

THE BRITISH SCHOOL

MENU B



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



LUNES 1º Brown rice with tuna chunks in homemade sauce 2º Scrambled eggs with vegetables <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteinas</td><td>Grasas</td></tr><tr><td>590/750</td><td>52%</td><td>16%</td><td>32%</td></tr></table>	kcal	H.Carbon	Proteinas	Grasas	590/750	52%	16%	32%	MARTES 1º Seasonal vegetable soup 2º Homemade breaded chicken strips with mashed potatoes, lettuce & tomato <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteinas</td><td>Grasas</td></tr><tr><td>600/760</td><td>50%</td><td>16%</td><td>34%</td></tr></table>	kcal	H.Carbon	Proteinas	Grasas	600/760	50%	16%	34%	MIÉRCOLES 1º Pinto bean soup with seasonal vegetables 2º Grilled Pollock with lettuce & tomato <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteinas</td><td>Grasas</td></tr><tr><td>685/750</td><td>50%</td><td>18%</td><td>32%</td></tr></table>	kcal	H.Carbon	Proteinas	Grasas	685/750	50%	18%	32%	JUEVES 1º Whole meal macaroni with Milanese sauce & cheese 2º Sautéed chicken breast with leeks & courgettes <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteinas</td><td>Grasas</td></tr><tr><td>600/770</td><td>54%</td><td>15%</td><td>31%</td></tr></table>	kcal	H.Carbon	Proteinas	Grasas	600/770	54%	15%	31%	VIERNES 1º Cream of carrot soup 2º Pea stew with egg and cherry tomatoes <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteinas</td><td>Grasas</td></tr><tr><td>590/750</td><td>52%</td><td>17%</td><td>31%</td></tr></table>	kcal	H.Carbon	Proteinas	Grasas	590/750	52%	17%	31%
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LUNES 1º Lentil soup with organic seasonal vegetables 2º Pork shoulder with sautéed vegetables <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteinas</td><td>Grasas</td></tr><tr><td>610/830</td><td>51%</td><td>17%</td><td>32%</td></tr></table>	kcal	H.Carbon	Proteinas	Grasas	610/830	51%	17%	32%	MARTES 1º Brown rice with scrambled egg 2º Grilled chicken breast with lettuce, sweetcorn & carrot <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteinas</td><td>Grasas</td></tr><tr><td>590/750</td><td>52%</td><td>17%</td><td>31%</td></tr></table>	kcal	H.Carbon	Proteinas	Grasas	590/750	52%	17%	31%	MIÉRCOLES 1º White bean soup with seasonal vegetables 2º Pollock with onions, red peppers & wrinkly potatoes <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteinas</td><td>Grasas</td></tr><tr><td>600/760</td><td>52%</td><td>17%</td><td>31%</td></tr></table>	kcal	H.Carbon	Proteinas	Grasas	600/760	52%	17%	31%	JUEVES 1º Chicken & vegetable soup (without pasta) 2º Tuna & vegetable stew (Marmitako) with lettuce & tomatoes <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteinas</td><td>Grasas</td></tr><tr><td>595/755</td><td>51%</td><td>17%</td><td>31%</td></tr></table>	kcal	H.Carbon	Proteinas	Grasas	595/755	51%	17%	31%	VIERNES 1º Whole meal pasta spirals with seasonal veg, homemade sauce & cheese 2º Grilled chicken fillets with cherry tomatoes & sweetcorn <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteinas</td><td>Grasas</td></tr><tr><td>590/750</td><td>52%</td><td>17%</td><td>31%</td></tr></table>	kcal	H.Carbon	Proteinas	Grasas	590/750	52%	17%	31%
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LUNES 1º Cream of courgette soup organic 2º Chickpea & fish stew with lettuce, tomato & carrot salad <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteinas</td><td>Grasas</td></tr><tr><td>585/750</td><td>52%</td><td>17%</td><td>31%</td></tr></table>	kcal	H.Carbon	Proteinas	Grasas	585/750	52%	17%	31%	MARTES 1º Brown rice 2º Homemade meatballs stewed in homemade vegetable sauce with lettuce, tomato & carrot salad <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteinas</td><td>Grasas</td></tr><tr><td>600/760</td><td>53%</td><td>16%</td><td>31%</td></tr></table>	kcal	H.Carbon	Proteinas	Grasas	600/760	53%	16%	31%	MIÉRCOLES 1º Cream of pumpkin soup 2º Grilled Pollock with green mojo, kneaded gofio and tomato & lettuce salad <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteinas</td><td>Grasas</td></tr><tr><td>580/740</td><td>52%</td><td>15%</td><td>33%</td></tr></table>	kcal	H.Carbon	Proteinas	Grasas	580/740	52%	15%	33%	JUEVES 1º Lentil soup with seasonal vegetables 2º Grilled chicken breast with mushroom sauce & boiled potatoes <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteinas</td><td>Grasas</td></tr><tr><td>600/770</td><td>52%</td><td>17%</td><td>31%</td></tr></table>	kcal	H.Carbon	Proteinas	Grasas	600/770	52%	17%	31%	VIERNES 1º Pasta salad 2º Egg with sautéed vegetables <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteinas</td><td>Grasas</td></tr><tr><td>590/750</td><td>52%</td><td>17%</td><td>31%</td></tr></table>	kcal	H.Carbon	Proteinas	Grasas	590/750	52%	17%	31%
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LUNES 1º Pea soup with egg 2º Stewed chicken drumsticks & boiled potatoes in garlic & parsley sauce with cherry tomatoes <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteinas</td><td>Grasas</td></tr><tr><td>660/760</td><td>52%</td><td>16%</td><td>32%</td></tr></table>	kcal	H.Carbon	Proteinas	Grasas	660/760	52%	16%	32%	MARTES 1º Cream of tomato soup organic 2º Pollock with onions, wrinkly potatoes and tomato & lettuce salad <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteinas</td><td>Grasas</td></tr><tr><td>610/780</td><td>52%</td><td>16%</td><td>32%</td></tr></table>	kcal	H.Carbon	Proteinas	Grasas	610/780	52%	16%	32%	MIÉRCOLES 1º Whole meal spaghetti with Bolognese sauce 2º Scrambled eggs with courgettes <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteinas</td><td>Grasas</td></tr><tr><td>590/750</td><td>55%</td><td>15%</td><td>30%</td></tr></table>	kcal	H.Carbon	Proteinas	Grasas	590/750	55%	15%	30%	JUEVES 1º Seafood paella 2º Grilled Pollock with lettuce, carrot, sweetcorn & tomato salad <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteinas</td><td>Grasas</td></tr><tr><td>600/760</td><td>50%</td><td>18%</td><td>32%</td></tr></table>	kcal	H.Carbon	Proteinas	Grasas	600/760	50%	18%	32%	VIERNES 1º Chickpea soup 2º Sautéed turkey strips with vegetables and lettuce, sweetcorn & cherry tomato salad <table><tr><td>kcal</td><td>H.Carbon</td><td>Proteinas</td><td>Grasas</td></tr><tr><td>595/760</td><td>52%</td><td>15%</td><td>33%</td></tr></table>	kcal	H.Carbon	Proteinas	Grasas	595/760	52%	15%	33%
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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