,684g Lip 47,626g VitA 1,079mg VitB12 1,840mg

CENA/DINNER:
Crema de calabacín/Tortilla de cebolla/Fruta
Zucchini cream/Onion omelet/Fruit

CENA/DINNER:

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

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THURSDAY / JUEVES

FRIDAY / VIERNES

3 Ensalada fresca ecológica
Fresh organic salad

Judías verdes rehogadas
Stewed beans

Longanizas
Sausages

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 /Pescado al limón/Fruta
Grilled zucchini/Grilled fish with lemon/Fruit

4 Ensalada de verduras de temporada
Seasonal vegetable salad

Menestra de verduras
Stir fried vegetables

Albóndigas de bacalao
Cod balls

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

5 Ensalada de verduras de temporada
Seasonal vegetable salad

Macarrones en salsa pomodoro
Pasta pomodoro

Filete de pavo plancha
Grilled Turkey tenderloin

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:
Zanahoria aliñada con guisantes/Huevo/Fruta
Carrot dressed with peas/Egg/Fruit

6 Ensalada de verduras de temporada
Seasonal vegetable salad

Espinacas gratinadas
Spinachs au graten

Atún teriyaki
Teriyaki tuna

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:
Tosta de hummus/Pescado al papillote/Fruta
Hummus toast/Steamed fish/Fruit

7 Ensalada fresca ecológica
Fresh organic salad

Alcachofas salteadas con jamón serrano
Sautéed artichokes with cured ham

Tortilla de patata
Spanish omelette

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:
Menestra salteada/Carne blanca/Fruta
Sautéed vegetable stew/White meat/Fruit

10 Ensalada de verduras de temporada
Seasonal vegetable salad

Tomate gratinado
Tomato au graten

Gallineta en salsa
Redfish 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:
Wok de verduras/Pescado azul/Fruta
Vegetables wok/Blue fish/Fruit

11 DÍA DE LA TORTILLA DE PATATA
Ensalada de verduras de temporada
POTATO OMELETTE DAY Seasonal vegetable salad

Ensalada de quinoa
Quinoa salad

Boquerones en tempura
Tempura anchovies

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

12 Ensalada fresca ecológica
Fresh organic salad

Ensalada César
Caesar salad

Pizza casera
Homemade pizza

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:
Menestra salteada/Pescado blanco /Fruta
Sautéed vegetable stew/Whitefish/Fruit

13 Ensalada fresca ecológica
Fresh organic salad

Coliflor gratinada
Cauliflower au graten

San Pedro al horno
Baked John Dory fish

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/Tortilla de habas/Fruta
Escalivada/Fava bean omelette/Fruit

14 Ensalada valenciana con huevo y atún
Valencian salad

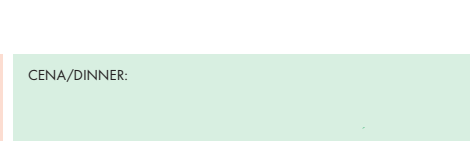
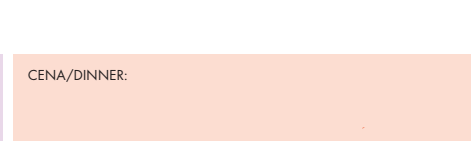
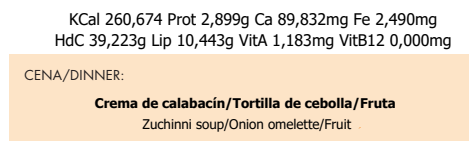
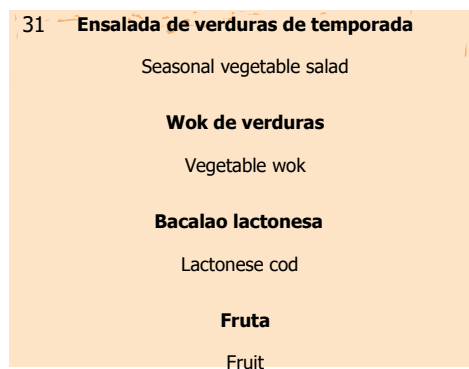
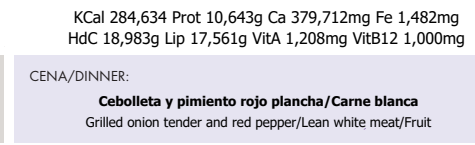
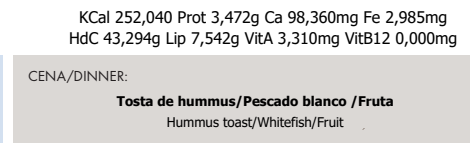
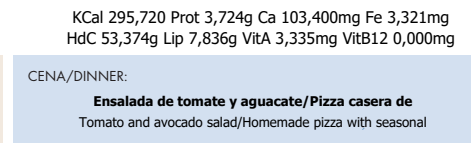
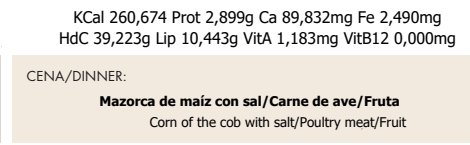
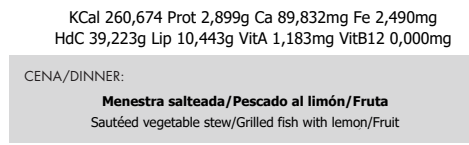
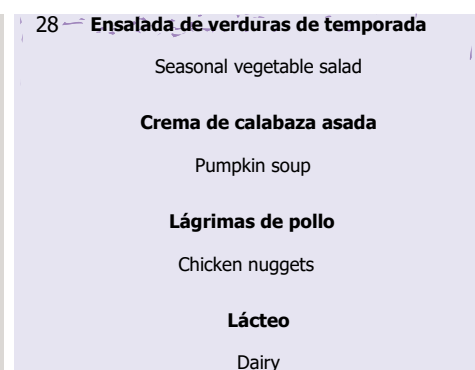
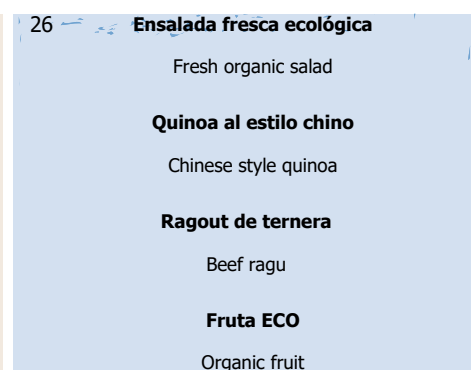
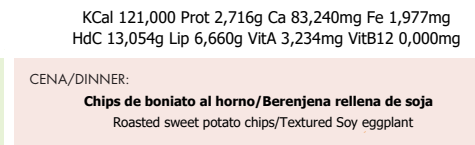
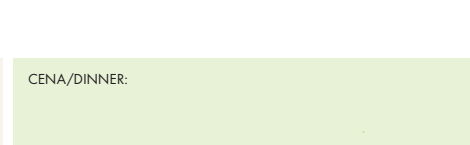
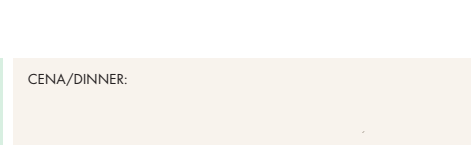
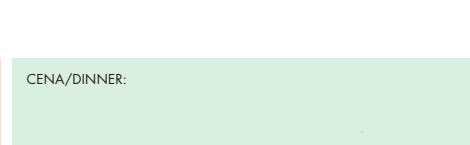
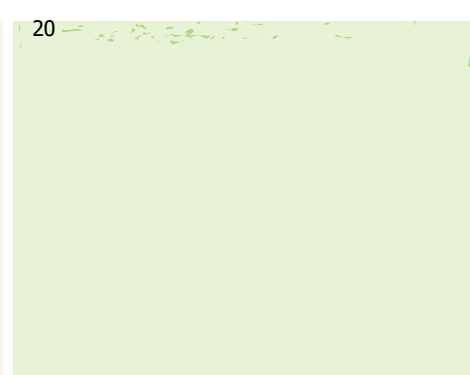
Paella valenciana
Valencian paella

All i pebre de rape
'All i pebre' monkfish

Lácteo
Dairy

KCal 320,034 Prot 18,337g Ca 372,504mg Fe 2,032mg
HdC 16,068g Lip 19,327g VitA 0,381mg VitB12 2,449mg

CENA/DINNER:
Patatas cocidas/Carne roja magra/Fruta
Baked potatoes/Lean red meat/Fruit



21 Ensalada fresca ecológica
 Fresh organic salad

Verduras a la brasa
 Grilled vegetables

Rodaja de merluza
 Hake slice

KCal 121,000 Prot 2,716g Ca 83,240mg Fe 1,977mg
 HdC 13,054g Lip 6,660g VitA 3,234mg VitB12 0,000mg

CENA/DINNER:
Chips de boniato al horno/Berenjena rellena de soja
 Roasted sweet potato chips/Textured Soy eggplant

28 Ensalada de verduras de temporada
 Seasonal vegetable salad

Crema de calabaza asada
 Pumpkin soup

Lágrimas de pollo
 Chicken nuggets

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



MERIENDAS BRITISH COLLEGE

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
Sem 3 - 7 Mar	Bocadillo de fiambre	Fruta	Bocadillo de pavo	Fruta	Zumo y galletas
Sem 10 - 14 Mar	Fruta	Bocadillo de jamón york	Fruta	Bocadillo de queso	Fruta
Sem 17 - 21 Mar	FESTIVO	FESTIVO	FESTIVO	FESTIVO	Zumo y galletas
Sem 24 - 28 Mar	Fruta	Bocadillo de jamón serrano	Fruta	Bocadillo de pavo	Fruta
Sem 31 Mar	Bocadillo de queso				