

MENU NOVEMBER 2021

	MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
1°	HOLIDAY	MACARONI WITH SWEET CHORIZO MIXED SALAD	CREAM OF VEGETABLE SOUP COLD TOMATO SOUP	CHICKPEA STEW POTATO SALAD	CHICKEN AND NOODLE STEW BEAN SALAD
2°		BATTERED HAKE WITH ROASTED RED PEPPERS	CHICKEN WITH SAUCE AND SAUTÉED RICE	KINGKLIP IN SAUCE WITH TOMATO SALAD	PORK LOIN WITH TOMATO SAUCE AND FRENCH FRIES
P		FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
1°	MACARONI WITH TUNA QUINOA SALAD	CREAM OF PUMPKIN SOUP CAPRESE SALAD	LENTIL AND VEGETABLE STEW CHICKPEA SALAD	BEEF STEW SPINACH SALAD	CHICKEN NOODLE SOUP MIXED SALAD
2°	CALAMARI AND RED PEPPER SALAD	CHICKEN CURRY AND SAUTÉED RICE	TURKEY WITH THYME SAUCE AND SAUTÉED MUSHROOMS	HAKE WITH SAUCE AND MIXED SALAD	HAMBURGER WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
1°	CREAM OF VEGETABLE SOUP MIXED SALAD	CHICKPEA STEW PASTA SALAD	PICADILLO SOUP SPINACH SALAD	PASTA WITH SAUTÉED VEGETABLES TOMATO SALAD	CREAM OF VEGETABLE SOUP POTATO SALAD
2°	CHICKEN WITH SAUCE AND SAUTÉED RICE	GRILLED KINGKLIP WITH RATATOUILLE	BEEF IN SAUCE WITH OVEN ROASTED POTATOES	FRESH FRIED ANCHOVIES WITH MIXED SALAD	OVEN ROASTED CHICKEN WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
1°	CREAM OF CARROT SOUP MIXED SALAD	PASTA CARBONARA CHICKPEA SALAD	CHICKEN NOODLE SOUP MIXED SALAD	MIXED PAELLA TOMATO SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD
2°	OVEN ROASTED TURKEY WITH POTATOES	HAKE WITH MIXED SALAD	POTATO OMELETTE WITH RATATOUILLE	CHICKEN SKEWERS WITH MASHED POTATOES	MEATBALLS WITH TOMATO SAUCE AND SAUTÉED RICE
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 29	TUESDAY 30			
1°	CHICKEN NOODLE SOUP MIXED SALAD	CHICKPEA STEW MIXED SALAD			
2°	BEEF WITH SAUCE AND SAUTÉED RICE	GRILLED KINGKLIP WITH CAPRESE SALAD			
P	FRUIT	FRUIT			

MENU NOVEMBER 2021

(VEGETARIAN)

	MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
1°	HOLIDAY	MACARONI WITH LENTIL SAUCE MIXED SALAD	CREAM OF VEGETABLE SOUP COLD TOMATO SOUP	CHICKPEA STEW POTATO SALAD	VEGETABLE AND NOODLE STEW BEAN SALAD
2°		VEGETABLE STICKS WITH ROASTED RED PEPPERS	VEGETABLE BURGER AND SAUTÉED RICE	SCRAMBLED EGGS WITH MUSHROOMS AND TOMATO SALAD	TOFU WITH TOMATO SAUCE AND FRENCH FRIES
P		FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
1°	MACARONI WITH SAUTÉED VEGETABLES QUINOA SALAD	CREAM OF PUMPKIN SOUP CAPRESE SALAD	LENTIL AND VEGETABLE STEW CHICKPEA SALAD	VEGETABLE STEW SPINACH SALAD	VEGETABLE SOUP MIXED SALAD
2°	VEGETARIAN NUGGETS WITH RED PEPPER SALAD	TOFU CURRY WITH SAUTÉED RICE	FRENCH OMELETTE WITH SAUTÉED MUSHROOMS	FALAFEL WITH MIXED SALAD	VEGGIE BURGER WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
1°	CREAM OF VEGETABLE SOUP MIXED SALAD	CHICKPEA STEW PASTA SALAD	PICADILLO SOUP SPINACH SALAD	PASTA WITH SAUTÉED VEGETABLES TOMATO SALAD	CREAM OF VEGETABLE SOUP POTATO SALAD
2°	VEGETARIAN FISH STICKS WITH SAUTÉED RICE	SCRAMBLED EGGS WITH MUSHROOMS AND RATATOUILLE	TOFU IN SAUCE WITH OVEN ROASTED POTATOES	VEGETARIAN NUGGETS WITH MIXED SALAD	LENTIL FALAFEL WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
1°	CREAM OF CARROT SOUP MIXED SALAD	PASTA WITH VEGETABLES CHICKPEA SALAD	VEGETABLE SOUP MIXED SALAD	VEGETABLE PAELLA TOMATO SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD
2°	RED PEPPER HUMMUS WITH OVEN ROASTED POTATOES	VEGETABLE STICKS WITH MIXED SALAD	POTATO OMELETTE WITH RATATOUILLE	SAUTÉED TOFU WITH MASHED POTATOES	CHICKPEA BALLS WITH TOMATO SAUCE AND SAUTÉED RICE
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 29	TUESDAY 30			
1°	VEGETABLE SOUP MIXED SALAD	CHICKPEA STEW MIXED SALAD			
2°	FALAFEL WITH SAUTÉED RICE	VEGGIE BURGER WITH CAPRESE SALAD			
P	FRUIT	FRUIT			

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