

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

GREEN BEANS WITH OLIVE OIL
ROAST CHICKEN STEAK
LETTUCE AND TOMATO
FRUIT OF THE SEASON

S: MASHED FRUIT P0
S: WHOLE-WHEAT BREAD WITH CHEESE P1-P2

2

WHITE RICE WITH MUSHROOMS
FRENCH OMELETTE
LETTUCE AND CUCUMBER
NATURAL YOGURT WITHOUT SUGAR

S: MASHED FRUIT P0
S: BREAD STICKS AND SEASONAL FRUIT P1-P2

3

LENTILS SALAD
GRILLED LEAN MEAT FILLET
LETTUCE AND SWEETCORN
FRUIT OF THE SEASON

S: MASHED FRUIT P0
S: YOGHURT WITH CEREALS P1-P2

4

NAPOLITANA STYLE MACARONI
GRILLED TURKEY
TOMATO
NATURAL YOGURT WITHOUT SUGAR

S: MASHED FRUIT P0
S: BREAD STICKS AND SEASONAL FRUIT P1-P2

5

VICHYSOISE
BAKED COD FILLET
SLICED POTATOES
FRUIT OF THE SEASON

S: MASHED FRUIT P0
S: BARLEY BISCUIT WITH BANANA P1 - P2

8

PASTA WITH PESTO SAUCE
HAM OMELETTE
LETTUCE AND SHREDDED CARROT
FRUIT OF THE SEASON

S: MASHED FRUIT P0
S: TURKEY SAUSAGE WITH INTEGRAL BREAD P1 - P2

9

MIXED VEGETABLES
BAKED SAUSAGE
CHIPS
NATURAL YOGURT WITHOUT SUGAR

S: MASHED FRUIT P0
S: BREAD STICKS AND SEASONAL FRUIT P1-P2

10

WHITE BEANS BOILED WITH OLIVE OIL
ROAST CHICKEN
LETTUCE AND TOMATO
FRUIT OF THE SEASON

S: MASHED FRUIT P0
S: YOGHURT WITH CEREALS P1
S: MILK AND CEREALS P2

11

CHINESE FRIED RICE
HAM CROQUETTES
LETTUCE AND OLIVES
NATURAL YOGURT WITHOUT SUGAR

S: MASHED FRUIT P0
S: BREAD STICKS AND SEASONAL FRUIT P1-P2

12

SAUTÉED CHICKPEAS WITH OLIVE OIL
GRILLED HAKE FILLET
FRESH TOMATO
FRUIT OF THE SEASON

S: MASHED FRUIT P0
S: CAKE WITH OATMEAL AND BANANA P1-P2

15

RICE WITH TOMATO SAUCE
CATALAN CHICKEN
FRUIT OF THE SEASON

S: MASHED FRUIT P0
S: COOKED HAM WITH INTEGRAL BREAD P1 - P2

16

GREEN BEANS WITH POTATOES
BAKED SALMON
LETTUCE AND OLIVES
NATURAL YOGURT WITHOUT SUGAR

S: MASHED FRUIT P0
S: BREAD STICKS AND SEASONAL FRUIT P1-P2

17

SALAD WITH CHICKPEAS
GRILLED BEEF BURGER
GREEN SALAD
FRUIT OF THE SEASON

S: MASHED FRUIT P0
S: YOGHURT WITH CEREALS P1-P2

18

PASTA WITH ZUCCHINI SAUCE
ROAST TURKEY
MUSHROOMS
ROAST POTATOES
NATURAL YOGURT WITHOUT SUGAR

S: MASHED FRUIT P0
S: BREAD STICKS AND SEASONAL FRUIT P1-P2

19

LENTILS WITH VEGETABLES
COURGETTE OMELETTE
MIXED SALAD
FRUIT OF THE SEASON

S: MASHED FRUIT P0
S: BARLEY BISCUIT WITH BANANA P1 - P2

22

TOMATO SOUP
ROAST CHICKEN
GREEN SALAD
FRUIT OF THE SEASON

S: MASHED FRUIT P0
S: WHOLE-WHEAT BREAD WITH CHEESE P1-P2

23

PEAS WITH POTATOES
BAKED HAKE FILLET
FRENCH FRIES
NATURAL YOGURT WITHOUT SUGAR

S: MASHED FRUIT P0
S: BREAD STICKS AND SEASONAL FRUIT P1-P2

24

LENTILS SALAD
SPANISH OMELETTE
LETTUCE AND SWEETCORN
FRUIT OF THE SEASON

S: MASHED FRUIT P0
S: YOGHURT WITH CEREALS P1
S: MILK AND CEREALS P2

25

RICE WITH TOMATO SAUCE
BAKED FISH
FRESH TOMATO
NATURAL YOGURT WITHOUT SUGAR

S: MASHED FRUIT P0
S: BREAD STICKS AND SEASONAL FRUIT P1-P2

26

ITALIAN MACARONI
GRILLED SAUSAGE
LETTUCE AND OLIVES
FRUIT OF THE SEASON

S: MASHED FRUIT P0
S: CAKE WITH OATMEAL AND BANANA P1-P2

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

CONCEPCIÓN MAXIMIANO ALONSO
Servicio de Nutrición y Dietética
Dietista - Nutricionista
Colegiada M^C MAD00023

aprende
acomer
sano.org



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.

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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



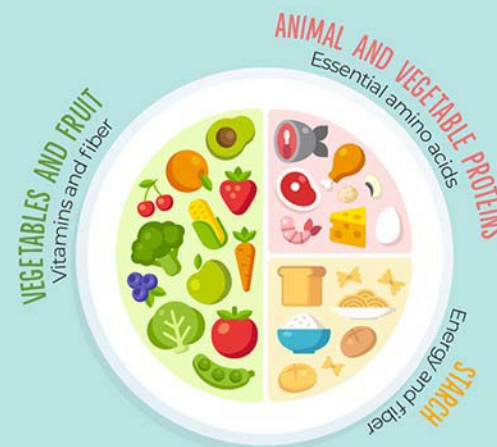
BUILD A HEALTHY DINNER

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