



XANEIRO

Luns Monday	Martes Tuesday	Mércores Wednesday	Xoves Thursday	Venres Friday
 <p>CEAS DINNER</p>	 <p>CONSELLOS ADVICE</p>	 <p>PRODUTOS DE TEMPADA SEASONAL PRODUCTS</p>	 <p>CORES COLOURS</p>	 <p>PARA DESCUBRIR! FIND OUT!</p>
<p><i>Menú elaborado por Dr. Antonio Iglesias Figueiras. Médico diplomado en dietética e nutrición</i></p>	<p>Pan integral unha vez á semana Whole wheat bread once a week</p> 	<p>8</p> <p>1º: Crema de cabaza 2º: Espagueti boloñesa 3º: Froita</p> <p>1st: Pumpkin soup 2nd: Bolognese spaghetti 3rd: Fruit</p>	<p>9</p> <p>1º: Potaxe de garavanzos 2º: Filete de halibut (milanesa) con arroz 3º: Froita</p> <p>1st: Chickpea stew 2nd: Halibut fillet with rice (milanese) 3rd: Yoghurt / Fruit</p>	<p>10</p> <p>1º: Caldo de cocido 2º: Carne o caldeiro con patacas 3º: Froita</p> <p>1st: Galician stew soup 2nd: Meat in a cauldron 3rd: Fruit</p>
<p>13</p> <p>1º: Crema de cabaza 2º: Tallaríns con tenreira 3º: Froita</p> <p>1st: Pumpkin soup 2nd: Noodles with beef 3rd: Fruit</p>	<p>14</p> <p>1º: Tortilla francesa 2º: Arroz salteado con verduras e xamón <i>york</i> 3º: Froita</p> <p>1st: Omelette 2nd: Rice stir fry with vegetables and ham 3rd: Yoghurt / Fruit</p>	<p>15</p> <p>1º: Potaxe de fabas 2º: Robaliza (costela) ao forno con patacas panadeiras 3º: Froita</p> <p>1st: Beans stew 2nd: Baked sea bass with sliced potatoes (ribs) 3rd: Fruit</p>	<p>16</p> <p>1º: Brócoli á grella 2º: Segredo de porco á grella con <i>fetuccini</i> 3º: Froita</p> <p>1st: Grilled broccoli 2nd: Grilled pork secret with fetuccini 3rd: Yoghurt / Fruit</p>	<p>17</p> <p>1º: Sopa de pasta 2º: Espeto de salmón (raxo) e pementos con arroz branco 3º: Froita</p> <p>1st: Pasta soup 2nd: Salmon skewer (pork loin) and peppers with rice 3rd: Fruit</p>
<p>20</p> <p>1º: Sopa <i>minestrone</i> 2º: Paella de coello 3º: Froita</p> <p>1st: Minestrone soup 2nd: Rabbit paella 3rd: Fruit</p>	<p>21</p> <p>1º: Revolto de cogomelos 2º: Piazza de atún (<i>pepperoni</i>) e beicon 3º: Iogur/ froita</p> <p>1st: Scrambled mushrooms 2nd: Tuna and bacon pizza (<i>pepperoni</i>) 3rd: Yoghurt / Fruit</p>	<p>22</p> <p>1º: Wok de verduras 2º: Xamonciños de pavo ao forno con patacas 3º: Froita</p> <p>1st: Vegetable Wok 2nd: Baked chopped turkey drumsticks with potatoes 3rd: Fruit</p>	<p>23</p> <p>1º: Lentellas 2º: Fideuá con gulas e gambas (magro de porco) 3º: Iogur/ froita</p> <p>1st: Lentils 2nd: Gulas and shrimp fideua (lean pork) 3rd: Yoghurt / Fruit</p>	<p>24</p> <p>1º: Chícharos con xamón 2º: Carrilleiras de tenreira en salsa con arroz 3º: Froita</p> <p>1st: Green peas with ham 2nd: Beef cheek in sauce with rice 3rd: Fruit</p>
<p>27</p> <p>1º: Feixóns con xamón 2º: Tagliatella con salsa de solombo de porco 3º: Froita</p> <p>1st: Beans with ham 2nd: Tagliatelle with pork sirloin sauce 3rd: Fruit</p>	<p>28</p> <p>1º: Sopa de pasta e verduras 2º: Dourada (xarrete) ao forno con patacas 3º: Iogur/ froita</p> <p>1st: Vegetable and noodle soup 2nd: Baked sea bream (meat shank) 3rd: Yoghurt / Fruit</p>	<p>29</p> <p>1º: Crema xuliana 2º: Costela con arroz branco 3º: Froita</p> <p>1st: Julianne vegetable soup 2nd: Rib roast with rice 3rd: Fruit</p>	<p>30</p> <p>1º: Caldo de garavanzos 2º: Pescada (<i>escalopíns de polo</i>) con patacas e guarnición 3º: Iogur/ froita</p> <p>1st: Chickpeas broth 2nd: Fish (chicken cutlet) with potatoes and garnish 3rd: Yoghurt / Fruit</p>	<p>31</p> <p>1º: Ensalada 2º: Milanesa con arroz 3º: Iogur/ froita</p> <p>1st: Salad 2nd: Milanese with rice 3rd: Yoghurt / Fruit</p>

TENTEMPÉ: **Infantil:** Leite, pan, iogur e froita (luns, mércores e venres) e froita e pan de panadería (martes e xoves). **Primaria e ESO:** Bocadillo e froita. **SNACK. Infantil:** Milk, bread, yoghurt and some fruit (Monday, Wednesday and Friday) and some fruit and bread from local bakery (Tuesday and Thursday). **Primary and Secondary school:** Sandwich and fruit.

MERENDA INFANTIL: Bocadillo variados, zume e froita. **SNACK. Infantil:** Sandwiches, juice and fruit.

GARDA CON ALMORZO: Leite, cereais, galletas, zume, iogur, torradas e froita. **CARE SNACK:** Milk, cereal, cookies, juice, yoghurt, toast and fruit.

O peixe pode substituírse por outro dependendo do que ofrezan no mercado. **The fish on the menu could be replaced with another one depending on the market supply.**

Os pratos que conteñan alérxenos, terán produto substituído. **All meals on the menu that contain allergens will be replaced by other ingredients or product.**

O alumno/a sempre terá a súa disposición ensalada. **Students will always have salad available.**



FEBREIRO



Colexio Guillelme Brown



Luns	Martes	Mércores	Xoves	Venres
Monday	Tuesday	Wednesday	Thursday	Friday

TENTEMPÉ: Infantil: Leite, pan, iogur e froita (luns, mércores e venres) e froita e pan de panadería (martes e xoves). **Primaria e ESO:** Bocadillo e froita. **SNACK. Infantil:** Milk, bread, yoghurt and some fruit (Monday, Wednesday and Friday) and some fruit and bread from local bakery (Tuesday and Thursday). **Primary and Secondary school:** Sandwich and fruit.

MERENDA INFANTIL: Bocadillo variados, zume e froita. **AFTERNOON SNACK. Infantil:** Sandwiches, juice and fruit.

GARDA CON ALMORZO: Leite, cereais, galletas, zume, iogur, torradas e froita. **CARE SNACK:** Milk, cereal, cookies, juice, yoghurt, toast and fruit.

Pan integral unha vez á semana
Whole wheat bread once a week



<p>3</p> <p>1º: Vichisúa 2º: Riganoti carbonara 3º: Froita</p> <p>1st: Vichyssoise cream 2nd: Riganoti carbonara 3rd: Fruit</p>	<p>4</p> <p>1º: Chícharos con xamón 2º: Arroz meloso con rape 3º: Iogur/ froita</p> <p>1st: Peas with ham 2nd: Creamy rice with monk fish 3rd: Fruit</p>	<p>5</p> <p>1º: Consomé con tropezóns 2º: Lombo de porco ao forno con patacas e gornición 3º: Froita</p> <p>1st: Consomme with bread crumbs 2nd: Baked pork loin with potatoes and garnish 3rd: Yoghurt / Fruit</p>	<p>6</p> <p>1º: Lentellas 2º: Empanada de hoxaldre de atún (zorza) 3º: Froita</p> <p>1st: Lentils 2nd: Tuna puff pastry empada (zorza) 3rd: Yoghurt / Fruit</p>	<p>7</p> <p>1º: Crema de verduras 2º: Polo asado con patacas 3º: Froita</p> <p>1st: Vegetable cream 2nd: Roast chicken with potatoes 3rd: Yoghurt / Fruit</p>
<p>10</p> <p>1º: Sopa de cabaciña 2º: Lasaña de tenreira 3º: Froita</p> <p>1st: Pumpkin soup 2nd: Beef lasagna 3rd: Fruit</p>	<p>11</p> <p>1º: Crema de cenoria 2º: Pota guisada (ragú de porco) con patacas 3º: Froita</p> <p>1st: Carrot cream 2nd: Cuttlefish stew with potatoes (pork ragout) 3rd: Fruit</p>	<p>12</p> <p>1º: Sopa de pasta 2º: Peituga de pavo con arroz branco 3º: Froita</p> <p>1st: Noodle soup 2nd: Turkey breast with rice 3rd: Fruit</p>	<p>13</p> <p>1º: Caldo galego 2º: Filete de pescada (costela de saxonia) á grella con patacas 3º: Froita</p> <p>1st: Galician broth 2nd: Grilled fish fillet (sajonia ribs) with steamed potatoes 3rd: Fruit</p>	<p>14</p> <p>1º: Potaxe de garavanzos 2º: Pizza de xamón e queixo 3º: Froita</p> <p>1st: Chickpea stew 2nd: Ham and cheese pizza 3rd: Yoghurt / Fruit</p>
<p>17</p> <p>1º: Feixóns con ovo 2º: Risotto de cogomelos e lomo de pavo 3º: Froita</p> <p>1st: Beans with eggs 2nd: Mushroom and turkey loin risotto 3rd: Fruit</p>	<p>18</p> <p>1º: Lentellas 2º: Bacallau (queixo) con pasta 3º: Iogur/ froita</p> <p>1st: Lentils 2nd: Cod (cheese) with pasta 3rd: Yoghurt / Fruit</p>	<p>19</p> <p>1º: Puré de coliflor 2º: Carne ao caldeiro con patacas cocidas 3º: Froita</p> <p>1st: Cauliflower puree 2nd: Galician stew soup 3rd: Fruit</p>	<p>20</p> <p>1º: Sopa de pasta con verduras 2º: Paella mariñeira (coello) 3º: Iogur/ froita</p> <p>1st: Noodle soup with vegetables 2nd: Sea paella (rabbit) 3rd: Yoghurt / Fruit</p>	<p>21</p> <p>1º: Caldo de fabas 2º: Milanesa con patacas 3º: Froita</p> <p>1st: Bean broth 2nd: Milanese with potatoes 3rd: Fruit</p>
<p>24</p> <p>1º: Crema de espárragos 2º: Fideuá con carne de tenreira 3º: Froita</p> <p>1st: Asparagus cream 2nd: Fideua with veal meat 3rd: Fruit</p>	<p>25</p> <p>1º: Crema minestrone 2º: Rape (raxo) guisado con arroz 3º: Froita</p> <p>1st: Minestrone cream 2nd: Monkfish stew (pork loin) with rice 3rd: Fruit</p>	<p>26</p> <p>1º: Tosta de queixo 2º: Raviolis de magro con porco 3º: Iogur/ froita</p> <p>1st: Cheese toast 2nd: Pork lean ravioli 3rd: Yoghurt / Fruit</p>	<p>27</p> <p>1º: Ensalada temperada con queixo 2º: Filete de xarda (xamón) á grella con puré de pataca 3º: Froita</p> <p>1st: Warm salad with cheese 2nd: Grilled mackerel fillet (ham) with potatoe puree 3rd: Fruit</p>	<p>28</p> <p>MENÚ ESPECIAL DE ENTROIDO (cocido galego con fabas Lourenzá*)</p> <p>SPECIAL MENU OF CARNIVAL</p> 

O peixe pode substituírse por outro dependendo do que ofrezan no mercado. The fish on the menu could be replaced with another one depending on the market supply.

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*Campana "Come local"



MARZO



Colexio Guillelme Brown



MARCH

Luns	Martes	Mércores	Xoves	Venres
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Pan integral unha vez á semana Whole wheat bread once a week</p>	<p>*Campana "Come local"</p>		<p>6</p> <p>1º: Feixóns con beicon 2º: Filete de pescada (peituga de pavo) en salsa con arroz branco 3º: Iogur/ froita 1st: Beans with bacon 2nd: Fish fillet (turkey breast) in sauce with rice 3rd: Yoghurt / Fruit</p>	<p>7</p> <p>1º: Potaxe de garavanzos 2º: Tortilla de patacas 3º: Iogur/ froita 1st: Chickpeas stew 2nd: Spanish omelette 3rd: Yoghurt / Fruit</p>
<p>10</p> <p>1º: Chícharos con chourizo 2º: Fideuá de polo 3º: Froita 1st: Peas with chorizo 2nd: Chicken fideua 3rd: Yoghurt / Fruit</p>	<p>11</p> <p>1º: Potaxe de fabas 2º: Empanada de chocos (tenrera) 3º: Froita 1st: Beans stew 2nd: Cuttlefish empanada (veal) 3rd: Yoghurt / Fruit</p>	<p>12</p> <p>1º: Crema de espinacas 2º: Hamburguesa pavo con arroz ao curry 3º: Froita 1st: Spinach cream 2nd: Turkey hamburger with curry rice 3rd: Yoghurt / Fruit</p>	<p>13</p> <p>1º: Puré de brócoli 2º: Filete de salmón (espeto moruno) á grella con patacas ao vapor 3º: Froita 1st: Broccoli puree 2nd: Grilled salmon fillet (shish kebab)with steamed potatoes 3rd: Yoghurt / Fruit</p>	<p>14</p> <p>1º: Crema de cenoria con picatostes 2º: Escalopín de porco á grella con patacas fritidas 3º: Iogur/ froita 1st: Carrot soup with croutons 2nd: Grilled pork cutlet with french fries 3rd: Yoghurt / Fruit</p>
<p>17</p> <p>1º: Crema de cabaza 2º: Tortiglioni con xamón e tomate 3º: Froita 1st: Pumpkin soup 2nd: Tortiglioni with ham and tomatoe 3rd: Fruit</p>	<p>18</p> <p>1º: Lentellas 2º: Filete de bacallau (fingers de pavo) con arroz branco 3º: Froita 1st: Lentils 2nd: Cod filliets (turkey fingers)with rice 3rd: Fruit</p>	<p>19</p> <p>1º: Sopa xuliana 2º: Xarrete de tenreira ao forno con patacas 3º: Froita 1st: Julianne soup 2nd: Baked veal shank with potatoes 3rd: Fruit</p>	<p>20</p> <p>1º: Croquetas de polo 2º: Filete de rosada (polo) á grella con fetuccini 3º: Froita 1st: Chicken croquettes 2nd: Grilled pink fish (chicken) with fetuccini 3rd: Fruit</p>	<p>21</p> <p>1º: Crema de celgas 2º: Pizza margarida 3º: Froita 1st: Chard cream 2nd: Margarita pizza 3rd: Fruit</p>
<p>24</p> <p>1º: Tortilla de xamón york 2º: Paella de verduras 3º: Froita 1st: York ham omelette 2nd: Vegetable paella 3rd: Fruit</p>	<p>25</p> <p>1º: Sopa de pasta e garavanzos 2º: Boqueróns fritidos (san xacobo) con patacas cocidas 3º: Froita 1st: Chickpea noodle soup 2nd: Fried anchovies with potatoes (ham and cheese fritter) 3rd: Fruit</p>	<p>26</p> <p>1º: Berenxenas rebozadas 2º: Albóndegas de pavo con salsa de arroz 3º: Froita 1st: Fried battered eggplants 2nd: Turkey meatballs with rice sauce 3rd: Fruit</p>	<p>27</p> <p>1º: Crema de coliflor e millo 2º: Lasaña de atún 3º: Froita 1st: Cauliflower and corn cream 2nd: Tuna lasagna 3rd: Fruit</p>	<p>28</p> <p>1º: Salteado de espinacas con queixo fresco 2º: Polo asado con patacas fritidas 3º: Froita 1st: Sautéed spinach with fresh cheese 2nd: Roast chicken with french fries 3rd: Fruit</p>
<p>31</p> <p>1º: Ensalada mixta 2º: Fussili con beicon 3º: Froita 1st: Mixed salad 2nd: Fussili with con bacon 3rd: Fruit</p>	<p>TENTEMPÉ: Infantil: Leite, pan, iogur e froita (luns, mércores e venres) e froita e pan de panadería (martes e xoves). Primaria e ESO: Bocadoillo e froita. SNACK. Infantil: Milk, bread, yoghurt and some fruit (Monday, Wednesday and Friday) and some fruit and bread from local bakery (Tuesday and Thursday). Primary and Secondary school: Sandwich and fruit.</p> <p>MERENDA INFANTIL: Bocadoillo variados, zume e froita. AFTERNOON SNACK. Infantil: Sandwiches, juice and fruit.</p> <p>GARDA CON ALMORZO: Leite, cereais, galletas, zume, iogur, torradas e froita. CARE SNACK: Milk, cereal, cookies, juice, yoghurt, toast and fruit.</p>			

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COMPLETA CUN MENÚ PARA A CENA



Menú cena Dinner menu

Find the perfect lunch and dinner pairing ideas

Se comemos
If you havefor lunch



Podemos cear
You should have..... For dinner



cereais, legumes
cereal, legume



hortalizas, verduras
vegetables



verduras - vegetables



cereais - cereal



carne - meat



ovo - egg



peixe - fish



ovo - egg



ovo - egg



peixe ou carne - fish or meat



froita - fruit



lácteo ou froita - dairy or fruit



lácteo - dairy



froita - fruit

Equilibra o teu prato

Balance your plate

Un menú equilibrado debe conter 60 % de carbohidratos, 25% de graxas e 15% de proteínas. Ademais de incluír os tres grupos de alimentos nas comidas principais, completa as 5 comidas ao día con froita, lácteo ou froitos secos.

A balanced menu should contain 60% carbohydrates, 25% fats and 15% proteins. In addition to including all three food groups in your main meals, complete all 5 meals a day with fruit, dairy or nuts.

