

MENU JUNE 2021

	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
1°	CREAM OF CARROT SOUP PASTA SALAD	CHICKPEA STEW TOMATO SALAD	PASTA WITH TOMATO SAUCE AND CHEESE MIXED SALAD	CREAM OF SEASONAL VEGETABLES BASMATI RICE
2°	BATTERED HAKE	TURKEY WITH THYME SAUCE	SOLE	CHICKEN WITH MUSHROOM SAUCE
P	FRUIT	FRUIT	FRUIT	ICECREAM

	MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
1°	CHICKEN NOODLE SOUP ROASTED RED PEPPER SALAD	CREAM OF COURGETTE BASMATI RICE	PASTA WITH MEAT AND TOMATO SAUCE SPINACH SALAD	LENTILS WITH VEGETABLES CAPRESE SALAD	CREAM OF VEGETABLE SOUP FRENCH FRIES
2°	POTATO OMELETTE	PORK LOIN WITH SAUCE	GRILLED KINGKLIP	CHICKEN BURGER WITH CHEESE	CHICKEN WITH TOMATO SAUCE
P	FRUIT	FRUIT	FRUIT	FRUIT	ICECREAM

	MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
1°	CREAM OF CARROT SOUP SAUTÉED RICE	STEWED RICE RATATOUILLE	CHICKEN AND NOODLE STEW OVEN-ROASTED POTATOES	PASTA WITH MEAT AND TOMATO SAUCE MIXED SALAD	CREAM OF PEA SOUP FRENCH FRIES
2°	PORK LOIN WITH PEPPER SAUCE	FRESH FRIED ANCHOVIES	CHICKEN WITH SAUCE	CALAMARI	BEEF WITH SAUCE
P	FRUIT	FRUIT	FRUIT	FRUIT	ICECREAM

	MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
1°	LENTILS WITH VEGETABLES TOMATO SALAD	COLD TOMATO SOUP SPINACH SALAD	CHICKEN AND NOODLE STEW PASTA SALAD	MIXED SALAD	
2°	CHICKEN WITH GARLIC SAUCE	HAM AND CHEESE ROLLS	BATTERED KINGKLIP	PIZZA WITH HAM AND CHEESE	
P	FRUIT	FRUIT	ICECREAM	ICECREAM	

MENU JUNE 2021

(VEGETARIAN)

	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
1°	CREAM OF CARROT SOUP PASTA SALAD	CHICKPEA STEW TOMATO SALAD	PASTA WITH TOMATO SAUCE AND CHEESE MIXED SALAD	CREAM OF SEASONAL VEGETABLES BASMATI RICE
2°	VEGETARIAN FISH STICKS	SEITAN	HUMMUS	TOFU WITH MUSHROOM SAUCE
P	FRUIT	FRUIT	FRUIT	ICECREAM

	MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
1°	VEGETABLE BROTH ROASTED RED PEPPER SALAD	CREAM OF COURGETTE BASMATI RICE	PASTA WITH MEAT AND TOMATO SAUCE SPINACH SALAD	LENTILS WITH VEGETABLES CAPRESE SALAD	CREAM OF VEGETABLE SOUP FRENCH FRIES
2°	POTATO OMELETTE	FALAFEL	VEGETABLE GRATIN	VEGETARIAN BURGER	FRIED AUBERGINE
P	FRUIT	FRUIT	FRUIT	FRUIT	ICECREAM

	MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
1°	CREAM OF CARROT SOUP SAUTÉED RICE	STEWED RICE RATATOUILLE	VEGETABLE AND NOODLE STEW OVEN-ROASTED POTATOES	PASTA WITH SAUTÉED VEGETABLES MIXED SALAD	CREAM OF PEA SOUP FRENCH FRIES
2°	VEGETARIAN SAUSAGES	CHICKPEA BALLS	HUMMUS	SPINACH CROQUETTES	TOFU WITH TOMATO SAUCE
P	FRUIT	FRUIT	FRUIT	FRUIT	ICECREAM

	MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
1°	LENTILS WITH VEGETABLES TOMATO SALAD	COLD TOMATO SOUP SPINACH SALAD	VEGETABLE AND NOODLE STEW PASTA SALAD	MIXED SALAD	
2°	VEGETARIAN BURGER	POTATO OMELETTE	FALAFEL	VEGETARIAN PIZZA	
P	FRUIT	FRUIT	ICECREAM	ICECREAM	

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