



MENÚ MENSUAL La Moraleja

JUNIO / 2019

MENÚ CENA

NUTRITIP

Llega el calor, ¡es el momento de hidratarse!

Con la llegada del calor y la exposición al sol, hay que tener muy presente **tener una hidratación adecuada** a lo largo del día.

Para ello existen multitud de soluciones prácticas para hacer en casa:

- » gazpachos de hortalizas y frutas
- » aguas saborizadas
- » cremas frías
- » sobre todo, frutas de agua.

La sandía y el melón serán nuestros grandes aliados

Consejo

Sustituye parte o todo el peso del tomate de tu gazpacho casero por grandes trozos de fresca sandía, el sabor te sorprenderá!



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



MENÚ MENSUAL

La Moraleja

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YOUNG LEARNERS

- » 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	3 de junio	Cal 434 Kcal Prot 13 gr H.C. 49 gr Lip 34 gr G. 6 gr	4 de junio	Cal 436 Kcal Prot 16 gr H.C. 41 gr Lip 41 gr G. 12 gr	5 de junio	Cal 449 Kcal Prot 19 gr H.C. 43 gr Lip 33 gr G. 7 gr	6 de junio	Cal 537 Kcal Prot 10 gr H.C. 61 gr Lip 27 gr G. 5 gr	7 de junio	Cal 415 Kcal Prot 23 gr H.C. 34 gr Lip 40 gr G. 9 gr
2	10 de junio	Cal 402 Kcal Prot 15 gr H.C. 48 gr Lip 32 gr G. 5 gr	11 de junio	Cal 470 Kcal Prot 21 gr H.C. 41 gr Lip 36 gr G. 9 gr	12 de junio	Cal 537 Kcal Prot 10 gr H.C. 61 gr Lip 27 gr G. 5 gr	13 de junio	Cal 449 Kcal Prot 16 gr H.C. 51 gr Lip 30 gr G. 5 gr	14 de junio	Cal 415 Kcal Prot 23 gr H.C. 34 gr Lip 40 gr G. 9 gr
3	17 de junio	Cal 449 Kcal Prot 19 gr H.C. 43 gr Lip 33 gr G. 7 gr	18 de junio	Cal 537 Kcal Prot 19 gr H.C. 45 gr Lip 34 gr G. 9 gr	19 de junio	Cal 434 Kcal Prot 13 gr H.C. 49 gr Lip 34 gr G. 6 gr	20 de junio	Cal 376 Kcal Prot 16 gr H.C. 47 gr Lip 33 gr G. 5 gr	21 de junio	Cal 509 Kcal Prot 19 gr H.C. 39 gr Lip 40 gr G. 12 gr
4	24 de junio		25 de junio		26 de junio		27 de junio		28 de junio	
5	1 de julio		2 de julio		3 de julio		4 de julio		5 de julio	

Menús elaborados y calibrados con la asesoría de Compass Group



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INTERNATIONAL SCHOOLS

La Moraleja Brains International School
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INFANTIL

- » 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	3 de junio	Cal 782 Kcal Prot 13 gr H.C. 39 gr Lip 45 gr G. 7 gr	4 de junio	Cal 1.054 Kcal Prot 15 gr H.C. 44 gr Lip 40 gr G. 10 gr	5 de junio	Cal 746 Kcal Prot 20 gr H.C. 33 gr Lip 43 gr G. 12 gr	6 de junio	Cal 662 Kcal Prot 20 gr H.C. 41 gr Lip 34 gr G. 6 gr	7 de junio	Cal 779 Kcal Prot 16 gr H.C. 52 gr Lip 29 gr G. 7 gr
2	10 de junio	Cal 668 Kcal Prot 14 gr H.C. 46 gr Lip 37 gr G. 7 gr	11 de junio	Cal 763 Kcal Prot 14 gr H.C. 45 gr Lip 38 gr G. 12 gr	12 de junio	Cal 765 Kcal Prot 16 gr H.C. 46 gr Lip 34 gr G. 6 gr	13 de junio	Cal 675 Kcal Prot 14 gr H.C. 54 gr Lip 30 gr G. 30 gr	14 de junio	Cal 639 Kcal Prot 25 gr H.C. 40 gr Lip 29 gr G. 7 gr
3	17 de junio	Cal 603 Kcal Prot 21 gr H.C. 34 gr Lip 41 gr G. 12 gr	18 de junio	Cal 803 Kcal Prot 16 gr H.C. 40 gr Lip 40 gr G. 8 gr	19 de junio	Cal 690 Kcal Prot 16 gr H.C. 51 gr Lip 30 gr G. 6 gr	20 de junio	Cal 702 Kcal Prot 15 gr H.C. 53 gr Lip 30 gr G. 5 gr	21 de junio	Cal 1.244 Kcal Prot 9 gr H.C. 37 gr Lip 53 gr G. 12 gr
4	24 de junio		25 de junio		26 de junio		27 de junio		28 de junio	
5	1 de julio		2 de julio		3 de julio		4 de julio		5 de julio	

MENÚ ESPECIAL FIN DE CURSO

- » Pizza margarita
- » Croquetas artesanas de jamón
- » Ensalada verde
- » Helado sorbete de limón

Menús elaborados y calibrados con la asesoría de Compass Group



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MENÚ MENSUAL

La Moraleja

JUNIO / 2019

PRIMARIA

- » Existen menús de celíacos, alérgicos al pescado, huevo, leche, etc.
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1	3 de junio	Cal 782 Kcal Prot 13 gr H.C. 39 gr Lip 45 gr G. 7 gr	4 de junio	Cal 1.054 Kcal Prot 15 gr H.C. 44 gr Lip 40 gr G. 10 gr	5 de junio	Cal 746 Kcal Prot 20 gr H.C. 33 gr Lip 43 gr G. 12 gr	6 de junio	Cal 662 Kcal Prot 20 gr H.C. 41 gr Lip 34 gr G. 6 gr	7 de junio	Cal 779 Kcal Prot 16 gr H.C. 52 gr Lip 29 gr G. 7 gr
2	10 de junio	Cal 668 Kcal Prot 14 gr H.C. 46 gr Lip 37 gr G. 7 gr	11 de junio	Cal 763 Kcal Prot 14 gr H.C. 45 gr Lip 38 gr G. 12 gr	12 de junio	Cal 765 Kcal Prot 16 gr H.C. 46 gr Lip 34 gr G. 6 gr	13 de junio	Cal 675 Kcal Prot 14 gr H.C. 54 gr Lip 30 gr G. 6 gr	14 de junio	Cal 639 Kcal Prot 25 gr H.C. 40 gr Lip 29 gr G. 7 gr
3	17 de junio	Cal 603 Kcal Prot 21 gr H.C. 34 gr Lip 41 gr G. 12 gr	18 de junio	Cal 803 Kcal Prot 16 gr H.C. 40 gr Lip 40 gr G. 8 gr	19 de junio	Cal 690 Kcal Prot 16 gr H.C. 51 gr Lip 30 gr G. 6 gr	20 de junio	Cal 702 Kcal Prot 15 gr H.C. 53 gr Lip 30 gr G. 5 gr	21 de junio	Cal 1.244 Kcal Prot 9 gr H.C. 37 gr Lip 53 gr G. 12 gr
4	24 de junio		25 de junio		26 de junio		27 de junio		28 de junio	
5	1 de julio		2 de julio		3 de julio		4 de julio		5 de julio	

MENÚ ESPECIAL FIN DE CURSO

- » Pizza margarita
- » Croquetas artesanas de jamón
- » Ensalada verde
- » Helado sorbete de limón

Menús elaborados y calibrados con la asesoría de Compass Group



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MENÚ MENSUAL

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JUNIO / 2019

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	3 de junio » Sopa de verduras y cebada » Escalopines de pollo empanados » Pollo asado al estilo cajun » Ensalada de lechuga, tomate, cebolla y zanahoria » Fruta	Cal 941 Kcal Prot 16 gr H.C. 33 gr Lip 49 gr G. 9 gr	4 de junio » Paella mixta con pollo y calamar » Abadejo en adobo » ABADEJO AL HORNO » Ensalada con brotes de judía » Helado sorbete de limon	Cal 1.176 Kcal Prot 19 gr H.C. 39 gr Lip 40 gr G. 9 gr	5 de junio » Crema de coliflor con aceite de sobrasada » Estofado de ternera con guisantes y champiñones » Parmentier de ternera con uvas pasas » Tomate aliñado » Fruta	Cal 1.107 Kcal Prot 22 gr H.C. 27 gr Lip 48 gr G. 15 gr	6 de junio » Lentejas guisadas con espinaca, zanahoria y cebolla frita » Revuelto de atún » Huevos rellenos con atun y mahonesa » Ensalada verde » Fruta	Cal 836 Kcal Prot 22 gr H.C. 34 gr Lip 39 gr G. 8 gr	7 de junio » Tallarines con cremosa de albahaca » Lacón a la gallega » CHULETA DE CERDO » Ensalada verde con lechuga, pepino y olivas » Fruta	Cal 1.116 Kcal Prot 18 gr H.C. 36 gr Lip 44 gr G. 13 gr
2	10 de junio » Ensalada campera (patata, tomate, pimiento rojo y atún) » Revuelto de patatas y champiñón » HUEVOS CON SAMFAINA » Lechuga y pepino » Fruta	Cal 791 Kcal Prot 16 gr H.C. 40 gr Lip 41 gr G. 8 gr	11 de junio » Crema de calabaza con costrones de pan » Albóndigas con salsa de tomate » Guisado de albóndigas con alcachofas » Arroz integral » Lácteo	Cal 923 Kcal Prot 14 gr H.C. 39 gr Lip 44 gr G. 13 gr	12 de junio » Macarrones integrales con tomate » Pollo salteado con verduras » POLLO TIKKA MASALA » Ensalada de lechuga, tomate y zanahoria rallada » Fruta	Cal 913 Kcal Prot 22 gr H.C. 39 gr Lip 36 gr G. 7 gr	13 de junio » Arroz a la napolitana » Lomo de merluza al horno con aceite y pimenton » Filete de merluza rebozada » Ensalada de lechuga, remolacha y maíz » Fruta	Cal 803 Kcal Prot 19 gr H.C. 49 gr Lip 30 gr G. 6 gr	14 de junio » Ensalada de garbanzos (garbanzos, pimienta, tomate, cebolla y aceituna verde) » Cerdo agridulce al estilo chino » LOMO DE CERDO AL HORNO » Ensalada verde » Fruta	Cal 1.038 Kcal Prot 23 gr H.C. 25 gr Lip 48 gr G. 15 gr
3	17 de junio » Ensaladilla rusa (con huevo duro, atún y mahonesa) » Hamburguesa de ternera a la plancha » Hamburguesa de ternera al roquefort » Tomate asado con hierbas » Fruta	Cal 1.000 Kcal Prot 20 gr H.C. 20 gr Lip 57 gr G. 16 gr	18 de junio » Lentejas con verduras y quinoa » Tortilla de patatas » Huevos revueltos con pavo » Ensalada de lechuga, aceitunas, pepino y maíz » Lácteo	Cal 990 Kcal Prot 18 gr H.C. 33 gr Lip 46 gr G. 9 gr	19 de junio » Espirales con tomate, olivas y orégano » Contramuslo de pollo al ajillo » POLLO A LA MIEL » Ensalada de espinacas, tomate y manzana » Fruta	Cal 950 Kcal Prot 16 gr H.C. 38 gr Lip 44 gr G. 8 gr	20 de junio » Arroz de montaña con calamar y costilla » Palometa con ajitos y cebolla en salsa de tomate » Palometa empanada » Ensalada con brotes de de judía y zanahoria » Fruta	Cal 968 Kcal Prot 19 gr H.C. 46 gr Lip 33 gr G. 5 gr	21 de junio <u>MENÚ ESPECIAL FIN DE CURSO</u> » Pizza margarita » Croquetas artesanas de jamón » Alitas de pollo con papas » Ensalada verde » Helado sorbete de limon	Cal 1.568Kcal Prot 13 gr H.C. 31 gr Lip 55 gr G. 13 gr
4	24 de junio		25 de junio		26 de junio		27 de junio		28 de junio	
5	1 de julio		2 de julio		3 de julio		4 de julio		5 de julio	

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MONTHLY MENU La Moraleja

JUNE / 2019

DINNER MENU

NUTRITIP

Summer is almost here, so we must stay hydrated!

With the advent of summer and sun exposure, it's very important to keep **properly hydrated** throughout the day.

In order to do so, there are many possible practical solutions to enjoy at home:

- » vegetable and fruit gazpacho
- » flavoured water
- » cold creams
- » especially water-rich fruits

Watermelons and melons will be our best allies.

Tip

Try using big pieces of fresh watermelon as opposed to tomato in your homemade gazpacho, you'll be surprised by the taste!



If for lunch, we ate...

Cereals, starches or legumes

Vegetables

Meat

Fish

Egg

Fruit

Yogurt products

For dinner, we can eat...

Raw green vegetables

Cereals or starches

Fish or egg

Lean meat or egg

Fish or lean meat

Yogurt products or fruit

Fruit



MONTHLY MENU

La Moraleja

JUNE / 2019

YOUNG LEARNERS

- » 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	3rd of June » Fruit » Vegetables and pasta with chicken turmix » Sliced chicken	Cal 434 Kcal Prot 13 gr H.C. 49 gr Lip 34 gr G. 6 gr	4th of June » Ice cream » Leek and potatoes with hake turmix » Sliced hake	Cal 436 Kcal Prot 16 gr H.C. 41 gr Lip 41 gr G. 12 gr	5th of June » Fruit » Vegetables, potatoes and beef turmix » Sliced beef	Cal 449 Kcal Prot 19 gr H.C. 43 gr Lip 33 gr G. 7 gr	6th of June » Fruit » Cauliflower, carrots and rice with chicken turmix » Sliced chicken	Cal 537 Kcal Prot 10 gr H.C. 61 gr Lip 27 gr G. 5 gr	7th of June » Fruit » Peas, potatoes and pork turmix » Sliced pork	Cal 415 Kcal Prot 23 gr H.C. 34 gr Lip 40 gr G. 9 gr
2	10th of June » Fruit » Vegetables and potatoes with hake turmix » Sliced hake	Cal 402 Kcal Prot 15 gr H.C. 48 gr Lip 32 gr G. 5 gr	11th of June » Dairy » Courgette, potatoes and beef turmix » Sliced beef	Cal 470 Kcal Prot 21 gr H.C. 41 gr Lip 36 gr G. 9 gr	12th of June » Fruit » Cauliflower, carrots and rice with chicken turmix » Sliced pork	Cal 537 Kcal Prot 10 gr H.C. 61 gr Lip 27 gr G. 5 gr	13th of June » Fruit » Vegetables and rice with hake turmix » Sliced hake	Cal 449 Kcal Prot 16 gr H.C. 51 gr Lip 30 gr G. 5 gr	14th of June » Fruit » Peas, potatoes and pork turmix » Sliced pork	Cal 415 Kcal Prot 23 gr H.C. 34 gr Lip 40 gr G. 9 gr
3	17th of June » Fruit » Vegetables, potatoes and beef turmix » Sliced beef	Cal 449 Kcal Prot 19 gr H.C. 43 gr Lip 33 gr G. 7 gr	18th of June » Dairy » Vegetables with rice and pork turmix » Sliced pork	Cal 537 Kcal Prot 19 gr H.C. 45 gr Lip 34 gr G. 9 gr	19th of June » Fruit » Vegetables and pasta with chicken turmix » Sliced chicken	Cal 434 Kcal Prot 13 gr H.C. 49 gr Lip 34 gr G. 6 gr	20th of June » Fruit » Leek and potatoes with hake turmix » Sliced hake	Cal 376 Kcal Prot 16 gr H.C. 47 gr Lip 33 gr G. 5 gr	21st of June » Ice cream » Vegetables, potatoes and beef turmix » Sliced beef	Cal 509 Kcal Prot 19 gr H.C. 39 gr Lip 40 gr G. 12 gr
4	24th of June		25th of June		26th of June		27th of June		28th of June	
5	1st of July		2nd of July		3rd of July		4th of July		5th of July	

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MONTHLY MENU

La Moraleja

JUNE / 2019

INFANTS

- » 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	3rd of June » Vegetable and barley soup » Battered chicken scaloppine » Lettuce, tomato, onion and carrot salad » Fruit	Cal 782 Kcal Prot 13 gr H.C. 39 gr Lip 45 gr G. 7 gr	4th of June » Paella with chicken and squids » Marinated fish » Been sprout salad » Ice lemon sorbete	Cal 1.054 Kcal Prot 15 gr H.C. 44 gr Lip 40 gr G. 10 gr	5th of June » Cream of cauliflower soup with sobrassada » Beef, peas and mushrooms stew » Tomato » Fruit	Cal 746 Kcal Prot 20 gr H.C. 33 gr Lip 43 gr G. 12 gr	6th of June » Stewed lentils with spinach, carrots and fried onion » Scrambled eggs with tuna fish » Green salad » Fruit	Cal 662 Kcal Prot 20 gr H.C. 41 gr Lip 34 gr G. 6 gr	7th of June » Noodles with creamy basil sauce » Galician style boiled pork » Green salad with lettuce, cucumber and olives » Fruit	Cal 779 Kcal Prot 16 gr H.C. 52 gr Lip 29 gr G. 7 gr
2	10th of June » Country salad (potato, tomato, red pepper and tuna) » Scrambled eggs with potatoes and mushroom » Lettuce and cucumber » Fruit	Cal 668 Kcal Prot 14 gr H.C. 46 gr Lip 37 gr G. 7 gr	11th of June » Cream of pumpkin soup with diced bread » Meatballs with tomato sauce » Whole meal rice » Dairy	Cal 763 Kcal Prot 14 gr H.C. 45 gr Lip 38 gr G. 12 gr	12th of June » Whole-wheat macaroni with tomato » Chicken sautéed with vegetable » Lettuce, tomato and shredded carrot salad » Fruit	Cal 765 Kcal Prot 16 gr H.C. 46 gr Lip 34 gr G. 6 gr	13th of June » Napolitana rice » Oven-cooked hake with olive oil and paprika » Lettuce salad with beetroot and sweetcorn » Fruit	Cal 675 Kcal Prot 14 gr H.C. 54 gr Lip 30 gr G. 6 gr	14th of June » Chickpeas salad (chickpeas, pepper, tomato, onion and green olive) » Chinese style sweet and sour pork » Green salad » Fruit	Cal 639 Kcal Prot 25 gr H.C. 40 gr Lip 29 gr G. 7 gr
3	17th of June » Russian salad (with hard boiled egg, tuna and mayonnaise) » Grilled beef burger » Roast tomato with spice » Fruit	Cal 603 Kcal Prot 21 gr H.C. 34 gr Lip 41 gr G. 12 gr	18th of June » Lentils with vegetables and quinoa » Spanish omelette » Lettuce, olives, cucumber and sweetcorn salad » Dairy	Cal 803 Kcal Prot 16 gr H.C. 40 gr Lip 40 gr G. 8 gr	19th of June » Pasta spirals with tomato, olives and oregano » Chicken thigh with garlic » Spinach salad with tomato and apple » Fruit	Cal 690 Kcal Prot 16 gr H.C. 51 gr Lip 30 gr G. 6 gr	20th of June » Rice with squid and rib » Palometa with tomato sauce, garlic and onions » Mung bean sprout and carrots salad » Fruit	Cal 702 Kcal Prot 15 gr H.C. 53 gr Lip 30 gr G. 5 gr	21st of June <u>MENÚ ESPECIAL FIN DE CURSO</u> » Margarita pizza » Ham croquettes » Green salad » Ice lemon sorbete	Cal 1.244 Kcal Prot 9 gr H.C. 37 gr Lip 53 gr G. 12 gr
4	24th of June		25th of June		26th of June		27th of June		28th of June	
5	1st of July		2nd of July		3rd of July		4th of July		5th of July	

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MONTHLY MENU

La Moraleja

JUNE / 2019

PRIMARY ED.

- » 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	3rd of June » Vegetable and barley soup » Battered chicken scaloppine » Lettuce, tomato, onion and carrot salad » Fruit	Cal 782 Kcal Prot 13 gr H.C. 39 gr Lip 45 gr G. 7 gr	4th of June » Paella with chicken and squids » Marinated fish » Been sprout salad » Ice lemon sorbete	Cal 1.054 Kcal Prot 15 gr H.C. 44 gr Lip 40 gr G. 10 gr	5th of June » Cream of cauliflower soup with sobrassada » Beef, peas and mushrooms stew » Tomato » Fruit	Cal 746 Kcal Prot 20 gr H.C. 33 gr Lip 43 gr G. 12 gr	6th of June » Stewed lentils with spinach, carrots and fried onion » Scrambled eggs with tuna fish » Green salad » Fruit	Cal 662 Kcal Prot 20 gr H.C. 41 gr Lip 34 gr G. 6 gr	7th of June » Noodles with creamy basil sauce » Galician style boiled pork » Green salad with lettuce, cucumber and olives » Fruit	Cal 779 Kcal Prot 16 gr H.C. 52 gr Lip 29 gr G. 7 gr
2	10th of June » Country salad (potato, tomato, red pepper and tuna) » Scrambled eggs with potatoes and mushroom » Lettuce and cucumber » Fruit	Cal 668 Kcal Prot 14 gr H.C. 46 gr Lip 37 gr G. 7 gr	11th of June » Cream of pumpkin soup with diced bread » Meatballs with tomato sauce » Whole meal rice » Dairy	Cal 763 Kcal Prot 14 gr H.C. 45 gr Lip 38 gr G. 12 gr	12th of June » Whole-wheat macaroni with tomato » Chicken sautéed with vegetable » Lettuce, tomato and shredded carrot salad » Fruit	Cal 765 Kcal Prot 16 gr H.C. 46 gr Lip 34 gr G. 6 gr	13th of June » Napolitana rice » Oven-cooked hake with olive oil and paprika » Lettuce salad with beetroot and sweetcorn » Fruit	Cal 675 Kcal Prot 14 gr H.C. 54 gr Lip 30 gr G. 6 gr	14th of June » Chickpeas salad (chickpeas, pepper, tomato, onion and green olive) » Chinese style sweet and sour pork » Green salad » Fruit	Cal 639 Kcal Prot 25 gr H.C. 40 gr Lip 29 gr G. 7 gr
3	17th of June » Russian salad (with hard boiled egg, tuna and mayonnaise) » Grilled beef burger » Roast tomato with spice » Fruit	Cal 603 Kcal Prot 21 gr H.C. 34 gr Lip 41 gr G. 12 gr	18th of June » Lentils with vegetables and quinoa » Spanish omelette » Lettuce, olives, cucumber and sweetcorn salad » Dairy	Cal 803 Kcal Prot 16 gr H.C. 40 gr Lip 40 gr G. 8 gr	19th of June » Pasta spirals with tomato, olives and oregano » Chicken thigh with garlic » Spinach salad with tomato and apple » Fruit	Cal 690 Kcal Prot 16 gr H.C. 51 gr Lip 30 gr G. 6 gr	20th of June » Rice with squid and rib » Palometa with tomato sauce, garlic and onions » Mung bean sprout and carrots salad » Fruit	Cal 702 Kcal Prot 15 gr H.C. 53 gr Lip 30 gr G. 5 gr	21st of June <u>MENÚ ESPECIAL FIN DE CURSO</u> » Margarita pizza » Ham croquettes » Green salad » Ice lemon sorbete	Cal 1.244 Kcal Prot 9 gr H.C. 37 gr Lip 53 gr G. 12 gr
4	24th of June		25th of June		26th of June		27th of June		28th of June	
5	1st of July		2nd of July		3rd of July		4th of July		5th of July	

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SECONDARY ED. - HIGH SCHOOL

- » There are specially prepared menus for gluten intolerance, food allergies, etc.
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- » 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	3rd of June » Vegetable and barley soup » Battered chicken scaloppine » Cajun roasted chicken » Lettuce, tomato, onion and carrot salad » Fruit	Cal 941 Kcal Prot 16 gr H.C. 33 gr Lip 49 gr G. 9 gr	4th of June » Paella with chicken and squids » Marinated fish » Baked fish » Been sprout salad » Ice lemon sorbete	Cal 1.176 Kcal Prot 19 gr H.C. 39 gr Lip 40 gr G. 9 gr	5th of June » Cream of cauliflower soup with sobrassada » Beef, peas and mushrooms stew » Parmentier's beef with raisins » Tomato » Fruit	Cal 1.107 Kcal Prot 22 gr H.C. 27 gr Lip 48 gr G. 15 gr	6th of June » Stewed lentils with spinach, carrots and fried onion » Scrambled eggs with tuna fish » Stuffed eggs with tuna and mayonnaise » Green salad » Fruit	Cal 836 Kcal Prot 22 gr H.C. 34 gr Lip 39 gr G. 8 gr	7th of June » Noodles with creamy basil sauce » Galician style boiled pork » Pork chop » Green salad with lettuce, cucumber and olives » Fruit	Cal 1.116 Kcal Prot 18 gr H.C. 36 gr Lip 44 gr G. 13 gr
2	10th of June » Country salad (potato, tomato, red pepper and tuna) » Scrambled eggs with potatoes and mushroom » Eggs with ratatouille » Lettuce and cucumber » Fruit	Cal 791 Kcal Prot 16 gr H.C. 40 gr Lip 41 gr G. 8 gr	11th of June » Cream of pumpkin soup with diced bread » Meatballs with tomato sauce » Meatballs stew with artichokes » Whole meal rice » Dairy	Cal 923 Kcal Prot 14 gr H.C. 39 gr Lip 44 gr G. 13 gr	12th of June » Whole-wheat macaroni with tomato » Chicken sautéed with vegetable » Tikka masala chicken » Lettuce, tomato and shredded carrot salad » Fruit	Cal 913 Kcal Prot 19 gr H.C. 39 gr Lip 36 gr G. 7 gr	13th of June » Napolitana rice » Oven-cooked hake with olive oil and paprika » Battered hake fillet » Lettuce salad with beetroot and sweetcorn » Fruit	Cal 803 Kcal Prot 19 gr H.C. 49 gr Lip 30 gr G. 6 gr	14th of June » Chickpeas salad (chickpeas, pepper, tomato, onion and green olive) » Chinese style sweet and sour pork » Baked pork loin » Green salad » Fruit	Cal 1.038 Kcal Prot 23 gr H.C. 25 gr Lip 48 gr G. 15 gr
3	17th of June » Russian salad (with hard boiled egg, tuna and mayonnaise) » Grilled beef burger » Hamburger steak with roquefort sauce » Roast tomato with spice » Fruit	Cal 1.000 Kcal Prot 20 gr H.C. 20 gr Lip 57 gr G. 16 gr	18th of June » Lentils with vegetables and quinoa » Spanish omelette » Scrambled eggs with turkey » Lettuce, olives, cucumber and sweetcorn salad » Dairy	Cal 990 Kcal Prot 18 gr H.C. 33 gr Lip 46 gr G. 9 gr	19th of June » Pasta spirals with tomato, olives and oregano » Chicken thigh with garlic » Chicken and honey » Spinach salad with tomato and apple » Fruit	Cal 950 Kcal Prot 16 gr H.C. 38 gr Lip 44 gr G. 8 gr	20th of June » Rice with squid and rib » Palometa with tomato sauce, garlic and onions » Breaded fish » Mung bean sprout and carrots salad » Fruit	Cal 968 Kcal Prot 19 gr H.C. 46 gr Lip 33 gr G. 5 gr	21th of June <u>Menú especial fin de curso</u> » Margarita pizza » Ham croquettes » Chicken wings with potatoes » Green salad » Ice lemon sorbete	Cal 1.568 Kcal Prot 13 gr H.C. 31 gr Lip 55 gr G. 13 gr
4	24th of June		25th of June		26th of June		27th of June		28th of June	
5	1st of July		2nd of July		3rd of July		4th of July		5th of July	

Menús elaborados y calibrados con la asesoría de Compass Group



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