

British School

Menú Junio 2017

Día	Kcal.	Proteínas	H. C.	Lípidos	Fibra
Thursday, 1	779,69	24,63	90,02	26,8	10,01
Friday, 2	721,66	20,31	85,63	25,32	11,26
Monday, 5	792,98	21,23	89,63	26,92	9,63
Tuesday, 6	852,68	20,15	85,96	27,41	11,32
Wednesday, 7	781,7	21,17	105,66	26,01	9,32
Thursday, 8	721,87	20,31	90,92	23,65	12,32
Friday, 9	765,41	22,45	91,2	24,31	11,63
Monday, 12	789,32	21,36	93,63	24,62	10,21
Tuesday, 13	819,12	23,12	92,32	26,32	9,53
Wednesday, 14	759,32	25,12	85,96	24,1	10,32
Thursday, 15	862,65	24,69	83,46	26,21	7,99
Friday, 16	710,21	23,87	92,61	22,41	13,92
Monday, 19	776,1	22,03	85,21	24,12	9,95
Tuesday, 20	825,36	24,12	87,21	25,79	10,01
Wednesday, 21	765,79	22,67	83,65	24,89	8,45
Thursday, 22	779,96	24,63	84,23	26,96	8,50
Friday, 23	993,6	33,67	111,32	34,5	10,32

Menú confeccionado y valorado por Paula March Borrás,
nutricionista y dietista. Col. CV-0051

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Hello
JUNE

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Date	First Course	Second Course	Side Dish	Desse rt	And for dinner we recommend...
Thursday, 1	Fried rice (rice, peas, carrot, egg and ham)	Breaded chicken breasts	Lettuce, tomato, sweetcorn and cucumber	Fruit	Vegetable soup and grilled hake / fruit
Friday, 2	Lentil stew (onion, celery, carrot and peppers)	Ham omelette	Tomato salad	Yoghurt	Cream of courgette and grilled turkey chops / Fruit
Monday, 5	Spinach lasagne (pork, spinach, bechamel, cheese and walnuts)	Lemon hake	Mushrooms	Fruit	Grilled swordfish with fresh tomato and baked potatoes / Dairy product
Tuesday, 6	Potato, tuna and boiled egg	Grilled beef	Vegetables	Fruit	Californian salad with ham and cheese sandwich / Fruit
Wednesday, 7	Cream of courgette with cheese (courgette, potato and onion)	Salmon with garlic shoots and sesame sedes	White boiled rice	Fruit	Andalucian gazpacho and beef bruger with cheese /Fruit
Thursday, 8	Oven-cooked broccoli with cheese sauce (<i>Cream of broccoli from PN to Y2</i>)	Chicken shish-kebabs (chicken, onion and pepper)	Couscous	Icecream	Green salad with cheese and grilled pork chops with peppers /Fruit
Friday, 9	Chick pea stew (chick peas, spinach and boiled egg)	Mini aubergine pizzas (aubergine, tomato, tuna, cheese and oregano)	Lettuce, tomato, carrot cucumber and olives	Fruit	Mixed salad and spanish omelette / dairy product
Monday, 12	Noodles (in vegetable sauce with courgette, onion, broccoli, carrot and light bechamel)	Salmon with garlic shoots	Cherry tomatoes	Fruit	Mixed vegetables and grilled turkey breasts / Fruit
Tuesday, 13	Valencian stew (green beans, onion and potato)	Chicken wings	Ham, onion and pea stir-fry	Fruit	Green bean and ham stir-fry with fillet of mackerel and cheese / dairy product
Wednesday, 14	Quinoa and chicken with vegetables (aubergine, onion, green asparagus)	Spanish omelette	Lettuce, cucumber, sweetcorn and tomato	Fruit	Valencian salad and oven-cooked fish with vegetables / Fruit
Thursday, 15	Oven-cooked rice with chick peas, potatoes and pork ribs	Californian salad (lettuce, nuts, tomato, sweetcorn, carrot, cheese and ham) (<i>turkey breast with cheese and salad from PN to Y2</i>)	-	Fruit	Oven-cooked tuna fillet with potatoes /Fruit
Friday, 16	Lentil stew (onion, carrot, potato and celery)	Swordfish	Carrot and cucumber sticks	Fruit	Tomato and cheese salad with grilled fillet of beef and aubergines / Fruit
Monday, 19	Oven-cooked rice with chick peas, potatoes and pork ribs	Popeye salad (spinach, walnuts, raisins, cheese, tomato and sweetcorn) (<i>Turkey breast with cheese and salad from PN to Y2</i>)	-	Icecream	Grilled vegetables and fillet of hake with parsley/Fruit
Tuesday, 20	Cream of vegetables (broccoli, courgette, onion, carrot and potato)	Homemade ham and cheese pizza	Escarole, cucumber and carrot	Fruit	Tomato and cheese salad with Frankfurt sausages / Fruit
Wednesday, 21	Oven-cooked macaroni bolognese	Mixed salad (lettuce, tomato, carrot, beetroot, tuna, crabsticks and white asparagus) (<i>Tuna omelette and salad from PN to Y2</i>)	-	Fruit	Oven-cooked hake/Yoghurt
Thursday, 22	Potato, tuna and boiled egg	Oven-cooked hake	Courgette spaghetti with sesame seeds	Fruit	Grilled chicken breasts with mushrooms /Fruit
Friday, 23	Valencian paella (<i>Vegetable rice from PN to Year 2</i>)	Cured ham, turkey and cheese	Snacks and cold drinks	Icecream	HAPPY SUMMER!!!