

			THURSDAY 1	FRIDAY 2
1º			CHICKEN STEW GRILLED VEGETABLES	BEEF STEW MIXED SALAD
2º			HAKE WITH GREEN SAUCE	CHICKEN CROQUETTES
P			FRUIT	YOGHURT

	MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
1º	PICADILLO SOUP MIXED SALAD	CREAM OF CARROT SOUP CHEF'S SALAD	CHICKPEAS WITH CUTTLEFISH MIXED SALAD	PASTA WITH TOMATO SAUCE AND CHEESE ROASTED RED PEPPERS	CREAM OF SEASONAL VEGETABLES OVEN ROASTED POTATOES
2º	POTATO OMELETTE	BATTERED HAKE	TURKEY WITH THYME SAUCE	GRILLED JOHN DORY	CHICKEN WITH MUSHROOM SAUCE
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
1º	HOLIDAY	CHICKEN NOODLE SOUP SAUTÉED RICE	MACARONI WITH MEAT SAUCE SPINACH SALAD	LENTILS WITH VEGETABLES CAPRESE SALAD	CREAM OF VEGETABLE SOUP FRENCH FRIES
2º		PORK LOIN WITH SAUCE	GRILLED SOLE	CHICKEN BURGERS WITH CHEESE	BREADED PORK LOIN
P		FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
1º	CREAM OF VEGETABLE SOUP SAUTÉED RICE	RICE WITH RATATOUILLE	CHICKEN STEW SPINACH SALAD	MACARONI WITH MEAT SAUCE MIXED SALAD	CREAM OF COURGETTE SAUTÉED RICE
2º	CHICKEN WITH SAUCE	FRESH FRIED ANCHOVIES	POTATO OMELETTE	BATTERED KINGKLIP	TURKEY WITH TOMATO SAUCE
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
1º	CHICKPEA STEW SPINACH SALAD	PICADILLO SOUP FRENCH FRIES	CREAM OF VEGETABLE SOUP CHEF'S SALAD	SAUTÉED PASTA WITH VEGETABLES CAPRESE SALAD	LENTILS WITH VEGETABLES PASTA SALAD
2º	BREADED PORK LOIN	MEATBALLS WITH TOMATO SAUCE	FRIED CALAMARI	KINGKLIP IN GREEN SAUCE	OVEN ROASTED CHICKEN THIGHS
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

			THURSDAY 1	FRIDAY 2
1º			VEGETABLE SOUP CHICKPEA SALAD	VEGETABLE STEW MIXED SALAD
2º			GRILLED VEGETABLES	SPINACH CROQUETTES
P			FRUIT	YOGHURT

	MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
1º	VEGETABLE SOUP MIXED SALAD	CREAM OF CARROT SOUP CHEF'S SALAD	CHICKPEA STEW MIXED SALAD	PASTA WITH TOMATO SAUCE AND CHEESE ROASTED RED PEPPERS	CREAM OF SEASONAL VEGETABLES OVEN ROASTED POTATOES
2º	POTATO OMELETTE	TOFU STICKS WITH PEPPER SAUCE	VEGETABLE AND TOFU WOK	VEGETARIAN BURGER	VEGETARIAN SAUSAGES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
1º	HOLIDAY	VEGETABLE SOUP SAUTÉED RICE	MACARONI WITH MEAT SAUCE SPINACH SALAD	LENTILS WITH VEGETABLES CAPRESE SALAD	CREAM OF VEGETABLE SOUP FRENCH FRIES
2º		VEGETABLES AU GRATIN	FALAFEL	VEGETARIAN BURGER	VEGETARIAN NUGGETS
P		FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
1º	CREAM OF VEGETABLE SOUP SAUTÉED RICE	RICE WITH RATATOUILLE	VEGETABLE SOUP SPINACH SALAD	MACARONI WITH TOMATO SAUCE AND CHEESE MIXED SALAD	CREAM OF COURGETTE SAUTÉED RICE
2º	VEGETABLE AND TOFU WOK	CHICKPEA BALLS	POTATO OMELETTE	SAUTÉED VEGETABLE WITH TOFU	VEGETARIAN SAUSAGES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
1º	CHICKPEA STEW SPINACH SALAD	PICADILLO SOUP FRENCH FRIES	CREAM OF VEGETABLE SOUP CHEF'S SALAD	SAUTÉED PASTA WITH VEGETABLES CAPRESE SALAD	LENTILS WITH VEGETABLES PASTA SALAD
2º	TOFU WITH CURRY	CHICKPEA BALLS WITH TOMATO SAUCE	ONION RINGS	FALAFEL	FRENCH OMELETTE
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

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