

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

7

SPAGHETTI WITH TOMATO SAUCE
ESPAGUETIS CON TOMATE
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

14

LENTIL AND CARROT STEW
LENTEJAS GUIADAS CON ZANAHORIA
CROQUETTES
CROQUETAS
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

MACARONI CARBONARA
MACARRONES A LA CARBONARA
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
MEATBALLS WITH MUSHROOMS
ALBÓNDIGAS CON CHAMPIÑONES
YOGHURT
YOGUR

21

TRICOLORE PASTA SALAD
ENSALADA DE PASTA TRICOLOR
ROAST CHICKEN THIGH
CONTRAMUSLO DE POLLO ASADO
TOMATO AND OREGANO
TOMATE CON ORÉGANO
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 STAR SOUP
SOPA DE ESTRELLAS
BAKED PORK LOIN
LOMO DE CERDO AL HORNO
VEGETABLES
VERDURAS
FRUIT
FRUTA

28

CREAM OF VEGETABLE SOUP WITH CROUTONS
CREMA DE VERDURAS CON COSTRONES DE PAN
CANNELONI WITH BECHAMEL AND CHEESE
CANELONES CON BECHAMEL Y QUESO
FRUIT
FRUTA

29

ALACANT PAELLA
PAELLA ALICANTINA
ANDALUSIAN STYLE COD MEDALLION
MEDALLÓN DE BACALAO ANDALUZA
LETTUCE AND CUCUMBER
LECHUGA Y PEPINO
YOGHURT
YOGUR

30

SOUP
SOPA DE MENUDILLOS
CHICKEN AND VEGETABLE WOK & SOY SAUCE
WOK DE POLLO CON VERDURAS Y SALSA DE SOJA
FRUIT
FRUTA



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

