

MENU OCTOBER 2021

				FRIDAY 1
1°				CREAM OF VEGETABLE SOUP MIXED SALAD
2°				PIZZA
P				YOGHURT

	MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
1°	"PICADILLO" SOUP MIXED SALAD	CREAM OF CARROT SOUP COLD TOMATO SOUP	LENTILS WITH VEGETABLES QUINOA SALAD	MACARONI WITH CHORIZO CAPRESE SALAD	CREAM OF SEASONAL VEGETABLE SOUP MIXED SALAD
2°	POTATO OMELETTE WITH RATATOUILLE	BATTERED HAKE WITH OVEN-ROASTED POTATOES	OVEN-ROASTED CHICKEN WITH SAUTÉED MUSHROOMS	KINGKLIP WITH GREEN SAUCE AND ROASTED RED PEPPERS	HAMBURGER WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
1°	BEEF STEW MIXED SALAD	HOLIDAY	PASTA WITH MEAT AND TOMATO SAUCE SPINACH SALAD	CHICKEN NOODLE SOUP PASTA SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD
2°	MEATBALLS WITH SAUCE AND SAUTÉED RICE		TURKEY WITH THYME SAUCE AND FRENCH FRIES	CALAMARI WITH TOMATO SALAD	BREADED CHICKEN STEAKS WITH MASHED POTATOES
P	FRUIT		FRUIT	FRUIT	YOGHURT

	MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
1°	CREAM OF PUMPKIN SOUP MIXED SALAD	CHICKPEA STEW PASTA SALAD	CHICKEN AND VEGETABLE STEW SPINACH SALAD	SPAGHETTI CARBONARA TOMATO SALAD	CREAM OF VEGETABLE SOUP POTATO SALAD
2°	PORK LOIN WITH TOMATO SAUCE AND SAUTÉED RICE	GRILLED KINGKLIP WITH RATATOUILLE	BEEF WITH SAUCE AND OVEN-ROASTED POTATOES	HAKE WITH GREEN SAUCE AND MIXED SALAD	OVEN-ROASTED CHICKEN WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
1°	LENTILS WITH VEGETABLES MIXED SALAD	"PICADILLO" SOUP SPINACH SALAD	CREAM OF VEGETABLE SOUP PASTA SALAD	PASTA WITH MEAT AND TOMATO SAUCE MIXED SALAD	BEEF STEW QUINOA SALAD
2°	CHICKEN CURRY WITH SAUTÉED RICE	MEATBALLS WITH TOMATO SAUCE AND POTATOES	TURKEY WITH THYME SAUCE AND MASHED POTATOES	KINGKLIP WITH GREEN SAUCE AND CAPRESE SALAD	CHICKEN CROQUETTES WITH MIXED SALAD
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

The menu includes white or brown bread. The option in bold type is the first course for Preschool Education students.

MENU OCTOBER 2021

(VEGETARIAN)

				FRIDAY 1
1°				CREAM OF VEGETABLE SOUP MIXED SALAD
2°				VEGETABLE PIZZA
P				YOGHURT

	MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
1°	VEGETABLE SOUP MIXED SALAD	CREAM OF CARROT SOUP COLD TOMATO SOUP	LENTILS WITH VEGETABLES QUINOA SALAD	MACARONI WITH SAUTÉED MUSHROOMS CAPRESE SALAD	CREAM OF SEASONAL VEGETABLE SOUP MIXED SALAD
2°	POTATO OMELETTE WITH RATATOUILLE	CHICKPEA SALAD WITH OVEN-ROASTED POTATOES	FALAFEL WITH SAUTÉED MUSHROOMS	VEGETARIAN NUGGETS WITH ROASTED RED PEPPERS	VEGETARIAN BURGER WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
1°	VEGETABLE STEW MIXED SALAD	HOLIDAY	PASTA WITH LENTIL AND TOMATO SAUCE SPINACH SALAD	VEGETABLE SOUP PASTA SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD
2°	CHICKPEA BALLS WITH SAUCE AND SAUTÉED RICE		EGGPLANT HUMMUS AND FRENCH FRIES	WHITE BEAN SALAD WITH TOMATOES	VEGETARIAN BURGER WITH MASHED POTATOES
P	FRUIT		FRUIT	FRUIT	YOGHURT

	MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
1°	CREAM OF PUMPKIN SOUP MIXED SALAD	CHICKPEA STEW PASTA SALAD	VEGETABLE SOUP SPINACH SALAD	SPAGHETTI WITH SAUTÉED VEGETABLES TOMATO SALAD	CREAM OF VEGETABLE SOUP POTATO SALAD
2°	TOFU WITH VEGETABLES AND TOMATO SAUCE AND SAUTÉED RICE	FALAFEL WITH RATATOUILLE	VEGETARIAN NUGGETS WITH OVEN-ROASTED POTATOES	FRENCH OMELETTE AND MIXED SALAD	HUMMUS WITH RED PEPPERS AND FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
1°	LENTILS WITH VEGETABLES MIXED SALAD	VEGETABLE SOUP SPINACH SALAD	CREAM OF VEGETABLE SOUP PASTA SALAD	PASTA WITH LENTIL AND TOMATO SAUCE MIXED SALAD	VEGETABLE STEW QUINOA SALAD
2°	TOFU CURRY WITH SAUTÉED RICE	CHICKPEA BALLS WITH TOMATO SAUCE AND POTATOES	VEGETABLE STICKS WITH MASHED POTATOES	SCRAMBLED EGGS WITH VEGETABLES AND CAPRESE SALAD	VEGETABLE CROQUETTES WITH MIXED SALAD
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

The menu includes white or brown bread. The option in bold type is the first course for Preschool Education students.

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