

	MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
1°		CREAM OF PUMPKIN SOUP MIXED SALAD	CHICKPEA STEW PASTA SALAD	SPAGHETTI WITH MEAT AND TOMATO SAUCE MIXED SALAD	CHICKEN AND NOODLE STEW MIXED SALAD
2°	HOLIDAY	MEATBALLS WITH VEGETABLE SAUCE AND RICE	BEEF WITH SAUCE AND OVEN-ROASTED POTATOES	OVEN-BAKED HAKE WITH RATATOUILLE	CHICKEN IN SAUCE AND FRENCH FRIES
P		FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
1°	CREAM OF CARROT SOUP SPINACH SALAD	LENTILS WITH VEGETABLES LENTIL SALAD	CHICKEN STAR SOUP PASTA SALAD	MACARONI WITH TUNA MIXED SALAD	CREAM OF COURGETTE MIXED SALAD
2°	CHICKEN CURRY WITH BASMATI RICE	OVEN-BAKED SOLE WITH POTATOES	CHICKEN SKEWERS WITH MIXED SALAD	KINGKLIP WITH TOMATO SALAD	HAMBURGER WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
1°		RICE WITH TOMATO SAUCE MIXED SALAD	CHICKEN NOODLE SOUP CRAB STICK SALAD	MACARONI WITH SHRIMP MIXED SALAD	CHICKPEA AND CUTTLEFISH STEW SPINACH SALAD
2°	HOLIDAY	SAUSAGES WITH FRIED BANANA	CHICKEN WITH GARLIC SAUCE AND MASHED POTATOES	OVEN-BAKED HAKE WITH POTATO SALAD	BREADED HAM AND CHEESE STEAKS WITH TOMATO SALAD
P		FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
1°	LENTILS WITH VEGETABLES MIXED SALAD	SPAGHETTI CARBONARA CHEF'S SALAD	CREAM OF PEA SOUP CAPRESE SALAD	CHICKEN AND NOODLE STEW MIXED SALAD	BEEF AND POTATO STEW PASTA SALAD
2°	LEAN PORK WITH TOMATO SAUCE AND BASMATI RICE	GRILLED KINGKLIP WITH MIXED SALAD	POTATO OMELETTE WITH RATATOUILLE	PORK LOIN WITH PEPPER SAUCE AND FRENCH FRIES	CALAMARI WITH MIXED SALAD
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 30	TUESDAY 31			
1°	CHICKEN AND NOODLE STEW MIXED SALAD	MACARONI WITH SWEET CHORIZO CAPRESE SALAD			
2°	CAJUN-STYLE CHICKEN WITH FRENCH FRIES	FRESH-FRIED ANCHOVIES WITH MIXED SALAD			
P	FRUIT	FRUIT			

MENU MAY 2022

(VEGETARIAN)

	MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
1°		CREAM OF PUMPKIN SOUP MIXED SALAD	CHICKPEA STEW PASTA SALAD	SPAGHETTI WITH TEXTURED SOY AND TOMATO SAUCE MIXED SALAD	VEGETABLE AND NOODLE STEW MIXED SALAD
2°	HOLIDAY	CHICKPEA BALLS WITH VEGETABLE SAUCE AND RICE	SCRAMBLED EGGS WITH VEGETABLES AND OVEN-ROASTED POTATOES	VEGETARIAN STICKS WITH RATATOUILLE	LENTIL FALAFEL WITH FRENCH FRIES
P		FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
1°	CREAM OF CARROT SOUP SPINACH SALAD	LENTILS WITH VEGETABLES LENTIL SALAD	CHICKEN STAR SOUP PASTA SALAD	MACARONI WITH SAUTÉED VEGETABLES MIXED SALAD	CREAM OF COURGETTE MIXED SALAD
2°	TOFU CURRY WITH BASMATI RICE	SCRAMBLED EGGS WITH VEGETABLES SERVED WITH POTATOES	VEGETABLE GYOZAS WITH MIXED SALAD	VEGETABLE BITES WITH TOMATO SALAD	VEGETARIAN BURGER WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
1°		RICE WITH TOMATO SAUCE MIXED SALAD	VEGETABLE NOODLE SOUP TROPICAL SALAD	MACARONI WITH LENTIL AND TOMATO SAUCE MIXED SALAD	CHICKPEA STEW SPINACH SALAD
2°	HOLIDAY	VEGETARIAN SAUSAGES WITH FRIED BANANA	FALAFEL WITH MASHED POTATOES	SCRAMBLED EGGS WITH MUSHROOMS AND POTATO SALAD	CROQUETTES WITH TOMATO SALAD
P		FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
1°	LENTILS WITH VEGETABLES MIXED SALAD	SPAGHETTI WITH VEGETABLES CHEF'S SALAD	CREAM OF PEA SOUP CAPRESE SALAD	VEGETABLE AND NOODLE STEW MIXED SALAD	VEGETABLE AND POTATO STEW PASTA SALAD
2°	TOFU WITH TOMATO SAUCE AND BASMATI RICE	VEGETABLE MEDALLIONS WITH MIXED SALAD	POTATO OMELETTE WITH RATATOUILLE	VEGETARIAN BURGER WITH FRENCH FRIES	VEGETARIAN NUGGETS WITH MIXED SALAD
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 30	TUESDAY 31			
1°	VEGETABLE AND NOODLE STEW MIXED SALAD	MACARONI WITH MUSHROOMS AND SPINACH CAPRESE SALAD			
2°	CAJUN-STYLE TOFU WITH FRENCH FRIES	SPRING ROLLS WITH MIXED 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