

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

CREAM OF LEEK, ONION AND POTATO SOUP
MIXED VEGETABLES
GRILLED CHICKEN STEAK
SAUTEED TURKEY WITH VEGETABLES
BAKED COURGETTE
FRUIT OF THE SEASON

4

CHINESE RICE (CARROT, SWEETCORN AND PEAS)
RICE SALAD (ONION, TOMATO, BOILED EGG AND TUNA)
LEMON HAKE
GRILLED SALMON
LETTUCE, CORN AND RED CABBAGE
FRUIT OF THE SEASON

5

LENTILS WITH VEGETABLES (ONION AND PEPPER)
CHICKPEAS SALAD
OMELET OF HAM AND CHEESE
SCRAMBLED EGGS WITH COURGETTE, ONION AND POTATO
LETTUCE, ONION AND TOMATO SALAD
FRUIT OF THE SEASON

6

FRESH FISH

PASTA (WHOLEMEAL) WITH ZUCCHINI CREAM
PASTA SALAD WITH TOMATO, ONION AND BLACK OLIVES
FRESH FISH (ACCORDING TO MARKET) BAKED
FRIED SQUID RINGS (BATTERED WITH EGG AND FLOUR)
LETTUCE AND SHREDDED CARROT
YOGURT WITH TOPPINGS

7

CATALAN JOURNEY

GREEN BEANS WITH OLIVE OIL
LIÉGOISE SALAD (LETTUCE, GREEN BEAN, POTATO, BACON)
BAKED SAUSAGE
BUTIFARRA "ESPARRACADA" WITH MUSHROOMS AND POTATOES
FRUIT OF THE SEASON

10

PAELLA WITH VEGETABLES
MARINERA STYLE RICE WITH CUTTLE FISH AND MUSSELS
FLOURED FISH FILLET
ANDALUSIAN STYLE ANCHOVY
RATATOUILLE
FRUIT OF THE SEASON

11

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

12

CREAM OF COURGETTE WITH CROUTONS
PEAS, CARROT AND GREEN BEANS
COD IN A GREEN SAUCE
COD FRITTERS
FRUIT OF THE SEASON

13

ANGKOR WAT DAY (CAMBODIA)

NOODLES IN THE STYLE OF CAMBODIA
MACARONI AU GRATIN
CAMBODIAN AMOK CHICKEN
WHOLE 100% BEEF BURGER
SWEET-SOUR CUCUMBER IN CAMBODIAN STYLE
YOGURT WITH TOPPINGS

14

HARICOT BEANS AND CARROT STEW
LENTIL SALAD WITH LETTUCE, TOMATO AND CARROT
FRENCH OMELETTE
SCRAMBLED EGGS WITH TUNA
LETTUCE, CORN AND RED CABBAGE
FRUIT OF THE SEASON

17

TRICOLOR VEGETABLES
GAZPACHO (COLD VEGETABLES SOUP)
ROAST CHICKEN
CHICKEN WINGS WITH BARBECUE SAUCE
LETTUCE AND MUNG BEAN
FRUIT OF THE SEASON

18

RICE WITH TOMATO SAUCE
RICE BROTH WITH CUTTLEFISH
BAKED MACKEREL FILLET
JACK MACKAREL IN GREEN MOJO CANARIO
LETTUCE, ONION AND TOMATO SALAD
FRUIT OF THE SEASON

19

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

20

WHITE BEANS
STEWED LENTILS WITH ROASTED EGGPLANT
TURKEY & CHEESE "SAN JACOBO" OF BAKED
HAM CROQUETTES
LETTUCE AND TOMATO
YOGURT WITH TOPPINGS

21

END OF TERM SPECIAL MENU

SPAGHETTI WITH TOMATO SAUCE
MACARONI WITH CHEESE SAUCE
WHOLE 100% BEEF BURGER
WHOLE BEAN 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.

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www.scolarest.es

Follow us on social media to learn more about our projects:



NOTES:

Company affiliated to the COLLABORATIVE PROGRAMME ON IMPROVING THE COMPOSITION OF FOOD AND DRINK AND OTHER MEASURES 2020. In compliance with Royal Decree 1021/2022, our company freezes fish that will be consumed raw or undercooked, unless it comes from certified anisakis-free aquaculture. In the presence of allergies or intolerances, in adherence to Regulation 1169/2011 and Royal Decree 126/2015, information on the allergen content of the menus offered is available in the kitchen. If you need an adapted menu, please provide us with a medical certificate in line with the provisions of Law 17/2011 so that our team of dietitians can create a diet suited to your needs.

Season

SPRING - SUMMER

Use seasonal ingredients to prepare dinners.

FRUITS



Apricot
Early fig
Cherry
Plum



Nectarine
Loquat
Flat peach
Pear
Watermelon

Strawberry
Fig
Lemon
Peach
Melon

VEGETABLES

Chard
Garlic
Artichoke
Eggplant
Broccoli
Zucchini



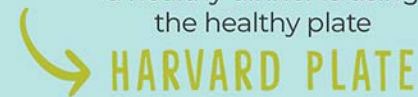
Onion
Asparagus
Spinach
Peas
Beans
Green bean

Lettuce
Potato
Cucumber
Bell pepper
Leek
Tomato
Carrot



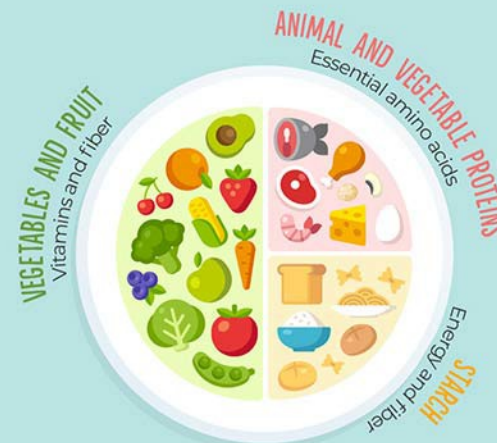
BUILD A HEALTHY DINNER

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.

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