

	MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
1º	<b>BEEF AND POTATO STEW</b> PASTA SALAD	<b>CHICKEN NOODLE SOUP</b> TOMATO SALAD	<b>PAELLA</b> CAPRESE SALAD	<b>CREAM OF COURGETTE</b> POTATO SALAD	<b>CREAM OF VEGETABLE SOUP</b> MIXED SALAD
2º	<b>OVEN-ROASTED CHICKEN THIGHS WITH SAUTÉED VEGETABLES</b>	<b>BATTERED HAKE WITH FRENCH FRIES</b>	<b>FRENCH OMELETTE WITH STEAMED VEGETABLES</b>	<b>KINGKLIP WITH SAUTÉED MUSHROOMS</b>	<b>HOMEMADE LASAGNA</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	DAIRY DESSERT

	MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
1º	<b>CHICKPEA STEW</b> COLD TOMATO SOUP	<b>PICADILLO SOUP</b> SAUTÉED PEAS WITH HAM	<b>CREAM OF VEGETABLE SOUP</b> SPINACH SALAD	<b>PASTA WITH SAUTÉED VEGETABLES</b> QUINOA AND FRESH VEGETABLE SALAD	<b>CREAM OF COURGETTE</b> MIXED SALAD
2º	<b>GRILLED KINGKLIP WITH STEAMED VEGETABLES</b>	<b>POTATO OMELETTE WITH MIXED SALAD</b>	<b>FRIED CALAMARI WITH PARISIENNE POTATOES</b>	<b>OVEN ROASTED PORK LOIN WITH COUNTRY VEGETABLES</b>	<b>BREADED HAM AND CHEESE WITH BABY CARROTS</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	DAIRY DESSERT

	MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
1º	<b>LENTIL STEW</b> PASTA SALAD	<b>SPAGHETTI WITH BOLOGNESE SAUCE</b> SPINACH SALAD	<b>CHICKEN NOODLE SOUP</b> MIXED SALAD	<b>CREAMY RICE WITH SEAFOOD</b> TOMATO SALAD	<b>POTATO AND VEGETABLE STEW</b> CRAB STICK SALAD
2º	<b>GRILLED CHICKEN BREAST WITH SAUTÉED MUSHROOMS</b>	<b>HAKE WITH OVEN-ROASTED POTATOES</b>	<b>MEATBALLS WITH TOMATO SAUCE AND RICE</b>	<b>GRILLED SOLE WITH STEAMED VEGETABLES</b>	<b>OVEN-ROASTED PORK LOIN WITH FRENCH FRIES</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	DAIRY DESSERT

	MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
1º	<b>MACARONI WITH TUNA</b> CHEF'S SALAD	<b>CREAM OF COURGETTE</b> PASTA SALAD	<b>MIXED PAELLA</b> CAPRESE SALAD	<b>CHICKPEA STEW</b> POTATO SALAD	<b>CREAM OF VEGETABLE SOUP</b> CHEF'S SALAD
2º	<b>GRILLED KINGKLIP WITH SAUTÉED VEGETABLES</b>	<b>CHICKEN "AL CHILINDRÓN" WITH SAUTÉED MUSHROOMS</b>	<b>GRILLED HAKE WITH RATATOUILLE</b>	<b>TURKEY STEAK WITH MIXED SALAD</b>	<b>HAMBURGER WITH FRENCH FRIES</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	DAIRY DESSERT

	MONDAY 30	TUESDAY 31
1º	<b>CREAM OF CARROT SOUP</b> MIXED SALAD	<b>RICE WITH VEGETABLES</b> CAPRESE SALAD
2º	<b>CHICKEN WITH TOMATO SAUCE AND POTATOES</b>	<b>PORK LOIN WITH PEPPER SAUCE AND RICE</b>
P	FRUIT	FRUIT

	MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
1º	<b>VEGETABLE AND POTATO STEW</b> PASTA SALAD	<b>VEGETABLE NOODLE SOUP</b> TOMATO SALAD	<b>VEGETABLE PAELLA</b> CAPRESE SALAD	<b>CREAM OF COURGETTE</b> POTATO SALAD	<b>CREAM OF VEGETABLE SOUP</b> MIXED SALAD
2º	<b>VEGGIE BITES WITH SAUTÉED VEGETABLES</b>	<b>SPINACH CROQUETTES WITH FRENCH FRIES</b>	<b>FRENCH OMELETTE WITH STEAMED VEGETABLES</b>	<b>VEGETARIAN FISH STICKS WITH SAUTÉED MUSHROOMS</b>	<b>HOMEMADE VEGETARIAN LASAGNA</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	DAIRY DESSERT

	MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
1º	<b>CHICKPEA STEW</b> COLD TOMATO SOUP	<b>PICADILLO SOUP</b> SAUTEED PEAS	<b>CREAM OF VEGETABLE SOUP</b> SPINACH SALAD	<b>PASTA WITH SAUTÉED VEGETABLES</b> QUINOA AND FRESH VEGETABLE SALAD	<b>CREAM OF COURGETTE</b> MIXED SALAD
2º	<b>FALAFEL WITH STEAMED VEGETABLES</b>	<b>POTATO OMELETTE WITH MIXED SALAD</b>	<b>ONION RINGS WITH PARISIENNE POTATOES</b>	<b>VEGETABLE BITES WITH COUNTRY VEGETABLES</b>	<b>VEGGIE NUGGETS WITH BABY CARROTS</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	DAIRY DESSERT

	MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
1º	<b>LENTIL AND VEGETABLE STEW</b> PASTA SALAD	<b>SPAGHETTI WITH TOMATO SAUCE</b> SPINACH SALAD	<b>VEGETABLE NOODLE SOUP</b> MIXED SALAD	<b>MUSHROOM RISOTTO</b> TOMATO SALAD	<b>POTATO AND VEGETABLE STEW</b> CRAB STICK SALAD
2º	<b>HUMMUS WITH RAW VEGETABLES AND SAUTÉED MUSHROOMS</b>	<b>VEGETARIAN FISH STICKS WITH OVEN-ROASTED POTATOES</b>	<b>CHICKPEA BALLS WITH TOMATO SAUCE AND RICE</b>	<b>FALAFEL WITH STEAMED VEGETABLES</b>	<b>VEGETARIAN SAUSAGES WITH FRENCH FRIES</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	DAIRY DESSERT

	MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
1º	<b>MACARONI WITH TOMATO SAUCE AND CHEESE</b> CHEF'S SALAD	<b>CREAM OF COURGETTE</b> PASTA SALAD	<b>VEGETABLE PAELLA</b> CAPRESE SALAD	<b>CHICKPEA STEW</b> POTATO SALAD	<b>CREAM OF VEGETABLE SOUP</b> CHEF'S SALAD
2º	<b>QUINOA AND KALE BURGER WITH SAUTÉED VEGETABLES</b>	<b>FRENCH OMELETTE WITH SAUTÉED MUSHROOMS</b>	<b>HUMMUS WITH RATATOUILLE</b>	<b>VEGETABLE CROQUETTES WITH MIXED SALAD</b>	<b>VEGETABLE BURGER WITH FRENCH FRIES</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	DAIRY DESSERT

	MONDAY 30	TUESDAY 31
1º	<b>CREAM OF CARROT SOUP</b> MIXED SALAD	<b>RICE WITH VEGETABLES</b> CAPRESE SALAD
2º	<b>SPINACH CANNELONI WITH TOMATO SAUCE AND POTATOES</b>	<b>POTATO TIMBALE WITH PEPPER SAUCE AND RICE</b>
P	FRUIT	FRUIT

The menu includes white or brown bread. The option in bold type is the first course for Preschool Education students.

## SUGGESTIONS FOR PREPARING DINNERS

DINNERS SHOULD BE COMPLEMENTARY TO THE SCHOOL MENU.

THEY SHOULD PROVIDE BETWEEN 25% AND 30% OF THE DAILY ENERGY REQUIREMENTS

DINNER IS AS IMPORTANT AS THE MID-DAY MEAL AND SHOULD BE WELL PLANNED. IT IS EVEN RECOMMENDABLE TO STRUCTURE YOUR EVENING MEAL SIMILARLY: FIRST COURSE, SECOND COURSE AND DESSERT.

TRY TO INCLUDE ALL FOOD GROUPS IN YOUR EVENING MEAL: VEGETABLES, CARBOHYDRATES AND PROTEINS.

VEGETABLES SHOULD ALWAYS BE INCLUDED, EITHER IN THE FIRST COURSE OR AS AN ACCOMPANIMENT TO THE SECOND COURSE.

DINNER SHOULD BE A LIGHT MEAL, SO AS NOT TO INTERFERE WITH OR AFFECT THE CHILD'S SLEEP.

## SUGGESTIONS

### *FIRST COURSES*

3 OR 4 DAYS PER WEEK THE MAIN COURSE SHOULD BE VEGETABLE-BASED, HALF RAW (SALADS).

THE REST OF THE DAYS VEGETABLES SHOULD BE INCLUDED IN THE FOLLOWING DISHES (PASTA, RICE, POTATOES, SOUP).

### *SECOND COURSES*

AS A GENERAL BASE, WE SHOULD PLAN DINNERS TO INCLUDE:

- FISH TWO DAYS PER WEEK.
- EGG-BASED DISHES 1 OR 2 DAYS PER WEEK (OMELETTE, SCRAMBLED EGGS, STUFFED EGGS ...)
- BEEF, PORK OR POULTRY (CHICKEN, TURKEY, ETC.) SHOULD BE ALTERNATED 3 OR 4 DAYS PER WEEK
- WE MAY OCCASIONALLY INCLUDE DISHES SUCH AS FRIED FOODS (CROQUETTES, CALAMARI...) PIZZA, ETC.

**BREAKFASTS: DAIRY PRODUCTS + CEREALS + FRUIT OR JUICE**

**SNACKS (ONE OF THE GROUPS): DAIRY PRODUCTS + CEREALS + FRUIT OR JUICE | BREAD WITH COLD CUTS | BREAD WITH CHOCOLATE**

**DINNERS: ACCOMPANIED BY BREAD, DAIRY PRODUCT OR FRUIT**