

MENU SEPTEMBER 2022

	MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
1°	CHICKEN NOODLE SOUP MIXED SALAD	COLD TOMATO SOUP (SALMOREJO) TROPICAL SALAD	MACARONI WITH TOMATO SAUCE SPINACH SALAD	LENTILS WITH VEGETABLES PASTA SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD
2°	POTATO OMELETTE WITH ROASTED RED PEPPER SALAD	PORK LOIN WITH PEPPER SAUCE AND RICE	GRILLED KINGKLIP WITH MIXED SALAD	CHICKEN BURGER WITH CHEESE AND FRENCH FRIES	CAJUN CHICKEN WITH MASHED POTATOES
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
1°	CREAM OF CARROT SOUP CAPRESE SALAD	RICE WITH TOMATO SAUCE MIXED SALAD	PUCHERO SOUP WITH CHICKEN, CHICKPEAS AND NOODLES SPINACH SALAD	MACARONI WITH MEAT AND TOMATO SAUCE MIXED SALAD	COLD TOMATO SOUP (GAZPACHO) WITH TOPPINGS MIXED SALAD
2°	CHICKEN WITH CURRY SAUCE AND RICE	SAUSAGES WITH FRIED PLANTAIN	TURKEY WITH THYME SAUCE AND PAN ROASTED POTATOES	CALAMARI WITH TOMATO SALAD	BEEF WITH SAUCE AND COUS COUS
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
1°	CREAM OF PUMPKIN SOUP SALAD WITH EGG	"PICADILLO" STYLE SOUP WITH CHICKEN, NOODLES AND EGG CHEF'S SALAD	PASTA CARBONARA CAPRESE SALAD	CHICKPEA STEW PASTA SALAD	BEEF STEW POTATO SALAD
2°	"CHILINDRON" STYLE CHICKEN WITH BASMATI RICE	MEATBALLS WITH TOMATO SAUCE AND POTATOES	KINGKLIP WITH GREEN SAUCE AND SAUTEED CARROTS	BREADED CHICKEN BREAST WITH SPINACH SALAD	FRESH FRIED ANCHOVIES WITH MIXED SALAD
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

MENU SEPTEMBER 2022

(VEGETARIAN)

	MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
1°	VEGETABLE SOUP MIXED SALAD	COLD TOMATO SOUP (SALMOREJO) TROPICAL SALAD	MACARONI WITH TOMATO SAUCE SPINACH SALAD	LENTILS WITH VEGETABLES PASTA SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD
2°	POTATO OMELETTE WITH ROASTED RED PEPPER SALAD	VEGETABLE AND TOFU WOK WITH RICE	VEGETARIAN STICKS WITH MIXED SALAD	VEGETARIAN BURGER WITH FRENCH FRIES	FALAFEL WITH MASHED POTATOES
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
1°	CREAM OF CARROT SOUP CAPRESE SALAD	RICE WITH TOMATO SAUCE MIXED SALAD	VEGETABLE SOUP SPINACH SALAD	MACARONI WITH LENTIL AND TOMATO SAUCE MIXED SALAD	COLD TOMATO SOUP (GAZPACHO) WITH TOPPINGS MIXED SALAD
2°	TOFU CURRY SAUCE WITH RICE	VEGETARIAN SAUSAGES WITH FRIED PLANTAIN	VEGETARIAN NUGGETS WITH PAN-ROASTED POTATOES	FRENCH OMELETTE WITH TOMATO SALAD	VEGETABLE MEDALLIONS WITH COUS COUS
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
1°	CREAM OF PUMPKIN SOUP SALAD WITH EGG	VEGETABLE NOODLE SOUP CHEF'S SALAD	PASTA WITH SAUTÉED VEGETABLES CAPRESE SALAD	CHICKPEA STEW PASTA SALAD	VEGETABLE STEW POTATO SALAD
2°	"CHILINDRON" STYLE TOFU WITH BASMATI RICE	CHICKPEA MEATBALLS WITH TOMATO SAUCE AND POTATOES	SCRAMBLED EGGS WITH MUSHROOMS AND SAUTEED CARROTS	MUSHROOM CROQUETTES WITH SPINACH SALAD	ONION RINGS WITH MIXED SALAD
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