

CHOCOLATE

¿CÓMO SE ELABORA?

SEMILLAS DE CACAO



CACAO PURO EN POLVO

BENEFICIOS DEL CACAO



↓ RIESGO ENFERMEDAD CORONARIA



↑ CAPACIDAD COGNITIVA



↓ RESISTENCIA A LA INSULINA



↓ NIVELES DE ESTRÉS (MEJOR HUMOR)

¿QUÉ CHOCOLATE ESCOJO?

- EVITAR BLANCOS: NO LLEVAN CACAO, SOLO MANTECAS Y MAYOR CANTIDAD DE AZÚCARES AÑADIDOS
- ESCOGER CON AL MENOS UN 70% DE CACAO (SI ES MÁS, MEJOR)
- CAMBIAR CACAOS SOLUBLES AZUCARADOS POR CACAO PURO EN POLVO
- RACIÓN RECOMENDADA: 1-2 ONZAS DIARIAS
- EVITAR 'SIN AZÚCARES' O EDULCORADOS



En colaboración con colegiosaludable.com

Menús elaborados y calibrados con la asesoría de Compass Group



MENÚ (ENA)

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



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M^a Lombillo
Brains International School
Calle María Lombillo, 5 y 9,
28027 Madrid
Tlf.: 917 42 10 60

La Moraleja
Brains International School
C/ Calle de la Salvia, 48, 28109
Alcobendas, Madrid
Tlf.: 916 50 43 00



MENÚ Mensual

MARZO / 2021

INFANTIL – PRIMARIA

- » Existen menús de celiaques, 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	1 de marzo » Arroz integral frito al estilo chino » Huevos a la paisana » Lechuga y zanahoria rallada » Fruta	Cal 751 Kcal Prot 12 Gr H.C. 45 Gr Lip 41 Gr G. 8 Gr	2 de marzo » Alubias pintas con verduras » Bistec de pollo a la plancha con salsa chimichurri » Tomate con orégano » Fruta	Cal 588 Kcal Prot 18 Gr H.C. 42 Gr Lip 33 Gr G. 6 Gr	3 de marzo » Sopa de letras (ecológico) » Atún en salsa de tomate » Pimientos rojos » Fruta	Cal 509 Kcal Prot 21 Gr H.C. 29 Gr Lip 48 Gr G. 10 Gr	4 de marzo » Crema de puerro y patata » Albondigas con sepia a la jardinera » Lechuga y pepino » Yogur natural	Cal 662 Kcal Prot 19 Gr H.C. 26 Gr Lip 54 Gr G. 14 Gr	5 de marzo » Garbanzos a la boloñesa » Bacalao con crema de setas » Ensalada verde » Fruta	Cal 670 Kcal Prot 23 Gr H.C. 38 Gr Lip 35 Gr G. 7 Gr
2	8 de marzo <i>Jornada "flavours of the world"</i> » Guisantes a la francesa » Estofado de vacuno de la borgoña (boeuf bourguignon) » Patatas al graten (le gratin dauphinois) » Fruta	Cal 842 Kcal Prot 24 Gr H.C. 45 Gr Lip 28 Gr G. 8 Gr	9 de marzo » Arroz con salsa alla norma » Filete de merluza a la gallega » Lechuga y olivas » Fruta	Cal 754 Kcal Prot 12 Gr H.C. 48 Gr Lip 37 Gr G. 6 Gr	10 de marzo » Patatas riojanas guisadas con chorizo » Pollo asado al estilo cajun » Lechuga, tomate, remolacha y maíz » Fruta	Cal 699 Kcal Prot 23 Gr H.C. 33 Gr Lip 41 Gr G. 11 Gr	11 de marzo » Lentejas con calabaza » Revuelto con verdura salteada y soja » Lechuga y jamón york » Yogur natural	Cal 637 Kcal Prot 22 Gr H.C. 38 Gr Lip 35 Gr G. 9 Gr	12 de marzo <i>Jornada "flavours of the world"</i> » Espirales (ecológico) al pesto de brocoli » Salmon mil hierbas con vainas verdes al miso y miel » Ensalada verde » Fruta	Cal 741 Kcal Prot 17 Gr H.C. 46 Gr Lip 34 Gr G. 6 Gr
3	15 de marzo » Crema de zanahorias, salvia y queso de oveja » Pechuga de pollo al limón » Patata asada » Fruta	Cal 518 Kcal Prot 15 Gr H.C. 48 Gr Lip 33 Gr G. 8 Gr	16 de marzo » Arroz tres delicias » Palometa a la riojana » Ensalada griega » Fruta	Cal 771 Kcal Prot 18 Gr H.C. 47 Gr Lip 32 Gr G. 5 Gr	17 de marzo » Alubias blancas guisadas con setas » Tortilla de patata española con pavo » Lechuga, maíz y zanahoria » Fruta	Cal 799 Kcal Prot 16 Gr H.C. 36 Gr Lip 43 Gr G. 7 Gr	18 de marzo » Espaguetis con chorizo » Filete de abadejo con salsa romesco » Lechuga y olivas » Yogur natural	Cal 823 Kcal Prot 20 Gr H.C. 38 Gr Lip 41 Gr G. 9 Gr	19 de marzo No LECTIVO	
4	22 de marzo » Sopa casera de ave » Salmon con salsa de puerros » Ensalada de lechuga, cebolla y atún » Fruta	Cal 565 Kcal Prot 21 Gr H.C. 38 Gr Lip 38 Gr G. 6 Gr	23 de marzo » Garbanzos guisados con espinacas » Huevos revueltos con jamón » Tomate aliñado » Fruta	Cal 685 Kcal Prot 18 Gr H.C. 39 Gr Lip 39 Gr G. 7 Gr	24 de marzo » Arroz en paella con pollo » Merluza en salsa » Ensalada verde » Fruta	Cal 747 Kcal Prot 15 Gr H.C. 50 Gr Lip 33 Gr G. 5 Gr	25 de marzo » Crema de guisantes a la menta » Hamburguesa de ternera premium completa » Ensalada mixta » Yogur natural	Cal 739 Kcal Prot 20 Gr H.C. 39 Gr Lip 39 Gr G. 12 Gr	26 de marzo No LECTIVO	
5	29 de marzo No LECTIVO		30 de marzo No LECTIVO		31 de marzo No LECTIVO		1 de abril FESTIVO		2 de abril FESTIVO	

Menús elaborados y calibrados con la asesoría de Compass Group



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28027 Madrid
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La Moraleja
Brains International School
C/ Calle de la Salvia, 48, 28109
Alcobendas, Madrid
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MENÚ Mensual

MARZO / 2021

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	1 de marzo	Cal 751 Kcal Prot 12 Gr H.C. 45 Gr Lip 41 Gr G. 8 Gr	2 de marzo	Cal 588 Kcal Prot 18 Gr H.C. 42 Gr Lip 33 Gr G. 6 Gr	3 de marzo	Cal 509 Kcal Prot 21 Gr H.C. 29 Gr Lip 48 Gr G. 10 Gr	4 de marzo	Cal 662 Kcal Prot 19 Gr H.C. 26 Gr Lip 54 Gr G. 14 Gr	5 de marzo	Cal 670 Kcal Prot 23 Gr H.C. 38 Gr Lip 35 Gr G. 7 Gr
2	8 de marzo <i>Jornada "flavours of the world"</i>	Cal 842 Kcal Prot 24 Gr H.C. 45 Gr Lip 28 Gr G. 8 Gr	9 de marzo	Cal 754 Kcal Prot 12 Gr H.C. 48 Gr Lip 37 Gr G. 6 Gr	10 de marzo	Cal 699 Kcal Prot 23 Gr H.C. 33 Gr Lip 41 Gr G. 11 Gr	11 de marzo	Cal 637 Kcal Prot 22 Gr H.C. 38 Gr Lip 35 Gr G. 9 Gr	12 de marzo <i>Jornada "flavours of the world"</i>	Cal 741 Kcal Prot 17 Gr H.C. 46 Gr Lip 34 Gr G. 6 Gr
3	15 de marzo	Cal 518 Kcal Prot 15 Gr H.C. 48 Gr Lip 33 Gr G. 8 Gr	16 de marzo	Cal 771 Kcal Prot 18 Gr H.C. 47 Gr Lip 32 Gr G. 5 Gr	17 de marzo	Cal 799 Kcal Prot 16 Gr H.C. 36 Gr Lip 43 Gr G. 7 Gr	18 de marzo	Cal 823 Kcal Prot 20 Gr H.C. 38 Gr Lip 41 Gr G. 9 Gr	19 de marzo No LECTIVO	
4	22 de marzo	Cal 565 Kcal Prot 21 Gr H.C. 38 Gr Lip 38 Gr G. 6 Gr	23 de marzo	Cal 685 Kcal Prot 18 Gr H.C. 39 Gr Lip 39 Gr G. 7 Gr	24 de marzo	Cal 747 Kcal Prot 15 Gr H.C. 50 Gr Lip 33 Gr G. 5 Gr	25 de marzo	Cal 739 Kcal Prot 20 Gr H.C. 39 Gr Lip 39 Gr G. 12 Gr	26 de marzo No LECTIVO	
5	29 de marzo No LECTIVO		30 de marzo No LECTIVO		31 de marzo No LECTIVO		1 de abril FESTIVO		2 de abril FESTIVO	

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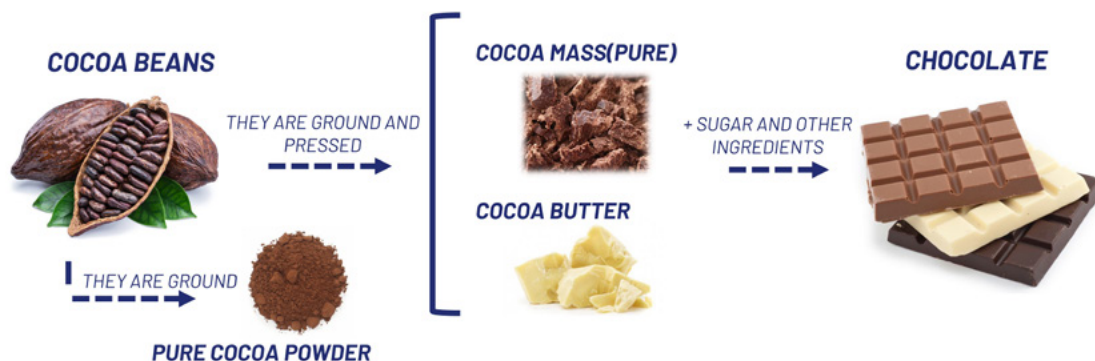
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CHOCOLATE

How is it made?



BENEFITS OF COCOA



WHICH CHOCOLATE DO I CHOOSE?

- AVOID WHITE CHOCOLATE: IT DOES NOT CONTAIN COCOA, ONLY BUTTER AND LARGER AMOUNTS OF ADDED SUGAR
- CHOOSE ONE WITH **AT LEAST 70% COCOA** (IF IT CONTAINS MORE, EVEN BETTER)
- REPLACE SOLUBLE COCOA CONTAINING SUGAR WITH PURE COCOA POWDER
- RECOMMENDED ALLOWANCE: 1-2 OUNCES DAILY

En colaboración con colegiosaludable.com

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





MONTHLY Menu

MARCH / 2021

INFANTS-PRIMARY

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	1st of March » Integral rice fried chinese style » Plain old-fashioned eggs » Lettuce and shredded carrot » Fruit	Cal 751 Kcal Prot 12 Gr H.C. 45 Gr Lip 41 Gr G. 8 Gr	2nd of March » Red kidney beans with vegetables » Grilled chicken steak with chimichurri sauce » Tomato and oregano » Fruit	Cal 588 Kcal Prot 18 Gr H.C. 42 Gr Lip 33 Gr G. 6 Gr	3rd of March » Pasta letter soup (ecologic) » Tuna fish in tomato sauce » Red peppers » Fruit	Cal 509 Kcal Prot 21 Gr H.C. 29 Gr Lip 48 Gr G. 10 Gr	4th of March » Cream of leek and potato soup » Meatloaf with cuttlefish with vegetables » Lettuce and cucumber » Natural yoghurt	Cal 662 Kcal Prot 19 Gr H.C. 26 Gr Lip 54 Gr G. 14 Gr	5th of March » Chickpea bolognese » Cod with cream of mushrooms » Green salad » Fruit	Cal 670 Kcal Prot 23 Gr H.C. 38 Gr Lip 35 Gr G. 7 Gr
2	8th of March <i>Jornada "flavours of the world"</i> » French style peas » "Borgoña" braised beef (boeuf bourguignon) » Potatoes au gratin » Fruit	Cal 842 Kcal Prot 24 Gr H.C. 45 Gr Lip 28 Gr G. 8 Gr	9th of March » Rice with norma's sauce » Galician style hake fillet » Lettuce and olives » Fruit	Cal 754 Kcal Prot 12 Gr H.C. 48 Gr Lip 37 Gr G. 6 Gr	10th of March » Rioja style potato stew (with chorizo sausage and red peppers) » Cajun roasted chicken » Lettuce, tomato, beetroot and sweetcorn » Fruit	Cal 699 Kcal Prot 23 Gr H.C. 33 Gr Lip 41 Gr G. 11 Gr	11th of March » Lentils with pumpkin » Scrambled eggs with sautéed vegetables and soy » Lettuce and cooked ham » Natural yoghurt	Cal 637 Kcal Prot 22 Gr H.C. 38 Gr Lip 35 Gr G. 9 Gr	12th of March <i>Jornada "flavours of the world"</i> » Pasta (ecological) to the broccoli pesto sauce » Salmon thousand herbs with green pods miso and honey » Green salad » Fruit	Cal 741 Kcal Prot 17 Gr H.C. 46 Gr Lip 34 Gr G. 6 Gr
3	15th of March » Cream of carrots, sage and sheep's cheese » Chicken breast in lemon sauce » Roast potatoes » Fruit	Cal 518 Kcal Prot 15 Gr H.C. 48 Gr Lip 33 Gr G. 8 Gr	16th of March » Chinese fried rice » Rioja style palometa » Greek salad » Fruit	Cal 771 Kcal Prot 18 Gr H.C. 47 Gr Lip 32 Gr G. 5 Gr	17th of March » White beans stewed with mushrooms » Spanish omelette with turkey » Lettuce, sweetcorn and carrots » Fruit	Cal 799 Kcal Prot 16 Gr H.C. 36 Gr Lip 43 Gr G. 7 Gr	18th of March » Spaghetti with sausage » Haddock fillet with romesco sauce » Lettuce and olives » Natural yoghurt	Cal 823 Kcal Prot 20 Gr H.C. 38 Gr Lip 41 Gr G. 9 Gr	19th of March HOLIDAY	
4	22th of March » Home style chicken soup » Salmon in leek sauce » Lettuce, onion and tuna salad » Fruit	Cal 565 Kcal Prot 21 Gr H.C. 38 Gr Lip 38 Gr G. 6 Gr	23th of March » Chickpeas with spinach stew » Scrambled eggs with ham » Tomato » Fruit	Cal 685 Kcal Prot 18 Gr H.C. 39 Gr Lip 39 Gr G. 7 Gr	24th of March » Paella with chicken » Kake in sauce » Green salad » Fruit	Cal 747 Kcal Prot 15 Gr H.C. 50 Gr Lip 33 Gr G. 5 Gr	25th of March » Cream of peas soup and mint » Beef burger » Mixed salad » Natural yoghurt	Cal 739 Kcal Prot 20 Gr H.C. 39 Gr Lip 39 Gr G. 12 Gr	26th of March HOLIDAY	
5	29th of March HOLIDAY		30th of March HOLIDAY		31st of March HOLIDAY		1st of April HOLIDAY		2nd of April HOLIDAY	

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MONTHLY Menu

MARCH / 2021

SECONDARY ED. - HIGH SCHOOL

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
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2	8th of March <i>Jornada "flavours of the world"</i> » French style peas » "Borgoña" braised beef (boeuf bourguignon) » Potatoes au gratin » Fruit	Cal 842 Kcal Prot 24 Gr H.C. 45 Gr Lip 28 Gr G. 8 Gr	9th of March » Rice with norma's sauce » Galician style hake fillet » Lettuce and olives » Fruit	Cal 754 Kcal Prot 12 Gr H.C. 48 Gr Lip 37 Gr G. 6 Gr	10th of March » Rioja style potato stew (with chorizo sausage and red peppers) » Cajun roasted chicken » Lettuce, tomato, beetroot and sweetcorn » Fruit	Cal 699 Kcal Prot 23 Gr H.C. 33 Gr Lip 41 Gr G. 11 Gr	11th of March » Lentils with pumpkin » Scrambled eggs with sautéed vegetables and soy » Lettuce and cooked ham » Natural yoghurt	Cal 637 Kcal Prot 22 Gr H.C. 38 Gr Lip 35 Gr G. 9 Gr	12th of March <i>Jornada "flavours of the world"</i> » Pasta (ecological) to the broccoli pesto sauce » Salmon thousand herbs with green pods miso and honey » Green salad » Fruit	Cal 741 Kcal Prot 17 Gr H.C. 46 Gr Lip 34 Gr G. 6 Gr
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5	HOLIDAY		HOLIDAY		HOLIDAY		HOLIDAY		HOLIDAY	
	29th of March		30th of March		31st of March		1st of April		2nd of April	

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