

2	MONDAY	3	TUESDAY	4	WEDNESDAY	5	THURSDAY	6	FRIDAY
	CREAM OF COURGETTE SOUP CREMA DE CALABACÍN CHICKEN DRUMSTICKS JAMONCITOS DE POLLO GREEN SALAD ENSALADA VERDE FRUIT FRUTA DE TEMPORADA	MACARONI WITH TOMATO SAUCE MACARRONES CON TOMATE MEATBALLS WITH MUSHROOMS ALBÓNDIGAS CON CHAMPIÑONES LETTUCE, TOMATO AND SHREDDED CARROT SALAD ENSALADA DE LECHUGA, TOMATE Y ZANAHORIA RALLADA FRUIT FRUTA DE TEMPORADA	BROCCOLI WITH POTATOES AND CARROTS BRÓCOLI CON PATATAS Y ZANAHORIA ROAST LEAN PORK RUSTIDO DE MAGRA GREEN SALAD ENSALADA VERDE FRUIT FRUTA DE TEMPORADA	LENTILS WITH VEGETABLES LENTEJAS CON VERDURAS FRENCH OMELETTE TORTILLA FRANCESA LETTUCE AND ASPARAGUS LECHUGA Y ESPÁRRAGOS NATURAL YOGHURT YOGUR NATURAL	RICE WITH TOMATO SAUCE AND EGG ARROZ A LA CUBANA BATTERED HAKE FILLET FILETE DE MERLUZA REBOZADA LETTUCE, ONION AND TOMATO SALAD ENSALADA DE LECHUGA, CEBOLLA Y TOMATE FRUIT FRUTA DE TEMPORADA				
9	GREEN BEANS WITH POTATOES JUDÍAS VERDES CON PATATAS BREADED HAM AND CHEESE EMPANADO DE JAMON Y QUESO GREEN SALAD ENSALADA VERDE FRUIT FRUTA DE TEMPORADA	FIDEUA WITH FISH FIDEUA CON PESCADO COURGETTE OMELETTE TORTILLA DE CALABACÍN TOMATO AND SWEETCORN TOMATE Y MAÍZ NATURAL YOGHURT YOGUR NATURAL	"ESCUDELLA BARREJADA" SOPA DE ESCUDELLA CON GALETS, FIDEOS Y COL OLLA VEAL HAMBURGER WITH HOMEMADE BAKED POTATOES HAMBURGUESA DE TERNERA AL HORNO CON PATATAS PAJA CASERAS LETTUCE AND TOMATO LECHUGA Y TOMATE FRUIT FRUTA DE TEMPORADA	SEAFOOD RICE WITH SQUID AND PRAWNS ARROZ ABANDA GRILLED CHICKEN STEAK FILETE DE POLLO A LA PLANCHA LETTUCE AND CUCUMBER LECHUGA Y PEPINO FRUIT FRUTA DE TEMPORADA	CREAM OF VEGETABLES SOUP CREMA DE VERDURAS BAKED COD FILLET FILETE DE BACALAO AL HORNO DICED POTATOES PATATAS DADO FRUIT FRUTA DE TEMPORADA				
16	LENTIL STEW LENTEJAS ESTOFADAS TUNA OMELETTE TORTILLA DE ATÚN LETTUCE AND TOMATO SALAD ENSALADA DE LECHUGA Y TOMATE FRUIT FRUTA DE TEMPORADA	WHOLE-WHEAT MACARONI NAPOLITANA MACARRONES INTEGRALES A LA NAPOLITANA SALMON IN CRISPY POTATO AND TOMATO CRUST SALMON EN COSTRA DE PATATA CRUJIENTE Y TOMATE FRUIT FRUTA DE TEMPORADA	TRICOLOR VEGETABLES VERDURA TRICOLOR (BROCOLI, JUDIA VERDE Y ZANAHORIA) PORK LOIN STEAK SEASONED WITH HERBS AND ONIONS BISTEC DE MAGRA A LA FINAS HIERBAS SOBRE LECHO DE CEBOLLA SLICED POTATOES PATATA PANADERA FRUIT FRUTA DE TEMPORADA	WHITE RICE WITH TOMATO AND BASIL ARROZ BLANCO CON TOMATE Y ALBAHACA ROAST CHICKEN THIGH CONTRAMUSLO DE POLLO ASADO GREEN SALAD ENSALADA VERDE FRUIT FRUTA DE TEMPORADA	INTERNATIONAL HAPPINESS DAY SPRING SOUP WITH HARD EGG SOPA DE PRIMAVERA CON HUEVO PICADO MARGARITA PIZZA PIZZA MARGARITA NATURAL YOGHURT YOGUR NATURAL				
23	SPAGHETTI BOLOGNESE ESPAGUETIS A LA BOLOÑESA (CON TOMATE Y CARNE PICADA) SPANISH OMELETTE TORTILLA DE PATATAS LETTUCE AND OLIVES LECHUGA Y OLIVAS FRUIT FRUTA DE TEMPORADA	PASTA STAR SOUP SOPA DE ESTRELLAS BEEF STEAK ESCALOPINES DE TERNERA LETTUCE AND MUNG BEAN LECHUGA Y JUDIA BROTE NATURAL YOGHURT YOGUR NATURAL	VEGETABLE CREAM CREMA DE VERDURAS CHICKEN ROAST POLLO AL HORNO GREEN SALAD ENSALADA VERDE FRUIT FRUTA DE TEMPORADA	STEWED CHICKPEAS (ECOLOGICAL) WITH POTATO GARBANZOS (ECOLOGICO) GUISADOS CON PATATA HAM CROQUETTES CROQUETAS DE JAMÓN TOMATO AND OREGANO TOMATE CON OREGANO FRUIT FRUTA DE TEMPORADA	RICE WITH TOMATO SAUCE AND EGG ARROZ A LA CUBANA BAKED HAKE FILLET FILETE DE MERLUZA AL HORNO GREEN SALAD ENSALADA VERDE FRUIT FRUTA DE TEMPORADA				
30	CREAM OF PUMPKIN SOUP CREMA DE CALABAZA BATTERED CHICKEN STEAK FILETE DE POLLO REBOZADO FRENCH FRIES PATATAS FRITAS FRUIT FRUTA DE TEMPORADA	LENTILS WITH VEGETABLES LENTEJAS CON VERDURAS GRILLED LEAN MEAT FILLET FILETE DE MAGRA A LA PLANCHA LETTUCE AND OLIVE SALAD WITH SHREDDED CARROT ENSALADA DE LECHUGA, ZANAHORIA RALLADA Y ACEITUNAS FRUIT FRUTA DE TEMPORADA							



Ángel León joins Scolarest to change children's eating habits while bringing them closer to the sea, shedding light on its unknown benefits. I jumped at the chance to commit to the challenge and get to work - working for them and with the sea.

SCOLAREST
with families

WHO IS ANGEL LEÓN?

Chef of the Aponiente restaurant with 3 Michelin stars. He is one of the most international prestigious chefs. His passion and love for the sea have led him to create innovative projects based on marine protein.



FISH REVOLUTION



With the aim of improving our young ones' eating habits, Ángel León has joined Scolarest in a new gastronomic R&D project to promote consumption of marine protein. The chef has researched tools to produce original and exclusive products with which to improve our children's diet.



HOW WE IMPROVE IT?

With culinary products that provide high percentages of Omega 3, proteins, vitamins and minerals. At the same time, we avoid the use of preservatives and colour additives.

We don't substitute the fish ration, we complement it!



COMPLETE IT PROPERLY

Dinner menu



Water



Olive oil



Draw or boiled vegetables



Carbon hydrates

Protein (meat, fish, eggs or dried vegetables)



Play with fruits and vegetables colors



Fruits or dairy products

A CONCEPTUAL REVOLUTION IS OUR GOAL

Scolarest and Ángel León aim to introduce fish in a fun and familiar way, avoiding rejection and favouring its inclusion. The overall goal of this project is for our children to consume more fish protein as part of a normal diet, without having to modify their eating habits or routines. That's the key!



If I lunch:

Cereals, starches or dried vegetables

Vegetables

Meat

Fish

Eggs

Fruits

Dairy products

I will dinner:

Raw vegetables or boiled dried vegetables

Cereals or starches

Fish or eggs

Lean meat or eggs

Fish or lean meat

Dairy products or fruits

Fruits

Notes:

Scolarest

