

	MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
1°			LENTIL STEW FULL SALAD	SPAGHETTI WITH MEAT AND TOMATO SAUCE MIXED SALAD	RICE WITH TOMATO SAUCE FULL SALAD
2°	HOLIDAY	HOLIDAY	BREADED HAM AND CHEESE ROLLS WITH POTATO WEDGES	OVEN-BAKED HAKE WITH RATATOUILLE	SAUSAGES WITH FRIED BANANA
P			FRUIT	FRUIT	ICE CREAM

	MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
1°	CREAM OF CARROT SOUP SPINACH SALAD	CHICKPEA STEW WITH SPINACH CHEF'S SALAD	STAR NOODLE SOUP PASTA SALAD	SPAGHETTI WITH SHRIMP MIXED SALAD	CREAM OF VEGETABLE SOUP NACHOS WITH GUACAMOLE
2°	CHICKEN CURRY WITH BASMATI RICE	CAJUN-STYLE CHICKEN NUGGETS WITH POTATO WEDGES	CHICKEN SKEWERS WITH MIXED SALAD	KINGKLIP FISH NUGGETS WITH TOMATO SALAD	CHICKEN BURRITOS WITH RICE AND BEANS
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
1°		CREAM OF VEGETABLE SOUP MIXED SALAD	CHICKEN NOODLE SOUP CRAB STICK SALAD	PASTA WITH SAUTEED SHRIMP POTATO SALAD	GAZPACHO FULL SALAD
2°	HOLIDAY	CHICKEN WINGS WITH ORIENTAL-STYLE RICE	CHILI CON CARNE WITH RICE	OVEN-BAKED HAKE WITH MIXED SALAD	CHICKEN BURGER WITH FRENCH FRIES
P		FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
1°	LENTILS WITH VEGETABLES MIXED SALAD	SPAGHETTI CARBONARA CHEF'S SALAD	PUCHERO SOUP WITH CHICKEN, CHICKPEAS AND NOODLES FULL SALAD	CHINESE NOODLES MIXED SALAD	SALMOREJO MIXED SALAD
2°	LEAN PORK WITH TOMATO SAUCE AND BASMATI RICE	GRILLED KINGKLIP WITH MIXED SALAD	POTATO OMELETTE WITH RATATOUILLE	CALAMARI WITH MIXED SALAD	PORK LOIN WITH PEPPER SAUCE AND FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 29	TUESDAY 30	WEDNESDAY 31		
1°	PUCHERO SOUP WITH CHICKEN, CHICKPEAS AND NOODLES MIXED SALAD	PASTA WITH SWEET CHORIZO CAPRESE SALAD	WHITE BEAN STEW PASTA SALAD		
2°	CHICKEN WITH SAUCE AND FRENCH FRIES	FRESH-FRIED ANCHOVIES WITH MIXED SALAD	MEATBALLS WITH SAUCE AND RICE		
P	FRUIT	FRUIT	FRUIT		

MENU MAY 2023

(VEGETARIAN)

	MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
1°			LENTIL STEW FULL SALAD	SPAGHETTI WITH SOY AND TOMATO SAUCE MIXED SALAD	RICE WITH TOMATO SAUCE FULL SALAD
2°	HOLIDAY	HOLIDAY	VEGETARIAN NUGGETS WITH POTATO WEDGES	VEGETABLE STICKS WITH RATATOUILLE	VEGETARIAN SAUSAGES WITH FRIED BANANA
P			FRUIT	FRUIT	ICE CREAM

	MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
1°	CREAM OF CARROT SOUP SPINACH SALAD	CHICKPEA STEW WITH SPINACH CHEF'S SALAD	STAR NOODLE SOUP PASTA SALAD	SPAGHETTI WITH VEGETABLES MIXED SALAD	CREAM OF VEGETABLE SOUP NACHOS WITH GUACAMOLE
2°	TOFU CURRY WITH BASMATI RICE	SCRAMBLED EGGS WITH MUSHROOMS AND POTATO WEDGES	STUFFED COURGETTE WITH MIXED SALAD	HUMMUS WITH RAW VEGETABLES AND TOMATO SALAD	HEURA AND VEGETABLE BURRITOS WITH RICE AND BEANS
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
1°		CREAM OF VEGETABLE SOUP MIXED SALAD	VEGETABLE NOODLE SOUP FULL SALAD	PASTA WITH TEXTURED SOY AND TOMATO SAUCE POTATO SALAD	GAZPACHO FULL SALAD
2°	HOLIDAY	TERIYAKI TOFU AND VEGETABLES WITH ORIENTAL-STYLE RICE	SOY CHILI CON CARNE WITH RICE	FALAFEL WITH MIXED SALAD	VEGETARIAN BURGER WITH FRENCH FRIES
P		FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
1°	LENTILS WITH VEGETABLES MIXED SALAD	SPAGHETTI WITH SAUTÉED MUSHROOMS CHEF'S SALAD	PUCHERO SOUP WITH CHICKPEAS AND NOODLES FULL SALAD	CHINESE NOODLES MIXED SALAD	SALMOREJO MIXED SALAD
2°	CHICKPEA BALLS WITH TOMATO SAUCE AND BASMATI RICE	MOUSSAKA WITH MIXED SALAD	POTATO OMELETTE WITH RATATOUILLE	MUSHROOM CROQUETTES WITH MIXED SALAD	SAUTÉED VEGETABLES WITH COCONUT SAUCE AND FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 29	TUESDAY 30	WEDNESDAY 31		
1°	PUCHERO SOUP WITH CHICKEN, CHICKPEAS AND NOODLES MIXED SALAD	PASTA WITH SAUTÉED VEGETABLES CAPRESE SALAD	WHITE BEAN STEW PASTA SALAD		
2°	STUFFED EGGPLANT WITH FRENCH FRIES	TOFU AND VEGETABLE SKEWERS WITH MIXED SALAD	CHICKPEA BALLS WITH SAUCE AND RICE		

The menu includes white or brown bread. The option in bold type is the first course for Preschool Education students.

P	FRUIT	FRUIT	FRUIT		
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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