

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

February - 2025



HAMELIN-LAIE INTERNATIONAL SCHOOL  
BARCELONA  
A NORD ANGLIA EDUCATION SCHOOL

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

3

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

S: NATURAL CRUSHED FRUIT

4

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

S: NATURAL CRUSHED FRUIT

5

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

S: NATURAL CRUSHED FRUIT

6

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

S: NATURAL CRUSHED FRUIT

7

**BANK HOLIDAY**

10

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

S: NATURAL CRUSHED FRUIT

11

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

S: NATURAL CRUSHED FRUIT

12

VEGETABLE (ZUCCHINI, CARROT, GREEN BEAN, POTATO) SHREDDED WITH PORK  
NATURAL YOGURT WITHOUT SUGAR

S: NATURAL CRUSHED FRUIT

13

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

S: NATURAL CRUSHED FRUIT

14

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

S: NATURAL CRUSHED FRUIT

17

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

S: NATURAL CRUSHED FRUIT

18

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

S: NATURAL CRUSHED FRUIT

19

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

S: NATURAL CRUSHED FRUIT

20

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

S: NATURAL CRUSHED FRUIT

21

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

S: NATURAL CRUSHED FRUIT

24

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

S: NATURAL CRUSHED FRUIT

25

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

S: NATURAL CRUSHED FRUIT

26

VEGETABLE (ZUCCHINI, CARROT, GREEN BEAN, POTATO) SHREDDED WITH PORK  
NATURAL YOGURT WITHOUT SUGAR

S: NATURAL CRUSHED FRUIT

27

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

S: NATURAL CRUSHED FRUIT

28

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

S: NATURAL CRUSHED FRUIT

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FISH  
REVOLUTION



All our menus include BREAD and we will serve WATER to drink.  
The apple is from Girona and the pear from Lleida. The yogurt is from a COLLABORATIVE ENTITY LOCATED IN OLOT. Three times a week WHOLE BREAD will be served.

# 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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Follow us on social media to learn more about our projects:



## 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

3

VERDURA (CALABACÍN, ZANAHORIA, JUDÍA VERDE, PATATA) TRITURADA CON POLLO  
PAPILLA DE FRUTAS (MANZANA, PERA, PLÁTANO Y ZUMO DE NARANJA)

M: FRUTA NATURAL TRITURADA

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 TERNERA  
YOGUR NATURAL SIN AZÚCAR

M: FRUTA NATURAL TRITURADA

6

VERDURA (CALABACÍN, ZANAHORIA, JUDÍA VERDE, PATATA) TRITURADA CON CERDO  
PAPILLA DE FRUTAS (MANZANA, PERA, PLÁTANO Y ZUMO DE NARANJA)

M: FRUTA NATURAL TRITURADA

7

FESTIVO

10

VERDURA (CALABACÍN, ZANAHORIA, JUDÍA VERDE, PATATA) TRITURADA CON MERLUZA  
PAPILLA DE FRUTAS (MANZANA, PERA, PLÁTANO Y ZUMO DE NARANJA)

M: FRUTA NATURAL TRITURADA

11

VERDURA (CALABACÍN, ZANAHORIA, JUDÍA VERDE, PATATA) TRITURADA CON POLLO  
PAPILLA DE FRUTAS (MANZANA, PERA, PLÁTANO Y ZUMO DE NARANJA)

M: FRUTA NATURAL TRITURADA

12

VERDURA (CALABACÍN, ZANAHORIA, JUDÍA VERDE, PATATA) TRITURADA CON CERDO  
YOGUR NATURAL SIN AZÚCAR

M: FRUTA NATURAL TRITURADA

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VERDURA (CALABACÍN, ZANAHORIA, JUDÍA VERDE, PATATA) TRITURADA CON POLLO  
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YOGUR NATURAL SIN AZÚCAR

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

M: FRUTA NATURAL TRITURADA

26

VERDURA (CALABACÍN, ZANAHORIA, JUDÍA VERDE, PATATA) TRITURADA CON CERDO  
YOGUR NATURAL SIN AZÚCAR

M: FRUTA NATURAL TRITURADA

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VERDURA (CALABACÍN, ZANAHORIA, JUDÍA VERDE, PATATA) TRITURADA CON TERNERA  
PAPILLA DE FRUTAS (MANZANA, PERA, PLÁTANO Y ZUMO DE NARANJA)

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

M: FRUTA NATURAL TRITURADA

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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

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.

[www.scolarest.es](http://www.scolarest.es)

Síguenos en redes para saber más sobre nuestros proyectos:



## 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

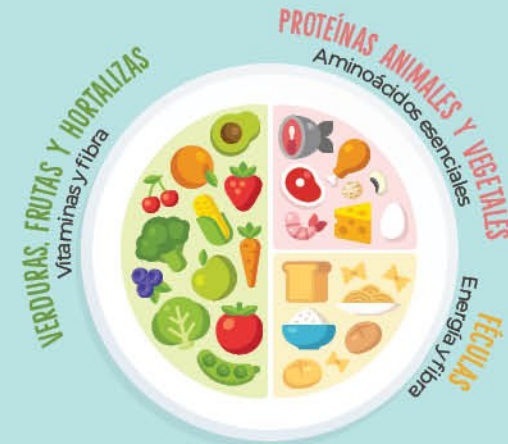
## CONSTRUIR UNA CENA SALUDABLE

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.**