

THE BRITISH SCHOOL



MENU A



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



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES																																								
1º Brown rice 2º Homemade beef meatballs in sauce with lettuce & tomato <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteínas</td><td>Grasas</td></tr><tr><td>650/890</td><td>49%</td><td>15%</td><td>36%</td></tr></table>	kcal	H.Carbon	Proteínas	Grasas	650/890	49%	15%	36%	1º chicken & vegetable soup 2º Pollock with onions, red peppers & boiled potatoes <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteínas</td><td>Grasas</td></tr><tr><td>467/687</td><td>53%</td><td>12%</td><td>35%</td></tr></table>	kcal	H.Carbon	Proteínas	Grasas	467/687	53%	12%	35%	1º Whole meal pasta spirals with veg & homemade sauce 2º Boiled egg, grilled chicken breast with lettuce, tomato & carrots <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteínas</td><td>Grasas</td></tr><tr><td>540/804</td><td>55%</td><td>10%</td><td>35%</td></tr></table>	kcal	H.Carbon	Proteínas	Grasas	540/804	55%	10%	35%	1º Bean soup with seasonal vegetables 2º Chicken drumsticks in garlic & parsley w/ lettuce, tomato, carrot <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteínas</td><td>Grasas</td></tr><tr><td>638/896</td><td>53%</td><td>17%</td><td>30%</td></tr></table>	kcal	H.Carbon	Proteínas	Grasas	638/896	53%	17%	30%	1º Cream of leek soup 2º Tuna and Chickpea stew <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteínas</td><td>Grasas</td></tr><tr><td>497/789</td><td>54%</td><td>11%</td><td>35%</td></tr></table>	kcal	H.Carbon	Proteínas	Grasas	497/789	54%	11%	35%
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1º Cream of pumpkin soup 2º Beef stew with tomato & lettuce salad <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteínas</td><td>Grasas</td></tr><tr><td>612/870</td><td>56%</td><td>11%</td><td>33%</td></tr></table>	kcal	H.Carbon	Proteínas	Grasas	612/870	56%	11%	33%	1º Lentil soup with seasonal vegetables 2º Grilled Pollock with wrinkly potatoes and green mojo <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteínas</td><td>Grasas</td></tr><tr><td>460/673</td><td>59%</td><td>11%</td><td>30%</td></tr></table>	kcal	H.Carbon	Proteínas	Grasas	460/673	59%	11%	30%	1º 3 delights rice with egg & vegetables 2º Grilled chicken fillets with garlic & parsley & cherry toms <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteínas</td><td>Grasas</td></tr><tr><td>812/1124</td><td>59%</td><td>17%</td><td>34%</td></tr></table>	kcal	H.Carbon	Proteínas	Grasas	812/1124	59%	17%	34%	1º Chickpea soup with seasonal vegetables 2º Homemade fried tuna croquettes with tomatoes, lettuce and carrot salad <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteínas</td><td>Grasas</td></tr><tr><td>420/687</td><td>53%</td><td>21%</td><td>26%</td></tr></table>	kcal	H.Carbon	Proteínas	Grasas	420/687	53%	21%	26%	1º Whole meal macaroni with homemade Milanese sauce 2º Sautéed chicken with courgettes, scrambled eggs and lettuce & sweetcorn salad <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteínas</td><td>Grasas</td></tr><tr><td>529/964</td><td>55%</td><td>16%</td><td>29%</td></tr></table>	kcal	H.Carbon	Proteínas	Grasas	529/964	55%	16%	29%
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1º Cream of vegetable soup 2º Stewed chicken drumsticks, boiled potatoes & sautéed mushrooms <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteínas</td><td>Grasas</td></tr><tr><td>579/932</td><td>58%</td><td>18%</td><td>24%</td></tr></table>	kcal	H.Carbon	Proteínas	Grasas	579/932	58%	18%	24%	1º Bean soup with seasonal vegetables 2º Turkey strips with sautéed seasonal vegetables <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteínas</td><td>Grasas</td></tr><tr><td>483/856</td><td>52%</td><td>22%</td><td>26%</td></tr></table>	kcal	H.Carbon	Proteínas	Grasas	483/856	52%	22%	26%	1º Whole meal pasta spirals, homemade tomato sauce & cheese 2º Boiled egg with lettuce, tomato, tuna & sweetcorn <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteínas</td><td>Grasas</td></tr><tr><td>620/898</td><td>66%</td><td>13%</td><td>21%</td></tr></table>	kcal	H.Carbon	Proteínas	Grasas	620/898	66%	13%	21%	1º Chickpea soup with seasonal vegetables 2º Grilled Pollock, kneaded gofio and cherry tomatoes <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteínas</td><td>Grasas</td></tr><tr><td>556/912</td><td>60%</td><td>20%</td><td>20%</td></tr></table>	kcal	H.Carbon	Proteínas	Grasas	556/912	60%	20%	20%	1º Brown rice 2º Grilled chicken strips with vegetables and lettuce & tomato salad <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteínas</td><td>Grasas</td></tr><tr><td>590/810</td><td>51%</td><td>13%</td><td>36%</td></tr></table>	kcal	H.Carbon	Proteínas	Grasas	590/810	51%	13%	36%
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1º Whole meal macaroni with veg & homemade sauce 2º Scrambled eggs with leeks and courgettes <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteínas</td><td>Grasas</td></tr><tr><td>600/856</td><td>66%</td><td>11%</td><td>23%</td></tr></table>	kcal	H.Carbon	Proteínas	Grasas	600/856	66%	11%	23%	1º Cream of tomato soup 2º Grilled homemade beef & pork hamburgers with tomato & lettuce salad <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteínas</td><td>Grasas</td></tr><tr><td>670/957</td><td>47%</td><td>20%</td><td>33%</td></tr></table>	kcal	H.Carbon	Proteínas	Grasas	670/957	47%	20%	33%	1º Lentil soup with seasonal vegetables 2º Grilled Pollock with lettuce, tomato & egg salad <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteínas</td><td>Grasas</td></tr><tr><td>489/895</td><td>58%</td><td>18%</td><td>24%</td></tr></table>	kcal	H.Carbon	Proteínas	Grasas	489/895	58%	18%	24%	1º Brown rice 2º Grilled chicken strips in soy sauce with lettuce & carrot salad <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteínas</td><td>Grasas</td></tr><tr><td>459/793</td><td>52%</td><td>14%</td><td>34%</td></tr></table>	kcal	H.Carbon	Proteínas	Grasas	459/793	52%	14%	34%	1º Cream of courgette soup 2º Pea stew with egg <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteínas</td><td>Grasas</td></tr><tr><td>412/734</td><td>64%</td><td>12%</td><td>24%</td></tr></table>	kcal	H.Carbon	Proteínas	Grasas	412/734	64%	12%	24%
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Gofio is offered twice a week with legumes;
30/60g 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