Apple, Pear, Banana, Orange, Watermelon

Seasonal fruit:

# Colegio COLEGIO SIL – November 2025 School English Menu Tuesday

	3
Free	dísposal

Monday

## 10 Broccoli gratin

Lentil stir-fry with turkey, combread and tomato sauce

> White bread Seasonal fruit

### 17

### Wholemeal macaroni in the Neapolitan style

Hake in a sailor's style

Lettuce and corn with olive oil

White bread Seasonal fruit

#### 24

Vegetable soup

Meatballs with sauce

Lettuce and celery with olive Oil White bread Seasonal fruit

### Seafood paella

Chicken croquettes

Lettuce and carrot with olive Oil

Wholemeal bread Plain yogurt

### Brown rice with vegetables

Roasted chicken in a casserole

Lettuce and corn with olive oil

White bread Seasonal fruit

### 18

### Cream of **ECO pumpkin**

Sea and mountain stewed chickpeas

> Wholemeal bread Seasonal fruit

#### 25

Dried beans with potatoes

French omelette

Lettuce and olives with olive Oil

Wholemeal bread Seasonal fruit

## Wednesday

### Wholemeal macaroni with

tomato sauce and cheese

Baked hake with sauce

Lettuce, cucumber and olives with olive oil White bread Seasonal fruit

### Stewed potatoes with veaetables

French omelette

Lettuce and tomato with olive

White bread Seasonal fruit

### Broccoli chutney

Sirloin with apple sauce

Lettuce and carrot with olive oil

> White bread Plain yogurt

### Brown rice with tomato sauce, carrot and onion

Hake with garlic and parsley

Breaded zucchini

White bread Seasonal fruit

#### **Thursday**

### Stewed chickpeas with vegetables

Potato and onion omelette

Lettuce and corn with olive oil

Wholemeal bread Seasonal fruit

### Soup with pasta and legumes

Lemon sole

Lettuce and olives with olive

Wholemeal bread Seasonal fruit

#### 20

#### Rice with stir-fried vegetables and tomato

Chicken with barbeque sauce

Grilled potatoes

Wholemeal bread Seasonal fruit

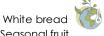
### ECO zucchini cream with optional cheese

Spirals with soy bolognese

Wholemeal bread Plain yogurt

#### ECO zucchini cream

Veggie meatballs with sauce



Seasonal fruit

#### **GASTRONOMIC DAY MEXICO**

Synchronized ham and cheese

Beef chili with moles

Chocolate custard

Stewed lentils with vegetables

Potato and onion omelette

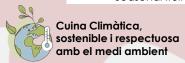
Tomato cubes seasoned with olive oil

White bread Seasonal fruit

Poultry soup with noodles

Chicken with thyme

Lettuce, tomato and corn with olive oil White bread Seasonal fruit





Cuina Catalana, amb receptes del 'Corpus del patrimoni culinari català



# Decâleg de bons hâbits saludables



To Procura beure 8-10 gots d'aigua al dia

O Practica alguna activitat Lísica per a exercitar el teu cos



20 Intenta dormir entre 8 i 10 hores. descansar és molt important per al teu cervell

O Fes ima dieta variada i en quanitas adequades. es la base per una bona alimentació.



Un esmorzar complert ha de contenir: Farinacis: pa o torrades, flocs de blat de moro...: Lactis: llet, iogurt natural, formatge...i Fruita fresca

Creem menús sans i sostenibles. fomentant bons hàbits. Menús basats en la utilització d'aliments naturals. frescos. i de proximitat, amb proveïdors locals.



Berenar

És aconsellable planificar-los amb antelació, a partir de la programació mensual de dinars. D'aquesta manera evitem repeticions de certs aliments o l'abús de precuinats.

Complimenta les aportacions de nutrients de l'esmorzar, dinar i sopar. Els aliments aconsellats són els làctics, farinacis i fruita fresca o seca.



# Recomanacions de sopars

Si de primer dines....

De primer pots sopar....





Si de segon dines....

De segon pots sopar....













I de postre...



Preferiblement fruita fresca o iogurt (en cas de no harer-ne consumit cap durant el dia)

# També hem d'incloure...

Verdura crua. com a plat principal o acompanyament/guarnició

> Optar per farinacis (pa. pasta. arròs, etc.) integrals.

> > Bena vrav