

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
1º Seafood & Pollock Fideuá (Spanish noodles) 2ª Omelet with tomato, lettuce & onion salad kcal 511/737 H.Carbon 51% Grasas 35% Proteínas 14%	1º Bean soup with seasonal vegetables 2º Chicken drumsticks and potato stew with salad kcal H.Carbon Grasas Proteínas	1º Cream of pumpkin soup organic 2º Grilled homemade beef & pork hamburgers with tomato, lettuce & carrot kcal H.Carbon Grasas Proteínas	1º Lentil soup with seasonal vegetables 2º Grilled Pollock with wrinkly potatoes and green mojo kcal H.Carbon Grasas Proteínas	1º Brown rice with seasonal vegetables 2º Chicken strips with cherry tomato salad kcal 365/841 H.Carbon 52% Grasas 28% Proteínas 20%
LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
1º Cream of tomato soup organic 2º Chickpea & beef stew with tomato, carrot & lettuce kcal 653/788 H.Carbon 64% Grasas 27% Proteínas 9%	1º Cream of vegetable soup 2º Pollock with onions, peppers & boiled potatoes kcal 406/600 H.Carbon 69% Grasas 11% Proteínas	1º Whole meal spaghetti Carbonara with cheese 2º Boiled egg with lettuce, tomato, sweetcorn & carrot salad kcal 781/824 H.Carbon 41% Grasas 43% Proteínas 16%	1º Cream of courgette soup 2º Grilled chicken fillets with mashed potatoes kcal 400/641 H.Carbon 53% Grasas 12% Proteínas 35%	1ª Black beans in sauce with rice 2º Scrambled eggs with tuna, lettuce, tomato, sweetcorn & carrot salad kcal 457/637 H.Carbon 52% Grasas 18% Proteínas 30%
LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
1º Brown rice with seasonal vegetables 2º homemade meatballs in sauce with tomato & lettuce salad kcal H.Carbon Grasas Proteínas	1º Chickpea and shredded chicken soup 2º Tuna in sauce with vegetables and boiled potatoes kcal H.Carbon Grasas Proteínas	1º Pasta salad 2º Scrambled eggs with seasonal vegetables kcal 750/1059 H.Carbon 56% Grasas 32% Proteínas 12%	1º Cream of carrot soup 2º Grilled Pollock with organic lettuce & tomato salad kcal 430/825 H.Carbon 53% Grasas 27% Proteínas	1º Bean and vegetable soup 2º Grilled chicken breast with garlic and parsley tomato salad kcal 895/1227 H.Carbon 54% Grasas 35% Proteínas 11%
LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
1º Whole meal pasta spirals with Milanese sauce & cheese 2º Scrambled eggs with vegetables kcal 644/877.5 H.Carbon 54% Grasas 31% Proteínas 15%	1º Lentil soup with seasonal vegetables 2º Fried fish churros with lettuce, tomato and onion salad kcal H.Carbon Grasas Proteínas	1º Cream of carrot soup 2º Pollock and Vegetable Stew (Marmitako) kcal H.Carbon Grasas Proteínas	1º Brown rice with vegetables 2º Grilled chicken strips in soy sauce with lettuce and tomato salad kcal 632/784 H.Carbon 66% Grasas 24% Proteínas 10%	1º Seasonal vegetable soup 2º Chickpea & tuna stew with cherry tomatoes & sweetcorn kcal 678/970 H.Carbon 52% Grasas 24% Proteínas 24%

2ª SEMANA

2-10/11-18 años

3ª SEMANA

2-10/11-18 años

4ª SEMANA

2-10/11-18 años

Gofio is offered twice a week with legumes.

30/60gr. Bread is served every day / brown bread twice a week.

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

Seasonal Fruits are served every day