

HELADOS CASEROS Y NUTRITIVOS

CÓMO PREPARARLOS DE MANERA SENCILLA

- POSIBILIDADES:**
1. CORTAR LA FRUTA
CONGELAR
TRITURAR
 2. TRITURAR
CONGELAR
REMOVIENDO



En colaboración con 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

Haz click en los botones abajo para descubrir más sobre nuestro menú

Plataforma de contacto Brains La Moraleja

Plataforma de contacto Brains Arturo Soria

Lo que comen mes a mes en Brains La Moraleja

Lo que comen mes a mes en Brains Arturo Soria



MENÚ Mensual

JUNIO / 2024 INFANTIL - PRIMARIA

- » 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	3 de junio	Cal 974 Kcal Prot 17 g H.C. 29 g Lip. 51 g G. 9 g	4 de junio <u>RECETA FISH REVOLUTION</u> » Arroz tres delicias (con guisantes, maíz y zanahoria) » Salmón sobre guiso de verduras atomatadas y aceite de perejil » Menestra de verduras » Ensalada de lechuga, tomate y remolacha » Fruta	Cal 1181 Kcal Prot 19 g H.C. 34 g Lip. 45 g G. 7 g	5 de junio	Cal 993 Kcal Prot 15 g H.C. 28 g Lip. 54 g G. 16 g	6 de junio	Cal 864 Kcal Prot 23 g H.C. 30 g Lip. 45 g G. 9 g	7 de junio <u>FLAVOURS OF THE WORLD</u> » Tallarines al estilo de camboyano » Pollo amok camboyano » Verduras salteadas » Pepino agri dulce al estilo camboyano » Fruta	Cal 709 Kcal Prot 22 g H.C. 45 g Lip. 30 g G. 9 g
2	10 de junio	Cal 1014 Kcal Prot 13 g H.C. 45 g Lip. 40 g G. 6 g	11 de junio	Cal 792 Kcal Prot 25 g H.C. 35 g Lip. 37 g G. 9 g	12 de junio	Cal 618 Kcal Prot 16 g H.C. 50 g Lip. 30 g G. 7 g	13 de junio	Cal 1088 Kcal Prot 28 g H.C. 20 g Lip. 51 g G. 14 g	14 de junio	Cal 913 Kcal Prot 19 g H.C. 28 g Lip. 48 g G. 11 g
3	17 de junio	Cal 1016 Kcal Prot 27 g H.C. 20 g Lip. 51 g G. 12 g	18 de junio	Cal 1030 Kcal Prot 19 g H.C. 35 g Lip. 45 g G. 9 g	19 de junio	Cal 1262 Kcal Prot 11 g H.C. 30 g Lip. 57 g G. 11 g	20 de junio	Cal 1117 Kcal Prot 17 g H.C. 30 g Lip. 49 g G. 15 g	21 de junio <u>MENÚ ESPECIAL FIN DE CURSO</u> » Pizza margarita » Sajonia a la gallega » Salsa de tomate » Helado	Cal 701 Kcal Prot 18 g H.C. 40 g Lip. 41 g G. 16 g

Menús elaborados y calibrados con la asesoría de Compass Group



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MENÚ Mensual

JUNIO / 2024

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	MARTES	MIÉRCOLES	JUEVES	VIERNES
1	3 de junio <ul style="list-style-type: none"> » Lentejas con verdura (cebolla y pimiento) » Tortilla de patatas » Huevos con salsa de mahonesa, tomate y atún » Tomate asado con hierbas » Lechuga y cebolla » Fruta 	4 de junio <p><u>RECETA FISH REVOLUTION</u></p> <ul style="list-style-type: none"> » Arroz tres delicias (con guisantes, maíz y zanahoria) » Salmón sobre guiso de verduras atomatadas y aceite de perejil » Salmón a la mostaza » Menestra de verduras » Ensalada de lechuga, tomate y remolacha » Fruta 	5 de junio <ul style="list-style-type: none"> » Judías verdes a la italiana » Albóndigas en salsa » Albóndigas con zanahorias y guisantes » Patatas dado » Lechuga y zanahoria rallada » Fruta 	6 de junio <ul style="list-style-type: none"> » Ensalada campera » Filete de abadejo en salsa » Abadejo en adobo de curry » Calabacín al horno » Lechuga, maíz y zanahoria » Yogur 	7 de junio <p><u>FLAVOURS OF THE WORLD</u></p> <ul style="list-style-type: none"> » Tallarines al estilo de camboya » Pollo amok camboyano » Verduras salteadas » Pepino agridulce al estilo camboyano » Fruta
2	10 de junio <ul style="list-style-type: none"> » Arroz con tomate » Albóndigas de merluza en salsa » Albóndigas de merluza con caponata de verduras » Calabaza asada » Ensalada con brotes de judía » Fruta 	11 de junio <ul style="list-style-type: none"> » Panache de guisantes, zanahoria y judía verde » Lomo adobado a la plancha » Lomo de cerdo marinado » Puré de patatas » Ensalada de pasta » Fruta 	12 de junio <ul style="list-style-type: none"> » Sopa de cocido » Cocido madrileño » Repollo » Fruta 	13 de junio <ul style="list-style-type: none"> » Crema de puerro, cebolla y patata » Pollo al ajillo » Pollo al horno con salsa griega » Cous cous con verdura » Tomate y maíz » Yogur 	14 de junio <ul style="list-style-type: none"> » Alubias blancas con chorizo » Tortilla francesa » Quiche de puerro y huevo lorraine » Brócoli » Lechuga, maíz y col lombarda » Fruta
3	17 de junio <ul style="list-style-type: none"> » Verdura tricolor (brócoli, judía verde y zanahoria) » Pollo asado al estilo cajún » Alitas de pollo asadas a la barbacoa » Patata asada » Ensalada verde con lechuga, pepino y olivas » Fruta 	18 de junio <ul style="list-style-type: none"> » Arroz caldoso » Caballa con ajitos en salsa de tomate » Caballa marinada en soja y naranja » Gazpacho » Lechuga y judía brote » Fruta 	19 de junio <ul style="list-style-type: none"> » Ensalada de pasta » Revuelto de huevo con calabacín, morcilla y cebolla caramelizada » Tortilla de patatas y pimientos » Lechuga y maíz » Calabaza asada » Fruta 	20 de junio <ul style="list-style-type: none"> » Lentejas con chorizo » Albóndigas de ternera en salsa española » Albóndigas con tomate » Lechuga y tomate » Yogurt 	21 de junio <p><u>MENÚ ESPECIAL FIN DE CURSO</u></p> <ul style="list-style-type: none"> » Pizza margarita » Sajonia a la gallega » Salsa de tomate » Helado

Menús elaborados y calibrados con la asesoría de Compass Group



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MENÚ Mensual

JUNIO / 2024

RECOMENDACIÓN DE CENAS

- » 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	MARTES	MIÉRCOLES	JUEVES	VIERNES
1	3 de junio <ul style="list-style-type: none"> » Escalopines de cerdo Marsala con setas » Puré de boniato asado 	4 de junio <ul style="list-style-type: none"> » Pechuga de pavo a la plancha con setas, trigueros y bimi salteados » Ensalada de hinojo, manzana y queso de cabra 	5 de junio <ul style="list-style-type: none"> » Espinacas a la crema con huevos escalfados » Ensalada de atún y encurtidos 	6 de junio <ul style="list-style-type: none"> » Filetes rusos de soja texturizada, ternera y verduras » Ensalada verde 	7 de junio <ul style="list-style-type: none"> » Lasaña de calabacín y merluza » Verduras al vapor
2	10 de junio <ul style="list-style-type: none"> » Salchichas de pollo caseras » Crema de calabacín y queso brie 	11 de junio <ul style="list-style-type: none"> » Lasaña de calabacín y merluza » Verduras al vapor 	12 de junio <ul style="list-style-type: none"> » Seitán con salsa de tomate y cherrys asados » Puré de patata 	13 de junio <ul style="list-style-type: none"> » Wok de langostinos y brócoli » Ensalada de pollo y maíz 	14 de junio <ul style="list-style-type: none"> » Saams de carne picada » Tomates asados
3	17 de junio <ul style="list-style-type: none"> » Quesadillas con carne picada » Pipirrana de pimientos tres colores 	18 de junio <ul style="list-style-type: none"> » Cerdo asado con verduras » Ensalada de arroz integral 	19 de junio <ul style="list-style-type: none"> » Albóndigas de bacalao con tomate » Ensalada de canónigos y patata cocida 	20 de junio <ul style="list-style-type: none"> » Huevos rellenos de sardinillas » Ensalada de zanahoria fresca rallada 	21 de junio <ul style="list-style-type: none"> » Escalopines de cerdo Marsala con setas » Puré de boniato asado

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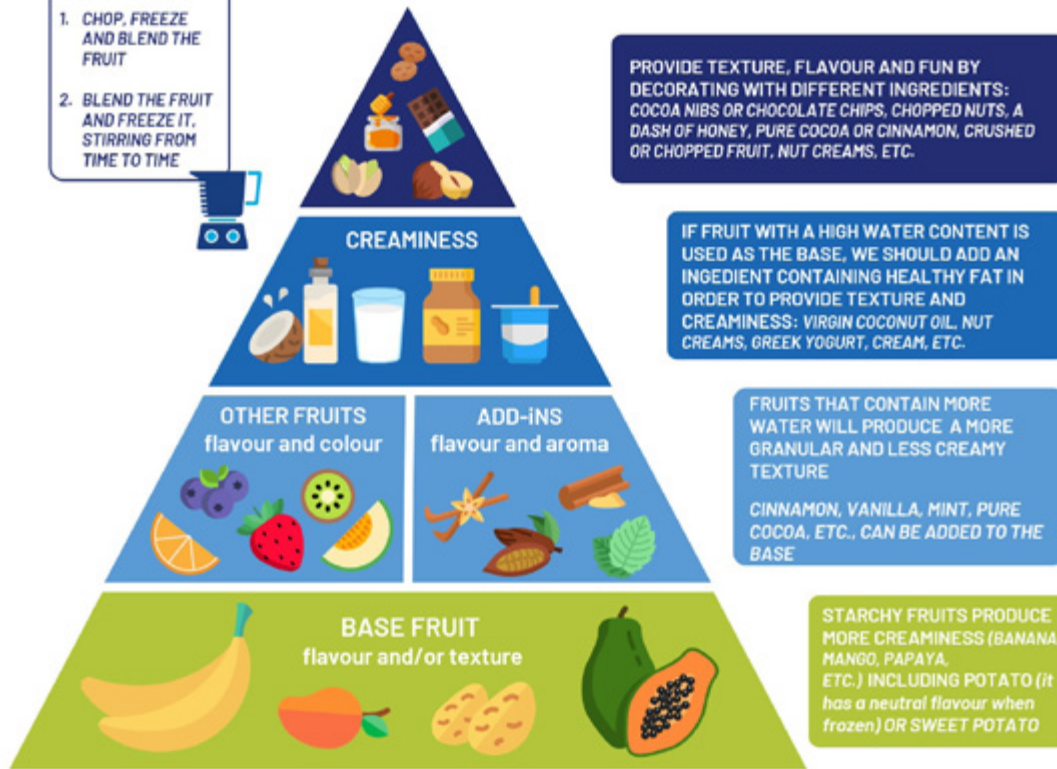
NUTRITIOUS HOMEMADE ICE CREAM

A SIMPLE WAY TO PREPARE IT



POSSIBLE OPTIONS:

1. CHOP, FREEZE AND BLEND THE FRUIT
2. BLEND THE FRUIT AND FREEZE IT, STIRRING FROM TIME TO TIME



En colaboración con colegiosaludable.com

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

Click on the buttons below to discover more about our menu

The dining room of my school Brains La Moraleja

The dining room of my school Arturo Soria

What they eat each month at Brains La Moraleja

What they eat each month at Brains Arturo Soria



MONTHLY Menu

JUNE / 2024 INFANTS-PRIMARY

- » 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	June 3rd <ul style="list-style-type: none"> » Lentils with vegetables (onion and pepper) » Spanish omelette » Roasted tomato with herbs » Lettuce and onion » Fruit 	Cal 974 Kcal Prot 17 g H.C. 29 g Lip. 51 g G. 9 g	June 4th <i>FISH REVOLUTION RECIPE</i> <ul style="list-style-type: none"> » Chinese rice (carrots, sweetcorn and peas) » Salmon on a bed of tomato-infused » Vegetables and parsley oil » Mixed vegetables » Lettuce, tomato and beetroot salad » Fruit 	Cal 1181 Kcal Prot 19 g H.C. 34 g Lip. 45 g G. 7 g	June 5th <ul style="list-style-type: none"> » Italian-style green beans » Meatballs with sauce » Diced potatoes » Lettuce and shredded carrot » Fruit 	Cal 993 Kcal Prot 15 g H.C. 28 g Lip. 54 g G. 16 g	June 6th <ul style="list-style-type: none"> » Country salad » Fillet of haddock in sauce » Baked courgette » Lettuce, sweetcorn and carrots » Yoghurt 	Cal 864 Kcal Prot 23 g H.C. 30 g Lip. 45 g G. 9 g	June 7th <i>FLAVOURS OF THE WORLD'S DAY</i> <ul style="list-style-type: none"> » Cambodian-style noodles » Cambodian amok chicken » Sautéed vegetables » Cambodian-style sweet and sour cucumber » Fruit 	Cal 709 Kcal Prot 22 g H.C. 45 g Lip. 30 g G. 9 g
2	June 10th <ul style="list-style-type: none"> » Rice with tomato sauce » Hake fishballs in sauce » Roast pumpkin » Bean sprout salad » Fruit 	Cal 1014 Kcal Prot 13 g H.C. 45 g Lip. 40 g G. 6 g	June 11th <ul style="list-style-type: none"> » Panache of peas, carrots and green beans » Grilled marinated pork loin » Mashed potatoes » Pasta salad » Fruit 	Cal 792 Kcal Prot 25 g H.C. 35 g Lip. 37 g G. 9 g	June 12th <ul style="list-style-type: none"> » Traditional spanish "cocido" soup » Chickpeas, chicken, carrots, potato & cabbage stew » Cabbage » Fruit 	Cal 618 Kcal Prot 16 g H.C. 50 g Lip. 30 g G. 7 g	June 13th <ul style="list-style-type: none"> » Cream of leek, onion and potato soup » Garlic chicken » Couscous with vegetables » Tomato and sweetcorn » Yoghurt 	Cal 1088 Kcal Prot 28 g H.C. 20 g Lip. 51 g G. 14 g	June 14th <ul style="list-style-type: none"> » Haricot beans with chorizo » French omelette » Broccoli » Lettuce, sweetcorn and red cabbage » Fruit 	Cal 913 Kcal Prot 19 g H.C. 28 g Lip. 48 g G. 11 g
3	June 17th <ul style="list-style-type: none"> » Tricolor vegetables » Cajun roast chicken » Baked potato » Green salad with lettuce, cucumber and olives » Fruit 	Cal 1016 Kcal Prot 27 g H.C. 20 g Lip. 51 g G. 12 g	June 18th <ul style="list-style-type: none"> » Risotto-style rice » Mackerel with garlic in tomato sauce » Gazpacho (chilled tomato, cucumber and garlic soup) » Lettuce and bean sprouts » Fruit 	Cal 1030 Kcal Prot 19 g H.C. 35 g Lip. 45 g G. 9 g	June 19th <ul style="list-style-type: none"> » Pasta salad » Scrambled eggs with courgettes, black pudding and caramelised onion » Lettuce and sweetcorn » Roasted pumpkin » Fruit 	Cal 1262 Kcal Prot 11 g H.C. 30 g Lip. 57 g G. 11 g	June 20th <ul style="list-style-type: none"> » Lentil stew with chorizo » Veal meatballs in spanish sauce » Lettuce and tomato » Yoghurt 	Cal 1117 Kcal Prot 17 g H.C. 30 g Lip. 49 g G. 15 g	June 21st <i>ESPECIAL END-OF-YEAR MENU</i> <ul style="list-style-type: none"> » Pizza margarita » Galician-style kassler pork loin » Tomato sauce » Ice cream 	Cal 701 Kcal Prot 18 g H.C. 40 g Lip. 41 g G. 16 g

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MONTHLY Menu

JUNE / 2024 SECONDARY - 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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	June 3rd <ul style="list-style-type: none"> » Lentils with vegetables (onion and pepper) » Spanish omelette » Eggs with a tomato and tuna mayonnaise sauce » Roasted tomato with herbs » Lettuce and onion » Fruit 	June 4th <u>FISH REVOLUTION RECIPE</u> <ul style="list-style-type: none"> » Chinese rice (carrots, sweetcorn and peas) » Salmon on a bed of tomato-infused vegetables and parsley oil » Salmon in a mustard sauce » Mixed vegetables » Lettuce, tomato and beetroot salad » Fruit 	June 5th <ul style="list-style-type: none"> » Italian-style green beans » Meatballs with sauce » Meatballs with carrots and peas » Diced potatoes » Lettuce and grated carrot » Fruit 	June 6th <ul style="list-style-type: none"> » Country salad » Fillet of haddock in sauce » Curried haddock » Baked courgette » Lettuce, sweetcorn and carrots » Yoghurt 	June 7th <u>FLAVOURS OF THE WORLD'S DAY</u> <ul style="list-style-type: none"> » Cambodian-style noodles » Cambodian amok chicken » Sautéed vegetables » Cambodian-style sweet and sour cucumber » Fruit
2	June 10th <ul style="list-style-type: none"> » Rice with tomato sauce » Hake fishballs in sauce » Hake fishballs with vegetable caponata » Roasted pumpkin » Bean sprout salad » Fruit 	June 11th <ul style="list-style-type: none"> » Panache of peas, carrots and green beans » Grilled marinated pork loin » Marinated pork loin » Mashed potatoes » Pasta salad » Fruit 	June 12th <ul style="list-style-type: none"> » Traditional spanish "cocido" soup » Chickpeas, chicken, carrots, potato & cabbage stew » Cabbage » Fruit 	June 13th <ul style="list-style-type: none"> » Cream of leek, onion and potato soup » Garlic chicken » Roast chicken in greek sauce » Couscous with vegetables » Tomato and sweetcorn » Yoghurt 	June 14th <ul style="list-style-type: none"> » Haricot beans with chorizo » French omelette » Egg and leek quiche lorraine » Broccoli » Lettuce, sweetcorn and red cabbage » Fruit
3	June 17th <ul style="list-style-type: none"> » Tricolor vegetables » Cajun roast chicken » Roast chicken wings with barbecue sauce » Baked potato » Green salad with lettuce, cucumber and olives » Fruit 	June 18th <ul style="list-style-type: none"> » Risotto-style rice » Mackerel with garlic in tomato sauce » Mackerel marinated in soy sauce and orange » Gazpacho (chilled tomato, cucumber and garlic soup) » Lettuce and bean sprouts » Fruit 	June 19th <ul style="list-style-type: none"> » Pasta salad » Scrambled eggs with courgettes, black pudding and caramelised onion » potato and pepper omelette » Lettuce and sweetcorn » Roasted pumpkin » Fruit 	June 20th <ul style="list-style-type: none"> » Lentil stew with chorizo » Veal meatballs in spanish sauce » Meatballs in tomato sauce » Lettuce and tomato » Yoghurt 	June 21st <u>ESPECIAL END-OF-YEAR MENU</u> <ul style="list-style-type: none"> » Pizza margarita » Galician-style kassler pork loin » Tomato sauce » Ice cream

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MONTHLY Menu

JUNE / 2024 DINNER SUGGESTIONS

- » 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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	June 3rd <ul style="list-style-type: none"> » Pork escalopes in Marsala sauce with wild mushrooms » Mashed baked sweet potato 	June 4th <ul style="list-style-type: none"> » Grilled turkey breast with sautéed wild mushrooms, asparagus and purple sprouting broccoli » Fennel, apple and goat's cheese salad 	June 5th <ul style="list-style-type: none"> » Creamed spinach with poached eggs » Tuna and pickle salad 	June 6th <ul style="list-style-type: none"> » Textured soya, veal and vegetable Salisbury steaks » Green salad 	June 7th <ul style="list-style-type: none"> » Courgette and hake lasagne » Steamed vegetables
2	June 10th <ul style="list-style-type: none"> » Homemade chicken sausages » Cream of courgette and brie soup 	June 11th <ul style="list-style-type: none"> » Courgette and hake lasagne » Steamed vegetables 	June 12th <ul style="list-style-type: none"> » Seitan with a tomato sauce and roasted cherry tomatoes » Mashed potato 	June 13th <ul style="list-style-type: none"> » Prawn and broccoli wok » Chicken and sweetcorn salad 	June 14th <ul style="list-style-type: none"> » Minced meat saams » Roasted tomatoes
3	June 17th <ul style="list-style-type: none"> » Minced meat "quesadillas" » "Pipirrana" three-coloured pepper salad 	June 18th <ul style="list-style-type: none"> » Roast pork with vegetables » Wholegrain rice salad 	June 19th <ul style="list-style-type: none"> » Cod "meatballs" with tomato » Lamb's lettuce and boiled potato salad 	June 20th <ul style="list-style-type: none"> » Eggs stuffed with small sardines » Freshly grated carrot salad 	June 21st <ul style="list-style-type: none"> » Pork escalopes in Marsala sauce with wild mushrooms » Mashed baked sweet potato

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