

			THURSDAY 7	FRIDAY 8
1º			SPAGHETTI WITH MEAT SAUCE SPINACH SALAD	CREAM OF SEASONAL VEGETABLES SAUTÉED RICE
2º			GRILLED KINGKLIP	MEATBALLS WITH TOMATO SAUCE
P			FRUIT	YOGHURT

	MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
1º	BEEF AND POTATO STEW CAPRESE SALAD	LENTILS WITH VEGETABLES MIXED SALAD	CHICKEN STAR SOUP OVEN-ROASTED POTATOES	CREAM OF VEGETABLE SOUP ROASTED RED PEPPERS	MACARONI WITH MEAT SAUCE MIXED SALAD
2º	CHICKEN THIGHS	OVEN-ROASTED TURKEY	GRILLED KINGKLIP	POTATO OMELETTE	CALAMARI
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
1º	CREAM OF CARROT SOUP SAUTÉED RICE	MIXED PAELLA SPINACH SALAD	CHICKPEA STEW MIXED SALAD	MACARONI WITH MEAT SAUCE ROASTED RED PEPPERS	CREAM OF SEASONAL VEGETABLES POTATOES
2º	CHICKEN WITH TOMATO SAUCE	GRILLED HAKE	HAMBURGER WITH CHEESE	FRESH FRIED ANCHOVIES	BREADED CHICKEN BREAST
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
1º	LENTILS WITH VEGETABLES TOMATO SALAD	SPAGHETTI CARBONARA CHEF'S SALAD	CREAM OF COURGETTE SAUTÉED RICE	CHICKEN STEW POTATOES	BEEF STEW MIXED SALAD
2º	CHICKEN THIGHS	GRILLED KINGKLIP	CHICKEN "CHILINDRÓN" WITH VEGETABLES	PORK LOIN WITH PEPPER SAUCE	CHICKEN CROQUETTES
P	FRUIT	FRUIT	FRUIT	FRUIT	FRUIT

			THURSDAY 7	FRIDAY 8
1º			SPAGHETTI WITH TOMATO SAUCE SPINACH SALAD	CREAM OF SEASONAL VEGETABLES SAUTÉED RICE
2º			VEGETARIAN NUGGETS	CHICKPEA BALLS WITH TOMATO SAUCE
P			FRUIT	YOGHURT

	MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
1º	VEGETABLE AND POTATO STEW CAPRESE SALAD	LENTILS WITH VEGETABLES MIXED SALAD	VEGETABLE STAR SOUP OVEN-ROASTED POTATOES	CREAM OF VEGETABLE SOUP ROASTED RED PEPPERS	MACARONI WITH TOMATO SAUCE MIXED SALAD
2º	HUMMUS	VEGETARIAN SAUSAGES	CHICKPEA SALAD	POTATO OMELETTE	FALAFEL
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
1º	CREAM OF CARROT SOUP SAUTÉED RICE	VEGETABLE PAELLA SPINACH SALAD	CHICKPEA STEW MIXED SALAD	MACARONI WITH VEGETABLES ROASTED RED PEPPERS	CREAM OF SEASONAL VEGETABLES POTATOES
2º	TOFU AND VEGETABLE WOK WITH SOY SAUCE	VEGETABLE GRATIN	VEGETARIAN BURGER	FALAFEL	TOFU WITH VEGETABLES AND CURRY
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
1º	LENTILS WITH VEGETABLES TOMATO SALAD	SPAGHETTI WITH VEGETABLES MIXED SALAD	CREAM OF COURGETTE SAUTÉED RICE	VEGETABLE STEW POTATOES	VEGETABLE STEW MIXED SALAD
2º	VEGETARIAN BURGER	HUMMUS	TOFU WITH VEGETABLES AND CURRY	CHICKPEA SALAD	SPINACH CROQUETTES
P	FRUIT	FRUIT	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