

			THURSDAY 10	FRIDAY 11
1º			<b>SPAGHETTI WITH MEAT SAUCE</b> SPINACH SALAD	<b>CREAM OF SEASONAL VEGETABLES</b> SAUTEED RICE
2º			<b>OVEN BAKED HAKE</b>	<b>MEATBALLS WITH TOMATO SAUCE</b>
P			FRUIT	ICE CREAM

	MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
1º	<b>POTATO AND VEGETABLE STEW</b> CRAB STICK SALAD	<b>CREAMY RICE WITH SHELLFISH</b> STEAMED VEGETABLES	<b>CREAM OF COURGETTE</b> PAN ROASTED POTATOES	<b>MACARONI WITH TUNA</b> MIXED SALAD	<b>STAR NOODLE SOUP</b> RATATOUILLE
2º	<b>OVEN-BAKED PORK LOIN</b>	<b>GRILLED SOLE</b>	<b>CHICKEN "CHILINDRON"</b>	<b>GRILLED KINGKLIP</b>	<b>POTATO OMELETTE</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
1º	<b>CREAM OF CARROT SOUP</b> SAUTEED RICE	<b>MIXED PAELLA</b> CHEF'S SALAD	<b>CHICKPEA STEW</b> MIXED SALAD	<b>MACARONI WITH MEAT SAUCE</b> ROASTED RED PEPPERS	<b>CHICKEN NOODLE SOUP</b> POTATOES
2º	<b>CHICKEN WITH TOMATO SAUCE</b>	<b>GRILLED HAKE</b>	<b>HAMBURGER WITH CHEESE</b>	<b>FRESH FRIED ANCHOVIES</b>	<b>PORK LOIN WITH TOMATO SAUCE</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 28	TUESDAY 29	WEDNESDAY 30		
1º	<b>LENTIL AND VEGETABLE STEW</b> QUINOA SALAD	<b>SPAGHETTI CARBONARA</b> CHEF'S SALAD	<b>CREAM OF COURGETTE</b> TOMATO SALAD		
2º	<b>CHICKEN THIGHS</b>	<b>GRILLED KINGKLIP</b>	<b>BREADED CHICKEN BREAST</b>		
P	FRUIT	FRUIT	FRUIT		

			THURSDAY 10	FRIDAY 11
1º			<b>SPAGHETTI WITH TOMATO SAUCE</b> SPINACH SALAD	<b>CREAM OF SEASONAL VEGETABLES</b> MIXED RICE
2º			<b>VEGETARIAN FISH STICKS</b>	<b>CHICKPEA BALLS</b>
P			FRUIT	ICE CREAM

	MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
1º	<b>POTATO AND VEGETABLE STEW</b> MIXED SALAD	<b>CREAMY RICE WITH VEGETABLES</b> STEAMED VEGETABLES	<b>CREAM OF COURGETTE</b> PAN ROASTED POTATOES	<b>MACARONI WITH TOMATO AND CHEESE</b> RATATOUILLE	<b>STAR NOODLE SOUP</b> RATATOUILLE
2º	<b>SAUTEED TOFU WITH VEGETABLES</b>	<b>HUMMUS WITH CRUDITES</b>	<b>VEGETARIAN SAUSAGES</b>	<b>QUINOA AND KALE BURGERS</b>	<b>POTATO OMELETTE</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
1º	<b>CREAM OF CARROT SOUP</b> SAUTEED RICE	<b>RICE WITH VEGETABLES</b> MIXED SALAD	<b>CHICKPEA STEW</b> MIXED SALAD	<b>MACARONI WITH TOMATO SAUCE</b> ROASTED RED PEPPERS	<b>CHICKEN NOODLE SOUP</b> RATATOUILLE
2º	<b>VEGETARIAN BURGER</b>	<b>FRENCH OMELETTE</b>	<b>FALAFEL</b>	<b>TOFU WITH CURRY</b>	<b>POTATO OMELETTE</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 28	TUESDAY 29	WEDNESDAY 30		
1º	<b>LENTIL AND VEGETABLE STEW</b> QUINOA SALAD	<b>SPAGHETTI WITH ONIONS AND MUSHROOMS</b> MIXED SALAD	<b>CREAM OF COURGETTE</b> TOMATO SALAD		
2º	<b>HUMMUS WITH CRUDITES</b>	<b>PEA AND SPINACH BURGER</b>	<b>VEGAN NUGGETS</b>		
P	FRUIT	FRUIT	FRUIT		

## 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**