



NUTRITIP

¿Qué desayunar?
5 Ideas que funcionan muy bien

Dentro de las rutinas matinales tus hijos, el momento del **desayuno** es una de las más importantes.

No en vano, en el desayuno, tu hijo va a asimilar toda la energía que necesita en esas primeras horas del día que requieren su concentración en el Centro Escolar. Conseguirás que de lo mejor de sí mismo poniendo a su alcance alimentos ricos en proteínas, fibras, vitaminas y minerales.

Te damos 5 consejos para mejorar su experiencia y convertir esta comida en un momento saludable y atractivo.

- » Introduce **frutos secos y fruta de temporada** en el desayuno de tus hijos, si destinas unos minutos a pelarla y presentársela de manera divertida despertarás su curiosidad ante estos alimentos.
- » **Desayuna con ellos, lo mismo que ellos.** Los niños son imitadores de las rutinas que

tienen a su alrededor. Además, sus padres son sus grandes referentes y modelos a seguir. Dedícales ese tiempo del día ino te arrepentirás!

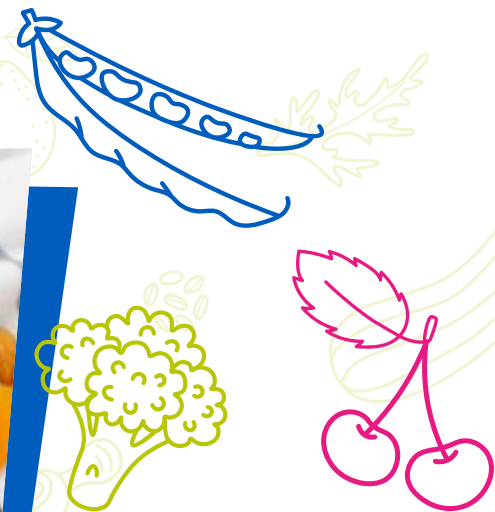
- » Otros alimentos que puedes alternar para hacer su desayuno atractivo es **la miel, el muesli y huevo escalfado o cocido**. Les encantará que les sorprenda con estos alimentos.

- » **Si tu hijo tiene alguna intolerancia alimenticia o alergia**, estamos seguros de que extremas el cuidado en su alimentación. Para ellos, el momento del desayuno es, si cabe, más importante. Intenta innovar y variar los menús.

- » **No debes descuidar sus gustos** y, si es goloso, dale una vez a la semana unas porciones de chocolate negro con, al menos, 70% de cacao.



Si hemos comido	Podemos cenar
Cereales, féculas o legumbres	<i>Hortalizas crudas o legumbres cocidas</i>
Verduras	<i>Cereales o féculas</i>
Carne	<i>Pescado o huevo</i>
Pescado	<i>Carne magra o huevo</i>
Huevo	<i>Pescado o carne magra</i>
Fruta	<i>Lácteos o fruta</i>
Lácteos	<i>Fruta</i>





MENÚ MENSUAL

La Moraleja

MARZO / 2019

YOUNG LEARNERS

- » 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	25 de febrero		26 de febrero		27 de febrero		28 de febrero		1 de marzo NO LECTIVO	
2	4 de marzo NO LECTIVO		5 de marzo	Cal 468 Kcal Prot 21 gr H.C. 41 gr Lip 36 gr G. 9 gr	6 de marzo	Cal 614 Kcal Prot 14 gr H.C. 53 gr Lip 31 gr G. 7 gr	7 de marzo	Cal 492 Kcal Prot 17 gr H.C. 46 gr Lip 34 gr G. 7 gr	8 de marzo	Cal 388 Kcal Prot 15 gr H.C. 48 gr Lip 33 gr G. 5 gr
3	11 de marzo	Cal 447 Kcal Prot 19 gr H.C. 43 gr Lip 34 gr G. 7 gr	12 de marzo	Cal 552 Kcal Prot 19 gr H.C. 41 gr Lip 38 gr G. 10 gr	13 de marzo	Cal 496 Kcal Prot 15 gr H.C. 44 gr Lip 36 gr G. 6 gr	14 de marzo	Cal 415 Kcal Prot 23 gr H.C. 34 gr Lip 40 gr G. 9 gr	15 de marzo	Cal 447 Kcal Prot 16 gr H.C. 51 gr Lip 30 gr G. 5 gr
4	18 de marzo	Cal 561 Kcal Prot 21 gr H.C. 39 gr Lip 34 gr G. 7 gr	19 de marzo	Cal 535 Kcal Prot 19 gr H.C. 45 gr Lip 34 gr G. 9 gr	20 de marzo	Cal 447 Kcal Prot 19 gr H.C. 43 gr Lip 34 gr G. 7 gr	21 de marzo	Cal 496 Kcal Prot 15 gr H.C. 44 gr Lip 36 gr G. 6 gr	22 de marzo	Cal 376 Kcal Prot 16 gr H.C. 47 gr Lip 34 gr G. 5 gr
5	25 de marzo	Cal 415 Kcal Prot 23 gr H.C. 34 gr Lip 40 gr G. 9 gr	26 de marzo	Cal 490 Kcal Prot 21 gr H.C. 42 gr Lip 34 gr G. 9 gr	27 de marzo	Cal 496 Kcal Prot 15 gr H.C. 44 gr Lip 36 gr G. 6 gr	28 de marzo	Cal 509 Kcal Prot 18 gr H.C. 42 gr Lip 37 gr G. 8 gr	29 de marzo	Cal 400 Kcal Prot 15 gr H.C. 48 gr Lip 32 gr G. 5 gr

Menús elaborados y calibrados con la asesoría de Compass Group



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C/ Calle de la Salvia, 48, 28109
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MENÚ MENSUAL La Moraleja

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INFANTIL

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1	25 de febrero		26 de febrero		27 de febrero		28 de febrero		1 de marzo NO LECTIVO	
2	4 de marzo NO LECTIVO		5 de marzo	Cal 951 Kcal Prot 13 gr H.C. 44 gr Lip 40 gr G. 10 gr	6 de marzo	Cal 616 Kcal Prot 19 gr H.C. 40 gr Lip 36 gr G. 7 gr	7 de marzo	Cal 557 Kcal Prot 14 gr H.C. 32 gr Lip 50 gr G. 12 gr	8 de marzo	Cal 929 Kcal Prot 14 gr H.C. 51 gr Lip 33 gr G. 7 gr
3	11 de marzo	Cal 715 Kcal Prot 19 gr H.C. 31 gr Lip 47 gr G. 15 gr	12 de marzo	Cal 767 Kcal Prot 17 gr H.C. 53 gr Lip 29 gr G. 7 gr	13 de marzo	Cal 924 Kcal Prot 16 gr H.C. 36 gr Lip 42 gr G. 9 gr	14 de marzo	Cal 673 Kcal Prot 14 gr H.C. 35 gr Lip 48 gr G. 12 gr	15 de marzo	Cal 821 Kcal Prot 16 gr H.C. 41 gr Lip 41 gr G. 9 gr
4	18 de marzo	Cal 672 Kcal Prot 21 gr H.C. 42 gr Lip 31 gr G. 7 gr	19 de marzo	Cal 767 Kcal Prot 18 gr H.C. 28 gr Lip 53 gr G. 19 gr	20 de marzo	Cal 1.025 Kcal Prot 22 gr H.C. 28 gr Lip 49 gr G. 16 gr	21 de marzo	Cal 760 Kcal Prot 17 gr H.C. 44 gr Lip 36 gr G. 10 gr	22 de marzo	Cal 755 Kcal Prot 8 gr H.C. 57 gr Lip 33 gr G. 4 gr
5	25 de marzo	Cal 880 Kcal Prot 16 gr H.C. 35 gr Lip 46 gr G. 14 gr	26 de marzo	Cal 657 Kcal Prot 19 gr H.C. 34 gr Lip 45 gr G. 11 gr	27 de marzo	Cal 817 Kcal Prot 13 gr H.C. 47 gr Lip 38 gr G. 6 gr	28 de marzo	Cal 714 Kcal Prot 24 gr H.C. 36 gr Lip 37 gr G. 7 gr	29 de marzo	Cal 858 Kcal Prot 16 gr H.C. 51 gr Lip 30 gr G. 4 gr

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MENÚ MENSUAL La Moraleja

MARZO / 2019

PRIMARIA

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1	25 de febrero		26 de febrero		27 de febrero		28 de febrero		1 de marzo NO LECTIVO	
2	4 de marzo NO LECTIVO		5 de marzo	Cal 951 Kcal Prot 13 gr H.C. 44 gr Lip 40 gr G. 10 gr	6 de marzo	Cal 616 Kcal Prot 19 gr H.C. 40 gr Lip 36 gr G. 7 gr	7 de marzo	Cal 557 Kcal Prot 14 gr H.C. 32 gr Lip 50 gr G. 12 gr	8 de marzo	Cal 929 Kcal Prot 14 gr H.C. 51 gr Lip 33 gr G. 7 gr
3	11 de marzo	Cal 715 Kcal Prot 19 gr H.C. 31 gr Lip 47 gr G. 15 gr	12 de marzo	Cal 767 Kcal Prot 17 gr H.C. 53 gr Lip 29 gr G. 7 gr	13 de marzo	Cal 924 Kcal Prot 16 gr H.C. 36 gr Lip 42 gr G. 9 gr	14 de marzo	Cal 673 Kcal Prot 14 gr H.C. 35 gr Lip 48 gr G. 12 gr	15 de marzo	Cal 821 Kcal Prot 16 gr H.C. 41 gr Lip 41 gr G. 9 gr
4	18 de marzo	Cal 672 Kcal Prot 21 gr H.C. 42 gr Lip 31 gr G. 7 gr	19 de marzo	Cal 767 Kcal Prot 18 gr H.C. 28 gr Lip 53 gr G. 19 gr	20 de marzo	Cal 1.025 Kcal Prot 22 gr H.C. 28 gr Lip 49 gr G. 16 gr	21 de marzo	Cal 760 Kcal Prot 17 gr H.C. 44 gr Lip 36 gr G. 10 gr	22 de marzo	Cal 755 Kcal Prot 8 gr H.C. 57 gr Lip 33 gr G. 4 gr
5	25 de marzo	Cal 880 Kcal Prot 16 gr H.C. 35 gr Lip 46 gr G. 14 gr	26 de marzo	Cal 657 Kcal Prot 19 gr H.C. 34 gr Lip 45 gr G. 11 gr	27 de marzo	Cal 817 Kcal Prot 13 gr H.C. 47 gr Lip 38 gr G. 6 gr	28 de marzo	Cal 714 Kcal Prot 24 gr H.C. 36 gr Lip 37 gr G. 7 gr	29 de marzo	Cal 858 Kcal Prot 16 gr H.C. 51 gr Lip 30 gr G. 4 gr

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MENÚ MENSUAL

La Moraleja

MARZO / 2019

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	25 de febrero		26 de febrero		27 de febrero		28 de febrero		1 de marzo NO LECTIVO		
2	4 de marzo	NO LECTIVO		5 de marzo <ul style="list-style-type: none"> » Tallarín con cremosa de setas y maíz » Albóndigas a la jardinera con guisantes, zanahoria, judía verde y patata » Albóndigas en salsa con patatas dado » Ensalada de espárragos » Fruta 	Cal 1.266 Kcal Prot 13 gr H.C. 44 gr Lip 40 gr G. 10 gr	6 de marzo <ul style="list-style-type: none"> » Lentejas con verduras y quinoa » Pollo asado al estilo cajun » Nuggets de pollo » Lechuga y pepino » Fruta 	Cal 948 Kcal Prot 20 gr H.C. 32 gr Lip 45 gr G. 8 gr	7 de marzo <ul style="list-style-type: none"> » Crema de brocoli y virutas de jamon » Huevos revueltos con bacon » Tortilla de patatas y espinacas » Tomate y olivas » Fruta 	Cal 892 Kcal Prot 14 gr H.C. 24 gr Lip 60 gr G. 12 gr	8 de marzo <ul style="list-style-type: none"> » Arroz en paella con verduras » Merluza en costra de patata » Merluza meuniere » Tomate aliñado » Yogur 	Cal 1.032 Kcal Prot 18 gr H.C. 46 gr Lip 34 gr G. 7 gr
3	11 de marzo <ul style="list-style-type: none"> » Judías verdes con tomate » Hamburguesa de ternera, emmental y cebolla caramelizada » Hamburguesa de ternera en salsa » Ensalada de espárragos » Fruta 	Cal 981 Kcal Prot 19 gr H.C. 26 gr Lip 52 gr G. 17 gr	12 de marzo <ul style="list-style-type: none"> » Arroz abanda » Wok de pollo con verduras y salsa de soja » Alitas de pollo al ajillo » Ensalada verde con lechuga, pepino y olivas » Yogur 	Cal 985 Kcal Prot 23 gr H.C. 41 gr Lip 35 gr G. 9 gr	13 de marzo <ul style="list-style-type: none"> » Alubias blancas (ecológico) guisadas con zanahoria » Huevos revueltos » Huevos fritos » Chistorra y patatas fritas » Lechuga y tomate » Fruta 	Cal 1.112 Kcal Prot 16 gr H.C. 30 gr Lip 49 gr G. 10 gr	14 de marzo <ul style="list-style-type: none"> » Crema de espárragos con picatostes » Escalopines de lomo encebollados » Cabeza de lomo en salsa » Ensalada de lechuga, tomate, cebolla y zanahoria » Fruta 	Cal 875 Kcal Prot 18 gr H.C. 27 gr Lip 53 gr G. 15 gr	15 de marzo <ul style="list-style-type: none"> » Macarrones a la carbonara (salsa de nata con bacon) » Salmón con salsa mediterranea » Salmón a la plancha » Ensalada verde » Fruta 	Cal 990 Kcal Prot 20 gr H.C. 34 gr Lip 45 gr G. 9 gr	
4	18 de marzo <ul style="list-style-type: none"> » Lentejas estofadas con arroz integral » Contramuslo de pollo asado » Pollo tikka masala » Ensalada de lechuga y tomate » Fruta 	Cal 820 Kcal Prot 26 gr H.C. 35 gr Lip 34 gr G. 8 gr	19 de marzo <ul style="list-style-type: none"> » Espinacas a la crema » Lomo de sajonia » Croquetas de jamón » Lechuga y huevo duro » Yogur 	Cal 1.036 Kcal Prot 15 gr H.C. 31 gr Lip 53 gr G. 16 gr	20 de marzo <ul style="list-style-type: none"> » Quiche de puerro y huevo lorraine » Estofado de vacuno de la borgeña (boeuf bourguignon) » Patatas gratén » Crep de chocolate 	Cal 1.025 Kcal Prot 22 gr H.C. 28 gr Lip 49 gr G. 16 gr	21 de marzo <ul style="list-style-type: none"> » Sopa de cocido » Cocido completo con garbanzos, morcillo, chorizo, patata y zanahorias » Lacón a la gallega » Ensalada de lechuga, aceitunas, pepino y maíz » Fruta 	Cal 1.025 Kcal Prot 19 gr H.C. 39 gr Lip 39 gr G. 11 gr	22 de marzo <ul style="list-style-type: none"> » Arroz blanco con tomate y albahaca » Bacalao en tempura con tiritas de pimiento y mahonesa » Bacalao con samfaina » Ensalada de brotes » Fruta 	Cal 829 Kcal Prot 8 gr H.C. 54 gr Lip 36 gr G. 5 gr	
5	25 de marzo <ul style="list-style-type: none"> » Macarron integral con pesto verde » Costillar asado » Estofado de cerdo con tomate » Ensalada de dados de queso » Fruta 	Cal 1.100 Kcal Prot 21 gr H.C. 29 gr Lip 48 gr G. 14 gr	26 de marzo <ul style="list-style-type: none"> » Pisto de calabaza, aceite de oliva y albahaca » Escalopines de ternera en salsa » Ternera a la milanesa » Ensalada con surimi » Yogur 	Cal 988 Kcal Prot 22 gr H.C. 28 gr Lip 49 gr G. 11 gr	27 de marzo <ul style="list-style-type: none"> » Wok de verduras con tallarines » Tortilla de patatas » Huevos fritos con papas dado vapor y ajilimojili de oliva » Ensalada de lechuga, zanahoria y jamón york » Fruta 	Cal 817 Kcal Prot 13 gr H.C. 47 gr Lip 38 gr G. 6 gr	28 de marzo <ul style="list-style-type: none"> » Sopa de marisco » Pavo en salsa estrogonoff » Chuleta de pavo marinada a la plancha » Ensalada de tomate » Fruta 	Cal 877 Kcal Prot 26 gr H.C. 30 gr Lip 42 gr G. 8 gr	29 de marzo <ul style="list-style-type: none"> » Arroz caldoso con judías verdes y garrofón » Abadejo en adobo » Abadejo a la bilbaína » Ensalada verde con lechuga, pepino y olivas » Fruta 	Cal 986 Kcal Prot 21 gr H.C. 45 gr Lip 32 gr G. 4 gr	

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NUTRITIP

What to have for breakfast?
5 ideas that work really well

Breakfast is one of the most important morning routines for your children. During this meal, your child will take in all the energy he or she needs during the first hours of the day to concentrate in school.

Moreover, providing your children with fibre, vitamin, mineral and protein-rich foods will ensure they give their best every day.

Hereunder are 5 tips on how to improve their experience and turn this meal into a healthy and appealing moment of the day.

- » Include **nuts and seasonal fruit** in your child's breakfast. If you spend a few minutes peeling and presenting them in a fun way, it will arouse their curiosity.
- » **Share breakfast with them.** Children tend to imitate routines surrounding them, and their parents are their main role models. Spend breakfast with them, you won't regret it!

» Other foods you can include to make breakfast time attractive are **honey, muesli and a poached or boiled egg**. They will love it if you surprise them with any of these types of food.

» If your child has any **food intolerance** or allergy, we're sure you pay extra attention to their diet. In these cases, breakfast is even more important, so try to innovate and change their menus.

» **You shouldn't forget their food preferences.** If they have a sweet tooth, you can give them small pieces of dark chocolate containing at least 70% cocoa.



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 La Moraleja

MARCH / 2019

YOUNG LEARNERS

- » 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	25th of February		26th of February		27th of February		28th of February		1st of March HOLIDAY	
2	4th of March HOLIDAY		5th of March	Cal 468 Kcal Prot 21 gr H.C. 41 gr Lip 36 gr G. 9 gr	6th of March	Cal 614 Kcal Prot 14 gr H.C. 53 gr Lip 31 gr G. 7 gr	7th of March	Cal 492 Kcal Prot 17 gr H.C. 46 gr Lip 34 gr G. 7 gr	8th of March	Cal 388 Kcal Prot 15 gr H.C. 48 gr Lip 33 gr G. 5 gr
3	11th of March	Cal 447 Kcal Prot 19 gr H.C. 43 gr Lip 34 gr G. 7 gr	12th of March	Cal 552 Kcal Prot 19 gr H.C. 41 gr Lip 38 gr G. 10 gr	13th of March	Cal 496 Kcal Prot 15 gr H.C. 44 gr Lip 36 gr G. 6 gr	14th of March	Cal 415 Kcal Prot 23 gr H.C. 34 gr Lip 40 gr G. 9 gr	15th of March	Cal 447 Kcal Prot 16 gr H.C. 51 gr Lip 30 gr G. 5 gr
4	18th of March	Cal 561 Kcal Prot 21 gr H.C. 39 gr Lip 34 gr G. 7 gr	19th of March	Cal 535 Kcal Prot 19 gr H.C. 45 gr Lip 34 gr G. 9 gr	20th of March	Cal 447 Kcal Prot 19 gr H.C. 43 gr Lip 34 gr G. 7 gr	21st of March	Cal 496 Kcal Prot 15 gr H.C. 44 gr Lip 36 gr G. 6 gr	22nd of March	Cal 376 Kcal Prot 16 gr H.C. 47 gr Lip 34 gr G. 5 gr
5	25th of March	Cal 415 Kcal Prot 23 gr H.C. 34 gr Lip 40 gr G. 9 gr	26th of March	Cal 490 Kcal Prot 21 gr H.C. 42 gr Lip 34 gr G. 9 gr	27th of March	Cal 496 Kcal Prot 15 gr H.C. 44 gr Lip 36 gr G. 6 gr	28th of March	Cal 509 Kcal Prot 18 gr H.C. 42 gr Lip 37 gr G. 8 gr	29th of March	Cal 400 Kcal Prot 15 gr H.C. 48 gr Lip 32 gr G. 5 gr

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MONTHLY MENU La Moraleja

MARCH / 2019

INFANTS

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1	25th of February		26th of February		27th of February		28th of February		1st of March HOLIDAY	
2	4th of March HOLIDAY		5th of March » Tagliatelle with mushroom sauce and sweetcorn » Meatballs with vegetables » Asparagus salad » Fruit	Cal 951 Kcal Prot 13 gr H.C. 44 gr Lip 40 gr G. 10 gr	6th of March » Lentils with vegetables and quinoa » Cajun roasted chicken » Lettuce and cucumbe » Fruit	Cal 616 Kcal Prot 19 gr H.C. 40 gr Lip 36 gr G. 7 gr	7th of March » Cream of broccoli and ham » Scrambled eggs with bacon » Tomato and olives » Fruit	Cal 557 Kcal Prot 14 gr H.C. 32 gr Lip 50 gr G. 12 gr	8th of March » Paella with vegetables » Hake in potato tempura » Tomato » Yoghurt » Green salad	Cal 929 Kcal Prot 14 gr H.C. 51 gr Lip 33 gr G. 7 gr
3	11th of March » Green beans with tomato sauce » Veal hamburger with emmental cheese and caramelized onion » Asparagus salad » Fruit	Cal 715 Kcal Prot 19 gr H.C. 31 gr Lip 47 gr G. 15 gr	12th of March » Rice on the side with squid and prawns » Chicken and vegetable wok & soy sauce » Green salad with lettuce, cucumber and olives » Yoghurt	Cal 767 Kcal Prot 17 gr H.C. 53 gr Lip 29 gr G. 7 gr	13th of March » Organic haricot beans and carrot stew » Scrambled eggs » Sausage and french fries » Lettuce and tomato » Fruit	Cal 924 Kcal Prot 16 gr H.C. 36 gr Lip 42 gr G. 9 gr	14th of March » Cream of asparagus soup with croutons » Pork escalopes with onion » Lettuce, tomato, onion and carrot salad » Fruit	Cal 673 Kcal Prot 14 gr H.C. 35 gr Lip 48 gr G. 12 gr	15th of March » Macaroni carbonara » Salmon with mediterranean sauce » Green salad » Fruit	Cal 821 Kcal Prot 16 gr H.C. 41 gr Lip 41 gr G. 9 gr
4	18th of March » Lentils stew with integral rice » Roast chicken thigh » Lettuce and tomato salad » Fruit	Cal 672 Kcal Prot 21 gr H.C. 42 gr Lip 31 gr G. 7 gr	19th of March » Spinach with cream » Pork loin sajonia style » Letuce and hard-boiled egg » Yoghurt	Cal 767 Kcal Prot 18 gr H.C. 28 gr Lip 53 gr G. 19 gr	20th of March » Leek and egg lorraine quiche » "Borgoña" braised beef (boeuf bourguignon) » Potatoes au gratin » Chocolate crep	Cal 1.025 Kcal Prot 22 gr H.C. 28 gr Lip 49 gr G. 16 gr	21st of March » Spanish style chicken and vegetable broth » Chickpeas, meat, sausage, potato & carrots stew » Lettuce, olives, cucumber and sweetcorn salad » Fruit	Cal 760 Kcal Prot 17 gr H.C. 44 gr Lip 36 gr G. 10 gr	22nd of March » White rice with tomato and basil » Cod in tempura with strips of pepper & mayonnaise » Mung beans salad » Fruit	Cal 755 Kcal Prot 8 gr H.C. 57 gr Lip 33 gr G. 4 gr
5	25th of March » Whole-wheat macaroni with pesto green » Roast ribs » Diced cheese salad » Fruit	Cal 880 Kcal Prot 16 gr H.C. 35 gr Lip 46 gr G. 14 gr	26th of March » Pumpkin, olive oil and basil ratatouille » Beef steak in sauce » Salad with surimi » Yoghurt	Cal 657 Kcal Prot 19 gr H.C. 34 gr Lip 45 gr G. 11 gr	27th of March » Tagliatelle and vegetables wok » Spanish omelette » Lettuce, carrot and cooked ham salad » Fruit	Cal 817 Kcal Prot 13 gr H.C. 47 gr Lip 38 gr G. 6 gr	28th of March » Seafood soup » Turkey in estrogonoff sauce » Tomato salad » Fruit	Cal 714 Kcal Prot 24 gr H.C. 36 gr Lip 37 gr G. 7 gr	29th of March » Rice with beans stew » Marinated fish » Green salad with lettuce, cucumber and olives » Fruit	Cal 858 Kcal Prot 16 gr H.C. 51 gr Lip 30 gr G. 4 gr

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MONTHLY MENU

La Moraleja

MARCH / 2019

PRIMARY ED.

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Week	MONDAY	Nutritional Information	TUESDAY	Nutritional Information	WEDNESDAY	Nutritional Information	THURSDAY	Nutritional Information	FRIDAY	Nutritional Information
1	25th of February		26th of February		27th of February		28th of February		1st of March HOLIDAY	
2	4th of March HOLIDAY		5th of March » Tagliatelle with mushroom sauce and sweetcorn » Meatballs with vegetables » Asparagus salad » Fruit	Cal 951 Kcal Prot 13 gr H.C. 44 gr Lip 40 gr G. 10 gr	6th of March » Lentils with vegetables and quinoa » Cajun roasted chicken » Lettuce and cucumbe » Fruit	Cal 616 Kcal Prot 19 gr H.C. 40 gr Lip 36 gr G. 7 gr	7th of March » Cream of broccoli and ham » Scrambled eggs with bacon » Tomato and olives » Fruit	Cal 557 Kcal Prot 14 gr H.C. 32 gr Lip 50 gr G. 12 gr	8th of March » Paella with vegetables » Hake in potato tempura » Tomato » Yoghurt » Green salad	Cal 929 Kcal Prot 14 gr H.C. 51 gr Lip 33 gr G. 7 gr
3	11th of March » Green beans with tomato sauce » Veal hamburger with emmental cheese and caramelized onion » Asparagus salad » Fruit	Cal 715 Kcal Prot 19 gr H.C. 31 gr Lip 47 gr G. 15 gr	12th of March » Rice on the side with squid and prawns » Chicken and vegetable wok & soy sauce » Green salad with lettuce, cucumber and olives » Yoghurt	Cal 767 Kcal Prot 17 gr H.C. 53 gr Lip 29 gr G. 7 gr	13th of March » Organic haricot beans and carrot stew » Scrambled eggs » Sausage and french fries » Lettuce and tomato » Fruit	Cal 924 Kcal Prot 16 gr H.C. 36 gr Lip 42 gr G. 9 gr	14th of March » Cream of asparagus soup with croutons » Pork escalopes with onion » Lettuce, tomato, onion and carrot salad » Fruit	Cal 673 Kcal Prot 14 gr H.C. 35 gr Lip 48 gr G. 12 gr	15th of March » Macaroni carbonara » Salmon with mediterranean sauce » Green salad » Fruit	Cal 821 Kcal Prot 16 gr H.C. 41 gr Lip 41 gr G. 9 gr
4	18th of March » Lentils stew with integral rice » Roast chicken thigh » Lettuce and tomato salad » Fruit	Cal 672 Kcal Prot 21 gr H.C. 42 gr Lip 31 gr G. 7 gr	19th of March » Spinach with cream » Pork loin sajonia style » Letuce and hard-boiled egg » Yoghurt	Cal 767 Kcal Prot 18 gr H.C. 28 gr Lip 53 gr G. 19 gr	20th of March » Leek and egg lorraine quiche "Borgoña" braised beef (boeuf bourguignon) » Potatoes au gratin » Chocolate crep	Cal 1.025 Kcal Prot 22 gr H.C. 28 gr Lip 49 gr G. 16 gr	21st of March » Spanish style chicken and vegetable broth » Chickpeas, meat, sausage, potato & carrots stew » Lettuce, olives, cucumber and sweetcorn salad » Fruit	Cal 760 Kcal Prot 17 gr H.C. 44 gr Lip 36 gr G. 10 gr	22nd of March » White rice with tomato and basil » Cod in tempura with strips of pepper & mayonnaise » Mung beans salad » Fruit	Cal 755 Kcal Prot 8 gr H.C. 57 gr Lip 33 gr G. 4 gr
5	25th of March » Whole-wheat macaroni with pesto green » Roast ribs » Diced cheese salad » Fruit	Cal 880 Kcal Prot 16 gr H.C. 35 gr Lip 46 gr G. 14 gr	26th of March » Pumpkin, olive oil and basil ratatouille » Beef steak in sauce » Salad with surimi » Yoghurt	Cal 657 Kcal Prot 19 gr H.C. 34 gr Lip 45 gr G. 11 gr	27th of March » Tagliatelle and vegetables wok » Spanish omelette » Lettuce, carrot and cooked ham salad » Fruit	Cal 817 Kcal Prot 13 gr H.C. 47 gr Lip 38 gr G. 6 gr	28th of March » Seafood soup » Turkey in estrogonoff sauce » Tomato salad » Fruit	Cal 714 Kcal Prot 24 gr H.C. 36 gr Lip 37 gr G. 7 gr	29th of March » Rice with beans stew » Marinated fish » Green salad with lettuce, cucumber and olives » Fruit	Cal 858 Kcal Prot 16 gr H.C. 51 gr Lip 30 gr G. 4 gr

Menús elaborados y calibrados con la asesoría de Compass Group



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INTERNATIONAL SCHOOLS

La Moraleja Brains International School

C/ Calle de la Salvia, 48, 28109

Alcobendas, Madrid

Tel.: 916 50 43 00 - www.colegiobrain.com



MONTHLY MENU

La Moraleja

MARCH / 2019

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	25th of February		26th of February		27th of February		28th of February		1st of March HOLIDAY	
2	4th of March HOLIDAY		5th of March » Tagliatelle with mushroom sauce and sweetcorn » Meatballs with vegetables » Meatballs in sauce with diced potatoes » Asparagus salad » Fruit	Cal 1.266 Kcal Prot 13 gr H.C. 44 gr Lip 40 gr G. 10 gr	6th of March » Lentils with vegetables and quinoa » Cajun roasted chicken » Chicken nuggets » Lettuce and cucumber » Fruit	Cal 948 Kcal Prot 20 gr H.C. 32 gr Lip 45 gr G. 8 gr	7th of March » Cream of broccoli and ham » Scrambled eggs with bacon » Spinach and potatoes omelette » Tomato and olives » Fruit	Cal 892 Kcal Prot 14 gr H.C. 24 gr Lip 60 gr G. 12 gr	8th of March » Paella with vegetables » Hake in potato tempura » Meuniere hake » Tomato » Yoghurt	Cal 1.032 Kcal Prot 18 gr H.C. 46 gr Lip 34 gr G. 7 gr
3	11th of March » Green beans with tomato sauce » Veal hamburger with emmental cheese and caramelized onion » Beef hamburger in sauce » Asparagus salad » Fruit	Cal 981 Kcal Prot 19 gr H.C. 26 gr Lip 52 gr G. 17 gr	12th of March » Rice on the side with squid and prawns » Chicken and vegetable wok & soy sauce » Garlic chicken wings » Green salad with lettuce, cucumber and olives » Yoghurt	Cal 985 Kcal Prot 23 gr H.C. 41 gr Lip 35 gr G. 9 gr	13th of March » Organic haricot beans and carrot stew » Scrambled eggs » Fried eggs » Sausage and french fries » Lettuce and tomato » Fruit	Cal 1.112 Kcal Prot 16 gr H.C. 30 gr Lip 49 gr G. 10 gr	14th of March » Cream of asparagus soup with croutons » Pork escalopes with onion » Pork head in sauce » Lettuce, tomato, onion and carrot » Salad » Fruit	Cal 875 Kcal Prot 18 gr H.C. 27 gr Lip 53 gr G. 15 gr	15th of March » Macaroni carbonara » Salmon with mediterranean sauce » Grilled salmon » Green salad » Fruit	Cal 990 Kcal Prot 20 gr H.C. 34 gr Lip 45 gr G. 9 gr
4	18th of March » Lentils stew with integral rice » Roast chicken thigh » Tikka masala chicken » Lettuce and tomato salad » Fruit	Cal 820 Kcal Prot 26 gr H.C. 35 gr Lip 34 gr G. 8 gr	19th of March » Spinach with cream » Pork loin sajonia style » Ham croquettes » Letucce and hard-boiled egg » Yoghurt	Cal 1.036 Kcal Prot 15 gr H.C. 31 gr Lip 53 gr G. 16 gr	20th of March » Leek and egg lorraine quiche » "Borgoña" braised beef (boeuf bourguignon) » Potatoes au gratin » Chocolate crep	Cal 1.025 Kcal Prot 22 gr H.C. 28 gr Lip 49 gr G. 16 gr	21st of March » Spanish style chicken and vegetable broth » Chickpeas, meat, sausage, potato & carrots stew » Galician style boiled leg of pork » Lettuce, olives, cucumber and » Sweetcorn salad » Fruit	Cal 1.025 Kcal Prot 19 gr H.C. 39 gr Lip 39 gr G. 11 gr	22nd of March » White rice with tomato and basil » Cod in tempura with strips of pepper & » Mayonnaise » Cod with ratatouille » Mung beans salad » Fruit	Cal 829 Kcal Prot 8 gr H.C. 54 gr Lip 36 gr G. 5 gr
5	25th of March » Whole-wheat macaroni with pesto green » Roast ribs » Pork stew with tomato » Diced cheese salad » Fruit	Cal 1.100 Kcal Prot 21 gr H.C. 29 gr Lip 48 gr G. 14 gr	26th of March » Pumpkin, olive oil and basil ratatouille » Beef steak in sauce » Milanesa beef » Salad with surimi » Yoghurt	Cal 988 Kcal Prot 22 gr H.C. 28 gr Lip 49 gr G. 11 gr	27th of March » Tagliatelle and vegetables wok » Spanish omelette » Fried eggs with steamed potatoes and olive sauce » Lettuce, carrot and cooked ham salad » Fruit	Cal 817 Kcal Prot 13 gr H.C. 47 gr Lip 38 gr G. 6 gr	28th of March » Seafood soup » Turkey in estrogonoff sauce » Turkey chop marinated grilled » Tomato salad » Fruit	Cal 877 Kcal Prot 26 gr H.C. 30 gr Lip 42 gr G. 8 gr	29th of March » Rice with beans stew » Marinated fish » Bilbaina style pout » Green salad with lettuce, cucumber » And olives » Fruit	Cal 986 Kcal Prot 21 gr H.C. 45 gr Lip 32 gr G. 4 gr

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