

NUTRITIP ENERO / 2023

SNACKS SALUDABLES

IDEAS PARA TODA LA SEMANA



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
MANZANA	TOMATE	CEBOLLA	PIÑA Y COCO	MANDARINAS
GALLETAS	PAN INTEGRAL	PAN INTEGRAL	-	PALOMITAS
-	QUESO	TORTILLA	YOGUR GRIEGO	-
CHOCOLATE	QUESO	AOVE	YOGUR GRIEGO	-

VEGETALES FUENTES DE CARBOHIDRATOS FUENTES DE PROTEÍNAS FUENTES DE GRASAS

LUNES

GALLETAS CASERAS DE AVENA Y PLÁTANO CON CHOCOLATE + UNA MANZANA



MARTES

TOMATES CHERRY + PICOS DE PAN INTEGRAL + PERLAS DE MOZZARELLA



MIÉRCOLES

MONTADO DE PAN INTEGRAL CON TORTILLA FRANCESA + AOVE + PIMIENTO/CEBOLLA



JUEVES

SMOOTHIE DE YOGUR, PIÑA Y COCO



TIPS!

- SI FALTA ALGUNA PARTE EN EL SNACK, SE PUEDE COMPLETAR EN LA MERIENDA
- TRATA DE INCLUIR SIEMPRE UN VEGETAL
- UTILIZA SOBRAS DE COMIDAS O CENAS PARA MINIMIZAR EL DESPERDICIO ALIMENTARIO

VIERNES

PALOMITAS CASERAS + MANDARINAS



En colaboración con colegiosaludable.com

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

ALÉRGENOS

Gluten	1	Cacahuete	8
Leche	2	Soja	9
Huevo	3	Apio	10
Pescado	4	Mostaza	11
Moluscos	5	Altramuza	12
Crustáceos	6	Sésamo	13
F. Cáscara	7	Sulfitos	14

Con estos números puede identificar aquellos alérgenos que cada plato contiene o puede contener.



MENÚ

Mensual

ENERO / 2023

SECUNDARIA - BACHILLERATO

- » 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	09 de enero » Crema de verduras » Ensalada de tomates » Pasta (1) Tr(9)(11) » Pasta integral con verduras (1) Tr(9)(11) » Salsa de tomate y atún (4) » Salteado soja c/verduras (9) » Fruta	Cal 771,3Kc Prot 21,5g H.C. 138,1g Lip. 11,2g G. 1,6g	10 de enero » Crema de calabaza » Ensalada mixta (3)(4) » Varitas de merluza (1)(4) Tr(2)(3)(5)(6) » Pescado plancha (4) Tr(5)(6) » Papas panaderas » Rollito de primavera (1) » Lácteo (2)	Cal 485,6Kc Prot 29,8g H.C. 65,0g Lip. 9,4g G. 2,6g	11 de enero » Potaje de verduras » Ensalada alemana (3)(9)(14) » Albóndigas con tomate (9) » Cerdo asado » Papas sancochadas » Salteado tofu c/verduras (14)(9) » Fruta	Cal 596,9Kc Prot 22,9g H.C. 49,6g Lip. 41,1g G. 3,8g	12 de enero » Ensaladilla rusa (3)(4) » Ensalada mixta (3)(4) » Rabas de calamar (1)(3)(4)(5) Tr(2)(6) » Pescado plancha (4) Tr(5)(6) » Cuscus con verduras (1) » Fruta	Cal 733,7Kc Prot 20,3g H.C. 79,8g Lip. 33,5g G. 6,8g	13 de enero » Coliflor gratinada (2) » Ensalada col/zanahoria » Burger mixta con tomate (9) » Salt pollo con verduras » Papas fritas » Burger vegana (9) » Lácteo (2)	Cal 776,1Kc Prot 45,7g H.C. 37,5g Lip. 50,5g G. 5,5g
2	16 de enero » Potaje de lentejas » Ensalada mixta (3)(4) » Tortilla española (3) » Tortilla francesa (3) » Tempura de verduras » Fruta	Cal 437,1Kc Prot 13,9g H.C. 46,0g Lip. 20,9g G. 3,4g	17 de enero » Judías vinagreta » Ensalada verde » Pizza margarita con atún (1) (2)(4) Tr(9)(11) » Pescado plancha (4) Tr(5)(6) » Papas fritas » Aros de cebolla (1) » Lácteo (2)	Cal 874,0Kc Prot 56,5g H.C. 60,1g Lip. 38,6g G. 5,1g	18 de enero » Sopa de ternera (1) Tr(9)(11) » Verduras asadas » Pechuga de pollo ajo/perejil (9)(14) » Cerdo asado » Arroz blanco » Salteado soja c/verduras (9) » Fruta	Cal 427,0Kc Prot 8,0g H.C. 61,2g Lip. 25,9g G. ,7g	19 de enero » Sopa de pollo (1) Tr(9)(11) » Ensalada verde » Pescado plancha (4) Tr(5)(6) » Papas sancochadas/ Lacoaloli (2) » Croquetas veganas » Fruta	Cal 688,4Kc Prot 24,1g H.C. 61,3g Lip. 55,5g G. 3,4g	20 de enero » Gazpacho » Ensalada caprese (1)(2) » Lasaña bolonésa (1)(2)(3)(9) Tr(4)(5)(6) » Lasaña con verduras (1)(2)(3)(9) Tr(4)(5)(6) » Lácteo (2)	Cal 785,2Kc Prot 39,4g H.C. 71,6g Lip. 49,7g G. 10,9g
3	23 de enero » Potaje de verduras » Salpicón de pescado (4) » Pollo con champiñones (9) » Pechuga a la plancha (9)(14) » Papas fritas » Burger vegana (9) » Fruta	Cal 642,1Kc Prot 42,7g H.C. 40,9g Lip. 23,3g G. ,3g	24 de enero » Parrillada de verduras » Ensalada mixta (3)(4) » Marmitaco de atún (4) » Pescado plancha (4) Tr(5)(6) » Papas sancochadas » Marmitaco de tofu (9) » Lácteo (2)	Cal 472,4Kc Prot 20,0g H.C. 32,6g Lip. 37,6g G. 2,7g	25 de enero » Tomates aliñados » Ensalada de pasta (1)(3)(9) Tr(11) » Escalope de cerdo (1) Tr(2)(9) » Salt pollo, zanahorias, champiñones » Ensalada mixta » Rollitos de primavera (1) » Fruta	Cal 613,1Kc Prot 24,0g H.C. 69,1g Lip. 27,7g G. 4,7g	26 de enero » Ensalada col » Ensalada mixta (3)(4) » Empanada de atún (1)(2)(4)(7)(9)(13) Tr(5)(6) » Pescado plancha (4) Tr(5)(6) » Papas sancochadas » Cuscus con verduras (1) » Fruta	Cal 655,3Kc Prot 11,7g H.C. 65,8g Lip. 47,5g G. 5,0g	27 de enero » Crema de berros » Ensalada col/zanahoria » Albondigas con salsa de nata (2) » Salt ternera con verduras » Papas fritas » Albondigas veganas (9) » Lácteo (2)	Cal 770,5Kc Prot 40,8g H.C. 47,3g Lip. 33,8g G. 4,3g
4	30 de enero JORNADA INTERNACIONAL INDIA		31 de enero » Verduras asadas » Ensalada mixta (3)(4) » Churros de pescado (1)(2)(4) Tr(3)(5)(6) » Pescado plancha (4) Tr(5)(6) » Papas sancochadas » Salteado de guisantes » Lácteo (2)	Cal 548,6Kc Prot 14,6g H.C. 37,3g Lip. 67,1g G. 2,0g	1 de febrero		2 de febrero		3 de febrero	

NUTRITIP JANUARY / 2023

HEALTHY SNACKS

IDEAS FOR THE WHOLE WEEK



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
APPLE	TOMATO	ONION	PINEAPPLE COCONUT	MANDARINS
BITSCUITS	WHOLEMEAL BREAD	WHOLEMEAL BREAD	-	POPCORN
-	CHEESE	OMELETTE	GREEK YOGURT	-
CHOCOLATE	CHEESE	EXTRA VIRGIN OLIVE OIL	GREEK YOGURT	-

VEGETABLES SOURCE OF CARBOHYDRATE SOURCE OF PROTEIN SOURCE OF FAT

MONDAY

HOMEMADE OATMEAL AND BANANA BITSCUITS WITH CHOCOLATE + AN APPLE



TUESDAY

CHERRY TOMATOES + WHOLEMEAL BREAD STICKS + MOZZARELLA PEARLS



WEDNESDAY

SMALL WHOLEMEAL BREAD SANDWICH WITH FRENCH OMELETTE + EXTRA VIRGIN OLIVE OIL + PEPPER/ONION



TIPS!

THURSDAY

YOGURT, PINEAPPLE AND COCONUT



SMOOTHIE



FRIDAY

HOMEMADE POPCORN + MANDARINS

En colaboración con colegiosaludable.com

- ANY MISSING INGREDIENT CAN BE INCLUDED IN THE AFTERNOON SNACK
- ALWAYS TRY TO INCLUDE A VEGETABLE
- USE LEFTOVERS FROM LUNCH OR DINNER TO MINIMIZE FOOD WASTE

DINNER MENU

If for lunch, we ate...

Cereals, starches or legumes

For dinner, we can eat...

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

ALLERGENS

Gluten	1	Peanuts	8
Milk	2	Soya	9
Egg	3	Celery	10
Fish	4	Mustard	11
Molluscs	5	Lupin	12
Crustaceans	6	Sesame	13
Tree nuts	7	Sulphites	14

These numbers will help you to identify those allergens that each dish contains or might contain:



MONTHLY Menu

JANUARY / 2023
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	January 9th » Vegetable soup » Tomato salad » Pasta (1) Tr(9)(11) » Pasta with vegetables (1) Tr(9)(11) » Tomato and tuna sauce (4) » Soya with vegetables (9) » Fruit	Cal 771,3Kc Prot 21,5g H.C. 138,1g Lip. 11,2g G. 1,6g	January 10th » Pumpkin soup » Salad (3)(4) » Fish sticks (1)(4) Tr(2)(3)(5)(6) » Grilled fish (4) Tr(5)(6) » Potatoes » Spring rolls (1) » Dairy (2)	Cal 485,6Kc Prot 29,8g H.C. 65,0g Lip. 9,4g G. 2,6g	January 11th » Vegetable stew » German salad (3)(9)(9)(14) » Meatballs with tomato (9) » Roast pork » Boiled potatoes » Tofu with vegetables (14)(9) » Fruit	Cal 596,9Kc Prot 22,9g H.C. 49,6g Lip. 41,1g G. 3,8g	January 12th » Russian salad (3)(4) » Salad (3)(4) » Fried Squid (1)(3)(3)(4)(5) Tr(2)(6) » Grilled fish (4) Tr(5)(6) » Cuscos with vegetables (1) » Fruit	Cal 733,7Kc Prot 20,3g H.C. 79,8g Lip. 33,5g G. 6,8g	January 13th » Baked cauliflower (2) » Cabbage & carrot salad » Burger with tomato (9) » Chicken stew with vegetables » French fries » Vegan burger (9) » Dairy (2)	Cal 776,1Kc Prot 45,7g H.C. 37,5g Lip. 50,5g G. 5,5g
2	January 16th » Lentil stew » Salad (3)(4) » Spanish omelette (3) » French omelette (3) » Vegetable tempura » Fruit	Cal 437,1Kc Prot 13,9g H.C. 46,0g Lip. 20,9g G. 3,4g	January 17th » Beans in vinaigrette » Green salad » Pizza margherita with tuna (1)(2)(4) Tr(9)(11) » Grilled fish (4) Tr(5)(6) » French fries » Onion rings (1) » Dairy (2)	Cal 874,0Kc Prot 56,5g H.C. 60,1g Lip. 38,6g G. 5,1g	January 18th » Beef soup (1) Tr(9)(11) » Roasted vegetables » Chicken with garlic & parsley (9)(14) » Roast pork » White rice » Soya with vegetables (9) » Fruit	Cal 427,0Kc Prot 8,0g H.C. 61,2g Lip. 25,9g G. ,7g	January 19th » Chicken soup (1) Tr(9)(11) » Green salad » Grilled fish (4) Tr(5)(6) » Boiled potatoes with alioli (2) » Vegan croquettes » Fruit	Cal 688,4Kc Prot 24,1g H.C. 61,3g Lip. 55,5g G. 3,4g	January 20th » "Gazpacho" » Caprese salad (1)(2) » Lasagne Bolognese (1)(2)(3) (9) Tr(4)(5)(6) » Lasagne with vegetables (1) (2)(3)(9) Tr(4)(5)(6) » Dairy (2)	Cal 785,2Kc Prot 39,4g H.C. 71,6g Lip. 49,7g G. 10,9g
3	January 23rd » Vegetable stew » Fish salad (4) » Chicken with mushrooms (9) » Grilled chicken (9)(14) » French fries » Vegan burger (9) » Fruit x	Cal 642,1Kc Prot 42,7g H.C. 40,9g Lip. 23,3g G. ,3g	January 24th » Grilled vegetables » Salad (3)(4) » Tuna slices (4) » Grilled fish (4) Tr(5)(6) » Boiled potatoes » Tofu (9) » Dairy (2)	Cal 472,4Kc Prot 20,0g H.C. 32,6g Lip. 37,6g G. 2,7g	January 25th » Tomato salad » Pasta salad (1)(3)(9) Tr(11) » Pork stew (1) Tr(2)(9) » Chicken stew with mushrooms » Salad » Spring rolls (1) » Fruit	Cal 613,1Kc Prot 24,0g H.C. 69,1g Lip. 27,7g G. 4,7g	January 26th » Cabbage salad » Salad (3)(4) » Tuna pie (1)(2)(4)(7)(9)(13) Tr(5)(6) » Grilled fish (4) Tr(5)(6) » Boiled potatoes » Cuscos with vegetables (1) » Fruit	Cal 655,3Kc Prot 11,7g H.C. 65,8g Lip. 47,5g G. 5,0g	January 27th » Watercress soup » Cabbage & carrot salad » Meatballs with cream sauce (2) » Veal with vegetables » French fries » Vegan meatballs (9) » Dairy (2)	Cal 770,5Kc Prot 40,8g H.C. 47,3g Lip. 33,8g G. 4,3g
4	January 30th INTERNATIONAL MENU INDIA		January 31st » Roasted vegetables » Salad (3)(4) » Fish sticks (1)(2)(4) Tr(3)(5)(6) » Grilled fish (4) Tr(5)(6) » Boiled potatoes » Peas stew » Dairy (2)	Cal 548,6Kc Prot 14,6g H.C. 37,3g Lip. 67,1g G. 2,0g	February 1st		February 2nd		February 3rd	