

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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ARTICHOKE WITH TOMATO SAUCE
ALCACHOFAS 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

BROCCOLI WITH POTATOES AND CARROTS
BRÓCOLI CON PATATAS Y ZANAHORIA
GRILLED SALMON
SALMÓN A LA PLANCHA
VEGETABLES
VERDURAS
FRUIT
FRUTA

10

CREAM OF COURGETTE SOUP
CREMA DE CALABACÍN
GRILLED BEEF STEAK
FILETE DE TERNERA A LA PLANCHA
LETTUCE AND RED PEPPER
LECHUGA Y PIMIENTO ROJO
NONFAT YOGURT
YOGUR DESNATADO

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

SWISS CHARD WITH POTATOES
ACELGAS CON PATATAS
GRILLED PORK LOIN SLICES
LOMO A LA PLANCHA
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
GREEN SALAD
ENSALADA VERDE
FRUIT
FRUTA

16

VEGETABLES SOUP
SOPA DE VERDURAS
BAKED FISH
ABADEJO AL HORNO
FRESH TOMATO
TOMATE NATURAL
FRUIT
FRUTA

17

CAULIFLOWER WITH POTATOES
COLIFLOR CON PATATAS
FRENCH OMELETTE
TORTILLA FRANCESA
LETTUCE AND ONION
LECHUGA Y CEBOLLA
FRUIT
FRUTA

18

CREAM OF COURGETTE SOUP
CREMA DE CALABACÍN
GRILLED BEEF STEAK
FILETE DE TERNERA A LA PLANCHA
NONFAT YOGURT
YOGUR DESNATADO

21

MIXED SALAD
ENSALADA MIXTA
ROAST CHICKEN THIGH
CONTRAMUSLO DE POLLO ASADO
TOMATO AND OREGANO
TOMATE CON OREGANO
FRUIT
FRUTA

22

PEAS WITH ONION SAUCE
GUISANTES ENCEBOLLADOS
FRENCH OMELETTE
TORTILLA FRANCESA
LETTUCE AND ONION
LECHUGA Y CEBOLLA
FRUIT
FRUTA

23

SPINACH WITH OLIVE OIL AND GARLIC
ESPINACAS REHOGADAS CON AJO
GRILLED BEEF STEAK
FILETE DE TERNERA A LA PLANCHA
NONFAT YOGURT
YOGUR DESNATADO

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

VEGETABLES SOUP
SOPA DE VERDURAS
BAKED PORK LOIN
LOMO DE CERDO AL HORNO
VEGETABLES
VERDURAS
FRUIT
FRUTA

28

VEGETABLE CREAM
CREMA DE VERDURAS
GRILLED BEEF STEAK
FILETE DE TERNERA A LA PLANCHA
FRUIT
FRUTA

29

MIXED VEGETABLES
MENESTRA DE VERDURAS
BAKED FISH FILLET
FILETE DE ABADEJO AL HORNO
LETTUCE AND CUCUMBER
LECHUGA Y PEPINO
NONFAT YOGURT
YOGUR DESNATADO

30

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

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