

# NUTRITIP FEBRERO / 2025

## DESPERDICIO ALIMENTARIO

¿POR QUÉ ES UN PROBLEMA MEDIOAMBIENTAL?



Más del **8%** de emisiones de gases de efecto invernadero globales se deben a la producción, transporte, etc. de alimentos que acaban tirándose

se pierden...



Las pérdidas suponen...  
**900.000 millones €/año**  
+ coste medioambiental  
+ coste social



Para producir los alimentos que se pierden, se requieren 250 km<sup>3</sup> de agua anuales

=  
**240 millones de piscinas olímpicas**

**2.000-5.000 L** para producir los alimentos que consume **1 persona cada día**



**28%** de superficie agrícola para producir alimentos que se tiran

=  
**1,4 mill de hectáreas**

=  
**2,8 millones de campos de fútbol**

En colaboración con [colegiosaludable.com](http://colegiosaludable.com)

## MENÚ CENA

### Si hemos comido

### Podemos cenar

Cereales, féculas o legumbres	Hortalizas crudas o legumbres cocidas
Verduras	Cereales o féculas
Carne	Pescado o huevo
Pescado	Carne magra o huevo
Huevo	Pescado o carne magra
Fruta	Lácteos o fruta
Lácteos	Fruta

## ALÉRGENOS

Gluten	<b>1</b>	Cacahuete	<b>8</b>
Leche	<b>2</b>	Soja	<b>9</b>
Huevo	<b>3</b>	Apio	<b>10</b>
Pescado	<b>4</b>	Mostaza	<b>11</b>
Moluscos	<b>5</b>	Altramuz	<b>12</b>
Crustáceos	<b>6</b>	Sésamo	<b>13</b>
F. Cáscara	<b>7</b>	Sulfitos	<b>14</b>

Con estos números puede identificar aquellos alérgenos que cada plato contiene o puede contener.



# MENÚ Mensual

## FEBRERO / 2025 INFANTIL - PRIMARIA

- » Existen menús de celíacos, alérgicos al pescado, huevo, leche, etc.
- » Todos los días habrá un menú de dieta blanda.
- » Los pescados que utilizamos en los menús han sido congelados al menos 72 horas antes, según normativa vigente.
- » Nuestros menús incluyen pan blanco e integral y la bebida será agua.

Semana	LUNES	Información nutricional	MARTES	Información nutricional	MIÉRCOLES	Información nutricional	JUEVES	Información nutricional	VIERNES	Información nutricional
1	<b>3 de febrero</b>	Cal 371,0 Kcal Lip 7,9 g H.C. 37,4 g Prot 33,7 g	<b>4 de febrero</b>	Cal 546,9 Kcal Lip 65,6 g H.C. 22,7 g Prot 23,3 g	<b>5 de febrero</b>	Cal 364,7 Kcal Lip 15,2 g H.C. 41,7 g Prot 7,7 g	<b>6 de febrero</b>	Cal 469,5 Kcal Lip 47,1 g H.C. 41,0 g Prot 16,7 g	<b>7 de febrero</b> <b>JORNADA INTERNACIONAL GRECIA</b>	
2	<b>10 de febrero</b>	Cal 679,8 Kcal Lip 24,6 g H.C. 24,6 g Prot 68,4 g	<b>11 de febrero</b>	Cal 786,2 Kcal Lip 115,2 g H.C. 51,5 g Prot 18,5 g	<b>12 de febrero</b>	Cal 418,2 Kcal Lip 8,1 g H.C. 55,8 g Prot 25,4 g	<b>13 de febrero</b>	Cal 353,0 Kcal Lip 16,6 g H.C. 25,1 g Prot 24,3 g	<b>14 de febrero</b>	
3	<b>17 de febrero</b>	Cal 1367,3 Kcal Lip 15,9 g H.C. 83,7 g Prot 15,0 g	<b>18 de febrero</b>	Cal 453,4 Kcal Lip 18,7 g H.C. 48,6 g Prot 18,7 g	<b>19 de febrero</b>	Cal 520,4 Kcal Lip 22,0 g H.C. 43,8 g Prot 34,6 g	<b>20 de febrero</b>	Cal 474,1 Kcal Lip 19,7 g H.C. 32,1 g Prot 34,8 g	<b>21 de febrero</b>	
4	<b>24 de febrero</b>	Cal 778,3 Kcal Lip 91,8 g H.C. 39,2 g Prot 31,1 g	<b>25 de febrero</b>	Cal 513,6 Kcal Lip 17,1 g H.C. 70,2 g Prot 5,4 g	<b>26 de febrero</b>	Cal 779,3 Kcal Lip 110,8 g H.C. 59,6 g Prot 8,7 g	<b>27 de febrero</b>	Cal 307,7 Kcal Lip 9,8 g H.C. 27,4 g Prot 23,7 g	<b>28 de febrero</b>	

## FOOD WASTE

### WHY IS IT AN ENVIRONMENTAL PROBLEM?



More than **8%** of global **greenhouse gas emissions** are due to the production, transportation, etc. of food that ends up being thrown away



The losses mean...

**€900 billion/year**

+ environmental cost  
+ social cost



To produce the food that is lost, **250 km<sup>3</sup>** of water are required annually.

=

**240 million Olympic-sized swimming pools**

**2,000-5,000 l** to produce the food consumed by **1 person every day**



**28%** of agricultural land used to produce food is thrown away

=

**1.4 million hectares**

=

**2.8 million football fields**

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## DINNER MENU

### If for lunch, we ate...

### For dinner, we can eat...

Cereals, starches or legumes

*Raw green vegetables*

Vegetables

*Cereals or starches*

Meat

*Fish or egg*

Fish

*Lean meat or egg*

Egg

*Fish or lean meat*

Fruit

*Yogurt products or fruit*

Yogurt products

*Fruit*

## ALLERGENS

Gluten	<b>1</b>	Peanuts	<b>8</b>
Milk	<b>2</b>	Soya	<b>9</b>
Egg	<b>3</b>	Celery	<b>10</b>
Fish	<b>4</b>	Mustard	<b>11</b>
Molluscs	<b>5</b>	Lupin	<b>12</b>
Crustaceans	<b>6</b>	Sesame	<b>13</b>
Tree nuts	<b>7</b>	Sulphites	<b>14</b>

These numbers will help you to identify those allergens that each dish contains or might contain:



# MONTHLY Menu

## FEBRUARY / 2025 INFANTS-PRIMARY

- » There are specially prepared menus for gluten intolerance, food allergies, etc.
- » We offer a bland diet daily for children who may feel unwell.
- » All fish has been frozen for a minimum of 72 hours as per food safety standards.
- » Our menus include wholemeal and white bread and the drink will be water.

Week	MONDAY	Nutritional Information	TUESDAY	Nutritional Information	WEDNESDAY	Nutritional Information	THURSDAY	Nutritional Information	FRIDAY	Nutritional Information
1	<b>February 3rd</b> » Vegetable soup+Chicken » Vegetable stew » Roasted turkey » Baked sliced potatoes » Fruit	Cal 371,0 Kcal Lip 7,9 g H.C. 37,4 g Prot 33,7 g	<b>February 4th</b> » Courgette soup + Baked Pollock » Chicken Soup » Oven-Baked Pollock » Potatoes with Courgette » Coriander Mojo » Fruit	Cal 546,9 Kcal Lip 65,6 g H.C. 22,7 g Prot 23,3 g	<b>February 5th</b> » Spinach soup + Chicken » Spinach Cream Soup » Spanish Omelette (03) » Caesar-Style Salad (01-03) » Fruit	Cal 364,7 Kcal Lip 15,2 g H.C. 41,7 g Prot 7,7 g	<b>February 6th</b> » Carrot Soup + Saithe (04) » Carrot Cream Soup » Battered Saithe Bites (01-03-04) » Mixed Salad (03-04) » Fruit	Cal 469,5 Kcal Lip 47,1 g H.C. 41,0 g Prot 16,7 g	<b>February 7th</b> <b>INTERNATIONAL MENU</b> <b>GREECE</b>	
2	<b>February 10th</b> » Vegetable Soup + Beef » Vegetable Stew » Beef and Vegetable Casserole (14) » Fruit	Cal 679,8 Kcal Lip 24,6 g H.C. 24,6 g Prot 68,4 g	<b>February 11th</b> » Pumpkin Soup + Saithe (04) » Pumpkin Cream Soup » Saithe Vizcaina Style (04 Tr 05-06) » Couscous (01) » Fruit	Cal 786,2 Kcal Lip 115,2 g H.C. 51,5 g Prot 18,5 g	<b>February 12th</b> » Courgette soup + Pork » Courgette Cream Soup » Pork Escalope (01 Tr 02-09) » Mixed Salad (03-04) » Fruit	Cal 418,2 Kcal Lip 8,1 g H.C. 55,8 g Prot 25,4 g	<b>February 13th</b> » Vegetable Soup + Hake (04 Tr 05-06) » Chicken Soup (01-10 Tr 09-11) » Oven-Baked Hake (04-14 Tr 05-06) » Vegetable Ratatouille » Fruit	Cal 353,0 Kcal Lip 16,6 g H.C. 25,1 g Prot 24,3 g	<b>February 14th</b> » Lentil Soup + Chicken » Lentil Stew (Tr 01) » Wholewheat Spaghetti (01 Tr 09-11) » Chicken Bolognese (09-14) » Grated Cheese (02 Tr 03) » Dairy (02 Tr 03-07-09)	
3	<b>February 17th</b> » Vegetable Soup + Pork » Vegetable Stew » Stir-fried Pork » Chips » Fruit	Cal 1367,3Kcal Lip 15,9 g H.C. 83,7 g Prot 15,0 g	<b>February 18th</b> » Green Bean Soup + Hake (04 Tr 05-06) » Green Bean Cream Soup » Breaded Hake (01-04 Tr 02-05-06-09-11) » Roast Vegetables » Fruit	Cal 453,4 Kcal Lip 18,7 g H.C. 48,6 g Prot 18,7 g	<b>February 19th</b> » Vegetable soup + Chicken » Beef Soup (01-10 Tr 09-11) » Chicken with Mery Sauce (14) » Rice with Carrots » Fruit	Cal 520,4 Kcal Lip 22,0 g H.C. 43,8 g Prot 34,6 g	<b>February 20th</b> » Chickpea soup + Saithe (04) » Chickpeas with Spinach » Saithe with Garlic (04-14) » Russian Salad (03-04) » Fruit	Cal 474,1 Kcal Lip 19,7 g H.C. 32,1 g Prot 34,8 g	<b>February 21st</b> » Pea Soup + Chicken (04 Tr 05-06) » Pea Cream Soup » Rice with Chicken and Mexican-Style Beans (03-09) » Dairy (02 Tr 03-07-09)	
4	<b>February 24th</b> » Lentil Soup + Chicken » Lentil Stew (Tr 01) » Chicken Drumsticks (14) » Couscous (01) » Fruit	Cal 778,3 Kcal Lip 91,8 g H.C. 39,2 g Prot 31,1 g	<b>February 25th</b> » Carrot soup + Hake (04 Tr 05-06) » Carrot Cream Soup » Battered Hake (01-02-04 Tr 03-05-06-10-11) » Boiled Potatoes » Fruit	Cal 513,6 Kcal Lip 17,1 g H.C. 70,2 g Prot 5,4 g	<b>February 26th</b> » Vegetable Soup + Chicken » Vegetable Purée » Meat Tortellini (01-02-03-04-05-06-08-09) » Neapolitan Sauce » Grated Cheese (02 Tr 03) » Fruit	Cal 779,3 Kcal Lip 110,8 g H.C. 59,6 g Prot 8,7 g	<b>February 27th</b> » Pumpkin Soup + Saithe (04) » Pumpkin Cream Soup » Grilled Saithe (04-14) » Vegetable Ratatouille » Fruit	Cal 307,7 Kcal Lip 9,8 g H.C. 27,4 g Prot 23,7 g	<b>February 28th</b> » Vegetable Cream + Pork » House Soup (01-10 Tr 09-11) » Homemade Mixed Meat Meatballs (09-14) » Wholegrain Rice » Dairy (02 Tr 03-07-09)	