

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

26

MACARONI WITH TOMATO SAUCE  
GRILLED TURKEY  
LETTUCE AND OLIVES  
FRUIT OF THE SEASON  
*S: WHOLE-WHEAT BREAD WITH CHEESE*

27

STEWED CHICKPEAS  
BAKED HAKE FILLET  
SAUTÉED SPINACH  
YOGURT WITH TOPPINGS  
*S: BREAD STICKS AND SEASONAL FRUIT*

28

WHITE RICE WITH MUSHROOMS  
PORK LOIN IN SAUCE  
FRUIT OF THE SEASON  
*S: MILK AND CEREALS*

29

**PIC-NIC**  
PASTA SALAD  
CHICKEN NUGGETS  
FRUIT OF THE SEASON

30

LENTIL STEW  
FRENCH OMELETTE  
LETTUCE AND CUCUMBER  
FRUIT OF THE SEASON  
*S: COOKED HAM WITH INTEGRAL BREAD*

3

CREAM OF COURGETTE SOUP  
MEATBALLS WITH VEGETABLES  
FRUIT OF THE SEASON  
*S: WHOLE-WHEAT BREAD WITH CHEESE*

4

PASTA SALAD  
BATTERED COD  
GREEN SALAD  
YOGURT WITH TOPPINGS  
*S: BREAD STICKS AND SEASONAL FRUIT*

5

LENTILS STEW  
ROAST CHICKEN STEAK  
LETTUCE AND TOMATO  
FRUIT OF THE SEASON  
*S: MILK AND CEREALS*

6

**PIC-NIC**  
RICE SALAD  
SPANISH OMELETTE  
FRUIT OF THE SEASON

7

GREEN BEANS WITH OLIVE OIL  
GRILLED LEAN MEAT FILLET  
LETTUCE AND SWEETCORN  
FRUIT OF THE SEASON  
*S: COOKED HAM WITH INTEGRAL BREAD*

10

**PIC-NIC**  
RICE SALAD  
CHICKEN NUGGETS  
FRUIT OF THE SEASON  
*S: WHOLE-WHEAT BREAD WITH CHEESE*

11

STEWED CHICKPEAS  
GRILLED HAKE FILLET  
FRESH TOMATO SLICES  
YOGURT WITH TOPPINGS  
*S: BREAD STICKS AND SEASONAL FRUIT*

12

MACARONI WITH TOMATO SAUCE  
HAM OMELETTE  
LETTUCE AND SHREDDED CARROT  
FRUIT OF THE SEASON  
*S: MILK AND CEREALS*

13

WHITE BEANS BOILED WITH OLIVE OIL  
BAKED SAUSAGE  
COURGETTE  
FRUIT OF THE SEASON  
*S: BREAD STICKS AND SEASONAL FRUIT*

14

MIXED VEGETABLES  
GRILLED CHICKEN STEAK  
CHIPS  
FRUIT OF THE SEASON  
*S: COOKED HAM WITH INTEGRAL BREAD*

17

ITALIAN MACARONI  
GRILLED TURKEY FILLET  
LETTUCE AND SHREDDED CARROT  
FRUIT OF THE SEASON  
*S: WHOLE-WHEAT BREAD WITH CHEESE*

18

GREEN BEANS WITH OLIVE OIL  
BAKED MIXED BURGER  
WHITE RICE  
YOGURT WITH TOPPINGS  
*S: BREAD STICKS AND SEASONAL FRUIT*

19

LENTILS STEW  
SPANISH OMELETTE  
LETTUCE AND OLIVES  
FRUIT OF THE SEASON  
*S: MILK AND CEREALS*

20

**PIC-NIC**  
PASTA SALAD  
CROQUETTES  
TUNA PASTIES  
FRUIT OF THE SEASON

21

RICE WITH TOMATO SAUCE  
CHICKEN WITH VEGETABLES  
FRUIT OF THE SEASON  
*S: COOKED HAM WITH INTEGRAL BREAD*

**HERE WE COOK  
100% WITH  
OLIVE OIL.**

[aprendeacomersano.org](http://aprendeacomersano.org)

**STOP FOOD WASTE**  
Program

**Skoolarest**

**¡CONVIÉRTETE  
EN SU GUARDIÁN!**

**FISH  
REVOLUTION**

**SABOREANDO  
LOS  
MARES**

**Grow  
FOOD  
BANKS**

\*Pasta, pulses and fruit are organic origin. /\*Local food.  
Nuestros menús incluyen PAN BLANCO E INTEGRAL y la bebida será AGUA.



**SCOLAREST**

*Healthy and sustainable food*

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# HERE WE COOK 100% WITH OLIVE OIL.

IF WE HAVE HAD THESE FOR LUNCH:	OUR DINNER COULD BE:
CEREALS, STARCHES OR LEGUMES	→ RAW VEGETABLES OR COOKED LEGUMES
VEGETABLES	→ CEREALS OR STARCHES
MEAT	→ FISH OR EGG
FISH	→ LEAN MEAT OR EGG
EGG	→ FISH OR LEAN MEAT
FRUIT	→ DAIRY OR FRUIT
DAIRY	→ FRUIT

FROM THE START OF THE SCHOOL YEAR 2021-2022 WE HAVE BEEN PREPARING ALL OUR MEALS EXCLUSIVELY WITH OLIVE OIL. THIS IS HOW WE ENHANCE OUR COMMITMENT TO YOUR FAMILY'S WELLBEING THROUGH A HEALTHY AND SUSTAINABLE DIET.

*Notes:*

This company is a member of the Collaboration Plan for the Improvement of Food and Beverage Composition and other measures for 2020. In case of allergies or intolerances, try to maintain a healthy diet by replacing foods that are not tolerated with others within the same food group. Our company freezes fish that will be consumed raw or lightly cooked according to RD 1420/2006. As established in RE 1169/2011, the kitchen has information on the allergen content in prepared menus.

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