

THE BRITISH SCHOOL

MENU C



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



1ª SEMANA

2-10/11-18 años

2ª SEMANA

2-10/11-18 años

3ª SEMANA

2-10/11-18 años

4ª SEMANA

2-10/11-18 años

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
1º Seafood & Pollock Fideuá (Spanish noodles) 2º 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 777/1113 H.Carbon 55% Grasas 29% Proteínas 16%	1º Cream of pumpkin soup organic 2º Grilled homemade beef & pork hamburgers with tomato, lettuce & carrot kcal 468/694 H.Carbon 58% Grasas 33% Proteínas 10%	1º Lentil soup with seasonal vegetables 2º Grilled Pollock with wrinkly potatoes and green mojo kcal 652.5/854 H.Carbon 55% Grasas 25% Proteínas 20%	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 20%	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 823/1029 H.Carbon 54% Grasas 35% Proteínas 11%	1º Chickpea and shredded chicken soup 2º Tuna in sauce with vegetables and boiled potatoes kcal 566/1035 H.Carbon 59% Grasas 21% Proteínas 20%	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 20%	1º Bean and vegetable soup 2º Grilled chicken breast with garlic and parsley tomato salad kcal 504/813 H.Carbon 52% Grasas 26% Proteínas 22%
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 590/900 H.Carbon 60% Grasas 25% Proteínas 15%	1º Cream of carrot soup 2º Pollock and Vegetable Stew (Marmitako) kcal 383/660 H.Carbon 65% Grasas 23% Proteínas 12%	1º Brown rice with vegetables 2º Grilled chicken strips in soy sauce with lettuce and tomato salad kcal 678/970 H.Carbon 52% Grasas 24% Proteínas 24%	1º Seasonal vegetable soup 2º Chickpea & tuna stew with cherry tomatoes & sweetcorn kcal 632/784 H.Carbon 66% Grasas 24% Proteínas 10%

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