

NUTRITIP JUNIO / 2023



MENÚ (ENA)

Si hemos comido

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	Altramuz	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

JUNIO / 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	29 de mayo		30 de mayo		31 de mayo		1 de junio		2 de junio	
2	5 de junio » Crema de zanahorias » Ensalada mixta (3)(4) » Estofado de ternera » Salteado de ternera » Papas sancocadas » Menestra de verdura » Fruta	Cal 560,8 Kcal Prot 36,7 g H.C. 36,0 g Lip. 26,7 g G. 8,0 g	6 de junio » Judías a la vinagreta » Ensalada verde » Pizza margarita con atún (1)(2) (4) Tr(9)(11) » Pescado a la plancha (4) Tr(5)(6) » Papas fritas » Aros de cebolla (1) » Lácteo (2)	Cal 923,0 Kcal Prot 49,5 g H.C. 74,0 g Lip. 40,8 g G. 5,9 g	7 de junio » Tomates aliñados » Ensalada de pasta (1)(3) (9) Tr(11) » Gordon Bleu (1) Tr(2)(9) (11)(14) » Salteado de pollo, zanahorias y champiñones » Rollitos de primavera (1) » Fruta	Cal 627,8 Kcal Prot 18,0 g H.C. 35,0 g Lip. 77,3 g G. 2,3 g	8 de junio » Sopa de verduras con garbanzos (1) Tr(9)(11) » Ensalada alemana (3)(9)(14) » Pescado en salsa verde (4) » Pescado al horno (4) » Verduras asadas » Fruta	Cal 678,8 Kcal Prot 22,4 g H.C. 50,7 g Lip. 53,0 g G. 4,0 g	9 de junio » Gazpacho » Ensalada caprese (1)(2) » Lasaña boloñesa (1)(2)(3)(9) Tr(4)(5)(6)(10) » Lasaña con verduras (1)(2)(3) (9) Tr(4)(5)(6)(10) » Lácteo (2)	Cal 425,2 Kcal Prot 12,5 g H.C. 62,5 g Lip. 12,5 g G. 3,1 g
3	12 de junio » Pisto de verduras » Ensalada tropical (3)(9) » Albóndigas con salsa de nata (2)(9) » Salteado de cerdo con verduras » Papas fritas » Salteado de soja con verduras (9) » Fruta	Cal 937,3 Kcal Prot 61,5 g H.C. 29,9 g Lip. 90,9 g G. 7,3 g	13 de junio » Crema de berros » Ensalada mixta (3)(4) » Pescado al pimiento (4) Tr(5)(6) » Pescado a la plancha (4) Tr(5)(6) » Papas sancocadas » Rollito de primavera (1) » Lácteo (2)	Cal 539,1 Kcal Prot 26,8 g H.C. 31,9 g Lip. 42,9 g G. 9,1 g	14 de junio » Sopa de ternera (1) Tr(9)(11) » Ensalada alemana (3)(9)(14) » Burger con tomate (9) » Cerdo asado » Arroz blanco » Salteado de tofu con verduras (14)(9) » Fruta	Cal 618,9 Kcal Prot 8,8 g H.C. 60,8 g Lip. 38,3 g G. 4,1 g	15 de junio » Potaje de lentejas » Ensalada verde » Nuggets de pescado (3)(4) » Pescado a la plancha (4) Tr(5)(6) » Menestra de verduras » Cuscus con verduras (1) » Fruta	Cal 457,6 Kcal Prot 15,3 g H.C. 67,0 g Lip. 12,2 g G. 2,7 g	16 de junio » Coliflor gratinada (2) » Ensalada de col y zanahoria » Solomillo de pollo asado » Salteado de pollo con verduras » Papas arrugadas » Burger vegana (9) » Lácteo (2)	Cal 785,2 Kcal Prot 39,4 g H.C. 71,6 g Lip. 49,7 g G. 10,9 g
4	19 de junio » Crema de calabaza » Ensalada mixta (3)(4) » Arroz mediterráneo con pollo y verduras (10) » Arroz con verduras » Rollitos de primavera (1) » Fruta	Cal 785,2 Kcal Prot 39,4 g H.C. 71,6 g Lip. 49,7 g G. 10,9 g	20 de junio JORNADA INTERNACIONAL LÍBANO		21 de junio » Caldo de cilantro » Ensalada de pasta (1)(2) » Tortilla española (3) » Tortilla francesa (3) » Salteado de tofu con verduras (14)(9) » Fruta	Cal 825,3 Kcal Prot 23,8 g H.C. 138,6 g Lip. 15,8 g G. 1,6 g	22 de junio » Pisto de verduras » Ensalada mixta (3)(4) » Croquetas de pescado (1)(2) (4) Tr(5)(6) » Pescado a la plancha (4) Tr(5)(6) » Croquetas veganas » Fruta	Cal 489,0 Kcal Prot 39,6 g H.C. 31,8 g Lip. 28,5 g G. 3,5 g	23 de junio » Potaje de verduras » Ensalada de tomates » Tortellini de carne (1)(2)(3) (4)(5)(6)(8)(9) » Tortellini de espinacas (1) (2)(3)(9) » Salsa napolitana » Papas fritas » Lácteo (2)	Cal 938,3 Kcal Prot 64,0 g H.C. 66,0 g Lip. 20,2 g G. 1,7 g

NUTRITIP JUNE / 2023



DINNER MENU

If for lunch, we ate...	For dinner, we can eat...
Cereals, starches or legumes	Raw green vegetables
Vegetables	Cereals or starches
Meat	Fish or egg
Fish	Lean meat or egg
Egg	Fish or lean meat
Fruit	Yogurt products or fruit
Yogurt products	Fruit

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

JUNE / 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	May 29th		May 30th		May 31st		June 1st	<ul style="list-style-type: none"> » Chicken Soup (1) Tr(9)(11) » Cabbage/carrot salad » Breaded fish (1)(4) Tr(2)(3) (5)(6) » Grilled fish (4) Tr(5)(6) » Boiled potatoes / Mojo » Vegan burger (9) » Fruit 	Cal 517,8 Kcal Prot 19,7 g H.C. 61,5 g Lip. 38,7 g G. 1,6 g	June 2nd	<ul style="list-style-type: none"> » Vegetable tempura (1) » Caprese salad (1)(2) » Chicken with apple sauce » Grilled pork » White rice » Dairy 	Cal 410,0 Kcal Prot 19,6 g H.C. 46,3 g Lip. 9,7 g G. 1,9 g
2	June 5th	Cal 560,8 Kcal Prot 36,7 g H.C. 36,0 g Lip. 26,7 g G. 8,0 g <ul style="list-style-type: none"> » Carrot soup » Salad (3)(4) » Veal stew » Boiled potatoes » Vegetable stew » Fruit 	June 6th	Cal 923,0 Kcal Prot 49,5 g H.C. 74,0 g Lip. 40,8 g G. 5,9 g <ul style="list-style-type: none"> » 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 	June 7th	Cal 627,8 Kcal Prot 18,0 g H.C. 35,0 g Lip. 77,3 g G. 2,3 g <ul style="list-style-type: none"> » Tomato salad » Pasta salad (1)(3)(9) Tr(11) » Gordon Bleu (1) Tr(2)(9)(9) (11)(14) » Chicken, carrots & mushrooms stew » Spring rolls (1) » Fruit 	June 8th	Cal 678,8 Kcal Prot 22,4 g H.C. 50,7 g Lip. 53,0 g G. 4,0 g <ul style="list-style-type: none"> » Vegetable soup with chickpeas (1) Tr(9)(11) » German salad (3)(9)(9)(14) (9) Tr(4)(5)(6)(10) » Fish in green sauce (4) » Baked fish (4) » Roasted vegetables » Fruit 	June 9th	Cal 425,2 Kcal Prot 12,5 g H.C. 62,5 g Lip. 12,5 g G. 3,1 g <ul style="list-style-type: none"> » "Gazpacho" » Caprese salad (1)(2) » Lasagne Bolognese (1)(2)(3) (9) Tr(4)(5)(6)(10) » Lasagne with vegetables (1) (2)(3)(9) Tr(4)(5)(6)(10) » Dairy (2) 		
3	June 12th	Cal 937,3 Kcal Prot 61,5 g H.C. 29,9 g Lip. 90,9 g G. 7,3 g <ul style="list-style-type: none"> » Vegetable ratatouille » Tropical salad (3)(9) » Meatballs with cream sauce (2)(9) » Pork with vegetables » French fries » Soya with vegetables (9) » Fruit 	June 13th	Cal 539,1 Kcal Prot 26,8 g H.C. 31,9 g Lip. 42,9 g G. 9,1 g <ul style="list-style-type: none"> » Watercress soup » Salad (3)(4) » Fish with paprika (4) Tr(5)(6) » Grilled fish (4) Tr(5)(6) » Boiled potatoes » Spring roll (1) » Dairy (2) 	June 14th	Cal 618,9 Kcal Prot 8,8 g H.C. 60,8 g Lip. 38,3 g G. 4,1 g <ul style="list-style-type: none"> » Beef soup (1) Tr(9)(11) » German Salad (3)(9)(9)(14) » Burger with tomato (9) » Roast pork » White rice » Tofu with vegetables (14) (9)(9) » Fruit 	June 15th	Cal 457,6 Kcal Prot 15,3 g H.C. 67,0 g Lip. 12,2 g G. 2,7 g <ul style="list-style-type: none"> » Lentil stew » Green salad » Fish Nuggets (3)(4) » Grilled fish (4) Tr(5)(6) » Vegetable stew » Couscous with vegetables (1) » Fruit 	June 16th	Cal 785,2 Kcal Prot 39,4 g H.C. 71,6 g Lip. 49,7 g G. 10,9 g <ul style="list-style-type: none"> » Cauliflower au gratin (2) » Cabbage/carrot salad » Roast chicken » Chicken with vegetables stew » Potatoes Canarian Style "arrugadas" » Vegan burger (9) » Dairy (2) 		
4	June 19th	Cal 785,2 Kcal Prot 39,4 g H.C. 71,6 g Lip. 49,7 g G. 10,9 g <ul style="list-style-type: none"> » Pumpkin cream » Salad (3)(4) » Mediterranean rice with chicken and vegetables (10) » Rice with vegetables » Spring rolls (1) » Fruit 	June 20th	INTERNATIONAL MENU LEBANON	June 21st	Cal 825,3 Kcal Prot 23,8 g H.C. 138,6 g Lip. 15,8 g G. 1,6 g <ul style="list-style-type: none"> » Coriander soup » Pasta salad (1)(2) » Spanish omelette (3) » French omelette (3) » Tofu with vegetables (14)(9) » Fruit 	June 22nd	Cal 489,0 Kcal Prot 39,6 g H.C. 31,8 g Lip. 28,5 g G. 3,5 g <ul style="list-style-type: none"> » Vegetable ratatouille » Salad (3)(4) » Fish croquettes (1)(2)(4) Tr(5)(6) » Grilled fish (4) Tr(5)(6) » Vegan croquettes » Fruit 	June 23rd	Cal 938,3 Kcal Prot 64,0 g H.C. 66,0 g Lip. 20,2 g G. 1,7 g <ul style="list-style-type: none"> » Vegetable stew » Tomato salad » Meat tortellini (1)(2)(3)(4)(5) (6)(8)(9) » Spinach tortellini (1)(2)(3)(9) » Neapolitan sauce » French fries » Dairy (2) 		