

THE BRITISH SCHOOL

MENÚ C



MALU ORTEGA, T.S.D Y NUTRICIÓN, Nº col ASNADI 1592



1ª SEMANA

2-10/11-18 años

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES																																								
1ª SEMANA	<p>1º Macaroni in homemade tomato sauce with cheese 2º Grilled chicken breast With tomato, lettuce & onion salad</p> <table border="1"> <tr><td>kcal</td><td>H.Carbon</td><td>Grasas</td><td>Proteínas</td></tr> <tr><td>678/840</td><td>45%</td><td>33%</td><td>22%</td></tr> </table>	kcal	H.Carbon	Grasas	Proteínas	678/840	45%	33%	22%	<p>1º Lentil soup with seasonal vegetables 2º Grilled Pollock with wrinkly potatoes & green mojo</p> <table border="1"> <tr><td>kcal</td><td>H.Carbon</td><td>Grasas</td><td>Proteínas</td></tr> <tr><td>652.5/854</td><td>55%</td><td>25%</td><td>20%</td></tr> </table>	kcal	H.Carbon	Grasas	Proteínas	652.5/854	55%	25%	20%	<p>1º Cream of pumpkin soup organic 2º Grilled homemade beef & pork hamburgers with tomato, lettuce & carrot</p> <table border="1"> <tr><td>kcal</td><td>H. Carbono</td><td>Grasas</td><td>Proteínas</td></tr> <tr><td>468/694</td><td>58%</td><td>33%</td><td>10%</td></tr> </table>	kcal	H. Carbono	Grasas	Proteínas	468/694	58%	33%	10%	<p>1º Chickpea soup with seasonal vegetables 2º Fried fish churros with scrambled eggs & mushrooms</p> <table border="1"> <tr><td>kcal</td><td>H.Carbon</td><td>Grasas</td><td>Proteínas</td></tr> <tr><td>639/949</td><td>60%</td><td>25%</td><td>15%</td></tr> </table>	kcal	H.Carbon	Grasas	Proteínas	639/949	60%	25%	15%	<p>1º Brown rice with seasonal vegetables 2º Chicken strips with cherry tomatoes</p> <table border="1"> <tr><td>kcal</td><td>H.Carbon</td><td>Grasas</td><td>Proteínas</td></tr> <tr><td>365/841</td><td>52%</td><td>28%</td><td>20%</td></tr> </table>	kcal	H.Carbon	Grasas	Proteínas	365/841	52%	28%	20%
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2ª SEMANA	<p>1º Cream of tomato soup organic 2º Chickpea & beef stew with tomato, carrot & lettuce</p> <table border="1"> <tr><td>kcal</td><td>H.Carbon</td><td>Grasas</td><td>Proteínas</td></tr> <tr><td>653/788</td><td>64%</td><td>27%</td><td>9%</td></tr> </table>	kcal	H.Carbon	Grasas	Proteínas	653/788	64%	27%	9%	<p>1º Cream of vegetable soup 2º Pollock with onions, peppers & braised potatoes</p> <table border="1"> <tr><td>kcal</td><td>H.Carbon</td><td>Grasas</td><td>Proteínas</td></tr> <tr><td>406/600</td><td>69%</td><td>11%</td><td>20%</td></tr> </table>	kcal	H.Carbon	Grasas	Proteínas	406/600	69%	11%	20%	<p>1º Whole meal spaghetti Carbonara with cheese 2º Boiled egg with lettuce, tomato, sweetcorn & carrot salad</p> <table border="1"> <tr><td>kcal</td><td>H. Carbono</td><td>Grasas</td><td>Proteínas</td></tr> <tr><td>781/824</td><td>41%</td><td>43%</td><td>16%</td></tr> </table>	kcal	H. Carbono	Grasas	Proteínas	781/824	41%	43%	16%	<p>1º Cream of courgette soup 2º Grilled chicken fillets with mashed potatoes</p> <table border="1"> <tr><td>kcal</td><td>H.Carbon</td><td>Grasas</td><td>Proteínas</td></tr> <tr><td>400/641</td><td>53%</td><td>12%</td><td>35%</td></tr> </table>	kcal	H.Carbon	Grasas	Proteínas	400/641	53%	12%	35%	<p>1ª Black beans in sauce with rice 2º Scrambled eggs with tuna, lettuce, tomato, sweetcorn & carrot salad</p> <table border="1"> <tr><td>kcal</td><td>H.Carbon</td><td>Grasas</td><td>Proteínas</td></tr> <tr><td>457/637</td><td>52%</td><td>18%</td><td>30%</td></tr> </table>	kcal	H.Carbon	Grasas	Proteínas	457/637	52%	18%	30%
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3ª SEMANA	<p>1º Chicken noodle soup 2º Squid stew with tomato & lettuce salad</p> <table border="1"> <tr><td>kcal</td><td>H.Carbon</td><td>Grasas</td><td>Proteínas</td></tr> <tr><td>667/954</td><td>60%</td><td>26%</td><td>14%</td></tr> </table>	kcal	H.Carbon	Grasas	Proteínas	667/954	60%	26%	14%	<p>1º Chickpea soup with vegetables organic 2º homemade beef meatballs with sauce & brown rice</p> <table border="1"> <tr><td>kcal</td><td>H.Carbon</td><td>Grasas</td><td>Proteínas</td></tr> <tr><td>826/1188</td><td>62%</td><td>27%</td><td>11%</td></tr> </table>	kcal	H.Carbon	Grasas	Proteínas	826/1188	62%	27%	11%	<p>1º Pasta salad with tuna 2º Scrambled eggs with seasonal vegetables</p> <table border="1"> <tr><td>kcal</td><td>H. Carbono</td><td>Grasas</td><td>Proteínas</td></tr> <tr><td>750/1059</td><td>56%</td><td>32%</td><td>12%</td></tr> </table>	kcal	H. Carbono	Grasas	Proteínas	750/1059	56%	32%	12%	<p>1º Cream of carrot soup 2º Grilled Pollock with lettuce & tomatoes organic</p> <table border="1"> <tr><td>kcal</td><td>H.Carbon</td><td>Grasas</td><td>Proteínas</td></tr> <tr><td>430/825</td><td>53%</td><td>27%</td><td>20%</td></tr> </table>	kcal	H.Carbon	Grasas	Proteínas	430/825	53%	27%	20%	<p>1º Brown rice with pinto beans & seasonal vegetables 2º Fried breaded chicken breast with lettuce & tomato</p> <table border="1"> <tr><td>kcal</td><td>H.Carbon</td><td>Grasas</td><td>Proteínas</td></tr> <tr><td>895/1227</td><td>54%</td><td>35%</td><td>11%</td></tr> </table>	kcal	H.Carbon	Grasas	Proteínas	895/1227	54%	35%	11%
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4ª SEMANA	<p>1º Wholemeal pasta spirals with Milanese sauce 2º Scrambled eggs with vegetables</p> <table border="1"> <tr><td>kcal</td><td>H.Carbon</td><td>Grasas</td><td>Proteínas</td></tr> <tr><td>644/877.5</td><td>54%</td><td>31%</td><td>15%</td></tr> </table>	kcal	H.Carbon	Grasas	Proteínas	644/877.5	54%	31%	15%	<p>1º Lentil soup 2º Braised chicken drumsticks with potatoes & salad</p> <table border="1"> <tr><td>kcal</td><td>H.Carbon</td><td>Grasas</td><td>Proteínas</td></tr> <tr><td>780/1020</td><td>58%</td><td>29%</td><td>13%</td></tr> </table>	kcal	H.Carbon	Grasas	Proteínas	780/1020	58%	29%	13%	<p>1º Cream of carrot soup 2º Seafood & Pollock Fideuá (Spanish noodles)</p> <table border="1"> <tr><td>kcal</td><td>H. Carbono</td><td>Grasas</td><td>Proteínas</td></tr> <tr><td>383/660</td><td>65%</td><td>23%</td><td>12%</td></tr> </table>	kcal	H. Carbono	Grasas	Proteínas	383/660	65%	23%	12%	<p>1º Seasonal vegetable soup 2º Chickpea & tuna stew with cherry tomatoes & sweetcorn</p> <table border="1"> <tr><td>kcal</td><td>H.Carbon</td><td>Grasas</td><td>Proteínas</td></tr> <tr><td>632/784</td><td>66%</td><td>24%</td><td>10%</td></tr> </table>	kcal	H.Carbon	Grasas	Proteínas	632/784	66%	24%	10%	<p>1º Brown rice with vegetables 2º Grilled chicken strips & soy sauce with lettuce & tomatoes</p> <table border="1"> <tr><td>kcal</td><td>H.Carbon</td><td>Grasas</td><td>Proteínas</td></tr> <tr><td>678/970</td><td>52%</td><td>24%</td><td>24%</td></tr> </table>	kcal	H.Carbon	Grasas	Proteínas	678/970	52%	24%	24%
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Gofio is offered twice a week with legumes.

30/60gr. Bread daily / brown bread twice a week /Gluten-free bread is served every day.

Iodized salt, virgin olive oil & high oleic sunflower oil are always used for cooking.

Seasonal Fruits are served every day