

## USO DE DISPOSITIVOS DURANTE LAS COMIDAS



### TIPS!

- HAZ DE LA COMIDA UN MOMENTO DE COMPARTIR EN FAMILIA
- DEJA QUE (RE)DESCUBRAN Y EXPERIMENTEN LOS SABORES
- EVITA USAR PANTALLAS EN RESTAURANTES... LOS NIÑOS TIENEN QUE APRENDER A ABURRIRSE Y ENTRETENERSE SOLOS
- NO UTILICES LA PANTALLA COMO PREMIO

En colaboración con [colegiosaludable.com](http://colegiosaludable.com)

## MENÚ CENA

### 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 | 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.



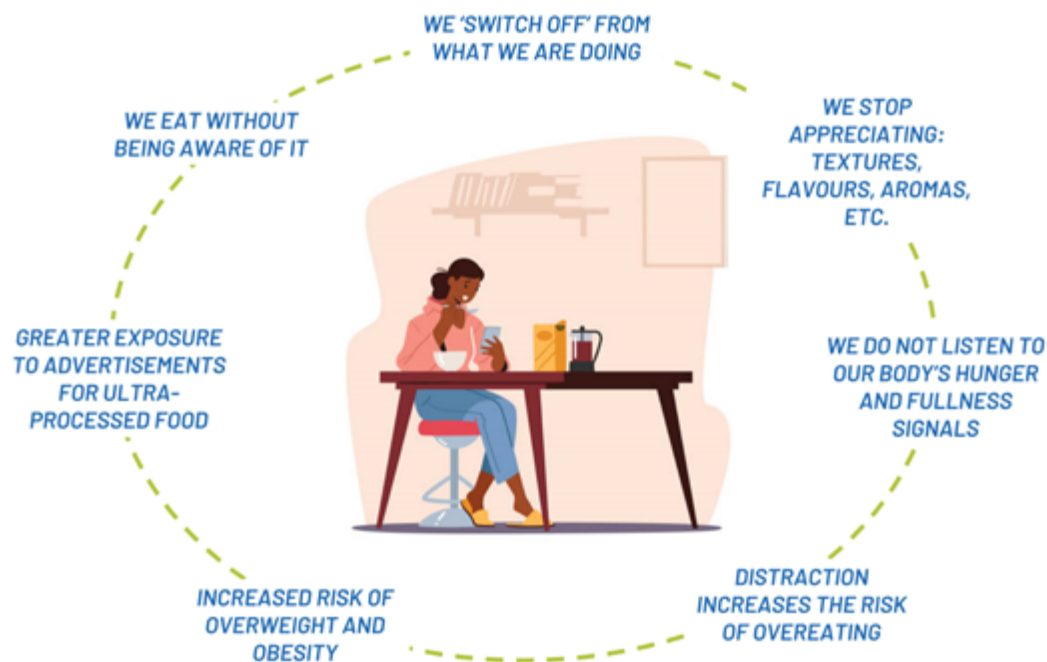
# MENÚ Mensual

## OCTUBRE / 2023 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>2 de octubre</b><br>» Salmorejo<br>» Ensalada rusa (3)(4)<br>» Pollo a la plancha<br>» Croquetas de jamón (1)(2)<br>» Tempura de verduras (1)<br>» Quinoa con verduras<br>» Fruta                                        | Cal 437,5 Kcal<br>Prot 19,3 g<br>H.C. 50,6 g<br>Lip. 15,6 g<br>G. 2,8 g  | <b>3 de octubre</b><br>» Parrillada de verduras<br>» Ensalada mixta (3)(4)<br>» Marmitaco de atún (4)<br>» Fogonero a la plancha (4) Tr(5)(6)<br>» Papas sancochadas<br>» Marmitaco de tofu (9)<br>» Lácteo (2)      | Cal 627,8 Kcal<br>Prot 18,0 g<br>H.C. 35,0 g<br>Lip. 77,3 g<br>G. 2,3 g | <b>4 de octubre</b><br>» Ensalada Mixta<br>» Verduras en tempura (1)<br>» Macarrones con salsa boloñesa ternera(1) Tr (9)(11)<br>» Macarrones con salsa de tomate y verduras(1) Tr (9)(11)<br>» Salt. Tofu con verduras (9)(14)<br>» Fruta | Cal 457,6Kcal<br>Prot 15,3 g<br>H.C. 67,0 g<br>Lip. 12,2 g<br>G. 2,7 g | <b>5 de octubre</b><br>» Caldo de millo<br>» Ensalada de atún (4)<br>» Fogonero en salsa verde (4) Tr(5)(6)<br>» Atún a la plancha(4)Tr(5)(6)<br>» Cus cus<br>» Lácteo (2)                                            | Cal 484,5Kcal<br>Prot 19,1 g<br>H.C. 56,6 g<br>Lip. 7,1 g<br>G. 2,9 g  | <b>6 de octubre</b><br>» Crema de zanahorias<br>» Ensalada mixta (3)(4)<br>» Estofado de ternera<br>» Salt ternera<br>» Papas panaderas<br>» Menestra de verdura<br>» Fruta                         | Cal 642,1Kcal<br>Prot 42,7 g<br>H.C. 40,9 g<br>Lip. 23,3 g<br>G. 0,3 g |
| 2      | <b>9 de octubre</b><br>» Ensalada de col<br>» Verduras asadas<br>» Pechuga de pollo ajo/ perejil (9)(14)<br>» Pollo asado<br>» Papas tipo asadero<br>» Salteado soja c/verduras (9)<br>» Fruta                              | Cal 785,2 Kcal<br>Prot 39,4 g<br>H.C. 71,6 g<br>Lip. 49,7 g<br>G. 10,5 g | <b>EXCURSIÓN</b>                                                                                                                                                                                                     |                                                                         | <b>11 de octubre</b><br>» Salpicón de atún (4)<br>» Ensalada tres colores (1)(3)(4)<br>» Merluza empanada (1)(4)<br>» Pescado a la plancha (4)Tr(5)(6)<br>» Papas parisinas<br>» Fruta                                                     | Cal 711,7Kcal<br>Prot 44,2 g<br>H.C. 37,2 g<br>Lip. 55,7 g<br>G. 5,6 g | <b>FESTIVO</b>                                                                                                                                                                                                        |                                                                        | <b>13 de octubre</b><br><b>FESTIVO</b>                                                                                                                                                              |                                                                        |
| 3      | <b>16 de octubre</b><br>» Pisto de verduras<br>» Ensalada mixta<br>» Arroz tres carnes (9)<br>» Arroz con verduras<br>» Rollitos de primavera (1)<br>» Fruta                                                                | Cal 785,2 Kcal<br>Prot 39,4 g<br>H.C. 71,6 g<br>Lip. 49,7 g<br>G. 10,9 g | <b>17 de octubre</b><br>» Crema de berros<br>» Verduras asadas<br>» Rabas de calamár<br>» Fogonero plancha (4)Tr(5)(6)<br>» Papas sancochadas<br>» Salteado de soja y verduras (9)<br>» Fruta                        | Cal 446,2Kcal<br>Prot 26,5 g<br>H.C. 28,0 g<br>Lip. 42,8 g<br>G. 1,3 g  | <b>18 de octubre</b><br>» Ensalada de tomate y queso tierno (1)(2)<br>» Ensalada alemana (3)(9)(14)<br>» Albóndigas de terenra a la casera (9)<br>» Cerdo asado con verduras<br>» Arroz blanco<br>» Albóndigas veganas (9)<br>» Fruta      | Cal 832,7Kcal<br>Prot 33,8 g<br>H.C. 70,7 g<br>Lip. 59,5 g<br>G. 1,3 g | <b>19 de octubre</b><br>» Rancho canario (1) Tr (9)(11)<br>» Ensalada mixta (3)(4)<br>» Croquetas de merluza (1)(2)(4) Tr(5)(6)<br>» Fogonero/Atún plancha (4) Tr(5)(6)<br>» Croquetas veganas (9)<br>» Fruta         | Cal 560,8Kcal<br>Prot 36,7 g<br>H.C. 36,0 g<br>Lip. 26,7 g<br>G. 8,0 g | <b>20 de octubre</b><br>» Sopa de pollo<br>» Ensalada col y zanahoria<br>» Estofado de pollo<br>» Pechuga de pollo a la plancha<br>» Cuscus (1)<br>» Menestra de verduras<br>» Fruta                | Cal 627,8Kcal<br>Prot 18,0 g<br>H.C. 35,0 g<br>Lip. 77,3 g<br>G. 2,3 g |
| 4      | <b>23 de octubre</b><br>» Potaje de lentejas<br>» Ensalada mixta (3)(4)<br>» Tortilla española (3)<br>» Tortilla francesa (3)<br>» Tempura de verduras (1)<br>» Fruta                                                       | Cal 866,5 Kcal<br>Prot 33,7 g<br>H.C. 70,6 g<br>Lip. 113,5 g<br>G. 4,1 g | <b>24 de octubre</b><br>» Sopa de ternera<br>» Tomates aliñados<br>» Churros/figuritas de merluza<br>» Fogonero/Atún plancha (4) Tr(5)(6)<br>» Papas al vapor/Lactoalioli<br>» Croquetas veganas (9)<br>» Lácteo (2) | Cal 432,8Kcal<br>Prot 26,4 g<br>H.C. 27,5 g<br>Lip. 27,4 g<br>G. 5,2 g  | <b>25 de octubre</b><br>» Judías a la vinagreta<br>» Ensalada de pasta (1)(4)<br>» Pechuga de pollo en salsa de manzana<br>» Pechuga de pollo a la plancha<br>» Salteado de champiñones<br>» Fruta                                         | Cal 874,0Kcal<br>Prot 56,5 g<br>H.C. 60,1 g<br>Lip. 38,6 g<br>G. 5,1 g | <b>26 de octubre</b><br>» Caldo de pescado (4)<br>» Ensalada tricolor<br>» Pizza margarita de atún/jamón(1) (4)Tr(2)(3)(5)(6)<br>» Fogonero plancha (4)Tr(5)(6)<br>» Papas fritas<br>» Aros de cebolla (1)<br>» Fruta | Cal 719,8Kcal<br>Prot 25,5 g<br>H.C. 128,8 g<br>Lip. 9,7 g<br>G. 2,3 g | <b>27 de octubre</b><br>» Gazpacho<br>» Ensalada caprese (2)<br>» Lasaña boloñesa ternera (1)(2) (3)Tr(9)(11)<br>» Lasaña con verduras (1)(2)(3) Tr(9)(11)<br>» Guisantes al ajillo<br>» Lácteo (2) | Cal 937,3Kcal<br>Prot 61,5 g<br>H.C. 29,9 g<br>Lip. 90,9 g<br>G. 7,3 g |
| 5      | <b>30 de octubre</b><br>» Potaje de verduras<br>» Ensalada de tomates<br>» Tortellinis carne de cerdo(1) (2)(3)(4)(5)(6)(7)(8)(9)(11)<br>» Tortellinis espinacas (1)(2) (3)(9)(11)<br>» Salsa Carbonara (2)<br>» Lácteo (2) | Cal 874 Kcal<br>Prot 56,5 g<br>H.C. 60,1 g<br>Lip. 38,6 g<br>G. 5,1 g    | <b>31 de octubre</b><br>» Caldo de millo<br>» Ensalada Canaria<br>» Lomos de merluza (1)(4)Tr(2) (3)(5)(6)<br>» Merluza al horno (4)Tr(5)(6)<br>» Papas panaderas<br>» Rollito de primavera (1)<br>» Fruta           | Cal 432,8Kcal<br>Prot 26,4 g<br>H.C. 27,5 g<br>Lip. 27,4 g<br>G. 5,2 g  | <b>1 de noviembre</b>                                                                                                                                                                                                                      |                                                                        | <b>2 de noviembre</b>                                                                                                                                                                                                 |                                                                        | <b>3 de noviembre</b>                                                                                                                                                                               |                                                                        |

## USE OF ELECTRONIC DEVICES DURING MEALS



### TIPS!

- MAKE MEALS ENJOYABLE, A MOMENT TO SHARE WITH THE FAMILY
- LET CHILDREN (RE)DISCOVER AND EXPERIENCE THE FLAVOURS
- AVOID SCREEN TIME IN RESTAURANTS... CHILDREN SHOULD LEARN HOW TO BE BORED AND ENTERTAIN THEMSELVES
- DO NOT USE SCREEN TIME AS A PRIZE

En colaboración con [colegiosaludable.com](http://colegiosaludable.com)

## 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

## OCTOBER / 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    | <b>October 2nd</b><br>» Salmorejo<br>» Russian salad (3X4)<br>» Grilled chicken<br>» Ham Croquettes (1X2)<br>» Vegetable tempura (1)<br>» Quinoa with vegetables<br>» Fruit                   | Cal 437,5 Kcal<br>Prot 19,3 g<br>H.C. 50,6 g<br>Lip. 15,6 g<br>G. 2,8 g  | <b>October 3rd</b><br>» Grilled vegetables<br>» Salad (3X4)<br>» Tuna (4)<br>» Grilled fish(4)Tr(5X6)<br>» Boiled potatoes<br>» Tofu (9)<br>» Dairy                                   | Cal 627,8 Kcal<br>Prot 18,0 g<br>H.C. 35,0 g<br>Lip. 77,3 g<br>G. 2,3 g | <b>October 4th</b><br>» Salad<br>» Vegetables in tempura(1)<br>» Macaroni with beef bolognese sauce(1) Tr (9X11)<br>» Macaroni with tomato sauce and vegetables(1) Tr (9X11)<br>» Tofu with vegetables (9X14)<br>» Fruit | Cal 457,6Kcal<br>Prot 15,3 g<br>H.C. 67,0 g<br>Lip. 12,2 g<br>G. 2,7 g | <b>October 5th</b><br>» Coriander Soup<br>» Tuna salad (4)<br>» Fish in green sauce (4)Tr(5X6)<br>» Grilled tuna (4)Tr(5X6)<br>» Cus cous<br>» Dairy                                        | Cal 484,5Kcal<br>Prot 19,1 g<br>H.C. 56,6 g<br>Lip. 7,1 g<br>G. 2,9 g  | <b>October 6th</b><br>» Carrot soup<br>» Salad (3X4)<br>» Veal stew<br>» Baked potatoes<br>» Vegetable stew<br>» Fruit                                                             | Cal 642,1Kcal<br>Prot 42,7 g<br>H.C. 40,9 g<br>Lip. 23,3 g<br>G. 0,3 g |
| 2    | <b>October 9th</b><br>» Cabbage salad<br>» Vegetables ratatouille<br>» Chicken with garlic and parsley (9X14)<br>» Roast chicken<br>» Roast potatoes<br>» Soja with vegetables (9)<br>» Fruit | Cal 785,2 Kcal<br>Prot 39,4 g<br>H.C. 71,6 g<br>Lip. 49,7 g<br>G. 10,5 g | <b>October 10th</b><br><b>OUTING</b>                                                                                                                                                  |                                                                         | <b>October 11th</b><br>» Tuna "Salpicón" (4)<br>» Three-colour salad (1X3X4)<br>» Breaded hake (1)(4)<br>» Grilled fish (4)Tr(5X6)<br>» Parisian potatoes<br>» Fruit                                                     | Cal 711,7Kcal<br>Prot 44,2 g<br>H.C. 37,2 g<br>Lip. 55,7 g<br>G. 5,6 g | <b>October 12th</b><br><b>HOLIDAY</b>                                                                                                                                                       |                                                                        | <b>October 13th</b><br><b>HOLIDAY</b>                                                                                                                                              |                                                                        |
| 3    | <b>October 16th</b><br>» Vegetable ratatouille<br>» Salad<br>» Rice with three meats (9)<br>» Rice with vegetables<br>» Spring rolls (1)<br>» Fruit                                           | Cal 785,2 Kcal<br>Prot 39,4 g<br>H.C. 71,6 g<br>Lip. 49,7 g<br>G. 10,9 g | <b>October 17th</b><br>» Watercress cream<br>» Roasted vegetables<br>» Fried Squid<br>» Grilled fish (4)Tr(5X6)<br>» Boiled potatoes<br>» Soya and vegetable (9)<br>» Fruit           | Cal 446,2Kcal<br>Prot 26,5 g<br>H.C. 28,0 g<br>Lip. 42,8 g<br>G. 1,3 g  | <b>October 18th</b><br>» Tomato and soft cheese salad (1X2X2)<br>» German salad (3X9X9X14)<br>» Homemade meatballs (9)<br>» Pork with vegetables stew<br>» White rice<br>» Vegan meatballs (9)<br>» Fruit                | Cal 832,7Kcal<br>Prot 33,8 g<br>H.C. 70,7 g<br>Lip. 59,5 g<br>G. 1,3 g | <b>October 19th</b><br>» "Rancho" Canarian style stew(1) Tr (9X11)<br>» Salad (3X4)<br>» Hake croquettes (1X2X4)Tr(5X6)<br>» Grilled tuna (4X4)Tr(5X6)<br>» Vegan croquettes (9)<br>» Fruit | Cal 560,8Kcal<br>Prot 36,7 g<br>H.C. 36,0 g<br>Lip. 26,7 g<br>G. 8,0 g | <b>October 20th</b><br>» Chicken soup<br>» Cabbage and carrot salad<br>» Chicken stew<br>» Grilled chicken<br>» Couscous (1)<br>» Vegetable stew<br>» Fruit                        | Cal 627,8Kcal<br>Prot 18,0 g<br>H.C. 35,0 g<br>Lip. 77,3 g<br>G. 2,3 g |
| 4    | <b>October 23rd</b><br>» Lentil stew<br>» Salad (3X4)<br>» Spanish omelette (3)<br>» French omelette (3)<br>» Vegetable in tempura (1)<br>» Fruit                                             | Cal 866,5 Kcal<br>Prot 33,7 g<br>H.C. 70,6 g<br>Lip. 113,5 g<br>G. 4,1 g | <b>October 24th</b><br>» Veal soup<br>» Tomatoes Salad<br>» hake sticks<br>» Grilled tuna (4)Tr(5X6)<br>» Potatoes with Alioli<br>» Vegan croquettes (9)<br>» Dairy                   | Cal 432,8Kcal<br>Prot 26,4 g<br>H.C. 27,5 g<br>Lip. 27,4 g<br>G. 5,2 g  | <b>October 25th</b><br>» Beans in vinaigrette<br>» Pasta salad (1X4)<br>» Chicken in apple sauce<br>» Grilled chicken<br>» Mushrooms stew<br>» Fruit                                                                     | Cal 874,0Kcal<br>Prot 56,5 g<br>H.C. 60,1 g<br>Lip. 38,6 g<br>G. 5,1 g | <b>October 26th</b><br>» Fish soup(4)<br>» Tricolour salad<br>» Tuna/ham margherita pizza(1X4) Tr(2X3X5X6)<br>» Grilled fish (4)Tr(5X6)<br>» French fries<br>» Onion rings (1)<br>» Fruit   | Cal 719,8Kcal<br>Prot 25,5 g<br>H.C. 128,8 g<br>Lip. 9,7 g<br>G. 2,3 g | <b>October 27th</b><br>» "Gazpacho"<br>» Caprese salad (2)<br>» Lasagne Bolognese (1X2X3) Tr(9X11)<br>» Lasagne with vegetables (1X2) (3)Tr(9X11)<br>» Peas with garlic<br>» Dairy | Cal 937,3Kcal<br>Prot 61,5 g<br>H.C. 29,9 g<br>Lip. 90,9 g<br>G. 7,3 g |
| 5    | <b>October 30th</b><br>» Vegetable stew<br>» Tomato salad<br>» Meat Tortellinis (1X2X3X4) (5X6X7X8X9X11)<br>» Spinach tortellini (1X2X3) (9X11)<br>» Carbonara sauce (2)<br>» Dairy           | Cal 874 Kcal<br>Prot 56,5 g<br>H.C. 60,1 g<br>Lip. 38,6 g<br>G. 5,1 g    | <b>October 31st</b><br>» Coriander Soup<br>» Canarian Salad<br>» Fried Hake sticks(1X4)Tr(2) (3X5X6)<br>» Grilled Hake (4)Tr(5X6)<br>» Baked potatoes<br>» Spring roll (1)<br>» Fruit | Cal 432,8Kcal<br>Prot 26,4 g<br>H.C. 27,5 g<br>Lip. 27,4 g<br>G. 5,2 g  | <b>November 1st</b>                                                                                                                                                                                                      |                                                                        | <b>November 2nd</b>                                                                                                                                                                         |                                                                        | <b>November 3rd</b>                                                                                                                                                                |                                                                        |