

	MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
1°		CREAM OF PUMPKIN SOUP RICE WITH "THREE DELIGHTS"	CHICKPEAS WITH VEGETABLES FRENCH FRIES	SPAGHETTI WITH MEAT AND TOMATO SAUCE RATATOUILLE	CHICKEN STEW WITH NOODLES MIXED SALAD
2°	HOLIDAY	MEATBALLS WITH TOMATO SAUCE	BEEF WITH SAUCE	OVEN BAKED HAKE	CHICKEN WITH SAUCE
P		FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
1°	CREAM OF CARROT SOUP BASMATI RICE	LENTILS WITH VEGETABLES SAUTÉED VEGETABLES WITH SOY SAUCE	CHICKEN BROTH WITH STAR NOODLES PASTA SALAD	PASTA WITH TUNA MIXED SALAD	CREAM OF COURGETTE SOUP RATATOUILLE
2°	LEAN PORK WITH TOMATO SAUCE	OVEN-BAKED SOLE	CHICKEN SKEWERS	KINGKLIP WITH SAUCE	POTATO OMELETTE
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
1°	CREAM OF PUMPKIN SOUP PASTA SALAD	RICE WITH TOMATO SAUCE MIXED SALAD	CHICKEN NOODLE SOUP OVEN-ROASTED POTATOES	PASTA WITH MEAT SAUCE POTATO SALAD	CHICKPEA AND CUTTLEFISH STEW TOMATO SALAD
2°	FRESH FRIED ANCHOVIES	SAUSAGES	CHICKEN WITH GARLIC SAUCE	HAKE WITH LEMON	PORK LOIN ROLLS WITH HAM AND CHEESE
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
1°	LENTILS WITH VEGETABLES BASMATI RICE	SPAGHETTI CARBONARA CHEF'S SALAD	CREAM OF PEA SOUP CAPRESE SALAD	CHICKEN STEW WITH NOODLES SAUTÉED RICE	BEEF AND POTATO STEW MIXED SALAD
2°	CHICKEN WITH CURRY	GRILLED KINGKLIP	HAMBURGER WITH CHEESE	MEATBALLS WITH TOMATO SAUCE	CALAMARI
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 31
1°	CHICKEN STEW WITH NOODLES FRENCH FRIES
2°	CHICKEN SKEWERS
P	FRUIT

MENU MAY 2021

(VEGETARIAN)

	MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
1°		CREAM OF PUMPKIN SOUP RICE WITH "THREE DELIGHTS"	CHICKPEA STEW FRENCH FRIES	SPAGHETTI WITH SAUTÉED VEGETABLES RATATOUILLE	VEGETABLE STEW WITH NOODLES MIXED SALAD
2°	HOLIDAY	CHICKPEA BALLS WITH TOMATO SAUCE	FALAFEL	HUMMUS	TOFU WITH MUSHROOM SAUCE
P		FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
1°	CREAM OF CARROT SOUP BASMATI RICE	LENTILS WITH VEGETABLES SAUTÉED VEGETABLES WITH SOY SAUCE	CREAM OF VEGETABLE SOUP PASTA SALAD	PASTA WITH TOMATO SAUCE AND CHEESE MIXED SALAD	CREAM OF COURGETTE SOUP RATATOUILLE
2°	SPINACH CROQUETTES	VEGETARIAN FISH STICKS	FALAFEL	VEGETABLE GRATIN	POTATO OMELETTE
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
1°	CREAM OF PUMPKIN SOUP PASTA SALAD	RICE WITH TOMATO SAUCE MIXED SALAD	VEGETABLE SOUP OVEN-ROASTED POTATOES	PASTA WITH TOMATO SAUCE AND CHEESE POTATO SALAD	CHICKPEA STEW TOMATO SALAD
2°	VEGETARIAN FISH STICKS	VEGETARIAN SAUSAGES	VEGETARIAN BURGER	GRILLED SEITAN	VEGETARIAN NUGGETS
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
1°	LENTILS WITH VEGETABLES BASMATI RICE	SPAGHETTI WITH TOMATO SAUCE AND CHEESE CHEF'S SALAD	CREAM OF PEA SOUP CAPRESE SALAD	VEGETABLE STEW WITH NOODLES SAUTÉED RICE	POTATO AND VEGETABLE STEW MIXED SALAD
2°	TOFU WITH CURRY	VEGETARIAN SAUSAGES	HUMMUS	CHICKPEA BALLS WITH TOMATO SAUCE	FALAFEL
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 31
1°	VEGETABLE STEW WITH NOODLES FRENCH FRIES
2°	SPINACH CROQUETTES
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