

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

MASHED VEGETABLES WITH CHICKEN

S: Mashed fruit

2

MASHED VEGETABLES WITH EGG

S: Mashed fruit

3

MASHED VEGETABLES WITH PORK LOIN

S: Mashed fruit

4

MASHED VEGETABLES WITH TURKEY

S: Mashed fruit

5

MASHED VEGETABLES WITH FISH

S: Mashed fruit

8

MASHED VEGETABLES WITH EGG

S: Mashed fruit

9

MASHED VEGETABLES WITH PORK LOIN

S: Mashed fruit

10

MASHED VEGETABLES WITH CHICKEN

S: Mashed fruit

11

MASHED VEGETABLES WITH TURKEY

S: Mashed fruit

12

MASHED VEGETABLES WITH HAKE

S: Mashed fruit

15

MASHED VEGETABLES WITH CHICKEN

S: Mashed fruit

16

MASHED VEGETABLES WITH FISH

S: Mashed fruit

17

MASHED VEGETABLES WITH VEAL

S: Mashed fruit

18

MASHED VEGETABLES WITH CHICKEN

S: Mashed fruit

19

MASHED VEGETABLES WITH EGG

S: Mashed fruit

22

MASHED VEGETABLES WITH CHICKEN

S: Mashed fruit

23

MASHED VEGETABLES WITH HAKE

S: Mashed fruit

24

MASHED VEGETABLES WITH EGG

S: Mashed fruit

25

MASHED VEGETABLES WITH TURKEY

S: Mashed fruit

26

MASHED VEGETABLES WITH PORK LOIN

S: Mashed fruit

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



@



www.scolarest.es

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

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



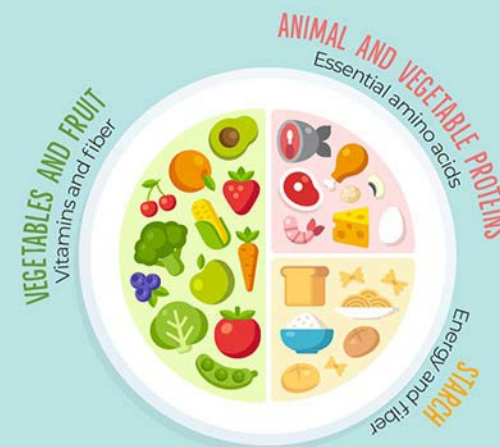
BUILD A HEALTHY DINNER

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.

NOTES:



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