

MENU MARCH 2023

	MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
1 ^o	CREAM OF PUMPKIN AND SWEET POTATO SOUP FULL MIXED SALAD	SPAGHETTI CARBONARA RICE SALAD	PUCHERO SOUP WITH CHICKEN, CHICKPEAS AND NOODLES MIXED SALAD	CHICKPEAS WITH SPINACH QUINOA SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD
2 ^o	MEATBALLS WITH TOMATO SAUCE AND RICE	FISH NUGGETS (KINGKLIP) WITH MIXED SALAD	PORK LOIN WITH PEPPER SAUCE AND BABY POTATOES	HAKE WITH GREEN SAUCE AND MIXED SALAD	CAJUN-STYLE OVEN-ROASTED CHICKEN WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
1 ^o	BEEF AND POTATO STEW MIXED SALAD	LENTILS WITH VEGETABLES CHICKPEA SALAD	WHITE BEAN STEW MIXED SALAD	PUCHERO SOUP WITH CHICKEN, CHICKPEAS AND NOODLES CHEF'S SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD
2 ^o	CHICKEN SKEWERS WITH CAPRESE SALAD	CALAMARI WITH MIXED SALAD	BEEF STROGANOFF WITH RICE	LASAGNE WITH MIXED SALAD	HAMBURGER WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
1 ^o	CREAM OF CARROT SOUP SPINACH SALAD	MACARONI WITH CHORIZO RICE SALAD	CHICKPEA STEW CHEF'S SALAD	PAELLA MIXED SALAD	CREAM OF COURGETTE AND BROCCOLI SOUP NACHOS WITH GUACAMOLE
2 ^o	CHICKEN CURRY WITH RICE	FISH NUGGETS (HAKE) WITH MIXED SALAD	LEAN PORK WITH TOMATO SAUCE AND POTATOES	ROOSTERFISH WITH TOMATO SALAD	CHICKEN BURRITOS WITH RICE AND BEANS
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
1 ^o	CREAM OF SEASONAL VEGETABLES MIXED SALAD	BLACK RICE / PAELLA MIXED SALAD	CHICKPEA STEW CHEF'S SALAD	MACARONI WITH TUNA MIXED SALAD	"SALMOREJO" COLD TOMATO SOUP FULL MIXED SALAD
2 ^o	BEEF IN SAUCE WITH RICE	GRILLED HAKE WITH OVEN-ROASTED POTATOES	TERIYAKI CHICKEN WITH RICE	FISH NUGGETS (KINGKLIP) WITH TOMATO SALAD	FLAMENQUINES-BREADED PORK AND CHEESE ROLLS WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

MENU MARCH 2023

(VEGETARIAN)

	MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
1°	CREAM OF PUMPKIN AND SWEET POTATO SOUP FULL MIXED SALAD	SPAGHETTI WITH SAUTÉED VEGETABLES RICE SALAD	VEGETABLE SOUP MIXED SALAD	CHICKPEAS WITH SPINACH QUINOA SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD
2°	CHICKPEA BALLS WITH TOMATO SAUCE AND RICE	VEGETABLE NUGGETS WITH MIXED SALAD	VEGETARIAN BURGER WITH BABY POTATOES	SCRAMBLED EGGS WITH MUSHROOMS AND MIXED SALAD	MOUSSAKA WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
1°	VEGETABLE AND POTATO STEW MIXED SALAD	LENTILS WITH VEGETABLES CHICKPEA SALAD	WHITE BEAN STEW MIXED SALAD	VEGETABLE SOUP CHEF'S SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD
2°	TOFU AND VEGETABLE SKEWERS WITH CAPRESE SALAD	VEGETABLE AND TEXTURED SOY STUFFED COURGETTE WITH MIXED SALAD	TOFU STROGANOFF WITH RICE	VEGETARIAN LASAGNE WITH MIXED SALAD	VEGETARIAN BURGER WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
1°	CREAM OF CARROT SOUP SPINACH SALAD	MACARONI WITH VEGETARIAN BOLOGNESE SAUCE RICE SALAD	CHICKPEA STEW CHEF'S SALAD	VEGETABLE PAELLA MIXED SALAD	CREAM OF COURGETTE AND BROCCOLI SOUP NACHOS WITH GUACAMOLE
2°	TOFU AND VEGETABLE CURRY WITH RICE	VEGETABLE AND TOFU STUFFED EGGPLANT WITH MIXED SALAD	VEGETABLE SKEWERS WITH POTATOES	LENTIL BALLS WITH TOMATO SALAD	VEGETARIAN BURRITOS WITH RICE AND BEANS
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
1°	CREAM OF SEASONAL VEGETABLES MIXED SALAD	BLACK RICE / PAELLA MIXED SALAD	CHICKPEA STEW CHEF'S SALAD	MACARONI WITH SPINACH AND MUSHROOMS MIXED SALAD	"SALMOREJO" COLD TOMATO SOUP FULL MIXED SALAD
2°	TEXTURED SOY BOLOGNESE WITH RICE	SCRAMBLED EGGS WITH VEGETABLES AND OVEN-ROASTED POTATOES	TERIYAKI TOFU WITH RICE	POTATO OMELETTE WITH TOMATO SALAD	MUSHROOM CROQUETTES WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

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