

		WEDNESDAY 1	THURSDAY 2	FRIDAY 3
1°		CHICKPEA STEW PASTA SALAD	PASTA WITH TOMATO SAUCE AND CHEESE WHITE BEAN SALAD	CREAM OF SEASONAL VEGETABLE SOUP MIXED SALAD
2°		MEATBALLS WITH SAUCE AND TOMATO SALAD	SOLE WITH MIXED SALAD	CHICKEN WITH MUSHROOM SAUCE AND FRENCH FRIES
P		FRUIT	FRUIT	YOGHURT

	MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
1°	CHICKEN NOODLE SOUP TOMATO SALAD	CREAM OF COURGETTE SOUP MIXED SALAD	MACARONI WITH TOMATO AND MEAT SAUCE SPINACH SALAD	LENTILS WITH VEGETABLES CAPRESE SALAD	CREAM OF VEGETABLE SOUP CHEF'S SALAD
2°	POTATO OMELETTE WITH ROASTED RED PEPPER SALAD	CHICKEN WITH TOMATO SAUCE AND WHITE RICE	GRILLED KINGKLIP WITH OVEN-ROASTED POTATOES	CHICKEN BURGER WITH CHEESE AND MIXED SALAD	BREADED HAM AND CHEESE PATTIES WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
1°	CREAM OF CARROT SOUP MIXED SALAD	RICE STEW RICE SALAD	CHICKEN AND NOODLE STEW MIXED SALAD	MACARONI WITH MEAT AND TOMATO SAUCE TROPICAL SALAD	CREAM OF PEA SOUP MIXED SALAD
2°	PORK WITH PEPPER SAUCE AND OVEN-ROASTED POTATOES	HAKE WITH RATATOUILLE	CURRIED CHICKEN WITH RICE	CALAMARI WITH MIXED SALAD	BEEF WITH SAUCE AND FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
1°	CREAM OF VEGETABLE SOUP CAPRESE SALAD	PASTA CARBONARA SPINACH SALAD	COLD TOMATO SOUP MIXED SALAD	CHICKEN AND NOODLE STEW MIXED SALAD	MIXED SALAD
2°	BREADED CHICKEN BREAST WITH MIXED SALAD	FISH BURGER WITH MIXED SALAD	CHICKEN WITH GARLIC AND RICE	BREADED CHICKEN AND CHEESE PATTIES WITH FRENCH FRIES	PIZZA WITH HAM AND CHEESE
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

MENU JUNE 2022

(VEGETARIAN)

		WEDNESDAY 1	THURSDAY 2	FRIDAY 3
1°		CHICKPEA STEW PASTA SALAD	PASTA WITH TOMATO SAUCE AND CHEESE WHITE BEAN SALAD	CREAM OF SEASONAL VEGETABLE SOUP MIXED SALAD
2°		TEMPURA VEGETABLES WITH TOMATO SALAD	SCRAMBLED EGGS WITH VEGETABLES AND MIXED SALAD	CHICKPEA BALLS WITH MUSHROOM SAUCE AND FRENCH FRIES
P		FRUIT	FRUIT	YOGHURT

	MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
1°	VEGETABLE NOODLE SOUP TOMATO SALAD	CREAM OF COURGETTE SOUP MIXED SALAD	MACARONI WITH TOMATO AND TEXTURED SOY SAUCE SPINACH SALAD	LENTILS WITH VEGETABLES CAPRESE SALAD	CREAM OF VEGETABLE SOUP CHEF'S SALAD
2°	POTATO OMELETTE WITH ROASTED RED PEPPER SALAD	VEGETABLE MEDALLIONS WITH WHITE RICE	RED PEPPER HUMMUS WITH OVEN-ROASTED POTATOES	VEGETARIAN BURGER WITH MIXED SALAD	CHICKPEA BALLS WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
1°	CREAM OF CARROT SOUP MIXED SALAD	RICE STEW RICE SALAD	VEGETABLE SOUP MIXED SALAD	MACARONI WITH MUSHROOMS AND SPINACH TROPICAL SALAD	CREAM OF PEA SOUP MIXED SALAD
2°	LENTIL FALAFEL WITH OVEN-ROASTED POTATOES	SCRAMBLED EGGS WITH MUSHROOMS AND RATATOUILLE	CURRIED TOFU WITH RICE	VEGETABLE STICKS WITH MIXED SALAD	FRENCH OMELETTE WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
1°	CREAM OF VEGETABLE SOUP CAPRESE SALAD	PASTA WITH SAUTEED VEGETABLES SPINACH SALAD	COLD TOMATO SOUP MIXED SALAD	VEGETABLE SOUP MIXED SALAD	MIXED SALAD
2°	VEGETARIAN CROQUETTES WITH MIXED SALAD	VEGETARIAN BURGER WITH MIXED SALAD	VEGETARIAN NUGGETS WITH RICE	TOFU WITH TOMATO SAUCE AND FRENCH FRIES	VEGETARIAN PIZZA
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

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