

The British School of Lanzarote

Menu B



| 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 | KCAL | H.C | G | P | CARBOHYDRATES | FATS | PROTEINS |
| | 1º Bean soup with seasonal vegetables 2º Grilled Pollock w/tomato & lettuce salad | | | | 1º Cream of mushroom soup 2º Wholemeal macaroni Bolognese w/cheese | | | | 1º Cream of pumpkin soup 2º Tuna chunks in tomato sauce w/ garlic sauteed rice | | | | 1º Chickpea soup w/ seasonal vegetables 2º Fried San Jacobos w/salad Tomato, lettuce, corn & egg | | | | 1º Turmeric rice w/vegetables & chicken 2º French omelette w/ cherry toms & sweetcorn | | | | 818,9 | 627 | | | | | |
| 13-18 AÑOS | 800 | 51% | 25% | 24% | 750 | 54% | 26% | 20% | 745 | 55% | 28% | 17% | 1001 | 53% | 33% | 14% | 798,5 | 54% | 34% | 12% | | | | | | | |
| 3-12 AÑOS | 672,5 | 51% | 25% | 24% | 505,5 | 57% | 26% | 17% | 514 | 55% | 28% | 17% | 758 | 53% | 33% | 14% | 685 | 55% | 34% | 12% | | | | | | | |
| Alérgenos | | | | | | | | | | | | | | | | | | | | | 11-18 YEARS. | 3-10 YEARS | | | | | |
| Week 2 | 1º Pea soup with egg 2º Grilled pork loin w/salad Tomato, carrot & lettuce | | | | 1º Cream of leek soup 2º Pollock in onions w/boiled potatoes and peppers | | | | 1º Chicken noodle soup 2º Beef stew | | | | 1º Lentil soup w/ seasonal vegetables 2º Fried fish churros w/ lettuce & tomato salad | | | | 1º Wholemeal spirals in sauce w/ seasonal veg 2º Grilled chicken w/salad cherry toms & sweetcorn | | | | 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 | KCAL | H.C | G | P | AVERAGE KCAL/WEEK | FATS | PROTEINS |
| 13-18 AÑOS | 700 | 49% | 31% | 20% | 700 | 55% | 25% | 20% | 815 | 55% | 27% | 18% | 1019 | 53% | 35% | 12% | 770 | 53% | 30% | 17% | 800,8 | 30% | 17% | | | | |
| 3-12 AÑOS | 453 | 48% | 32% | 20% | 443 | 55% | 25% | 20% | 523,5 | 55% | 27% | 18% | 847 | 53% | 36% | 11% | 613 | 52% | 30% | 18% | | | | | | | |
| Alérgenos | | | | | | | | | | | | | | | | | | | | | 11-18 YEARS. | 3-10 YEARS | | | | | |
| Week 3 | 1º Chickpea soup 2º Fried tuna & cod croquettes w/salad tomato, carrot & lettuce | | | | 1º Seasonal vegetable soup 2º Grilled chicken breast w/ scrambled eggs & mushrooms | | | | 1º Cream of courgette soup 2º Fried meatballs in tomato sauce w/ wholemeal spaghetti | | | | 1º Bean soup 2º Grilled pollock w/ lettuce & tomato salad | | | | 1º Pasta salad w/ tuna & egg 2º Grilled pork loin w/ Brocoli | | | | 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 | AVERAGE KCAL/WEEK | FATS | PROTEINS | | | | |
| 13-18 AÑOS | 1035 | 53% | 34% | 13% | 937 | 52% | 34% | 14% | 920 | 55% | 34% | 11% | 800 | 52% | 23% | 25% | 1083 | 52% | 30% | 18% | 955 | 31% | 16% | | | | |
| 3-12 AÑOS | 714 | 52% | 36% | 12% | 610 | 51% | 35% | 14% | 658 | 55% | 34% | 11% | 597 | 51% | 25% | 24% | 720 | 52% | 30% | 18% | | | | | | | |
| Alérgenos | | | | | | | | | | | | | | | | | | | | | 11-18 YEARS. | 3-10 YEARS | | | | | |
| Week 4 | 1º Lentil soup w/ seasonal vegetables 2º Fried chicken drumsticks w/ brown rice y cherry toms | | | | 1º Wholemeal spaghetti Carbonara 2º Scrambled eggs w/ veg. courgette and leeks | | | | 1º Cream of carrot soup 2º Seafood & Pollock Paella | | | | 1º Pea soup with egg 2º Turkey stew w/ seasonal vegetables | | | | 1º Cream of tomato soup 2º Fried breaded pollock 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 | AVERAGE KCAL/WEEK | FATS | PROTEINS | | | | |
| 13-18 AÑOS | 885 | 55% | 23% | 22% | 996 | 55% | 31% | 14% | 685 | 60% | 28% | 12% | 882 | 47% | 30% | 23% | 850 | 54% | 35% | 11% | 859,6 | 29% | 16% | | | | |
| 3-12 AÑOS | 650 | 55% | 23% | 22% | 769 | 55% | 31% | 14% | 537 | 60% | 28% | 12% | 652 | 46% | 31% | 23% | 712 | 54% | 37% | 9% | | | | | | | |
| Alérgenos | | | | | | | | | | | | | | | | | | | | | 11-18 YEARS. | 3-10 YEARS | | | | | |
| | H.C | G | P | % CALORIC | kcal | 13-18 años <u>Always accompanies the menu:</u> | | | | 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 | | | | | | | | |
| | 53% | 30 | % | 17% | 32% | 875,315 | 60 gr Bread daily / brown bread 2 x per week | | | | 30 gr | | | | 635,025 | 35% | 53% | 31 | % | 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.