

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

CREAM OF COURGETTE SOUP
CREMA DE CALABACIN
ROAST CHICKEN
JAMONCITOS DE POLLO ASADOS
GREEN SALAD
ENSALADA VERDE
FRUIT
FRUTA DE TEMPORADA

3

ARTICHOKE WITH TOMATO SAUCE
ALCACHOFAS CON TOMATE
VEAL IN SAUCE
TERNERA EN SU JUGO
LETTUCE, TOMATO AND SHREDDED CARROT SALAD
ENSALADA DE LECHUGA, TOMATE Y ZANAHORIA RALLADA
FRUIT
FRUTA DE TEMPORADA

4

BROCCOLI WITH POTATOES AND CARROTS
BRÓCOLI CON PATATAS Y ZANAHORIA
GRILLED LEAN MEAT FILLET
FILETE DE MAGRA A LA PLANCHA
GREEN SALAD
ENSALADA VERDE
FRUIT
FRUTA DE TEMPORADA

5

SPINACH WITH POTATOES
ESPINACAS CON PATATAS
FRENCH OMELETTE
TORTILLA FRANCESA
LETTUCE AND ASPARAGUS
LECHUGA Y ESPÁRRAGOS
NONFAT YOGURT
YOGUR DESNATADO

6

PEAS WITH ONION SAUCE
GUISANTES ENCEBOLLADOS
GRILLED HAKE FILLET
FILETE DE MERLUZA A LA PLANCHA
LETTUCE, ONION AND TOMATO SALAD
ENSALADA DE LECHUGA, CEBOLLA Y TOMATE
FRUIT
FRUTA DE TEMPORADA

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GREEN BEANS WITH POTATOES
JUDIAS VERDES CON PATATAS
GRILLED PORK LOIN SLICES
LOMO A LA PLANCHA
GREEN SALAD
ENSALADA VERDE
FRUIT
FRUTA DE TEMPORADA

10

BROCCOLI WITH CURRY
BRÓCOLI AL ACEITE DE CURRY
COURGETTE OMELETTE
TORTILLA DE CALABACIN
TOMATO AND SWEETCORN
TOMATE Y MAÍZ
NONFAT YOGURT
YOGUR DESNATADO

11

VEGETABLES SOUP
SOPA DE VERDURAS
GRILLED BEEF STEAK
FILETE DE TERNERA A LA PLANCHA
LETTUCE AND TOMATO
LECHUGA Y TOMATE
BOILED POTATOES
PATATA COCIDA
FRUIT
FRUTA DE TEMPORADA

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CHARD WITH PAPRIKA
ACELGAS A LA GALLEGA CON PIMENTON
GRILLED CHICKEN STEAK
FILETE DE POLLO A LA PLANCHA
LETTUCE AND CUCUMBER
LECHUGA Y PEPINO
FRUIT
FRUTA DE TEMPORADA

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VEGETABLE CREAM
CREMA DE VERDURAS
BAKED COD FILLET
FILETE DE BACALAO AL HORNO
ROAST POTATOES
PATATA ASADA
FRUIT
FRUTA DE TEMPORADA

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SAUTÉED CAULIFLOWER
COLIFLOR SALTEADA
TUNA OMELETTE
TORTILLA DE ATÚN
LETTUCE AND TOMATO SALAD
ENSALADA DE LECHUGA Y TOMATE
FRUIT
FRUTA DE TEMPORADA

17

ARTICHOKE WITH OLIVE OIL
ALCACHOFAS SALTEADAS
BAKED SALMON
SALMÓN AL HORNO
ROAST POTATOES
PATATA ASADA
FRUIT
FRUTA DE TEMPORADA

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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
BOILED POTATOES
PATATA COCIDA
FRUIT
FRUTA DE TEMPORADA

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MIXED VEGETABLES
MENESTRA DE VERDURAS
ROAST CHICKEN THIGH
CONTRAMUSLO DE POLLO ASADO
GREEN SALAD
ENSALADA VERDE
FRUIT
FRUTA DE TEMPORADA

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INTERNATIONAL HAPPINESS DAY
VEGETABLES SOUP
SOPA DE VERDURAS
BAKED PORK LOIN
LOMO DE CERDO AL HORNO
NONFAT YOGURT
YOGUR DESNATADO

23

GREEN BEANS WITH TOMATO SAUCE
JUDIAS VERDES CON TOMATE
FRENCH OMELETTE
TORTILLA FRANCESA
LETTUCE AND OLIVES
LECHUGA Y OLIVAS
FRUIT
FRUTA DE TEMPORADA

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VEGETABLES SOUP
SOPA DE VERDURAS
GRILLED BEEF STEAK
FILETE DE TERNERA A LA PLANCHA
LETTUCE AND MUNG BEAN
LECHUGA Y JUDIA BROTE
NONFAT YOGURT
YOGUR DESNATADO

25

VEGETABLE CREAM
CREMA DE VERDURAS
CHICKEN ROAST
POLLO AL HORNO
GREEN SALAD
ENSALADA VERDE
FRUIT
FRUTA DE TEMPORADA

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POTATOES IN GREEN SAUCE
PATATAS EN SALSA VERDE
GRILLED PORK STEAK
FILETE DE CERDO A LA PLANCHA
TOMATO AND OREGANO
TOMATE CON ORÉGANO
FRUIT
FRUTA DE TEMPORADA

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SWISS CHARD WITH OLIVE OIL
ACELGAS REHOGADAS
BAKED HAKE FILLET
FILETE DE MERLUZA AL HORNO
GREEN SALAD
ENSALADA VERDE
FRUIT
FRUTA DE TEMPORADA

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CREAM OF PUMPKIN SOUP
CREMA DE CALABAZA
GARLIC CHICKEN
FILETE DE POLLO AL AJILLO
BOILED POTATOES
PATATA COCIDA
FRUIT
FRUTA DE TEMPORADA

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SPINACH WITH OLIVE OIL AND GARLIC
ESPINACAS REHOGADAS CON AJO
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