



NUTRITIP

Comienza el año

Durante el mes de enero, estamos ya totalmente inmersos en el invierno. Este momento del año pide platos calientes y, por eso, os invitamos a elaborarlos aprovechando que la naturaleza nos brinda ingredientes maravillosos y de temporada.

El arranque del año es, sin duda, una época excelente para encontrar raíces y hojas verdes, en especial las hojas de ensalada amargas, como la achicoria, la endibia o la escarola. También, todo tipo de verduras de hoja entre las que están las acelgas, borrajas, coles, cardos, espinacas y grelos.

Tampoco falta nada de lo que necesitas para elaborar cremas calentitas y buenos caldos: apio, nabos, chirivía, puerros, cebollas, coles, remolacha, calabaza... Además, podéis saborear aún una delicia del otoño, la alcachofa, de la que podréis seguir disfrutando hasta la primavera.

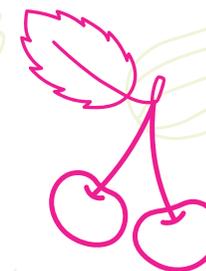
Un nuevo año comienza.
¡Vamos a por ello!



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>





MENÚ MENSUAL

La Moraleja

ENERO / 2020

YOUNG LEARNERS

► Todos los alimentos presentados en el menú, serán adaptados a las necesidades de los alumnos.

- » Existen menús de celíacos, 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	30 de diciembre		31 de diciembre		1 de enero		2 de enero		3 de enero	
2	6 de enero		7 de enero		8 de enero	Cal 505 Kcal Prot 17 gr H.C. 47 gr Lip 33 gr G. 7 gr	9 de enero	Cal 509 Kcal Prot 15 gr H.C. 45 gr Lip 35 gr G. 6 gr	10 de enero	Cal 480 Kcal Prot 18 gr H.C. 45 gr Lip 34 gr G. 9 gr
3	13 de enero	Cal 437 Kcal Prot 19 gr H.C. 43 gr Lip 34 gr G. 7 gr	14 de enero	Cal 441 Kcal Prot 17 gr H.C. 45 gr Lip 35 gr G. 9 gr	15 de enero	Cal 474 Kcal Prot 17 gr H.C. 47 gr Lip 34 gr G. 7 gr	16 de enero	Cal 403 Kcal Prot 11 gr H.C. 46 gr Lip 39 gr G. 7 gr	17 de enero	Cal 445 Kcal Prot 13 gr H.C. 50 gr Lip 33 gr G. 6 gr
4	20 de enero	Cal 460 Kcal Prot 19 gr H.C. 44 gr Lip 33 gr G. 7 gr	21 de enero	Cal 453 Kcal Prot 16 gr H.C. 39 gr Lip 43 gr G. 11 gr	22 de enero	Cal 401 Kcal Prot 15 gr H.C. 49 gr Lip 32 gr G. 5 gr	23 de enero	Cal 392 Kcal Prot 12 gr H.C. 48 gr Lip 36 gr G. 7 gr	24 de enero	Cal 387 Kcal Prot 16 gr H.C. 48 gr Lip 33 gr G. 5 gr
5	27 de enero	Cal 474 Kcal Prot 17 gr H.C. 47 gr Lip 34 gr G. 7 gr	28 de enero	Cal 457 Kcal Prot 13 gr H.C. 44 gr Lip 41 gr G. 11 gr	29 de enero	Cal 460 Kcal Prot 16 gr H.C. 52 gr Lip 29 gr G. 5 gr	30 de enero	Cal 419 Kcal Prot 12 gr H.C. 48 gr Lip 35 gr G. 6 gr	31 de enero	Cal 460 Kcal Prot 19 gr H.C. 44 gr Lip 33 gr G. 7 gr

Menús elaborados y calibrados con la asesoría de Compass Group



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La Moraleja

ENERO / 2020

INFANTIL - PRIMARIA

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Semana	LUNES	información nutricional	MARTES	información nutricional	MIÉRCOLES	información nutricional	JUEVES	información nutricional	VIERNES	información nutricional
1	30 de diciembre		31 de diciembre		1 de enero		2 de enero		3 de enero	
2	6 de enero		7 de enero		8 de enero	Cal 583 Kcal Prot 10 gr H.C. 50 gr Lip 36 gr G. 5 gr	9 de enero	Cal 702 Kcal Prot 17 gr H.C. 44 gr Lip 36 gr G. 11 gr	10 de enero	Cal 688 Kcal Prot 17 gr H.C. 52 gr Lip 30 gr G. 7 gr
3	13 de enero	Cal 663 Kcal Prot 15 gr H.C. 32 gr Lip 50 gr G. 8 gr	14 de enero	Cal 810 Kcal Prot 17 gr H.C. 45 gr Lip 36 gr G. 7 gr	15 de enero	Cal 697 Kcal Prot 16 gr H.C. 31 gr Lip 52 gr G. 13 gr	16 de enero	Cal 681 Kcal Prot 19 gr H.C. 38 gr Lip 38 gr G. 7 gr	17 de enero	Cal 669 Kcal Prot 24 gr H.C. 35 gr Lip 38 gr G. 10 gr
4	20 de enero	Cal 643 Kcal Prot 17 gr H.C. 33 gr Lip 47 gr G. 15 gr	21 de enero	Cal 846 Kcal Prot 16 gr H.C. 33 gr Lip 47 gr G. 10 gr	22 de enero	Cal 741 Kcal Prot 10 gr H.C. 49 gr Lip 39 gr G. 5 gr	23 de enero	Cal 640 Kcal Prot 14 gr H.C. 49 gr Lip 35 gr G. 7 gr	24 de enero	Cal 484 Kcal Prot 17 gr H.C. 39 gr Lip 41 gr G. 10 gr
5	27 de enero	Cal 704 Kcal Prot 21 gr H.C. 46 gr Lip 31 gr G. 7 gr	28 de enero	Cal 811 Kcal Prot 18 gr H.C. 37 gr Lip 42 gr G. 10 gr	29 de enero	Cal 804 Kcal Prot 17 gr H.C. 34 gr Lip 47 gr G. 9 gr	30 de enero	Cal 599 Kcal Prot 20 gr H.C. 32 gr Lip 45 gr G. 10 gr	31 de enero	Cal 495 Kcal Prot 11 gr H.C. 44 gr Lip 41 gr G. 7 gr

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MENÚ MENSUAL

La Moraleja

ENERO / 2020

SECUNDARIA - BACHILLERATO

- » Existen menús de celíacos, alérgicos al pescado, huevo, leche, etc.
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- » 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	30 de diciembre		31 de diciembre		1 de enero		2 de enero		3 de enero	
2	6 de enero		7 de enero		8 de enero	Cal 824 Kcal Prot 9 gr H.C. 43 gr Lip 45 gr G. 7 gr	9 de enero	Cal 967 Kcal Prot 19 gr H.C. 39 gr Lip 39 gr G. 11 gr	10 de enero	Cal 883 Kcal Prot 20 gr H.C. 43 gr Lip 35 gr G. 7 gr
3	13 de enero	Cal 987 Kcal Prot 17 gr H.C. 25 gr Lip 56 gr G. 9 gr	14 de enero	Cal 934 Kcal Prot 22 gr H.C. 40 gr Lip 37 gr G. 7 gr	15 de enero	Cal 1.072 Kcal Prot 18 gr H.C. 21 gr Lip 59 gr G. 18 gr	16 de enero	Cal 915 Kcal Prot 19 gr H.C. 35 gr Lip 42 gr G. 8 gr	17 de enero	Cal 937 Kcal Prot 23 gr H.C. 35 gr Lip 39 gr G. 14 gr
4	20 de enero	Cal 980 Kcal Prot 18 gr H.C. 24 gr Lip 56 gr G. 17 gr	21 de enero	Cal 1.051 Kcal Prot 17 gr H.C. 27 gr Lip 53 gr G. 12 gr	22 de enero	Cal 999 Kcal Prot 12 gr H.C. 45 gr Lip 41 gr G. 7 gr	23 de enero	Cal 964 Kcal Prot 22 gr H.C. 33 gr Lip 44 gr G. 10 gr	24 de enero	Cal 902 Kcal Prot 19 gr H.C. 43 gr Lip 36 gr G. 8 gr
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DINNER MENU

NUTRITIP

A new year begins!

During the month of January, we are now completely submerged in winter and crying out for hot dishes. therefore, we invite you to prepare them taking advantage of the fact that nature gives us wonderful and seasonal ingredients.

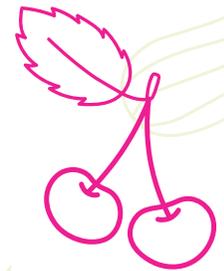
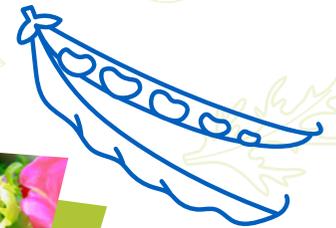
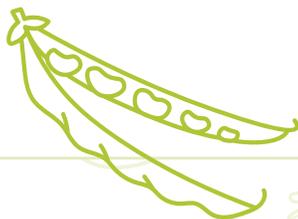
The start of the year is undoubtedly an excellent time to find roots and green leaves, especially salad leaves, such as chicory, endive or escarole. Also, all kinds of leafy vegetables, including chard, borage, cabbage, thistle, spinach and turnip greens.

There is also nothing lacking when it comes to making warm creams and hot broths: celery, turnips, parsnips, leeks, onions, cabbage, beets, pumpkin... In addition, you can still savor a delight from autumn, the artichoke, which you'll be able to enjoy until spring.

A new year begins.
Let's get going!



If for lunch, we ate...	For dinner, we can eat...
Cereals, starches or legumes	<i>Raw green vegetables</i>
Vegetables	<i>Cereals or starches</i>
Meat	<i>Fish or egg</i>
Fish	<i>Lean meat or egg</i>
Egg	<i>Fish or lean meat</i>
Fruit	<i>Yogurt products or fruit</i>
Yogurt products	<i>Fruit</i>





MONTHLY MENU

La Moraleja

JANUARY / 2020

YOUNG LEARNERS

► Food will be adapted to the needs of the students.

- » 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	30th of december		31st of december		1st of january		2nd of january		3rd of january	
2	6th of january		7th of january		8th of january	Cal 505 Kcal Prot 17 gr H.C. 47 gr Lip 33 gr G. 7 gr	9th of january	Cal 509 Kcal Prot 15 gr H.C. 45 gr Lip 35 gr G. 6 gr	10th of january	Cal 480 Kcal Prot 18 gr H.C. 45 gr Lip 34 gr G. 9 gr
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4	20th of january	Cal 460 Kcal Prot 19 gr H.C. 44 gr Lip 33 gr G. 7 gr	21st of january	Cal 453 Kcal Prot 16 gr H.C. 39 gr Lip 43 gr G. 11 gr	22nd of january	Cal 401 Kcal Prot 15 gr H.C. 49 gr Lip 32 gr G. 5 gr	23rd of january	Cal 392 Kcal Prot 12 gr H.C. 48 gr Lip 36 gr G. 7 gr	24th of january	Cal 387 Kcal Prot 16 gr H.C. 48 gr Lip 33 gr G. 5 gr
5	27th of january	Cal 474 Kcal Prot 17 gr H.C. 47 gr Lip 34 gr G. 7 gr	28th of january	Cal 457 Kcal Prot 13 gr H.C. 44 gr Lip 41 gr G. 11 gr	29th of january	Cal 460 Kcal Prot 16 gr H.C. 52 gr Lip 29 gr G. 5 gr	30th of january	Cal 419 Kcal Prot 12 gr H.C. 48 gr Lip 35 gr G. 6 gr	31st of january	Cal 460 Kcal Prot 19 gr H.C. 44 gr Lip 33 gr G. 7 gr

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MONTHLY MENU

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JANUARY / 2020

INFANTS – PRIMARY ED.

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- » 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	30th of december		31st of december		1st of january		2nd of january		3rd of january	
2	6th of january		7th of january		8th of january » Cream of courgette and pumpkin soup » Home-style chicken croquettes » Lettuce, carrot and cooked ham salad » Fruit	Cal 583 Kcal Prot 10 gr H.C. 50 gr Lip 36 gr G. 5 gr	9th of january » Spanish style chicken and vegetable stew » Chickpeas, meat, sausage, potato & cabbage stew » Olive salad » Fruit	Cal 702 Kcal Prot 17 gr H.C. 44 gr Lip 36 gr G. 11 gr	10th of january » Marinera style rice with cuttle fish and mussels » Hake with vegetables » Lettuce and red pepper » Flavor yoghurt	Cal 688 Kcal Prot 17 gr H.C. 52 gr Lip 30 gr G. 7 gr
3	13th of january » Valencian stew with potato, green beans and carrot » Beef steak in sauce » Potatoes » Fruit	Cal 663 Kcal Prot 15 gr H.C. 32 gr Lip 50 gr G. 8 gr	14th of january » Integrals macaroni with tomato and cheese » Battered fish fillet » Lettuce, tomato and sweetcorn » Custard cream	Cal 810 Kcal Prot 17 gr H.C. 45 gr Lip 36 gr G. 7 gr	15th of january » Quinoa (ecological) three delights » Pork fillet on a bed of sautéed vegetables » Baked tomato au gratin » Fruit	Cal 697 Kcal Prot 16 gr H.C. 31 gr Lip 52 gr G. 13 gr	16th of january » Lentils stew with integral rice » Tuna omelette » Lettuce and cucumber » Fruit	Cal 681 Kcal Prot 19 gr H.C. 38 gr Lip 38 gr G. 7 gr	17th of january » Castilian soup with ham » Chicken roasted provençal with apple » Roast potatoes » Fruit	Cal 669 Kcal Prot 24 gr H.C. 35 gr Lip 38 gr G. 10 gr
4	20th of january » Broccoli au gratin with cheese edam » Meatballs with mushrooms » Green salad » Fruit	Cal 643 Kcal Prot 17 gr H.C. 33 gr Lip 47 gr G. 15 gr	21st of january » Organic haricot beans and carrot stew » Spanish omelette with onion » Tomato » Flavor yoghurt	Cal 846 Kcal Prot 16 gr H.C. 33 gr Lip 47 gr G. 10 gr	22nd of january » Rice with vegetables » Breaded tuna fillet » Lettuce, sweetcorn, cucumber and carrot salad » Fruit	Cal 741 Kcal Prot 10 gr H.C. 49 gr Lip 39 gr G. 5 gr	23rd of january » Pasta spirals with carbonara sauce and bacon » Chicken fillet with orange sauce » Lettuce, tomato and olives » Fruit	Cal 640 Kcal Prot 14 gr H.C. 49 gr Lip 35 gr G. 7 gr	24th of january <u>CHEF DEL MAR - ÁNGEL LEÓN</u> » Cream of cauliflower soup with sobrossada » Hake noodles with tomato sauce, basil and cheese » Lettuce and olives » Fruit	Cal 484 Kcal Prot 17 gr H.C. 39 gr Lip 41 gr G. 10 gr
5	27th of january <u>"FLAVOURS OF THE WORLD"</u> » Cantonese rice with vegetables and soya sauce » Chinese style sweet and sour pork » Mung bean sprout salad » Fruit	Cal 704 Kcal Prot 21 gr H.C. 46 gr Lip 31 gr G. 7 gr	28th of january » Castilian lentils » Courgette and potato omelette » Cooked ham and pineapple salad » Custard cream	Cal 811 Kcal Prot 18 gr H.C. 37 gr Lip 42 gr G. 10 gr	29th of january » Pasta with tomato sauce and sausage » Baked salmon » Lettuce and sweetcorn » Fruit	Cal 804 Kcal Prot 17 gr H.C. 34 gr Lip 47 gr G. 9 gr	30th of january » Green beans with ham » Rosemary chicken ragout » Olive salad » Fruit	Cal 599 Kcal Prot 20 gr H.C. 32 gr Lip 45 gr G. 10 gr	31st of january » Marmitako » Grilled and classic beef burger » Roast pumpkin » Fruit	Cal 495 Kcal Prot 11 gr H.C. 44 gr Lip 41 gr G. 7 gr

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MONTHLY MENU

La Moraleja

JANUARY / 2020

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.

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1	30th of december		31st of december		1st of january		2nd of january		3rd of january	
2	6th of january		7th of january		8th of january <ul style="list-style-type: none"> » Cream of courgette and pumpkin soup » Home-style chicken croquettes » Squid sticks and pasties » Lettuce, carrot and cooked ham salad » Fruit 	Cal 824 Kcal Prot 9 gr H.C. 43 gr Lip 45 gr G. 7 gr	9th of january <ul style="list-style-type: none"> » Spanish style chicken and vegetable stew » Chickpeas, meat, sausage, potato & cabbage stew » Galician style boiled pork » Olive salad » Fruit 	Cal 967 Kcal Prot 19 gr H.C. 39 gr Lip 39 gr G. 11 gr	10th of january <ul style="list-style-type: none"> » Marinera style rice with cuttle fish and mussels » Hake with vegetables » Hake with chickpeas and olives crust » Lettuce and red pepper » Flavor yoghurt 	Cal 883 Kcal Prot 20 gr H.C. 43 gr Lip 35 gr G. 7 gr
3	13th of january <ul style="list-style-type: none"> » Valencian stew with potato, green beans and carrot » Beef steak in sauce » Veal fricando » Potatoes » Fruit 	Cal 987 Kcal Prot 17 gr H.C. 25 gr Lip 56 gr G. 9 gr	14th of january <ul style="list-style-type: none"> » Integrals macaroni with tomato and cheese » Battered fish fillet » Fish fillet in green sauce » Lettuce, tomato and sweetcorn » Custard cream 	Cal 934 Kcal Prot 22 gr H.C. 40 gr Lip 37 gr G. 7 gr	15th of january <ul style="list-style-type: none"> » Quinoa (ecological) three delights » Pork fillet on a bed of sautéed vegetables » Ribs with barbacoa sauce » Baked tomato au gratin » Fruit 	Cal 1.072 Kcal Prot 18 gr H.C. 21 gr Lip 59 gr G. 18 gr	16th of january <ul style="list-style-type: none"> » Lentils stew with integral rice » Tuna omelette » Scrambled eggs with potatoes and mushroom » Lettuce and cucumber » Fruit 	Cal 915 Kcal Prot 19 gr H.C. 35 gr Lip 42 gr G. 8 gr	17th of january <ul style="list-style-type: none"> » Castilian soup with ham » Chicken roasted provençal with apple » Pizza with tuna fish, olives, tomato and mozzarella » Roast potatoes » Fruit 	Cal 937 Kcal Prot 23 gr H.C. 35 gr Lip 39 gr G. 14 gr
4	20th of january <ul style="list-style-type: none"> » Broccoli au gratin with cheese edam » Meatballs with mushrooms » Meatloaf with cuttlefish » Green salad » Fruit 	Cal 980 Kcal Prot 18 gr H.C. 24 gr Lip 56 gr G. 17 gr	21st of january <ul style="list-style-type: none"> » Organic haricot beans and carrot stew » Spanish omelette with onion » Scrambled eggs with sausages » Tomato » Flavor yoghurt 	Cal 1.051 Kcal Prot 17 gr H.C. 27 gr Lip 53 gr G. 12 gr	22nd of january <ul style="list-style-type: none"> » Rice with vegetables » Breaded tuna fillet » Tuna fish cannelloni » Lettuce, sweetcorn, cucumber and carrot salad » Fruit 	Cal 999 Kcal Prot 12 gr H.C. 45 gr Lip 41 gr G. 7 gr	23rd of january <ul style="list-style-type: none"> » Pasta spirals with carbonara sauce and bacon » Chicken fillet with orange sauce » Chicken thigh with garlic » Lettuce, tomato and olives » Fruit 	Cal 964 Kcal Prot 22 gr H.C. 33 gr Lip 44 gr G. 10 gr	24th of january <p><u>CHEF DEL MAR - ÁNGEL LEÓN</u></p> <ul style="list-style-type: none"> » Cream of cauliflower soup with sobrasada » Hake noodles with tomato sauce, basil and cheese » Fish noodles with pesto and parmesan cheese » Lettuce and olives » Fruit 	Cal 902 Kcal Prot 19 gr H.C. 43 gr Lip 36 gr G. 8 gr
5	27th of january <p><u>"FLAVOURS OF THE WORLD"</u></p> <ul style="list-style-type: none"> » Cantonese rice with vegetables and soya sauce » Chinese style sweet and sour pork » Chinese spring rolls » Mung bean sprout salad » Fruit 	Cal 910 Kcal Prot 18 gr H.C. 37 gr Lip 42 gr G. 10 gr	28th of january <ul style="list-style-type: none"> » Castilian lentils » Courgette and potato omelette » Scrambled eggs with bacon » Cooked ham and pineapple salad » Custard cream 	Cal 1.058 Kcal Prot 18 gr H.C. 29 gr Lip 51 gr G. 13 gr	29th of january <ul style="list-style-type: none"> » Pasta with tomato sauce and sausage » Baked salmon » Salmon with potatoes and parmesan pesto » Lettuce and sweetcorn » Fruit 	Cal 1.094 Kcal Prot 21 gr H.C. 28 gr Lip 50 gr G. 9 gr	30th of january <ul style="list-style-type: none"> » Green beans with ham » Rosemary chicken ragout » Roast chicken drumsticks with pineapple » Olive salad » Fruit 	Cal 1.025 Kcal Prot 28 gr H.C. 20 gr Lip 50 gr G. 13 gr	31st of january <ul style="list-style-type: none"> » Marmitako » Grilled and classic beef burger » Hamburger with barbacoa sauce » Roast pumpkin » Fruit 	Cal 564 Kcal Prot 10 gr H.C. 43 gr Lip 44 gr G. 7 gr

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