

	MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
1º	HOLIDAY	SPAGHETTI WITH MEAT AND TOMATO SAUCE SPINACH SALAD	CREAM OF VEGETABLE SOUP FRENCH FRIES	MIXED PAELLA TOMATO SALAD	STEW SAUTÉED RICE
2º		BATTERED HAKE	PORK LOIN WITH PEPPER SAUCE	GRILLED SOLE	MEATBALLS WITH TOMATO SAUCE
P		FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
1º	MACARONI WITH TUNA CHEF'S SALAD	CREAM OF COURGETTE SOUP SAUTÉED RICE	LENTILS WITH VEGETABLES CAPRESE SALAD	CHICKPEA STEW MIXED SALAD	CHICKEN STAR SOUP OVEN ROASTED POTATOES
2º	GRILLED KINGKLIP	CHICKEN WITH TOMATOES AND PEPPERS	FRIED CALAMARI RINGS	HAMBURGER WITH CHEESE	CROQUETTES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
1º	CREAM OF CARROT SOUP ONION RINGS	PASTA WITH MEAT AND TOMATO SAUCE MIXED SALAD	CHICKEN NOODLE SOUP RATATOUILLE	WHITE BEAN STEW CHEF'S SALAD	CREAM OF COURGETTE SOUP FRENCH FRIES
2º	OVEN-ROASTED TURKEY	HAKE	POTATO OMELETTE	BATTERED KINGKLIP	BREADED PORK LOIN
P		FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
1º	CHICKEN NOODLE SOUP MIXED SALAD	BEEF STEW CAPRESE SALAD	LENTILS WITH VEGETABLES STEAMED VEGETABLES	SPAGHETTI CARBONARA CHEF'S SALAD	CREAM OF SEASONAL VEGETABLES MIXED SALAD
2º	BREADED HAM AND CHEESE PATTIES	GRILLED KINGKLIP	CHICKEN DRUMSTICKS	BATTERED HAKE	LASAGNA
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 30				
1º	NOODLES WITH CHICKEN AND SOY SAUCE CHEF'S SALAD				
2º	GRILLED JOHN DORY				
P	FRUIT				

	MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
1º	HOLIDAY	SPAGHETTI WITH TOMATO SAUCE SPINACH SALAD	CREAM OF VEGETABLE SOUP SAUTÉED RICE	RICE WITH VEGETABLES TOMATO SALAD	VEGETABLE SOUP FRENCH FRIES
2º		VEGETARIAN FISH STICKS	CHICKPEA BALLS WITH TOMATO SAUCE	SAUTÉED TOFU WITH VEGETABLES	VEGETARIAN NUGGETS
P		FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
1º	MACARONI WITH VEGETABLES CHEF'S SALAD	CREAM OF COURGETTE SOUP SAUTÉED RICE	LENTILS WITH VEGETABLES CAPRESE SALAD	CHICKPEA STEW MIXED SALAD	CHICKEN STAR SOUP OVEN ROASTED POTATOES
2º	VEGETARIAN SAUSAGES	TOFU WITH CURRY AND VEGETABLES	VEGETABLE GRATIN	VEGETARIAN BURGER	FALAFEL
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
1º	CREAM OF CARROT SOUP ONION RINGS	PASTA WITH VEGETABLES MIXED SALAD	VEGETABLE NOODLE SOUP RATATOUILLE	WHITE BEAN STEW CHEF'S SALAD	CREAM OF COURGETTE SOUP FRENCH FRIES
2º	CHICKPEA SALAD	VEGETARIAN SAUSAGES	POTATO OMELETTE	HUMMUS WITH VEGETABLES	VEGETABLE BURGER
P		FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
1º	VEGETABLE NOODLE SOUP MIXED SALAD	VEGETABLE STEW CAPRESE SALAD	LENTILS WITH VEGETABLES STEAMED VEGETABLES	PASTA WITH VEGETABLES AND SOY SAUCE CHEF'S SALAD	CREAM OF SEASONAL VEGETABLES MIXED SALAD
2º	SPINACH CROQUETTES	HUMMUS WITH VEGETABLES	CHICKPEA SALAD	FALAFEL	VEGETABLE LASAGNA
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 30				
1º	NOODLES WITH VEGETABLES CHEF'S SALAD				
2º	VEGETABLE GRATIN				
P	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