

## CHOCOLATE

### ¿CÓMO SE ELABORA?

#### SEMILLAS DE CACAO



CACAO PURO EN POLVO

#### MASA DE CACAO (PURO)



+ AZÚCAR Y OTROS  
INGREDIENTES

#### CHOCOLATES



### 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](http://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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INTERNATIONAL SCHOOLS

**Mª 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

YOUNG LEARNERS

- » Existen menús de celiaacos, 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      | <b>1 de marzo</b><br>» Turmix de garbanzos con verduras patata y huevo<br>» Fruta                                 | Cal 522 Kcal<br>Prot 15 Gr<br>H.C. 44 Gr<br>Lip 35 Gr<br>G. 6 Gr | <b>2 de marzo</b><br>» Turmix de verduras y pasta con pollo<br>» Fruta                          | Cal 448 Kcal<br>Prot 13 Gr<br>H.C. 50 Gr<br>Lip 33 Gr<br>G. 6 Gr | <b>3 de marzo</b><br>» Turmix de puerro y patata con merluza<br>» Fruta  | Cal 387 Kcal<br>Prot 16 Gr<br>H.C. 48 Gr<br>Lip 33 Gr<br>G. 5 Gr | <b>4 de marzo</b><br>» Turmix de verduras, patata y ternera<br>» Yogur natural                 | Cal 464 Kcal<br>Prot 23 Gr<br>H.C. 36 Gr<br>Lip 38 Gr<br>G. 10 Gr | <b>5 de marzo</b><br>» Turmix de verduras y arroz con merluza<br>» Fruta                                            | Cal 463 Kcal<br>Prot 16 Gr<br>H.C. 52 Gr<br>Lip 29 Gr<br>G. 5 Gr |
| 2      | <b>8 de marzo</b><br><i>Jornada "flavours of the world"</i><br>» Turmix de calabacín, patata y ternera<br>» Fruta | Cal 437 Kcal<br>Prot 19 Gr<br>H.C. 43 Gr<br>Lip 34 Gr<br>G. 7 Gr | <b>9 de marzo</b><br>» Túrmix de calabacín, zanahoria y patata con merluza<br>» Fruta           | Cal 404 Kcal<br>Prot 15 Gr<br>H.C. 49 Gr<br>Lip 31 Gr<br>G. 5 Gr | <b>10 de marzo</b><br>» Turmix de zanahoria patata y pollo<br>» Fruta    | Cal 395 Kcal<br>Prot 12 Gr<br>H.C. 49 Gr<br>Lip 36 Gr<br>G. 7 Gr | <b>11 de marzo</b><br>» Túrmix de guisante, zanahoria, patata y huevo<br>» Yogur natural       | Cal 399 Kcal<br>Prot 17 Gr<br>H.C. 32 Gr<br>Lip 48 Gr<br>G. 12 Gr | <b>12 de marzo</b><br><i>Jornada "flavours of the world"</i><br>» Turmix de verduras y arroz con merluza<br>» Fruta | Cal 463 Kcal<br>Prot 16 Gr<br>H.C. 52 Gr<br>Lip 29 Gr<br>G. 5 Gr |
| 3      | <b>15 de marzo</b><br>» Turmix de zanahoria patata y pollo<br>» Fruta                                             | Cal 395 Kcal<br>Prot 12 Gr<br>H.C. 49 Gr<br>Lip 36 Gr<br>G. 7 Gr | <b>16 de marzo</b><br>» Turmix de puerro y patata con merluza<br>» Fruta                        | Cal 387 Kcal<br>Prot 16 Gr<br>H.C. 48 Gr<br>Lip 33 Gr<br>G. 5 Gr | <b>17 de marzo</b><br>» Turmix de patata, calabacín y huevo<br>» Fruta   | Cal 413 Kcal<br>Prot 11 Gr<br>H.C. 45 Gr<br>Lip 40 Gr<br>G. 7 Gr | <b>18 de marzo</b><br>» Túrmix de calabacín, zanahoria y patata con merluza<br>» Yogur natural | Cal 406 Kcal<br>Prot 19 Gr<br>H.C. 40 Gr<br>Lip 38 Gr<br>G. 9 Gr  | <b>19 de marzo</b><br><br>No LECTIVO                                                                                |                                                                  |
| 4      | <b>22 de marzo</b><br>» Turmix de verduras y arroz con merluza<br>» Fruta                                         | Cal 463 Kcal<br>Prot 16 Gr<br>H.C. 52 Gr<br>Lip 29 Gr<br>G. 5 Gr | <b>23 de marzo</b><br>» Túrmix de garbanzos con calabacín, zanahoria, patata y huevo<br>» Fruta | Cal 504 Kcal<br>Prot 15 Gr<br>H.C. 44 Gr<br>Lip 36 Gr<br>G. 6 Gr | <b>24 de marzo</b><br>» Turmix de puerro y patata con merluza<br>» Fruta | Cal 387 Kcal<br>Prot 16 Gr<br>H.C. 48 Gr<br>Lip 33 Gr<br>G. 5 Gr | <b>25 de marzo</b><br>» Turmix de verduras y patata con merluza<br>» Yogur natural             | Cal 417 Kcal<br>Prot 19 Gr<br>H.C. 41 Gr<br>Lip 37 Gr<br>G. 9 Gr  | <b>26 de marzo</b><br><br>No LECTIVO                                                                                |                                                                  |
| 5      | <b>29 de marzo</b><br><br>No LECTIVO                                                                              |                                                                  | <b>30 de marzo</b><br><br>No LECTIVO                                                            |                                                                  | <b>31 de marzo</b><br><br>No LECTIVO                                     |                                                                  | <b>1 de abril</b><br><br>FESTIVO                                                               |                                                                   | <b>2 de abril</b><br><br>FESTIVO                                                                                    |                                                                  |

Menús elaborados y calibrados con la asesoría de Compass Group



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INTERNATIONAL SCHOOLS

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

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INTERNATIONAL SCHOOLS

M<sup>a</sup> 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

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

Menús elaborados y calibrados con la asesoría de Compass Group



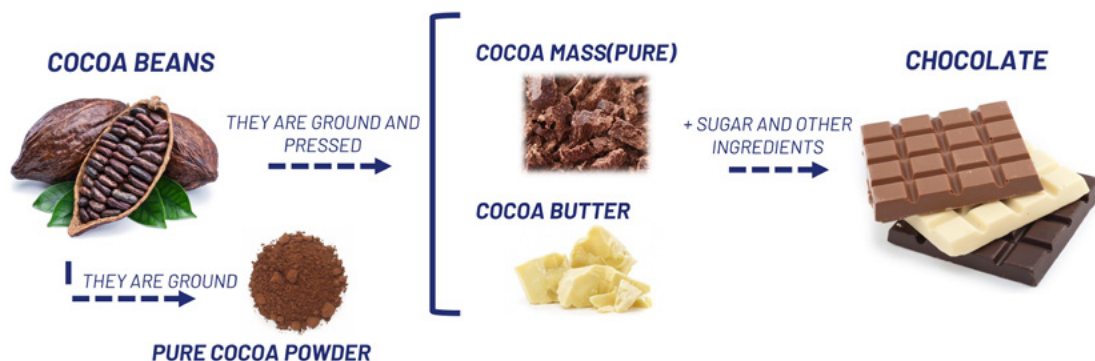
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M<sup>a</sup> Lombillo  
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### CHOCOLATE

### 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](http://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 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    | <b>1st of March</b><br>» CHICKPEAS WITH VEGETABLES, POTATOES AND EGG<br>» TURMIX<br>» FRUIT                       | Cal 522 Kcal<br>Prot 15 Gr<br>H.C. 44 Gr<br>Lip 35 Gr<br>G. 6 Gr | <b>2nd of March</b><br>» VEGETABLES AND PASTA WITH CHICKEN TURMIX<br>» FRUIT                        | Cal 448 Kcal<br>Prot 13 Gr<br>H.C. 50 Gr<br>Lip 33 Gr<br>G. 6 Gr | <b>3rd of March</b><br>» LEEK AND POTATOES WITH HAKE TURMIX<br>» FRUIT    | Cal 387 Kcal<br>Prot 16 Gr<br>H.C. 48 Gr<br>Lip 33 Gr<br>G. 5 Gr | <b>4th of March</b><br>» VEGETABLES, POTATOES AND BEEF TURMIX<br>» NATURAL YOGHURT                   | Cal 464 Kcal<br>Prot 23 Gr<br>H.C. 36 Gr<br>Lip 38 Gr<br>G. 10 Gr | <b>5th of March</b><br>» VEGETABLES AND RICE WITH HAKE TURMIX<br>» FRUIT                                            | Cal 463 Kcal<br>Prot 16 Gr<br>H.C. 52 Gr<br>Lip 29 Gr<br>G. 5 Gr |
| 2    | <b>8th of March</b><br><i>Jornada "flavours of the world"</i><br>» COURGETTE, POTATOES AND BEEF TURMIX<br>» FRUIT | Cal 437 Kcal<br>Prot 19 Gr<br>H.C. 43 Gr<br>Lip 34 Gr<br>G. 7 Gr | <b>9th of March</b><br>» COURGETTE, CARROTS AND POTATOES WITH HAKE<br>» TURMIX<br>» FRUIT           | Cal 404 Kcal<br>Prot 15 Gr<br>H.C. 49 Gr<br>Lip 31 Gr<br>G. 5 Gr | <b>10th of March</b><br>» CARROTS, POTATOES AND CHICKEN TURMIX<br>» FRUIT | Cal 395 Kcal<br>Prot 12 Gr<br>H.C. 49 Gr<br>Lip 36 Gr<br>G. 7 Gr | <b>11th of March</b><br>» PEAS, CARROTS, POTATOES AND EGG TURMIX<br>» NATURAL YOGHURT                | Cal 399 Kcal<br>Prot 17 Gr<br>H.C. 32 Gr<br>Lip 48 Gr<br>G. 12 Gr | <b>12th of March</b><br><i>Jornada "flavours of the world"</i><br>» VEGETABLES AND RICE WITH HAKE TURMIX<br>» FRUIT | Cal 463 Kcal<br>Prot 16 Gr<br>H.C. 52 Gr<br>Lip 29 Gr<br>G. 5 Gr |
| 3    | <b>15th of March</b><br>» CARROTS, POTATOES AND CHICKEN TURMIX<br>» FRUIT                                         | Cal 395 Kcal<br>Prot 12 Gr<br>H.C. 49 Gr<br>Lip 36 Gr<br>G. 7 Gr | <b>16th of March</b><br>» LEEK AND POTATOES WITH HAKE TURMIX<br>» FRUIT                             | Cal 387 Kcal<br>Prot 16 Gr<br>H.C. 48 Gr<br>Lip 33 Gr<br>G. 5 Gr | <b>17th of March</b><br>» POTATOES, COURGETTE AND EGG TURMIX<br>» FRUIT   | Cal 413 Kcal<br>Prot 11 Gr<br>H.C. 45 Gr<br>Lip 40 Gr<br>G. 7 Gr | <b>18th of March</b><br>» COURGETTE, CARROTS AND POTATOES WITH HAKE<br>» TURMIX<br>» NATURAL YOGHURT | Cal 406 Kcal<br>Prot 19 Gr<br>H.C. 40 Gr<br>Lip 38 Gr<br>G. 9 Gr  | <b>19th of March</b><br><b>HOLIDAY</b>                                                                              |                                                                  |
| 4    | <b>22nd of March</b><br>» VEGETABLES AND RICE WITH HAKE TURMIX<br>» FRUIT                                         | Cal 463 Kcal<br>Prot 16 Gr<br>H.C. 52 Gr<br>Lip 29 Gr<br>G. 5 Gr | <b>23rd of March</b><br>» CHICKPEAS WITH COURGETTE, CARROT, POTATOES<br>» AND EGG TURMIX<br>» FRUIT | Cal 504 Kcal<br>Prot 15 Gr<br>H.C. 44 Gr<br>Lip 36 Gr<br>G. 6 Gr | <b>24th of March</b><br>» LEEK AND POTATOES WITH HAKE TURMIX<br>» FRUIT   | Cal 387 Kcal<br>Prot 16 Gr<br>H.C. 48 Gr<br>Lip 33 Gr<br>G. 5 Gr | <b>25th of March</b><br>» VEGETABLES AND POTATOES WITH HAKE TURMIX<br>» NATURAL YOGHURT              | Cal 417 Kcal<br>Prot 19 Gr<br>H.C. 41 Gr<br>Lip 37 Gr<br>G. 9 Gr  | <b>26th of March</b><br><b>HOLIDAY</b>                                                                              |                                                                  |
| 5    | <b>29th of March</b><br><b>HOLIDAY</b>                                                                            |                                                                  | <b>30th of March</b><br><b>HOLIDAY</b>                                                              |                                                                  | <b>31st of March</b><br><b>HOLIDAY</b>                                    |                                                                  | <b>1st of April</b><br><b>HOLIDAY</b>                                                                |                                                                   | <b>2nd of April</b><br><b>HOLIDAY</b>                                                                               |                                                                  |

Menús elaborados y calibrados con la asesoría de Compass Group



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

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INTERNATIONAL SCHOOLS

M<sup>a</sup> 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



# 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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| 5    | <b>HOLIDAY</b>                                                                                                                                                                                                                           |                                                                  | <b>HOLIDAY</b>                                                                                                                                                                                                  |                                                                  | <b>HOLIDAY</b>                                                                                                                                                                                                                               |                                                                   | <b>HOLIDAY</b>                                                                                                                                                                                                       |                                                                   | <b>HOLIDAY</b>                                                                                                                                                                                                                                                            |                                                                  |
|      | <b>29th of March</b>                                                                                                                                                                                                                     |                                                                  | <b>30th of March</b>                                                                                                                                                                                            |                                                                  | <b>31st of March</b>                                                                                                                                                                                                                         |                                                                   | <b>1st of April</b>                                                                                                                                                                                                  |                                                                   | <b>2nd of April</b>                                                                                                                                                                                                                                                       |                                                                  |

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