THE BRITISH SCHOOL

MENÚ A

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

	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
1ª SEMANA	1ÜChickpea soup w/ seasonal vegetables 2ÜChicken & rice salad w/ egg, carrot, tomato & sweetcorn Seasonal fruit	1ÜCream of leek soup 2ÜPollock w/onions, peppers & braised potatoes Seasonal fruit	1ÜEgg, sweetcorn, tomato, lettuce & carrot salad 2ÜWholemeal spirals a la Carbonara w/ cheese Seasonal fruit	1ÜBean soup w/ seasonal vegetables 2ÜFried meatballs in tomato sauce with brown rice Seasonal fruit	1ÜChicken noodle soup with carrots 2ÜChickpea & tuna stew w/lettuce, carrot & tomato Seasonal fruit
3-6/7-12 años	kcal 654/1048 · H.Carbon 68% · Proteinas 16% · Grasas 16%	kcal 430/672 · H.Carbon 59% · Proteinas 23% · Grasas 18%	kcal 746/1043 · H.Carbono 49% · Proteinas 38% · Grasas 13%	kcal 754/1165 · H.Carbon 61% · Proteinas 12% · Grasas 27%	kcal 686/904 · H.Carbon 59% · Proteinas 17% · Grasas 24%
2ª SEMANA	1ÜLentil soup w/ seasonal vegetables 2ÜGrilled pollock w/potatoes and gofio Seasonal fruit	1ÜThree delights rice w/omelette 2ÜGrilled chicken breast with cherry tomatoes & sweetcorn Seasonal fruit	1ÜCream of pumpkin soup 2ÜBeef and potato stew with lettuce, tomato and carrot salad Seasonal fruit	1ÜPea soup with egg 2ÜFried fish churros w/ lettuce & tomatoes Seasonal fruit	1ÜCream of courgette soup 2Ü Wholemeal macaroni in Milanese sauce w/ chicken & vegetables Seasonal fruits
3-6/7-12 años	kcal 665/860 · H.Carbon 55% · Proteinas 15% · Grasas 30%	kcal 722/885 · H.Carbon 51% · Proteinas 19% · Grasas 30%	kcal 416/674 · H.Carbono 58% · Proteinas 15% · Grasas 27%	kcal 546/747 · H.Carbon 58% · Proteinas 12% · Grasas 30%	kcal 642/879 · H.Carbon 53% · Proteinas 22% · Grasas 25%
3ª SEMANA	1ÜBean soup w/ seasonal vegetables 2ÜFried tuna & cod croquettes w/cherry tomatoes & egg Seasonal fruit	1ÜSeasonal vegetables soup 2ÜWholemeal spaghetti Bolognese with cheese tomato & sweetcorn salad Seasonal fruit	1ÜCream of courgette soup 2ÜTurkey stew with egg & seasonal vegetables Seasonal fruit	1ÜChickpea soup w/ seasonal vegetables 2ÜGrilled pollock w/ lettuce, tomato & carrots Seasonal fruit	1ÜCream of tomato soup 2ÜFried chicken drumsticks w/ rice & sauteed garlic mushrooms Seasonal fruits
3-6/7-12 años	kcal 794/1126 · H.Carbon 52% · Proteinas 11% · Grasas 37%	kcal 648/892 · H.Carbon 50% · Proteinas 13% · Grasas 37%	kcal 533/861 · H.Carbono 51% · Proteinas 21% · Grasas 28%	kcal 610/811 · H.Carbon 50% · Proteinas 21% · Grasas 29%	kcal 787/1268 · H.Carbon 55% · Proteinas 13% · Grasas 32%
4ª SEMANA	1ÜSeasonal vegetable soup 2ÜFried breaded pollock w/ sweetcorn & cherry tomatoes Seasonal fruit	1ÜChicken noodle soup with egg 2ÜGrilled pork loin with tomato, lettuce and carrot salad Seasonal fruit	1ÜCream of pumpkin soup 2ÜTurkey breast in soy sauce with brown rice Seasonal fruit	1ÜPea soup with egg 2ÜTuna chunks in tomato sauce with broccoli & boiled potatoes Seasonal fruit	1ÜCream of carrot soup 2ÜChickpea and beef stew w/ lettuce & cherry tomatoes Seasonal fruit
3-6/7-12 años	kcal 680/863 · H.Carbon 52% · Proteinas 10% · Grasas 35%	kcal 497/789 · H.Carbon 54% · Proteinas 11% · Grasas 35%	kcal 455/753 · H.Carbono 58% · Proteinas 25% · Grasas 17%	kcal 638/885 · H.Carbon 55% · Proteinas 17% · Grasas 28%	kcal 637/887 · H.Carbon 55% · Proteinas 12% · Grasas 33%

Gofio is offered twice a week with legumes.
30/60 gr. bread is served every day / brown bread twice per week (Tues/Thurs)
Iodized salt, virgin olive oil & high oleic sunflower oil are always used for cooking.