

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

7

PASTA (GLUTEN AND EGG FREE) WITH TOMATO SAUCE
CODITOS DE PASTA SIN GLUTEN Y SIN HUEVO CON SALSA DE TOMATE CASERA
GRILLED LEAN MEAT FILLET
FILETE DE MAGRA A LA PLANCHA
LETTUCE AND CUCUMBER
LECHUGA Y PEPINO
FRUIT
FRUTA

8

GREEN BEANS WITH POTATOES
JUDÍAS VERDES CON PATATAS
CHICKEN ROAST
POLLO AL HORNO
LETTUCE, TOMATO AND OLIVES
LECHUGA, TOMATE Y OLIVAS
FRUIT
FRUTA

9

NAPOLITANA RICE
ARROZ A LA NAPOLITANA
GRILLED SALMON
SALMÓN A LA PLANCHA
VEGETABLES
VERDURAS
FRUIT
FRUTA

10

CREAM OF COURGETTE SOUP
CREMA DE CALABACÍN
BEEF BURGER WITH CARAMELISED ONION
HAMBURGUESA DE TERNERA CON CEBOLLA CARAMELIZADA
LETTUCE AND RED PEPPER
LECHUGA Y PIMIENTO ROJO
YOGHURT
YOGUR

11

BANK HOLIDAY



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.

14

LENTIL AND CARROT STEW
LENTEJAS GUIADAS CON ZANAHORIA
FRIED PORK LOIN WITH CORNMEAL
TIRAS DE LOMO DE CERDO NATURAL FRITAS CON MAIZENA
LETTUCE AND SHREDDED CARROT
LECHUGA Y ZANAHORIA RALLADA
FRUIT
FRUTA

15

GREEN BEANS WITH TOMATO SAUCE
JUDÍAS VERDES CON TOMATE
ROAST CHICKEN THIGH
CONTRAMUSLO DE POLLO ASADO
DICED POTATOES
PATATAS DADO
FRUIT
FRUTA

16

PASTA (GLUTEN AND EGG FREE) WITH TOMATO SAUCE
CODITOS DE PASTA SIN GLUTEN Y SIN HUEVO CON SALSA DE TOMATE CASERA
BAKED FISH
ABADEJO AL HORNO
FRESH TOMATO
TOMATE NATURAL
FRUIT
FRUTA

17

RICE WITH TOMATO SAUCE
ARROZ CON TOMATE
CHEESE OMELETTE
TORTILLA DE QUESO
LETTUCE AND ONION
LECHUGA Y CEBOLLA
FRUIT
FRUTA

18

CREAM OF COURGETTE SOUP
CREMA DE CALABACÍN
BEEF MEATBALLS IN CORNMEAL SAUCE
ALBONDIGAS DE TERNERA CON SALSA DE MAIZENA
YOGHURT
YOGUR

21

PASTA SALAD (GLUTEN AND EGG FREE) WITH CORN AND TOMATO
ENSALADA DE PASTA (SIN GLUTEN Y SIN HUEVO) CON MAÍZ Y TOMATE
ROAST CHICKEN THIGH
CONTRAMUSLO DE POLLO ASADO
TOMATO AND OREGANO
TOMATE CON OREGANO
FRUIT
FRUTA

22

HARICOT BEANS STEW
ALUBIAS BLANCAS ESTOFADAS
SPANISH OMELETTE
TORTILLA DE PATATAS
LETTUCE AND ONION
LECHUGA Y CEBOLLA
FRUIT
FRUTA

23

MARINERA RICE WITH SQUID AND MUSSELS (D.O VALENCIA)
ARROZ A LA MARINERA D.O.VALENCIA (CON SEPIA Y MEJILLONES)
CLASSIC BURGUER WITH RATATOUILLE
HAMBURGUESA DE TERNERA CLASICA HORNEADA CON PISTO MANCHEGO
YOGHURT
YOGUR

24

CREAM OF LEEK SOUP
CREMA DE PUERROS
BAKED HAKE FILLET
FILETE DE MERLUZA AL HORNO
LETTUCE AND SHREDDED CARROT
LECHUGA Y ZANAHORIA RALLADA
FRUIT
FRUTA

25

PASTA SOUP (EGG AND GLUTEN FREE)
SOPA DE PASTA SIN HUEVO Y SIN GLUTEN
BAKED PORK LOIN
LOMO DE CERDO AL HORNO
VEGETABLES
VERDURAS
FRUIT
FRUTA

28

VEGETABLE CREAM
CREMA DE VERDURAS
VEAL IN SAUCE
TERNERA EN SALSA
FRUIT
FRUTA

29

ALACANT PAELLA
PAELLA ALICANTINA
BAKED FISH FILLET
FILETE DE ABADEJO AL HORNO
LETTUCE AND CUCUMBER
LECHUGA Y PEPINO
YOGHURT
YOGUR

30

PASTA SOUP (EGG AND GLUTEN FREE)
SOPA DE PASTA SIN HUEVO Y SIN GLUTEN
CHICKEN SAUTÉED WITH VEGETABLE
POLLO SALTEADO CON VERDURAS
FRUIT
FRUTA