

CAMBIOS SENCILLOS

PARA MEJORAR LA CALIDAD NUTRICIONAL DE LA DIETA

CAMBIA LOS LÁCTEOS DE SABORES O TIPO 0%, POR YOGUR NATURAL SIN AZÚCAR, AÑADIENDO FRUTAS, MIEL, FRUTOS SECOS, CANELA...



ACOMPAÑA TODAS LAS COMIDAS CON UNA BUENA ENSALADA VARIADA, O VEGETALES COCINADOS

ALTERNA LOS RELLENOS DE BOCADILLOS, EVITANDO EMBUTIDOS Y PROCESADOS A DIARIO. INCLUYE: QUESOS, VEGETALES, HUMMUS, OLIVADA...



EN LUGAR DE COCINAR CON ACEITE DE GIRASOL O DE ORUJO, PRIORIZA EL ACEITE DE OLIVA VIRGEN EXTRA. 15-20ML POR RACIÓN ES ADECUADO Y SUFFICIENTE



CAMBIA LAS HARINAS Y CEREALES REFINADOS (BLANCOS) POR HARINAS Y CEREALES INTEGRALES O DE DIFERENTES CEREALES: Eスペ尔TA, CENTENO...



REDUCE O ELIMINA LOS ZUMOS DE FRUTA, ESPECIALMENTE LOS ARTIFICIALES, SUSTITUYÉNDOLOS POR FRUTAS COMPLETAS



CAMBIA LAS GALLETTAS Y SNACKS PROCESADOS POR TORTITAS DE ARROZ O MAÍZ SIN SABORIZAR. PUEDES ACOMPAÑARLAS DE QUESO, HUMMUS, ORÉGANO...



En colaboración con colegiosaludable.com

MENÚ (ENA)

Si hemos comido

Podemos cenar

| | |
|-------------------------------|--|
| Cereales, féculas o legumbres | <i>Hortalizas crudas o legumbres cocidas</i> |
| Verduras | <i>Cereales o féculas</i> |
| Carne | <i>Pescado o huevo</i> |
| Pescado | <i>Carne magra o huevo</i> |
| Huevo | <i>Pescado o carne magra</i> |
| Fruta | <i>Lácteos o fruta</i> |
| Lácteos | <i>Fruta</i> |

ALÉRGENOS

| | | | |
|------------|----------|-----------|-----------|
| Gluten | 1 | Cacahuete | 8 |
| Leche | 2 | Soja | 9 |
| Huevo | 3 | Apio | 10 |
| Pescado | 4 | Mostaza | 11 |
| Moluscos | 5 | Altramuza | 12 |
| Crustáceos | 6 | Sésamo | 13 |
| F. Cáscara | 7 | Sulfitos | 14 |

Con estos números puede identificar aquellos alérgenos que cada plato contiene o puede contener.



MENÚ

Mensual

ENERO / 2024

SECUNDARIA - BACHILLERATO

- » Existen menús de celiacos, alérgicos al pescado, huevo, leche, etc.
- » Todos los días habrá un menú de dieta blanda.
- » Los pescados que utilizamos en los menús han sido congelados al menos 72 horas antes, según normativa vigente.
- » Nuestros menús incluyen pan blanco e integral y la bebida será agua.

| Semana | LUNES | Información nutricional | MARTES | Información nutricional | MIÉRCOLES | Información nutricional | JUEVES | Información nutricional | VIERNES | Información nutricional |
|--------|---|---|--|--|---|---|---|--|--|--|
| 1 | 8 de enero » Salmorejo » Sopa de pollo (1) Tr(9)(11) » Pollo a la plancha » Croquetas de jamón (1)(2)(3) (4)(5)(6)(7)(8)(9)(11) » Tempura de verduras (1) » Quinoa con verduras » Fruta | Cal 430,7 Kcal Prot. 24,3 g H.C. 50,3 g Lip. 14,3 g G. 4,0 g | 9 de enero » Parrillada de verduras » Ensalada mixta (3)(4) » Macarrones con salsa Atún (1) Tr(9)(11) » Macarrones integrales con salsa de tomate (1) Tr(9)(11) » Escalibada de Verduras (9) » Lácteo (2) | Cal 874 Kcal Prot. 56,5 g H.C. 60,1 g Lip. 38,6 g G. 5,1 g | 10 de enero » Ens. tomate y queso tierno (1)(2) » Pisto de verduras » Albóndigas a la casera (9) » Cerdo asado con verduras » Arroz blanco » Albóndigas veganas (9) » Fruta | Cal 785,2 Kcal Prot. 39,4 g H.C. 71,6 g Lip. 49,7 g G. 10,9 g | 11 de enero » Caldo de millo » Ensalada de atún (4) » Merluza en salsa verde (4) Tr(5)(6) » Fogonero a la plancha(4) Tr(5)(6) » Cus cus » Lácteo (2) | Cal 719,8 Kcal Prot. 25,5 g H.C. 128,8 g Lip. 9,7 g G. 2,3 g | 12 de enero » Sopa de verduras con garbanzos (1) Tr(9)(11) » Ensalada col y zanahoria » Alitas de pollo al horno con Papas » Pechuga de pollo a la plancha » Coliflor gratinada (2) » Menestra de verduras » Fruta | Cal 938,3 Kcal Prot. 53,0 g H.C. 86,9 g Lip. 21,3 g G. 7 g |
| 2 | 15 de enero » Potaje de lentejas » Ensalada mixta (3)(4) » Tortilla española (3) » Tortilla francesa (3) » Tempura de verduras (1) » Fruta | Cal 618,9 Kcal Prot. 8,8 g H.C. 60,8 g Lip. 38,3 g G. 4,1 g | 16 de enero » Sopa de ternera (1) Tr(9)(11) » Ensalada Canaria » Fogonero empanado (1)(4) » Fogonero a la plancha (4)Tr(5)(6) » Papas parisinas | Cal 642,1 Kcal Prot. 42,7 g H.C. 40,9 g Lip. 23,3 g G. 3,0 g | 17 de enero » Judías a la vinagreta » Ensalada de pasta (1)(4) » Pechuga de pollo al ajillo » Pechuga de pollo a la plancha » Salteado de champiñones » Fruta | Cal 678,8 Kcal Prot. 22,4 g H.C. 50,7 g Lip. 53,0 g G. 4,0 g | 18 de enero » Caldo de Fogonero/Merluza (4) » Ensalada tricolor » Pizza margarita de atún/jamón (1)(4)Tr(2)(3)(5)(6) » Fogonero plancha (4)Tr(5)(6) » Papas fritas » Fruta | Cal 678,8 Kcal Prot. 22,4 g H.C. 50,7 g Lip. 53,0 g G. 4,0 g | 19 de enero » Gazpacho » Ensalada caprese (2) » Spaguetti Boloñesa Ternera (1)Tr(9)(11) » Lasaña con verduras (1)(2) (3)Tr(9)(11) » Zanahorias al ajillo » Lácteo (2) | Cal 613,1 Kcal Prot. 24,0 g H.C. 69,1 g Lip. 27,7 g G. 4,7 g |
| 3 | 22 de enero » Ensalada alemana (3) » Verduras asadas » Pechuga de pollo con champiñones (9)(14) » Pollo asado » Papas estilo deluxe » Salteado soja c/verduras (9) » Fruta | Cal 816,6 Kcal Prot. 32,9 g H.C. 67,4 g Lip. 55,7 g G. 11,1 g | 23 de enero » Salpicón de atún (4) » Ensalada tres colores (1)(3)(4) » Lomos de merluza al horno (1)(4) Tr(2)(3)(5)(6) » Merluza al horno (4)Tr(5)(6) » Papas panaderas » Rollito de primavera (1) » Fruta | Cal 711,7 Kcal Prot. 44,2 g H.C. 37,2 g Lip. 55,7 g G. 5,6 g | 24 de enero » Guisantes con jamón » Ensalada verde (1)(2) » Macarrones con salsa Jamón (1) Tr(9)(11) » Macarrones con salsa de tomate y verduras (1) Tr(9)(11) » Salt. Tofu con verduras (9)(14) » Fruta | Cal 866,5 Kcal Prot. 33,7 g H.C. 70,6 g Lip. 113,5 g G. 4,1 g | 25 de enero » Rancho canario (1) Tr(9)(11) » Ensalada mixta (3)(4) » Croquetas de Merluza (1)(2) (4)Tr(5)(6) » Fogonero Plancha (4)Tr(5)(6) » Pisto de verduras » Croquetas veganas (9) » Fruta | Cal 517,2 Kcal Prot. 37,5 g H.C. 28, g Lip. 45,8 g G. 2,0 g | 26 de enero » Crema de zanahorias » Sopa de pollo (1) Tr(9)(11) » Ropa vieja Mixta (3)(4) » Salteado de Ternera y Pollo con Garbanzos » Ropa Vieja Vegana (9)(14) » Fruta | Cal 642,1 Kcal Prot. 42,7 g H.C. 40,9 g Lip. 23,3 g G. 0,3 g |
| 4 | 29 de enero » Potaje de verduras con judías » Ensalada de tomates » Tortellinis carne (1)(2)(3)(4)(5) (6)(7)(8)(9)(11) » Tortellinis espinacas (1)(2) (3)(9)(11) » Salsa Napolitana » Lácteo (2) | Cal 484,5 Kcal Prot. 19,1 g H.C. 56,6 g Lip. 7,1 g G. 2,9 g | 30 de enero » Crema de berros » Tomates aliñados » Calamares a la romana (1)(2)(3)(4) (5)(6)(7)(8)(9)(11) » Merluza al pimentón (4)Tr(5)(6) » Papas al vapor/Lactoaliofil » Croquetas veganas (9) » Lácteo (2) | Cal 481,9 Kcal Prot. 13,4 g H.C. 57,1 g Lip. 9,7 g G. 3,7 g | 31 de enero » Caldo de cilantro » Ensalada Tropical (1)(2) » Arroz 3 carnes (9) » Arroz con verduras » Salteado de Soja con verduras (9)(14) » Fruta | Cal 446,2 Kcal Prot. 26,5 g H.C. 28,0 g Lip. 42,8 g G. 1,3 g | 1 de febrero | | 2 de febrero | |

NUTRITIP JANUARY / 2024

SIMPLE CHANGES

TO IMPROVE THE NUTRITIONAL QUALITY OF OUR DIET

REPLACE FLAVOURED OR 0% DAIRY PRODUCTS WITH NATURAL, UNSWEETENED YOGHURT, ADDING FRUIT, HONEY, NUTS, CINNAMON, ETC.



INCLUDE A MIXED SALAD OR COOKED VEGETABLES WITH EVERY MEAL

VARY SANDWICH FILLINGS, AVOIDING COLD MEATS AND PROCESSED ITEMS ON A DAILY BASIS. INCLUDE: CHEESE, VEGETABLES, HUMMUS, TAPENADE, ETC.



INSTEAD OF COOKING WITH SUNFLOWER OR OTHER VEGETABLE OILS, CHOOSE EXTRA VIRGIN OLIVE OIL. 15-20ML PER SERVING IS ADEQUATE AND SUFFICIENT

REPLACE REFINED (WHITE) FLOURS AND CEREALS WITH WHOLEMEAL FLOURS AND CEREALS, OR DIFFERENT TYPES OF CEREAL, SUCH AS SPELT AND RYE



REDUCE OR ELIMINATE FRUIT JUICES, ESPECIALLY ARTIFICIAL ONES, REPLACING THEM WITH WHOLE FRUIT



CHANGE BISCUITS AND PROCESSED SNACKS FOR UNFLAVOURED RICE OR CORN CAKES. YOU CAN ACCOMPANY THEM WITH CHEESE, HUMMUS, OREGANO OR DARK CHOCOLATE.

En colaboración con colegiosaludable.com

DINNER MENU

If for lunch, we ate...

Cereals, starches or legumes

For dinner, we can eat...

Raw green vegetables

Vegetables

Cereals or starches

Meat

Fish or egg

Fish

Lean meat or egg

Egg

Fish or lean meat

Fruit

Yogurt products or fruit

Yogurt products

Fruit

ALLERGENS

| | | | |
|-------------|----------|-----------|-----------|
| Gluten | 1 | Peanuts | 8 |
| Milk | 2 | Soya | 9 |
| Egg | 3 | Celery | 10 |
| Fish | 4 | Mustard | 11 |
| Molluscs | 5 | Lupin | 12 |
| Crustaceans | 6 | Sesame | 13 |
| Tree nuts | 7 | Sulphites | 14 |

These numbers will help you to identify those allergens that each dish contains or might contain:



MONTHLY Menu

JANUARY / 2024

SECONDARY ED. - HIGH SCHOOL

- » There are specially prepared menus for gluten intolerance, food allergies, etc.
- » We offer a bland diet daily for children who may feel unwell.
- » All fish has been frozen for a minimum of 72 hours as per food safety standards.
- » Our menus include wholemeal and white bread and the drink will be water.

| Week | MONDAY | Nutritional information | TUESDAY | Nutritional information | WEDNESDAY | Nutritional information | THURSDAY | Nutritional information | FRIDAY | Nutritional information |
|------|---|---|---|--|--|---|--|--|---|--|
| 1 | January 8th » "Salmorjo" » Chicken soup (1) Tr (9)(11) » Grilled chicken » Ham croquettes (1)(2)(3)(4)(5) (6)(7)(8)(9)(11) » Vegetable tempura (1) » Quinoa with vegetables » Fruit (1) | Cal 430,7 Kcal Prot. 24,3 g H.C. 50,3 g Lip. 14,3 g G. 4,0 g | January 9th » Grilled vegetables » Salad (3)(4) » Macaroni with Tuna sauce (1) Tr (9)(11) » Macaroni with Tomato Sauce (1) Tr (9)(11) » Vegetables Ratatouille (9) » Dairy(2) | Cal 874 Kcal Prot. 56,5 g H.C. 60,1 g Lip. 38,6 g G. 5,1 g | January 10th » Tomato and soft cheese salad(1)(2) » Vegetable ratatouille » Meatballs homemade (9) » Pork with vegetables » White rice » Vegan meatballs (9) » Fruit | Cal 785,2 Kcal Prot. 39,4 g H.C. 71,6 g Lip. 49,7 g G. 10,9 g | January 11th » Coriander Soup » Tuna salad (4) » Hake in green sauce (4) Tr(5)(6) » Grilled fish (4)Tr(5)(6) » Cus cous » Dairy(2) | Cal 719,8 Kcal Prot. 25,5 g H.C. 128,8 g Lip. 9,7 g G. 2,3 g | January 12th » Vegetable soup with chickpeas (1) Tr (9)(11) » Cabbage and carrot salad » Baked chicken wings with potatoes » Grilled chicken » Cauliflower au gratin (2) » Vegetable stew » Fruit | Cal 938,3 Kcal Prot. 53,0 g H.C. 86,9 g Lip. 21,3 g G. 7 g |
| 2 | January 15th » Lentil stew » Salad (3)(4) » Spanish omelette (3) » French omelette (3) » Vegetable tempura (1) » Fruit | Cal 618,9 Kcal Prot. 8,8 g H.C. 60,8 g Lip. 38,3 g G. 4,1 g | January 16th » Veal soup (1) Tr (9)(11) » Canarian Salad » Breaded fish (1)(4) » Grilled fish(4)Tr(5)(6) » Parisian potatoes » Dairy(2) | Cal 642,1 Kcal Prot. 42,7 g H.C. 40,9 g Lip. 23,3 g G. 3,0 g | January 17th » Beans in vinaigrette » Pasta salad (1)(4) » Chicken with garlic » Grilled chicken » Mushrooms stew » Fruit | Cal 678,8 Kcal Prot. 22,4 g H.C. 50,7 g Lip. 53,0 g G. 4,0 g | January 18th » Fish soup (4) » Tricolour salad » Tuna/ham margherita pizza(1)(4)Tr(2)(3)(5)(6) » Grilled fish(4)Tr(5)(6) » French fries » Fruit | Cal 678,8 Kcal Prot. 22,4 g H.C. 50,7 g Lip. 53,0 g G. 4,0 g | January 19th » "Gazpacho" » Caprese salad (2) » Spaghetti Bolognese (1) Tr(9)(11) » Lasagne with vegetables (1) (2)(3)Tr(9)(11) » Carrots with garlic » Dairy(2) | Cal 613,1 Kcal Prot. 24,0 g H.C. 69,1 g Lip. 27,7 g G. 4,7 g |
| 3 | January 22nd » German salad (3) » Roasted vegetables » Chicken with mushrooms (9)(14) » Roast chicken » Potatoles deluxe style » Soya with vegetables (9) » Fruit | Cal 816,6 Kcal Prot. 32,9 g H.C. 67,4 g Lip. 55,7 g G. 11,1 g | January 23rd » Tuna "Salpicón" (4) » Three-colour salad (1)(3)(4) » Baked fish (1)(4)Tr(2)(3)(5)(6) » Fish stew (4)Tr(5)(6) » Baked potatoes » Spring rolls (1) » Fruit | Cal 711,7 Kcal Prot. 44,2 g H.C. 37,2 g Lip. 55,7 g G. 5,6 g | January 24th » Peas with ham » Green salad (1)(2) » Macaroni with ham sauce (1) Tr (9)(11) » Macaroni with tomato sauce and vegetables(1) Tr (9)(11) » Tofu with vegetables (9)(14) » Fruit | Cal 866,5 Kcal Prot. 33,7 g H.C. 70,6 g Lip. 113,5 g G. 4,1 g | January 25th » "Rancho" Canarian stew (1) Tr (9)(11) » Salad (3)(4) » Hake Croquettes (1)(2)(4) Tr(5)(6) » Grilled fish (4)Tr(5)(6) » Vegetable ratatouille » Vegan Croquettes (9) » Fruit | Cal 517,2 Kcal Prot. 37,5 g H.C. 28, g Lip. 45,8 g G. 2,0 g | January 26th » Carrot soup » Chicken soup (1) Tr (9)(11) » "Ropa Vieja" Canarian style (3)(4) » Beef and Chicken Stew with Chickpeas » Vegan "Ropa Vieja" (9)(14) » Fruit | Cal 642,1 Kcal Prot. 42,7 g H.C. 40,9 g Lip. 23,3 g G. 0,3 g |
| 4 | January 29th » Vegetable stew with beans » Tomato salad » Tortellinis meat (1)(2)(3)(4)(5) (6)(7)(8)(9)(11) » Spinach tortellini (1)(2)(3) (9)(11) » Neapolitan sauce » Dairy(2) | Cal 484,5 Kcal Prot. 19,1 g H.C. 56,6 g Lip. 7,1 g G. 2,9 g | January 30th » Watercress soup » Tomatoes » Squid "a la romana" (1)(2)(3)(4)(5) (6)(7)(8)(9)(11) » Hake with paprika (4)Tr(5)(6) » Potatoes with alioli » Vegan croquettes (9) » Dairy(2) | Cal 481,9 Kcal Prot. 13,4 g H.C. 57,1 g Lip. 9,7 g G. 3,7 g | January 31st » Canarian soup » Tropical Salad (1)(2) » Rice with 3 meats (9) » Rice with vegetables » Soya with vegetables (9)(14) » Fruit | Cal 446,2 Kcal Prot. 26,5 g H.C. 28,0 g Lip. 42,8 g G. 1,3 g | February 1st | | February 2nd | Cal Prot. H.C. Lip. G. |