THE BRITISH SCHOOL

MENÚ B

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

	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
1ª SEMANA 3-6/7-12 años	1ÜBean soup with seasonal vegetables 2ÛGrilled Pollock w/ tomato & lettuce salad Seasonal fruit	1ÜCream of courgette soup 2ÜWholemeal macaroni Bolognese w/ cheese Seasonal fruit	1ÜChicken noodle soup with carrots 2ÜTuna chunks in tomato sauce w/ garlic & brown rice Seasonal fruit	1ÜChickpea soup w/ seasonal vegetables 2ÜFried chicken fillet strips w/ lettuce & sweetcorn Seasonal fruits	1ÜTurmeric rice w/vegetables & chicken 2ÜTomato, lettuce, egg, carrot and sweetcorn salad Seasonal fruit
	kcal 673/800 | H.Carbon 52% | Proteinas 20% | Grasas 28%	kcal 506/750 | H.Carbon 58% | Proteinas 18% | Grasas 24%	kcal 514/745 | H.Carbono 55% | Proteinas 17% | Grasas 28%	kcal 758/1001 | H.Carbon 53% | Proteinas 14% | Grasas 33%	kcal 685/799 | H.Carbon 54% | Proteinas 12% | Grasas 34%
2ª SEMANA 3-6/7-12 años	1ÜPea soup with egg 2ÜGrilled pork loin w/cherry tomato, carrot & lettuce Seasonal fruit	1ÜCream of leek soup 2ÜPollock w/onions, peppers & braised potatoes Seasonal fruit	1ÜChicken noodle soup 2ÜBeef stew with seasonal vegetables Seasonal fruit	1ÜLentil soup w/ seasonal vegetables 2ÜFried fish churros w/ lettuce & tomato salad Seasonal fruit	1ÜWholemeal spirals in sauce w/ seasonal veg & cheese 2ÜGrilled chicken w/ cherry tomatoes & sweetcorn Seasonal fruit
	kcal 453/700 | H.Carbon 50% | Proteinas 18% | Grasas 32%	kcal 443/700 | H.Carbon 55% | Proteinas 17% | Grasas 28%	kcal 524/815 | H.Carbono 55% | Proteinas 18% | Grasas 27%	kcal 847/1019 | H.Carbon 53% | Proteinas 12% | Grasas 35%	kcal 613/770 | H.Carbon 52% | Proteinas 18% | Grasas 30%
3ª SEMANA 3-6/7-12 años	1ÜChickpea soup 2ÜFried tuna & cod croquettes w/ tomato, carrot & lettuce Seasonal fruit	1ÜSeasonal vegetable soup 2ÜGrilled chicken breast w/ scrambled eggs & mushrooms Seasonal Fruit	1ÜCream of courgette soup 2ÜFried meatballs in tomato sauce w/ wholemeal spaghetti Seasonal fruit	1ÜBean soup w/ seasonal vegetables 2ÜGrilled pollock w/ lettuce & tomato salad Seasonal fruit	1ÜCream of pumpkin soup 2ÜPasta salad with tuna & egg Seasonal Fruit
	kcal 807/1149 | H.Carbon 52% | Proteinas 10% | Grasas 38%	kcal 483/567 | H.Carbon 52% | Proteinas 18% | Grasas 30%	kcal 658/920 | H.Carbono 55% | Proteinas 11% | Grasas 34%	kcal 597/800 | H.Carbon 52% | Proteinas 20% | Grasas 28%	kcal 720/1083 | H.Carbon 52% | Proteinas 18% | Grasas 30%
4ª SEMANA 3-6/7-12 años	1ÜLentil soup w/ seasonal vegetables 2ÜFried chicken drumsticks w/ brown rice & cherry tomatoes Seasonal fruit	1ÜWholemeal spaghetti Carbonara 2ÜScrambled eggs with vegetables, courgette and leeks Seasonal Fruit	1ÜCream of carrot soup 2ÜSeafood & Pollock Paella Seasonal fruit	1ÜChicken noodle soup with carrots & egg 2ÜTurkey stew w/ seasonal vegetables Seasonal fruit	1ÜCream of tomato soup 2ÜFried breaded pollock w/ sweetcorn & cherry tomatoes Seasonal fruit
	kcal 712/1496 | H.Carbon 55% | Proteinas 15% | Grasas 30%	kcal 607/996 | H.Carbon 55% | Proteinas 14% | Grasas 31%	kcal 537/685 | H.Carbono 60% | Proteinas 12% | Grasas 28%	kcal 603/955 | H.Carbon 50% | Proteinas 21% | Grasas 29%	kcal 663/850 | H.Carbon 54% | Proteinas 11% | Grasas 35%

Gofio is offered twice a week with legumes.
Bread daily / brown bread 2 x per week (Tuesdays & Thursdays)
Iodized salt, virgin olive oil & high oleic sunflower oil are always used for cooking.