

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

CREAM OF LEEK, ONION AND POTATO SOUP
GRILLED CHICKEN STEAK
BAKED COURGETTE
FRUIT OF THE SEASON

4

CHINESE RICE (CARROT, SWEETCORN AND PEAS)
LEMON HAKE
LETTUCE, CORN AND RED CABBAGE
FRUIT OF THE SEASON

5

LENTILS WITH VEGETABLES (ONION AND PEPPER)
OMELET OF HAM AND CHEESE
LETTUCE, ONION AND TOMATO SALAD
FRUIT OF THE SEASON

6

FRESH FISH
PASTA (WHOLEMEAL) WITH ZUCCHINI CREAM
FRESH FISH (ACCORDING TO MARKET) BAKED
LETTUCE AND SHREDDED CARROT
YOGURT WITH TOPPINGS

7

CATALAN JOURNEY
GREEN BEANS WITH OLIVE OIL
BAKED SAUSAGE
MUSHROOMS AND POTATOES
FRUIT OF THE SEASON

10

PAELLA WITH VEGETABLES
FLOURED FISH FILLET
RATATOUILLE
FRUIT OF THE SEASON

11

SALAD WITH CHICKPEAS
GRILLED MARINATED PORK LOIN
LETTUCE, SWEETCORN AND CARROTS
FRUIT OF THE SEASON

12

CREAM OF COURGETTE WITH CROUTONS
COD IN A GREEN SAUCE
FRUIT OF THE SEASON

13

ANGKOR WAT DAY (CAMBODIA)
NOODLES IN THE STYLE OF CAMBODIA
CAMBODIAN AMOK CHICKEN
SWEET-SOUR CUCUMBER IN CAMBODIAN STYLE
YOGURT WITH TOPPINGS

14

HARICOT BEANS AND CARROT STEW
FRENCH OMELETTE
LETTUCE, CORN AND RED CABBAGE
FRUIT OF THE SEASON

17

TRICOLOR VEGETABLES
ROAST CHICKEN
LETTUCE AND MUNG BEAN
FRUIT OF THE SEASON

18

RICE WITH TOMATO SAUCE
BAKED MACKEREL FILLET
LETTUCE, ONION AND TOMATO SALAD
FRUIT OF THE SEASON

19

HAWAIIAN SALAD (Lettuce, tricolor paste, corn and pineapple)
COURGETTE OMELETTE
GREEN BEANS AND DICED CARROTS
FRUIT OF THE SEASON

20

WHITE BEANS
TURKEY & CHEESE "SAN JACOB" OF BAKED
LETTUCE AND TOMATO
YOGURT WITH TOPPINGS

21

END OF TERM SPECIAL MENU
SPAGHETTI WITH TOMATO SAUCE
WHOLE 100% BEEF BURGER
FRENCH FRIES
ICE CREAM

aprende
acomer
sano.org



FISH
REVOLUTION



GUARDIANS
OF HEALTH



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

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



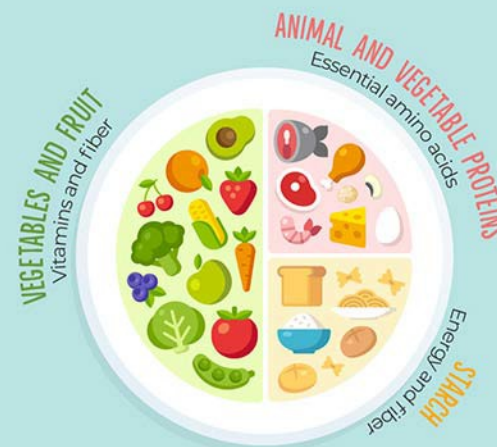
BUILD A HEALTHY DINNER

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