

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

3

CREAM OF LEEK, ONION AND POTATO SOUP

GRILLED CHICKEN STEAK

BAKED COURGETTE

FRUIT OF THE SEASON

S: WHOLE-WHEAT BREAD WITH CHEESE

4

CHINESE RICE (CARROT, SWEETCORN AND PEAS)

LEMON HAKE

LETTUCE, CORN AND RED CABBAGE

FRUIT OF THE SEASON

S: BREAD STICKS AND SEASONAL FRUIT

5

LENTILS WITH VEGETABLES (ONION AND PEPPER)

OMELET OF HAM AND CHEESE

LETTUCE, ONION AND TOMATO SALAD

FRUIT OF THE SEASON

S: YOGHURT WITH CEREALS

6

**FRESH FISH**

PASTA (WHOLEMEAL) WITH ZUCCHINI CREAM

FRESH FISH (ACCORDING TO MARKET) BAKED

LETTUCE AND SHREDDED CARROT

YOGURT WITH TOPPINGS

S: BREAD STICKS AND SEASONAL FRUIT

7

**CATALAN JOURNEY**

GREEN BEANS WITH OLIVE OIL

BAKED SAUSAGE

MUSHROOMS AND POTATOES

FRUIT OF THE SEASON

S: COOKED HAM WITH INTEGRAL BREAD

10

PAELLA WITH VEGETABLES

FLOURED FISH FILLET

RATATOUILLE

FRUIT OF THE SEASON

S: WHOLE-WHEAT BREAD WITH CHEESE

11

SALAD WITH CHICKPEAS

GRILLED MARINATED PORK LOIN

LETTUCE, SWEETCORN AND CARROTS

FRUIT OF THE SEASON

S: BREAD STICKS AND SEASONAL FRUIT

12

CREAM OF COURGETTE WITH CROUTONS

COD IN A GREEN SAUCE

FRUIT OF THE SEASON

S: YOGHURT WITH CEREALS

13

**ANGKOR WAT DAY (CAMBODIA)**

NOODLES IN THE STYLE OF CAMBODIA

CAMBODIAN AMOK CHICKEN

SWEET-SOUR CUCUMBER IN CAMBODIAN STYLE

YOGURT WITH TOPPINGS

S: BREAD STICKS AND SEASONAL FRUIT

14

HARICOT BEANS AND CARROT STEW

FRENCH OMELETTE

LETTUCE, CORN AND RED CABBAGE

FRUIT OF THE SEASON

S: COOKED HAM WITH INTEGRAL BREAD

17

TRICOLOR VEGETABLES

ROAST CHICKEN

LETTUCE AND MUNG BEAN

FRUIT OF THE SEASON

S: WHOLE-WHEAT BREAD WITH CHEESE

18

RICE WITH TOMATO SAUCE

BAKED MACKEREL FILLET

LETTUCE, ONION AND TOMATO SALAD

FRUIT OF THE SEASON

S: BREAD STICKS AND SEASONAL FRUIT

19

HAWAIIAN SALAD (Lettuce, tricolor paste, corn and pineapple)

COURGETTE OMELETTE

GREEN BEANS AND DICED CARROTS

FRUIT OF THE SEASON

S: YOGHURT WITH CEREALS

20

WHITE BEANS

TURKEY & CHEESE "SAN JACOBO" OF BAKED

LETTUCE AND TOMATO

YOGURT WITH TOPPINGS

S: BREAD STICKS AND SEASONAL FRUIT

21

**END OF TERM SPECIAL MENU**

SPAGHETTI WITH TOMATO SAUCE

WHOLE 100% BEEF BURGER

DICED POTATOES

FRUIT OF THE SEASON

S: COOKED HAM WITH INTEGRAL BREAD

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FISH  
REVOLUTION



GUARDIANS  
OF HEALTH



grow  
FOOD  
BANKS

# Scolarest

A HEALTHY, SAFE AND SUSTAINABLE

gastronomic experience

- ✓ Gastronomic and healthy experiences for all ages.
- ✓ We create spaces for learning, relaxing and being together.
- ✓ We ensure our diners' safety.
- ✓ We care for the planet.

in



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## Season

### SPRING - SUMMER

Use seasonal ingredients to prepare dinners.



Apricot  
Early fig  
Cherry  
Plum

### FRUITS

Strawberry  
Fig  
Lemon  
Peach  
Melon



Nectarine  
Loquat  
Flat peach  
Pear  
Watermelon

### VEGETABLES

Chard  
Garlic  
Artichoke  
Eggplant  
Broccoli  
Zucchini



Onion  
Asparagus  
Spinach  
Peas  
Beans  
Green bean

Lettuce  
Potato  
Cucumber  
Bell pepper  
Leek  
Tomato  
Carrot



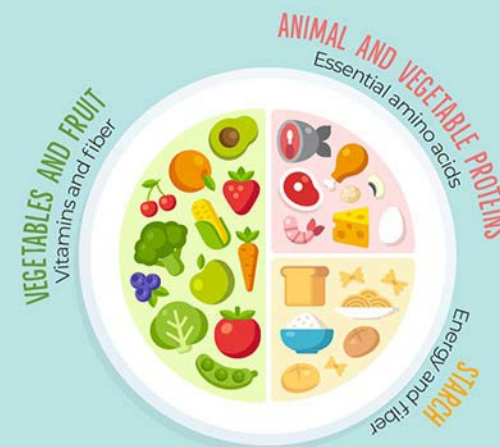
## BUILD A HEALTHY DINNER

An easy way to plan or build a healthy dinner is using the healthy plate



### HARVARD PLATE

With this distribution, the proportions of each food group are easily understood.



## IF WE HAVE EATEN....

## THEN WE MAY HAVE FOR DINNER:

Pasta, rice, pulse, potato...	→	Cooked vegetables or salad
Cooked vegetables or salad	→	Pasta, rice, pulse, potato...
Meat	→	Fish or eggs
Fish	→	Meat or eggs
Eggs	→	Fish or meat
Fruit	→	Dairy or fruit
Dairy	→	Fruit

**Remember:** always include vegetables and green vegetables at every meal.

\* In case of allergy or any food, replace it with a product of the same food group or, in the absence thereof, with another food of similar nutritional value.

## NOTES:



COOK WITH AROMATIC HERBS AND SPICES  
TO SEASON DINNERS AND REDUCE  
SALT CONSUMPTION