

The British School of Lanzarote Menu B



	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				WEEKLY NUTRITIONAL ASSESSMENT		
5th Week	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 French omelette w/ cherry toms & sweetcorn				1º Turmeric rice w/vegetables & chicken 2º Fried San Jacobos w/salad Tomato, lettuce, corn & egg				CARBOHYDRATES	52%	52%
	KCAL				KCAL				KCAL				KCAL				KCAL				FATS	31%	31%
	H.C				H.C				H.C				H.C				H.C				PROTEINS	17%	17%
	G				G				G				G				G				AVERAGE KCAL/WEEK	885,86	640,4
	P				P				P				P				P				% CALORIC INTAKE LUNCH	33%	36%
13-18 AÑOS	800	51%	25%	24%	750	54%	26%	20%	745	55%	28%	17%	819,3	51%	36%	13%	1315	48%	40%	12%			
3-12 AÑOS	672,5	51%	25%	24%	505,5	57%	26%	17%	514	55%	28%	17%	510	51%	36%	13%	1000	48%	40%	12%			
Alérgenos																					11-18 YEARS. 3-10 YEARS		
6th Week	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				CARBOHYDRATES	53%	53%
	KCAL				KCAL				KCAL				KCAL				KCAL				FATS	30%	30%
	H.C				H.C				H.C				H.C				H.C				PROTEINS	17%	17%
	G				G				G				G				G				AVERAGE KCAL/WEEK	800,8	575,9
	P				P				P				P				P				% CALORIC INTAKE LUNCH	30%	32%
13-18 AÑOS	700	49%	31%	20%	700	55%	25%	20%	815	55%	27%	18%	1019	53%	35%	12%	770	53%	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		
7th Week	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/ Broccoli				CARBOHYDRATES	53%	52%
	KCAL				KCAL				KCAL				KCAL				KCAL				FATS	31%	32%
	H.C				H.C				H.C				H.C				H.C				PROTEINS	16%	16%
	G				G				G				G				G				AVERAGE KCAL/WEEK	955	659,8
	P				P				P				P				P				% CALORIC INTAKE LUNCH	35%	37%
13-18 AÑOS	1035	53%	34%	13%	937	52%	34%	14%	920	55%	34%	11%	800	52%	23%	25%	1083	52%	30%	18%			
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		
8th Week	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				CARBOHYDRATES	54%	54%
	KCAL				KCAL				KCAL				KCAL				KCAL				FATS	29%	30%
	H.C				H.C				H.C				H.C				H.C				PROTEINS	16%	16%
	G				G				G				G				G				AVERAGE KCAL/WEEK	859,6	664
	P				P				P				P				P				% CALORIC INTAKE LUNCH	32%	37%
13-18 AÑOS	885	55%	23%	22%	996	55%	31%	14%	685	60%	28%	12%	882	47%	30%	23%	850	54%	35%	11%			
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		Bread daily / brown bread 2 x per week				30 gr		635,025	35%	53%	31	%	16%	MONTHLY MENU BALANCE ASSESSMENT			