

MENU JANUARY 2023

	MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
1°	CREAM OF SEASONAL VEGETABLES MIXED SALAD	SPAGHETTI CARBONARA RICE SALAD	PUCHERO SOUP WITH CHICKEN, CHICKPEAS AND NOODLES MIXED SALAD	WHITE BEAN STEW CHICKPEA SALAD	CREAM OF COURGETTE SOUP MIXED SALAD
2°	MEATBALLS WITH TOMATO SAUCE AND RICE	KINGKLIP FISH STICKS WITH TOMATO SALAD	PORK LOIN WITH PEPPER SAUCE AND POTATOES	HAKE IN SAUCE WITH MIXED SALAD	OVEN-ROASTED CHICKEN WITH FRENCH FRIES
P	YOGHURT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
1°	BEEF AND POTATO STEW PASTA SALAD	LENTILS WITH VEGETABLES CAPRESE SALAD	STAR NOODLE SOUP MIXED SALAD	CREAM OF VEGETABLE SOUP CHEF'S SALAD	PASTA WITH MEAT AND TOMATO SAUCE CHICKPEA SALAD
2°	OVEN ROASTED TURKEY WITH MIXED SALAD	CALAMARI WITH MIXED SALAD	PORK LOIN WITH TOMATO SAUCE AND RICE	LASAGNE WITH MIXED SALAD	CROQUETTES WITH MIXED SALAD
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
1°	CREAM OF CARROT SOUP SPINACH SALAD	MACARONI WITH CHORIZO RICE SALAD	CHICKPEA STEW CHEF'S SALAD	PAELLA TOMATO SALAD	CREAM OF SEASONAL VEGETABLES MIXED SALAD
2°	CHICKEN CURRY WITH RICE	GRILLED HAKE WITH MIXED SALAD	PORK LOIN WITH PEPPER SAUCE AND MASHED POTATOES	FRESH FRIED ANCHOVIES WITH MIXED SALAD	HAMBURGER WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 30	TUESDAY 31			
1°	CREAM OF SEASONAL VEGETABLES MIXED SALAD	SPAGHETTI CARBONARA RICE SALAD			
2°	BEEF IN SAUCE WITH RICE	SOLE WITH MIXED SALAD			
P	FRUIT	FRUIT			

MENU JANUARY 2023

(VEGETARIAN)

	MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
1º	CREAM OF SEASONAL VEGETABLES MIXED SALAD	SPAGHETTI WITH MUSHROOMS AND SPINACH RICE SALAD	VEGETABLE SOUP MIXED SALAD	WHITE BEAN STEW CHICKPEA SALAD	CREAM OF COURGETTE SOUP MIXED SALAD
2º	CHICKPEA BALLS AND RICE	VEGETABLE NUGGETS WITH TOMATO SALAD	TOFU WITH PEPPER SAUCE AND POTATOES	SCRAMBLED EGGS WITH VEGETABLES AND MIXED SALAD	VEGETARIAN BURGER WITH FRENCH FRIES
P	YOGHURT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
1º	VEGETABLE AND POTATO STEW PASTA SALAD	LENTILS WITH VEGETABLES CAPRESE SALAD	STAR NOODLE SOUP MIXED SALAD	CREAM OF VEGETABLE SOUP CHEF'S SALAD	PASTA WITH LENTIL AND TOMATO SAUCE CHICKPEA SALAD
2º	FALAFEL WITH MIXED SALAD	SCRAMBLED EGGS WITH MUSHROOMS AND MIXED SALAD	TOFU WITH TOMATO SAUCE AND RICE	VEGETARIAN LASAGNE WITH MIXED SALAD	MUSHROOM CROQUETTES WITH MIXED SALAD
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
1º	CREAM OF CARROT SOUP SPINACH SALAD	MACARONI WITH TEXTURED SOY RICE SALAD	CHICKPEA STEW CHEF'S SALAD	VEGETABLE PAELLA TOMATO SALAD	CREAM OF SEASONAL VEGETABLES MIXED SALAD
2º	TOFU CURRY WITH RICE	HUMMUS WITH RAW VEGETABLES AND MIXED SALAD	VEGETABLE STICKS WITH MASHED POTATOES	SPRING ROLLS WITH MIXED SALAD	VEGETARIAN BURGER WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 30	TUESDAY 31			
1º	CREAM OF SEASONAL VEGETABLES MIXED SALAD	SPAGHETTI WITH MUSHROOMS AND SPINACH RICE SALAD			
2º	POTATO OMELETTE WITH RICE	LENTIL FALAFEL WITH MIXED SALAD			
P	FRUIT	FRUIT			

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