

The British School of Lanzarote

Menu A



Week 1	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				WEEKLY NUTRITIONAL ASSESSMENT							
	KCAL	H.C	G	P	KCAL	H.C	G	P	KCAL	H.C	G	P	KCAL	H.C	G	P	KCAL	H.C	G	P	CARBOHYDRATES	FATS	PROTEINS					
13-18 AÑOS 3-12 AÑOS Alérgenos	1º Chickpea soup w/ seasonal vegetables 2º Grilled chicken sausages with rice and scrambled eggs				1º Cream of leek soup 2º Pollock in onions w/boiled potatoes and peppers				1º Wholemeal spirals a la Carbonara w/ cheese 2º Omelette with tomato, lettuce and carrot salad				1º Bean soup w/ seasonal vegetables 2º Fried meatballs in tomato sauce, cherry toms & sweetcorn				1º Chicken noodle soup with carrots 2º Chickpea and tuna stew w/lettuce, carrot and tomatoes				818,9	627	54%	30%	17%			
	1114	53%	33%	14%	672	59%	18%	23%	1043	49%	38%	13%	1099	53%	36%	11%	904	59%	24%	17%								
	747	53%	23%	14%	430	59%	18%	23%	746	49%	39%	12%	754	53%	36%	11%	686	59%	24%	17%	% CALORIC INTAKE LUNCH	30%	35%					
11-18 YEARS. 3-10 YEARS																												
Week 2	1º Lentil soup w/ seasonal vegetables 2º Grilled pollock w/potatoes and gofio				1º Three delights rice 2º Grilled chicken breast with tomato, lettuce and carrot salad				1º Cream of pumpkin soup 2º Beef and potato stew with cherry tomatoes and sweetcorn				1º Pea soup with egg 2º Fried fish churros with sweetcorn & cherry tomatoes				1º Wholemeal spirals in Milanese sauce w/ chicken & vegetables 2º Scrambles eggs & vegetables				WEEKLY NUTRITIONAL ASSESSMENT							
	KCAL	H.C	G	P	KCAL	H.C	G	P	KCAL	H.C	G	P	KCAL	H.C	G	P	KCAL	H.C	G	P	CARBOHYDRATES	FATS	PROTEINS					
	860	55%	30%	15%	885	51%	30%	19%	674	58%	27%	15%	747	58%	30%	12%	879	53%	25%	22%	809	59%	28%	17%				
13-18 AÑOS 3-12 AÑOS Alérgenos	665	55%	30%	15%	722	51%	30%	19%	416	58%	27%	15%	546	58%	30%	12%	642	53%	25%	22%								
11-18 YEARS. 3-10 YEARS																												
Week 3	1º Bean soup w/ seasonal vegetables 2º Fried tuna & cod croquettes w/sweetcorn & cherry toms				1º Spaghetti Bolognese with cheese 2º Omelette with tomato, lettuce and carrot salad				1º Cream of mushroom soup 2º Turkey stew with egg & seasonal vegetables				1º Chickpea soup w/ seasonal vegetables 2º Grilled pollock w/ lettuce, tomato & carrots				1º Cream of tomato soup 2º Fried chicken drumsticks with garlic mushrooms				WEEKLY NUTRITIONAL ASSESSMENT							
	KCAL	H.C	G	P	KCAL	H.C	G	P	KCAL	H.C	G	P	KCAL	H.C	G	P	KCAL	H.C	G	P	CARBOHYDRATES	FATS	PROTEINS					
	1126	52%	37%	11%	892	50%	37%	13%	861	51%	28%	21%	811	50%	29%	21%	1268	55%	31%	14%	991,6	52%	32%	16%				
13-18 AÑOS 3-12 AÑOS Alérgenos	794	52%	37%	11%	648	47%	37%	13%	533	51%	28%	21%	610	50%	29%	21%	787	55%	32%	13%								
11-18 YEARS. 3-10 YEARS																												
Week 4	1º Seasonal vegetable soup 2º Fried breaded pollock w/ sweetcorn & cherry toms				1º Chicken noodle soup with egg 2º Grilled pork loin with tomato, lettuce and carrot salad				1º Cream of courgette soup 2º Turkey breast in soy sauce with rice				1º Pea soup with egg 2º Tuna chunks in tomato sauce with broccoli				1º Cream of carrot soup 2º Chickpea and beef stew w/ sweetcorn & cherry toms				WEEKLY NUTRITIONAL ASSESSMENT							
	KCAL	H.C	G	P	KCAL	H.C	G	P	KCAL	H.C	G	P	KCAL	H.C	G	P	KCAL	H.C	G	P	CARBOHYDRATES	FATS	PROTEINS					
	863	55%	35%	10%	789	54%	35%	11%	753	59%	17%	24%	772,5	51%	29%	20%	818	58%	32%	10%	799,1	55%	30%	15%				
13-18 AÑOS 3-12 AÑOS Alérgenos	680	52%	35%	10%	497	54%	35%	11%	455	58%	17%	25%	638	51%	28%	21%	637	58%	32%	10%								
11-18 YEARS. 3-10 YEARS																												
H.C				G	P	% CALORIC	kcal	13-18 años				Always accompanies the menu:				3-12 years				kcal	% CALORIC	H.C	G	P	AVERAGE DISTRIBUTION LUNCH INTAKE			
45-55%				30-35%	12-15%	30-35%	790-1100 Kcal	150-200 gr				Dessert: Seasonal Fruit				100-150 gr				600-790 Kcal				30-35%	45-55%	30-35%	12-15%	CALORIE PROFILE ACCORDING TO STANDARDS
54%				30 %	16%	33%	891,525	60 gr				Bread daily / brown bread 2 x per week				30 gr				631,65				35%	54%	30 %	16%	MONTHLY MENU BALANCE ASSESSMENT

Flavoured yoghurts are offered on the 1st and 3rd Tuesday of each month. Gofio is offered twice a week with pulses. Iodised salt is always used for cooking.