



# MENÚ MENSUAL La Moraleja

ENERO / 2020

## 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!**



## MENÚ CENA

### Si hemos comido

### Podemos cenar

Cereales, féculas o legumbres

*Hortalizas crudas o legumbres cocidas*

Verduras

*Cereales o féculas*

Carne

*Pescado o huevo*

Pescado

*Carne magra o huevo*

Huevo

*Pescado o carne magra*

Fruta

*Lácteos o fruta*

Lácteos

*Fruta*

Menús elaborados y calibrados con la asesoría de Compass Group



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INTERNATIONAL SCHOOLS

La Moraleja Brains International School

C/ Calle de la Salvia, 48, 28109

Alcobendas, Madrid

Tlf.: 916 50 43 00 - [www.colegiobraines.com](http://www.colegiobraines.com)



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

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# MENÚ MENSUAL La Moraleja

## ENERO / 2020

### INFANTIL - PRIMARIA

► 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.
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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 583 Kcal<br>Prot 10 gr<br>H.C. 50 gr<br>Lip 36 gr<br>G. 5 gr  | 9 de enero  | Cal 702 Kcal<br>Prot 17 gr<br>H.C. 44 gr<br>Lip 36 gr<br>G. 11 gr | 10 de enero | Cal 688 Kcal<br>Prot 17 gr<br>H.C. 52 gr<br>Lip 30 gr<br>G. 7 gr  |
| 3      | 13 de enero     | Cal 663 Kcal<br>Prot 15 gr<br>H.C. 32 gr<br>Lip 50 gr<br>G. 8 gr  | 14 de enero     | Cal 810 Kcal<br>Prot 17 gr<br>H.C. 45 gr<br>Lip 36 gr<br>G. 7 gr  | 15 de enero | Cal 697 Kcal<br>Prot 16 gr<br>H.C. 31 gr<br>Lip 52 gr<br>G. 13 gr | 16 de enero | Cal 681 Kcal<br>Prot 19 gr<br>H.C. 38 gr<br>Lip 38 gr<br>G. 7 gr  | 17 de enero | Cal 669 Kcal<br>Prot 24 gr<br>H.C. 35 gr<br>Lip 38 gr<br>G. 10 gr |
| 4      | 20 de enero     | Cal 643 Kcal<br>Prot 17 gr<br>H.C. 33 gr<br>Lip 47 gr<br>G. 15 gr | 21 de enero     | Cal 846 Kcal<br>Prot 16 gr<br>H.C. 33 gr<br>Lip 47 gr<br>G. 10 gr | 22 de enero | Cal 741 Kcal<br>Prot 10 gr<br>H.C. 49 gr<br>Lip 39 gr<br>G. 5 gr  | 23 de enero | Cal 640 Kcal<br>Prot 14 gr<br>H.C. 49 gr<br>Lip 35 gr<br>G. 7 gr  | 24 de enero | Cal 484 Kcal<br>Prot 17 gr<br>H.C. 39 gr<br>Lip 41 gr<br>G. 10 gr |
| 5      | 27 de enero     | Cal 704 Kcal<br>Prot 21 gr<br>H.C. 46 gr<br>Lip 31 gr<br>G. 7 gr  | 28 de enero     | Cal 811 Kcal<br>Prot 18 gr<br>H.C. 37 gr<br>Lip 42 gr<br>G. 10 gr | 29 de enero | Cal 804 Kcal<br>Prot 17 gr<br>H.C. 34 gr<br>Lip 47 gr<br>G. 9 gr  | 30 de enero | Cal 599 Kcal<br>Prot 20 gr<br>H.C. 32 gr<br>Lip 45 gr<br>G. 10 gr | 31 de enero | Cal 495 Kcal<br>Prot 11 gr<br>H.C. 44 gr<br>Lip 41 gr<br>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.
- » 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 824 Kcal<br>Prot 9 gr<br>H.C. 43 gr<br>Lip 45 gr<br>G. 7 gr     | 9 de enero  | Cal 967 Kcal<br>Prot 19 gr<br>H.C. 39 gr<br>Lip 39 gr<br>G. 11 gr   | 10 de enero | Cal 883 Kcal<br>Prot 20 gr<br>H.C. 43 gr<br>Lip 35 gr<br>G. 7 gr  |
| 3      | 13 de enero     | Cal 987 Kcal<br>Prot 17 gr<br>H.C. 25 gr<br>Lip 56 gr<br>G. 9 gr  | 14 de enero     | Cal 934 Kcal<br>Prot 22 gr<br>H.C. 40 gr<br>Lip 37 gr<br>G. 7 gr    | 15 de enero | Cal 1.072 Kcal<br>Prot 18 gr<br>H.C. 21 gr<br>Lip 59 gr<br>G. 18 gr | 16 de enero | Cal 915 Kcal<br>Prot 19 gr<br>H.C. 35 gr<br>Lip 42 gr<br>G. 8 gr    | 17 de enero | Cal 937 Kcal<br>Prot 23 gr<br>H.C. 35 gr<br>Lip 39 gr<br>G. 14 gr |
| 4      | 20 de enero     | Cal 980 Kcal<br>Prot 18 gr<br>H.C. 24 gr<br>Lip 56 gr<br>G. 17 gr | 21 de enero     | Cal 1.051 Kcal<br>Prot 17 gr<br>H.C. 27 gr<br>Lip 53 gr<br>G. 12 gr | 22 de enero | Cal 999 Kcal<br>Prot 12 gr<br>H.C. 45 gr<br>Lip 41 gr<br>G. 7 gr    | 23 de enero | Cal 964 Kcal<br>Prot 22 gr<br>H.C. 33 gr<br>Lip 44 gr<br>G. 10 gr   | 24 de enero | Cal 902 Kcal<br>Prot 19 gr<br>H.C. 43 gr<br>Lip 36 gr<br>G. 8 gr  |
| 5      | 27 de enero     | Cal 910 Kcal<br>Prot 18 gr<br>H.C. 37 gr<br>Lip 42 gr<br>G. 10 gr | 28 de enero     | Cal 1.058 Kcal<br>Prot 18 gr<br>H.C. 29 gr<br>Lip 51 gr<br>G. 13 gr | 29 de enero | Cal 1.094 Kcal<br>Prot 21 gr<br>H.C. 28 gr<br>Lip 50 gr<br>G. 9 gr  | 30 de enero | Cal 1.025 Kcal<br>Prot 28 gr<br>H.C. 20 gr<br>Lip 50 gr<br>G. 13 gr | 31 de enero | Cal 564 Kcal<br>Prot 10 gr<br>H.C. 43 gr<br>Lip 44 gr<br>G. 7 gr  |

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# MONTHLY MENU La Moraleja

JANUARY / 2020

## 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!



## DINNER MENU

If for lunch, we ate...

For dinner, we can eat...

Cereals, starches or legumes

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

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# 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<br>Prot 17 gr<br>H.C. 47 gr<br>Lip 33 gr<br>G. 7 gr | 9th of january  | Cal 509 Kcal<br>Prot 15 gr<br>H.C. 45 gr<br>Lip 35 gr<br>G. 6 gr | 10th of january | Cal 480 Kcal<br>Prot 18 gr<br>H.C. 45 gr<br>Lip 34 gr<br>G. 9 gr |
| 3    | 13th of january  | Cal 437 Kcal<br>Prot 19 gr<br>H.C. 43 gr<br>Lip 34 gr<br>G. 7 gr | 14th of january  | Cal 441 Kcal<br>Prot 17 gr<br>H.C. 45 gr<br>Lip 35 gr<br>G. 9 gr  | 15th of january | Cal 474 Kcal<br>Prot 17 gr<br>H.C. 47 gr<br>Lip 34 gr<br>G. 7 gr | 16th of january | Cal 403 Kcal<br>Prot 11 gr<br>H.C. 46 gr<br>Lip 39 gr<br>G. 7 gr | 17th of january | Cal 445 Kcal<br>Prot 13 gr<br>H.C. 50 gr<br>Lip 33 gr<br>G. 6 gr |
| 4    | 20th of january  | Cal 460 Kcal<br>Prot 19 gr<br>H.C. 44 gr<br>Lip 33 gr<br>G. 7 gr | 21st of january  | Cal 453 Kcal<br>Prot 16 gr<br>H.C. 39 gr<br>Lip 43 gr<br>G. 11 gr | 22nd of january | Cal 401 Kcal<br>Prot 15 gr<br>H.C. 49 gr<br>Lip 32 gr<br>G. 5 gr | 23rd of january | Cal 392 Kcal<br>Prot 12 gr<br>H.C. 48 gr<br>Lip 36 gr<br>G. 7 gr | 24th of january | Cal 387 Kcal<br>Prot 16 gr<br>H.C. 48 gr<br>Lip 33 gr<br>G. 5 gr |
| 5    | 27th of january  | Cal 474 Kcal<br>Prot 17 gr<br>H.C. 47 gr<br>Lip 34 gr<br>G. 7 gr | 28th of january  | Cal 457 Kcal<br>Prot 13 gr<br>H.C. 44 gr<br>Lip 41 gr<br>G. 11 gr | 29th of january | Cal 460 Kcal<br>Prot 16 gr<br>H.C. 52 gr<br>Lip 29 gr<br>G. 5 gr | 30th of january | Cal 419 Kcal<br>Prot 12 gr<br>H.C. 48 gr<br>Lip 35 gr<br>G. 6 gr | 31st of january | Cal 460 Kcal<br>Prot 19 gr<br>H.C. 44 gr<br>Lip 33 gr<br>G. 7 gr |

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# MONTHLY MENU

## La Moraleja

# JANUARY / 2020

## INFANTS – PRIMARY ED.

### ► 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 583 Kcal<br>Prot 10 gr<br>H.C. 50 gr<br>Lip 36 gr<br>G. 5 gr  | 9th of january  | Cal 702 Kcal<br>Prot 17 gr<br>H.C. 44 gr<br>Lip 36 gr<br>G. 11 gr | 10th of january | Cal 688 Kcal<br>Prot 17 gr<br>H.C. 52 gr<br>Lip 30 gr<br>G. 7 gr  |
| 3    | 13th of january  | Cal 663 Kcal<br>Prot 15 gr<br>H.C. 32 gr<br>Lip 50 gr<br>G. 8 gr  | 14th of january  | Cal 810 Kcal<br>Prot 17 gr<br>H.C. 45 gr<br>Lip 36 gr<br>G. 7 gr  | 15th of january | Cal 697 Kcal<br>Prot 16 gr<br>H.C. 31 gr<br>Lip 52 gr<br>G. 13 gr | 16th of january | Cal 681 Kcal<br>Prot 19 gr<br>H.C. 38 gr<br>Lip 38 gr<br>G. 7 gr  | 17th of january | Cal 669 Kcal<br>Prot 24 gr<br>H.C. 35 gr<br>Lip 38 gr<br>G. 10 gr |
| 4    | 20th of january  | Cal 643 Kcal<br>Prot 17 gr<br>H.C. 33 gr<br>Lip 47 gr<br>G. 15 gr | 21st of january  | Cal 846 Kcal<br>Prot 16 gr<br>H.C. 33 gr<br>Lip 47 gr<br>G. 10 gr | 22nd of january | Cal 741 Kcal<br>Prot 10 gr<br>H.C. 49 gr<br>Lip 39 gr<br>G. 5 gr  | 23rd of january | Cal 640 Kcal<br>Prot 14 gr<br>H.C. 49 gr<br>Lip 35 gr<br>G. 7 gr  | 24th of january | Cal 484 Kcal<br>Prot 17 gr<br>H.C. 39 gr<br>Lip 41 gr<br>G. 10 gr |
| 5    | 27th of january  | Cal 704 Kcal<br>Prot 21 gr<br>H.C. 46 gr<br>Lip 31 gr<br>G. 7 gr  | 28th of january  | Cal 811 Kcal<br>Prot 18 gr<br>H.C. 37 gr<br>Lip 42 gr<br>G. 10 gr | 29th of january | Cal 804 Kcal<br>Prot 17 gr<br>H.C. 34 gr<br>Lip 47 gr<br>G. 9 gr  | 30th of january | Cal 599 Kcal<br>Prot 20 gr<br>H.C. 32 gr<br>Lip 45 gr<br>G. 10 gr | 31st of january | Cal 495 Kcal<br>Prot 11 gr<br>H.C. 44 gr<br>Lip 41 gr<br>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.

| 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 824 Kcal<br>Prot 9 gr<br>H.C. 43 gr<br>Lip 45 gr<br>G. 7 gr     | 9th of january  | Cal 967 Kcal<br>Prot 19 gr<br>H.C. 39 gr<br>Lip 39 gr<br>G. 11 gr   | 10th of january | Cal 883 Kcal<br>Prot 20 gr<br>H.C. 43 gr<br>Lip 35 gr<br>G. 7 gr  |
| 3    | 13th of january  | Cal 987 Kcal<br>Prot 17 gr<br>H.C. 25 gr<br>Lip 56 gr<br>G. 9 gr  | 14th of january  | Cal 934 Kcal<br>Prot 22 gr<br>H.C. 40 gr<br>Lip 37 gr<br>G. 7 gr    | 15th of january | Cal 1.072 Kcal<br>Prot 18 gr<br>H.C. 21 gr<br>Lip 59 gr<br>G. 18 gr | 16th of january | Cal 915 Kcal<br>Prot 19 gr<br>H.C. 35 gr<br>Lip 42 gr<br>G. 8 gr    | 17th of january | Cal 937 Kcal<br>Prot 23 gr<br>H.C. 35 gr<br>Lip 39 gr<br>G. 14 gr |
| 4    | 20th of january  | Cal 980 Kcal<br>Prot 18 gr<br>H.C. 24 gr<br>Lip 56 gr<br>G. 17 gr | 21st of january  | Cal 1.051 Kcal<br>Prot 17 gr<br>H.C. 27 gr<br>Lip 53 gr<br>G. 12 gr | 22nd of january | Cal 999 Kcal<br>Prot 12 gr<br>H.C. 45 gr<br>Lip 41 gr<br>G. 7 gr    | 23rd of january | Cal 964 Kcal<br>Prot 22 gr<br>H.C. 33 gr<br>Lip 44 gr<br>G. 10 gr   | 24th of january | Cal 902 Kcal<br>Prot 19 gr<br>H.C. 43 gr<br>Lip 36 gr<br>G. 8 gr  |
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