

NEW ROYAL DECREE ON SCHOOL CANTEENS

School Year 25/26

Healthier than ever



ROYAL DECREE 315 | 2025

WHAT DOES IT CONSIST OF?

This school year begins with an important regulatory update: **Royal Decree 315/2025 on Healthy and Sustainable School Canteens, approved on April 15.** Its goal is to improve nutrition in educational centers by promoting healthy habits from childhood through nutritious, balanced, and accessible menus.

The measures will become mandatory from April 2026 for companies in the sector and educational institutions (excluding first-cycle nursery schools and universities). However, **at Aramark, we are getting ahead of schedule: we will begin implementing them this October, ensuring a smooth transition.**

FEEDING THE FUTURE OF A GENERATION



THE WEEKLY MENU

STARTING FROM OCTOBER 2025



1

ECOLOGIC PRODUCTS

ORGANIC PRODUCTS ARE INCLUDED AT LEAST TWICE A MONTH.

2

WHOLE GRAIN CARBOHYDRATES

WHOLE GRAIN BREAD IS INCLUDED TWICE A WEEK, ALONG WITH OTHER WHOLE GRAIN CEREALS SUCH AS PASTA AND RICE.

3

CULINARY TECHNIQUES

HEALTHIER COOKING METHODS: BAKING, STEAMING, BOILING, GRILLING, AND SAUTÉING.

FRUITS AND VEGETABLES

INCREASE IN THE CONSUMPTION OF FRESH, SEASONAL, AND LOCALLY SOURCED FRUITS AND VEGETABLES

4

PLANT-BASED PROTEIN

INCREASE IN MAIN DISHES FEATURING STEWED OR SAUTÉED LEGUMES, FOR EXAMPLE.

5

REDUCTION

OF FRIED FOODS, PRE-COOKED MEALS, RED MEATS, AND PROCESSED MEATS

6



