

# HAMELIN - LAIE Early years (Pre-nursery) - Triturado

November - 2024



HAMELIN-LAIE INTERNATIONAL SCHOOL  
BARCELONA  
A NORD ANGLIA EDUCATION SCHOOL

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|---------|-----------|----------|--------|
|--------|---------|-----------|----------|--------|

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**BANK HOLIDAY**

|   |   |   |   |   |
|---|---|---|---|---|
| 4 | 5 | 6 | 7 | 8 |
|---|---|---|---|---|

CRUSHED VEGETABLES (ZUCCHINI, CARROT, GREEN BEAN, POTATO) WITH HAKE  
FRUIT PASTE (APPLE, PEAR, BANANA AND ORANGE JUICE)

S: NATURAL CRUSHED FRUIT

VEGETABLE (ZUCCHINI, CARROT, GREEN BEAN, POTATO) SHREDDED WITH PORK  
FRUIT PASTE (APPLE, PEAR, BANANA AND ORANGE JUICE)

S: NATURAL CRUSHED FRUIT

CRUSHED VEGETABLES (ZUCCHINI, CARROT, GREEN BEAN, POTATO) WITH VEAL  
NATURAL YOGURT WITHOUT SUGAR

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|    |    |    |    |    |
|----|----|----|----|----|
| 11 | 12 | 13 | 14 | 15 |
|----|----|----|----|----|

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|    |    |    |    |    |
|----|----|----|----|----|
| 18 | 19 | 20 | 21 | 22 |
|----|----|----|----|----|

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|    |    |    |    |    |
|----|----|----|----|----|
| 25 | 26 | 27 | 28 | 29 |
|----|----|----|----|----|

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Nuestros menús incluyen PAN y la bebida será AGUA.  
La manzana procede de Girona y la pera de Lleida. Yogurt de COOPERATIVA DE OLOT. Tres días a la semana se servirá PAN INTEGRAL.





# Scolarest

EATING,

LEARNING,

LIVING



✓ **Eating** is having a healthy, safe and sustainable culinary experience that's based on the Mediterranean diet.

✓ **Learning** the healthy living habits and values that we pass on at lunchtime.

✓ **Learning** one-of-a-kind moments, playing and sharing together to achieve a state of maximum well-being.

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## Season

### AUTUMN - WINTER

Choose seasonal products for your meals: they're fresher, tastier and better for the planet.



Avocado  
Persimmon  
Raspberry  
Kiwi  
Custard apple

### FRUITS

Lemon  
Mango  
Apple  
Mandarin orange



Orange  
Pear  
Banana  
Grapes



### VEGETABLES

Chard  
Garlic  
Artichoke  
Aubergine  
Broccoli  
Courgette  
Beans  
Green beans

Pumpkin  
Red cabbage  
Cauliflower  
Curled endive  
Spinach  
Lettuce  
Cucumber  
Belgian endive

Pepper  
Leek  
Radish  
Beetroot  
Cabbage  
Tomato  
Carrot

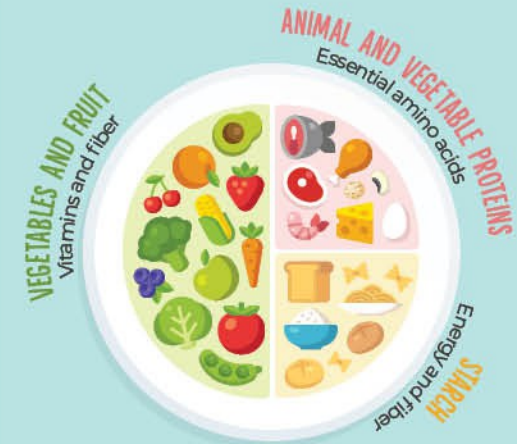
## PREPARING HEALTHY DINNERS

Using Harvard's Healthy Eating Plate as a guide is a simple way to plan a healthy dinner.



### HARVARD PLATE

With this distribution, the proportions of each food group are easily understood.



## IF WE HAVE EATEN....

## THEN WE MAY HAVE FOR DINNER:

|                               |   |                               |
|-------------------------------|---|-------------------------------|
| Pasta, rice, pulse, potato... | → | Cooked vegetables or salad    |
| Cooked vegetables or salad    | → | Pasta, rice, pulse, potato... |
| Meat                          | → | Fish or eggs                  |
| Fish                          | → | Meat or eggs                  |
| Eggs                          | → | Fish or meat                  |
| Fruit                         | → | Dairy or fruit                |
| Dairy                         | → | Fruit                         |

**Remember:** always include vegetables and green vegetables at every meal.

\* In case of allergy or any food, replace it with a product of the same food group or, in the absence thereof, with another food of similar nutritional value.

## NOTES:



**COOK WITH AROMATIC HERBS AND SPICES  
TO SEASON DINNERS AND REDUCE  
SALT CONSUMPTION**





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LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

□

□

□

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1

FESTIVO

4

VERDURA (CALABACÍN, ZANAHORIA, JUDÍA VERDE, PATATA) TRITURADA CON MERLUZA

PAPILLA DE FRUTAS (MANZANA, PERA, PLÁTANO Y ZUMO DE NARANJA)

M: FRUTA NATURAL TRITURADA

5

VERDURA (CALABACÍN, ZANAHORIA, JUDÍA VERDE, PATATA) TRITURADA CON CERDO

PAPILLA DE FRUTAS (MANZANA, PERA, PLÁTANO Y ZUMO DE NARANJA)

M: FRUTA NATURAL TRITURADA

6

VERDURA (CALABACÍN, ZANAHORIA, JUDÍA VERDE, PATATA) TRITURADA CON TERNERA

YOGUR NATURAL SIN AZÚCAR

M: FRUTA NATURAL TRITURADA

7

VERDURA (CALABACÍN, ZANAHORIA, JUDÍA VERDE, PATATA) TRITURADA CON POLLO

PAPILLA DE FRUTAS (MANZANA, PERA, PLÁTANO Y ZUMO DE NARANJA)

M: FRUTA NATURAL TRITURADA

8

VERDURA (CALABACÍN, ZANAHORIA, JUDÍA VERDE, PATATA) TRITURADA CON CERDO

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M: FRUTA NATURAL TRITURADA

11

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12

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M: FRUTA NATURAL TRITURADA

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VERDURA (CALABACÍN, ZANAHORIA, JUDÍA VERDE, PATATA) TRITURADA CON CERDO

YOGUR NATURAL SIN AZÚCAR

M: FRUTA NATURAL TRITURADA

14

VERDURA (CALABACÍN, ZANAHORIA, JUDÍA VERDE, PATATA) TRITURADA CON TERNERA

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21

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26

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YOGUR NATURAL SIN AZÚCAR

M: FRUTA NATURAL TRITURADA

28

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# Scolarest

COMER,

APRENDER,

VIVIR



✓ **Comer** es tener una experiencia gastronómica, saludable segura y sostenible con una alimentación basada en la dieta mediterránea.

✓ **Aprender** de los valores y hábitos de vida saludables que transmitimos en el tiempo de mediodía.

✓ **Vivir** momentos únicos conviviendo, jugando y compartiendo que nos guían hacia el máximo bienestar.

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## Temporada

### OTOÑO - INVIERNO

Elige productos de temporada para tus comidas: más frescos, más sabrosos y mejores para el planeta.



Aguacate  
Caqui  
Chirimoya  
Frambuesa  
Kiwi

### FRUTAS

Limón  
Mandarina  
Mango  
Manzana



Naranja  
Pera  
Plátano  
Uva



### VERDURAS Y HORTALIZAS

Acelgas  
Ajo  
Alcachofas  
Berenjena  
Brócoli  
Calabacín  
Haba  
Judía Verde

Calabaza  
Col lombarda  
Coliflor  
Endivia  
Escarola  
Espinaca  
Lechuga  
Pepino

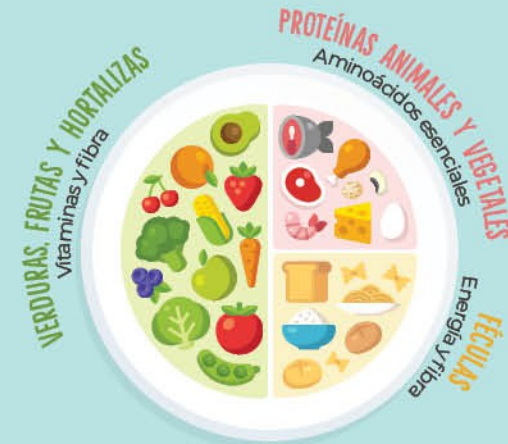
Pimiento  
Puerro  
Rábano  
Remolacha  
Repollo  
Tomate  
Zanahoria

## CONSTRUIR UNA CENA SALUDABLE

Una manera sencilla de planificar una cena saludable es a través del

### PLATO HARVARD

Con este reparto es fácil entender las proporciones de cada grupo de alimentos.



## SI HEMOS COMIDO...

## PODEMOS CENAR:

|                                     |   |                                     |
|-------------------------------------|---|-------------------------------------|
| Pasta, arroz, legumbres, patatas... | → | Verduras cocinadas o ensalada       |
| Verduras cocinadas o ensalada       | → | Pasta, arroz, legumbres, patatas... |
| Carne                               | → | Pescado o huevo                     |
| Pescado                             | → | Carne o huevo                       |
| Huevo                               | → | Pescado o carne                     |
| Fruta                               | → | Lácteos o Fruta                     |
| Lácteos                             | → | Fruta                               |

**RECUERDA:** incluye siempre verduras y hortalizas en comidas y cenas.

\*En caso de alergia o intolerancia a algún alimento, sustituirlo por un alimento del mismo grupo alimentario, o en su defecto, por otro alimento con valor nutricional similar

## NOTAS:



**COCINA CON HIERBAS AROMÁTICAS Y ESPECIAS,  
PARA ADEREZAR LAS CENAS  
Y REDUCIR EL CONSUMO DE SAL.**