

MENU NOVEMBER 2022

	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
1°		CREAM OF VEGETABLE SOUP COLD TOMATO SOUP (SALMOREJO)	CHICKPEA STEW PASTA SALAD	PUCHERO SOUP WITH CHICKEN, CHICKPEAS AND NOODLES WHITE BEAN SALAD
2°	HOLIDAY	CHICKEN IN SAUCE WITH RICE	KINGKLIP IN SAUCE WITH TOMATO SALAD	LEAN PORK WITH TOMATO SAUCE AND FRENCH FRIES
P		FRUIT	FRUIT	YOGHURT

	MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
1°	MACARONI WITH TUNA QUINOA SALAD	CREAM OF PUMPKIN SOUP CAPRESE SALAD	LENTILS WITH VEGETABLES CHICKPEA SALAD	BEEF STEW SPINACH SALAD	CHICKEN STAR SOUP MIXED SALAD
2°	CALAMARI WITH ROASTED RED PEPPER SALAD	CHICKEN CURRY WITH RICE	TURKEY WITH THYME SAUCE AND SAUTÉED MUSHROOMS	SAINT JACOB HAM AND CHEESE PATTIES WITH MIXED SALAD	HAMBURGER WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
1°	CREAM OF VEGETABLE SOUP MIXED SALAD	CHICKPEA STEW PASTA SALAD	“PICADILLO” STYLE SOUP (WITH CHICKEN, NOODLES AND EGG) SPINACH SALAD	PASTA WITH SAUTÉED VEGETABLES TOMATO SALAD	CREAM OF VEGETABLE SOUP POTATO SALAD
2°	CHICKEN WITH SAUCE AND RICE	GRILLED KINGKLIP WITH RATATOUILLE	BEEF IN SAUCE WITH POTATO WEDGES	FRESH FRIED ANCHOVIES WITH MIXED SALAD	OVEN-ROASTED CHICKEN WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
1°	CREAM OF CARROT SOUP MIXED SALAD	PASTA CARBONARA CHICKPEA SALAD	CHICKEN NOODLE SOUP MIXED SALAD	MIXED PAELLA TOMATO SALAD	CREAM OF VEGETABLES MIXED SALAD
2°	OVEN-ROASTED TURKEY BREAST WITH POTATOES	HAKE WITH MIXED SALAD	POTATO OMELETTE WITH RATATOUILLE	CHICKEN SKEWERS WITH MASHED POTATOES	MEATBALLS WITH TOMATO SAUCE AND RICE
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 28	TUESDAY 29	WEDNESDAY 30
1°	CHICKEN NOODLE SOUP MIXED SALAD	CHICKPEA STEW MIXED SALAD	PASTA WITH MEAT AND TOMATO SAUCE RICE SALAD
2°	BEEF IN SAUCE WITH RICE	GRILLED KINGKLIP WITH CAPRESE SALAD	OVEN ROASTED CHICKEN WITH MIXED SALAD
P	FRUIT	FRUIT	FRUIT

MENU NOVEMBER 2022

(VEGETARIAN)

	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
1°		CREAM OF VEGETABLE SOUP COLD TOMATO SOUP (SALMOREJO)	CHICKPEA STEW PASTA SALAD	VEGETABLE BROTH WITH CHICKPEAS AND NOODLES WHITE BEAN SALAD
2°	HOLIDAY	TOFU IN MUSHROOM SAUCE WITH RICE	FRENCH OMELETTE WITH TOMATO SALAD	VEGETARIAN BURGER WITH FRENCH FRIES
P		FRUIT	FRUIT	YOGHURT

	MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
1°	MACARONI WITH SAUTÉED VEGETABLES QUINOA SALAD	CREAM OF PUMPKIN SOUP CAPRESE SALAD	LENTILS WITH VEGETABLES CHICKPEA SALAD	VEGETABLE STEW SPINACH SALAD	VEGETABLE BROTH WITH STAR NOODLES MIXED SALAD
2°	HEURA WITH ROASTED RED PEPPER SALAD	TOFU CURRY WITH RICE	FRENCH OMELETTE WITH SAUTÉED MUSHROOMS	VEGETABLE CROQUETTES WITH MIXED SALAD	VEGETARIAN BURGER WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
1°	CREAM OF VEGETABLE SOUP MIXED SALAD	CHICKPEA STEW PASTA SALAD	“PICADILLO” STYLE SOUP (WITH NOODLES AND EGG) SPINACH SALAD	PASTA WITH SAUTÉED VEGETABLES TOMATO SALAD	CREAM OF VEGETABLE SOUP POTATO SALAD
2°	TOFU WITH SAUCE AND RICE	SCRAMBLED EGGS WITH VEGETABLES AND RATATOUILLE	VEGETARIAN SAUSAGES WITH POTATO WEDGES	EGGPLANT MEDALLIONS WITH MIXED SALAD	VEGETABLE GYOZAS WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
1°	CREAM OF CARROT SOUP MIXED SALAD	PASTA WITH TEXTURED SOY BOLOGNESE SAUCE CHICKPEA SALAD	VEGETABLE BROTH WITH NOODLES MIXED SALAD	VEGETABLE PAELLA TOMATO SALAD	CREAM OF VEGETABLES MIXED SALAD
2°	FALAFEL WITH PAN-ROASTED POTATOES	VEGETARIAN NUGGETS WITH MIXED SALAD	POTATO OMELETTE WITH RATATOUILLE	TOFU BROCHETTE WITH MASHED POTATOES	CHICKPEA BALLS WITH TOMATO SAUCE AND RICE
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 28	TUESDAY 29	WEDNESDAY 30
1°	VEGETABLE BROTH WITH NOODLES MIXED SALAD	CHICKPEA STEW MIXED SALAD	PASTA WITH LENTIL AND TOMATO SAUCE RICE SALAD
2°	TOFU IN SAUCE WITH RICE	SCRAMBLED EGGS WITH VEGETABLES AND CAPRESE SALAD	HUMMUS WITH RAW VEGETABLES AND MIXED SALAD
P	FRUIT	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