

MENU SEPTEMBER 2021

				FRIDAY 10
1°				PASTA WITH MEAT SAUCE MIXED SALAD
2°				FISH STICKS
P				ICECREAM

	MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
1°	CHICKEN NOODLE SOUP ROASTED RED PEPPER SALAD	CREAM OF COURGETTE BASMATI RICE	PASTA WITH CARBONARA SAUCE MIXED SALAD	LENTILS WITH VEGETABLES PASTA 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 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
1°	CREAM OF CARROT SOUP SAUTÉED RICE	PAELLA 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 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	
1°	CREAM OF PUMPKIN SOUP BASMATI RICE	"PICADILLO" SOUP POTATOES	PASTA WITH SAUTÉED VEGETABLES CAPRESE SALAD	CHICKPEA STEW SPINACH SALAD	
2°	CHICKEN "CHILINDRON"	MEATBALLS WITH TOMATO SAUCE	KINGKLIP WITH GREEN SAUCE	BREADED CHICKEN STEAKS	
P	FRUIT	FRUIT	FRUIT	FRUIT	

MENU SEPT. 2021

(VEGETARIAN)

				FRIDAY 10
1°				PASTA WITH SAUTÉED VEGETABLES MIXED SALAD
2°				VEGETARIAN FISH STICKS
P				ICECREAM

	MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
1°	VEGETABLE SOUP ROASTED RED PEPPER SALAD	CREAM OF COURGETTE BASMATI RICE	PASTA WITH TOMATO SAUCE MIXED SALAD	LENTILS WITH VEGETABLES PASTA SALAD	CREAM OF VEGETABLE SOUP FRENCH FRIES
2°	POTATO OMELETTE	CHICKPEA BALLS WITH VEGETABLE SAUCE	FALAFEL	VEGETARIAN BURGER	WOK WITH VEGETABLES AND TOFU
P	FRUIT	FRUIT	FRUIT	FRUIT	ICECREAM

	MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
1°	CREAM OF CARROT SOUP SAUTÉED RICE	VEGETABLE PAELLA RATATOUILLE	PUCHERO SOUP OVEN-ROASTED POTATOES	PASTA WITH SAUTÉED MUSHROOMS MIXED SALAD	CREAM OF PEA SOUP FRENCH FRIES
2°	TOFU WITH PEPPER SAUCE	FRENCH OMELETTE	HUMMUS WITH RAW VEGETABLES	ONION RINGS	CHICKPEA SALAD
P	FRUIT	FRUIT	FRUIT	FRUIT	ICECREAM

	MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	
1°	CREAM OF PUMPKIN SOUP BASMATI RICE	VEGETABLE SOUP POTATOES	PASTA WITH SAUTÉED VEGETABLES CAPRESE SALAD	CHICKPEA STEW SPINACH SALAD	
2°	“CHILINDRON” TOFU	CHICKPEA BALLS WITH TOMATO SAUCE	FALAFEL	VEGETARIAN NUGGETS	
P	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