BRITISH SCHOOL
ALZIRA · XÀTIVA · GANDIA · SINCE 1997

June's MENU

01 Tuesday
733 Kcal. P.: 14 HC.: 48 L.: 36 G.: 7

SALAD: TOMATO, WHITE CHEESE, SESAME SEEDS AND MINT

SEAFOOD RICE WITH PRAWNS AND SQUID

CHICKEN NUGGETS WITH BARBECUE SAUCE

JELLY

02 Wednesday
1.091 Kcal. P.: 25 HC.: 23 L.: 49 G.: 12

CAESAR SALAD

LENTIL STEW WITH VINAIGRETTE

PIZZA WITH COOKED HAM, MOZZARELLA CHEESE AND MUSHROOM

YOGHURT ORGANIC

03 Thursday
1.093 Kcal. P.: 16 HC.: 33 L.: 50 G.: 14

SALAD: MIXED LETTUCE, TOMATO, SWEETCORN, CRABSTICKS, BOILED EGG AND CHIVES WITH MILD COCKTAIL SAUCE

NOODLES WITH BASIL, OLIVE OIL AND MOZZARELLA CHEESE

GRILLED HAKE FILLET WITH SAUTÉED BABY CARROTS

FRUIT

04 Friday
588 Kcal. P.: 12 HC.: 38 L.: 48 G.: 13

SALAD: ICEBERG LETTUCE, TOMATO, RAW COURGETTE AND MUSHROOM, TUNA AND MODENA BALSAMIC VINEGAR

CREAM OF PUMPKIN AND CURRY

OMELETTE WITH COOKED HAM AND BAKED PROVENÇALE TOMATOES

ICE CREAM

07 Monday
757 Kcal. P.: 23 HC.: 31 L.: 44 G.: 14

SALAD: LETTUCE, HAM, TUNA AND OLIVES

POTATO SALAD WITH EGG AND TUNA

MEATBALLS IN SAUCE WITH CARROTS AND PEAS

PEACHES IN SYRUP

08 Tuesday
809 Kcal. P.: 18 HC.: 47 L.: 33 G.: 5

SALAD: ESCAROLE, TURKEY AND ORANGE DRESSED WITH GREEN OLIVE VINAIGRETTE

MACARONI CARBONARA WITH CREAM AND BACON

ANDALUSIAN STYLE BATTERED HADDOCK WITH PEAS AND MINT

FRUIT

09 Wednesday
720 Kcal. P.: 16 HC.: 27 L.: 56 G.: 13

VIP SALAD: LETTUCE, TOMATO, RED PEPPERS AND SERRANO HAM WITH DILL VINAIGRETTE

ARTICHOKE PAELLA

CHEESE OMELETTE WITH SAUTÉED COURGETTE AND ROSEMARY

ORGANIC YOGHURT

10 Thursday
895 Kcal. P.: 20 HC.: 43 L.: 33 G.: 6

ANDALUSIAN GAZPACHO

CHICK PEA AND VEGETABLE STEW

COD CONFIT INFUSED WITH ROSEMARY OIL AND OVEN-COOKED SLICED POTATOES

FRUIT

11 Friday
979 Kcal. P.: 15 HC.: 30 L.: 53 G.: 16
BRITISH DAY

BABY LEAF SALAD WITH TOMATO, SWEETCORN, CARROT, PEPPERS, OLIVES AND TURKEY

TOMATO SOUP

BANGERS & MASH
PEAS AND GRAVY

APPLE AND CINNAMON COMPÔTE

14 Monday
719 Kcal. P.: 15 HC.: 33 L.: 49 G.: 9
D.O. VALENCIA RICE

COLESLAW

OVEN-COOKED RICE WITH PORK RIBS, CHICK PEAS AND POTATOES

OVEN-COOKED SOLE WITH TOMATO, GARLIC AND ONION SAUCE

CHOCOLATE DESSERT

15 Tuesday
757 Kcal. P.: 24 HC.: 27 L.: 47 G.: 12
ORGANIC PULSES

ORGANIC QUINOA SALAD WITH CUCUMBER, TOMATO, SWEETCORN, RED PEPPER AND OLIVES

ORGANIC LENTIL AND QUINOA STEW

SPANISH OMELETTE WITH AUBERGINE AND COURGETTE SAMFAINA

JELLY

16 Wednesday
744 Kcal. P.: 23 HC.: 43 L.: 32 G.: 9

SALAD: LETTUCE, TOMATO, SWEETCORN, CARROT, PEPPER, OLIVERS, BOILED EGG AND TUNA

PARMESAN PASTA BAKE

BREADED ORLY TUNA SERVED WITH SAUTÉED BABY CARROTS

ORGANIC YOGHURT

17 Thursday
812 Kcal. P.: 22 HC.: 26 L.: 51 G.: 19

VIP SALAD: LOLLO LETTUCE, CURED CHEESE AND TOMATO WITH ROSEMARY VINAIGRETTE

FISH SOUP

ARTISAN HAMBURGER WITH BRIOCHE BREAD ROLL, CHEESE, LETTUCE AND TOMATO

FRUIT

18 Friday
889 Kcal. P.: 18 HC.: 47 L.: 33 G.: 7

COMPLETE SALAD WITH LETTUCE, BOILED EGG, TOMATO AND HAM

CREAM OF BROCCOLI SOUP

BAKED MEAT CANNELONI

ICE CREAM

21 Monday
794 Kcal. P.: 15 HC.: 41 L.: 41 G.: 8

SALAD: LAMB'S LETTUCE, CHERRY TOMATOES, ROCKET, GOAT'S CHEESE AND MODENA BALSAMIC VINEGAR

SPAGHETTI BOLOGNESE WITH WHOLEGRAIN PASTA AND CHEESE

PRAWN, GARLIC AND ASPARAGUS OMELETTE ACCOMPANIED BY SAUTÉED CAULIFLOWER WITH GARLIC AND PAPRIKA

FRUIT IN SYRUP

22 Tuesday
768 Kcal. P.: 14 HC.: 30 L.: 55 G.: 19

POTATO SALAD WITH LETTUCE, TOMATO, RED PEPPER AND TUNA

PASTA STAR SOUP
SEASONED PORK LOIN
BAKED AUBERGINE WITH SESAME SEEDS AND HONEY

FRUIT

23 Wednesday
149 Kcal. P.: 19 HC.: 58 L.: 21 G.: 11

VIP SALAD: LETTUCE, TOMATO, RED PEPPER AND SERRANO HAM WITH DILL VINAIGRETTE

WHITE RICE WITH TOMATO SAUCE

FRIED EGGS AND SAUSAGES

ICE CREAM