

MENU SEPTEMBER 2023

	MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
1°	CHICKEN NOODLE SOUP SPINACH SALAD	SALMOREJO (COLD TOMATO SOUP) TROPICAL SALAD	PASTA WITH MEAT AND TOMATO SAUCE QUINOA SALAD	BLACK RICE / PAELLA MIXED SALAD	CREAM OF VEGETABLE SOUP NACHOS WITH GUACAMOLE
2°	POTATO OMELETTE WITH MIXED SALAD	CAJUN-STYLE CHICKEN WITH RICE	GRILLED KINGKLIP WITH MIXED SALAD	PORK LOIN WITH PEPPER SAUCE AND FRENCH FRIES	CHICKEN BURRITOS
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
1°	CREAM OF CARROT SOUP CAPRESE SALAD	SPAGHETTI CARBONARA MIXED SALAD	PUCHERO SOUP WITH CHICKPEAS AND NOODLES SPINACH SALAD	RICE WITH TOMATO SAUCE MIXED SALAD	GAZPACHO WITH FIXINGS COUS COUS
2°	CHICKEN WITH CURRY SAUCE AND RICE	CALAMARI WITH TOMATO SALAD	TURKEY WITH THYME SAUCE AND PAN-ROASTED POTATOES	SAUSAGES WITH FRIED BANANA	BREADED CHICKEN BREAST WITH MIXED SALAD
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
1°	CREAM OF PUMPKIN SOUP MIXED SALAD WITH EGG	"PICADILLO" SOUP WITH CHICKEN, HAM, EGG AND VEGETABLES CHEF'S SALAD	BEEF STEW CAPRESE SALAD	PASTA WITH SHRIMP PASTA SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD WITH EGG AND TUNA
2°	CHICKEN "CHILINDRON" WITH BASMATI RICE	MEATBALLS WITH TOMATO SAUCE AND POTATOES AU GRATIN	KINGKLIP WITH GREEN SAUCE AND MIXED SALAD	LEAN PORK WITH TOMATO SAUCE AND POTATOES	PIZZA
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

MENU SEPTEMBER 2023

(VEGETARIAN)

	MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
1°	VEGETABLE NOODLE SOUP SPINACH SALAD	SALMOREJO (COLD TOMATO SOUP) TROPICAL SALAD	PASTA WITH LENTIL AND TOMATO SAUCE QUINOA SALAD	VEGETABLE PAELLA MIXED SALAD	CREAM OF VEGETABLE SOUP NACHOS WITH GUACAMOLE
2°	POTATO OMELETTE WITH MIXED SALAD	SWEET POTATO FILLED WITH VEGETABLES AND TOFU WITH RICE	MINI AUBERGINE PIZZAS WITH MIXED SALAD	VEGGIE BURGER WITH FRENCH FRIES	HEURA BURRITOS
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
1°	CREAM OF CARROT SOUP CAPRESE SALAD	SPAGHETTI WITH SPINACH AND MUSHROOMS MIXED SALAD	PUCHERO SOUP WITH CHICKPEAS AND NOODLES SPINACH SALAD	RICE WITH TOMATO SAUCE MIXED SALAD	GAZPACHO WITH FIXINGS COUS COUS
2°	TOFU AND VEGETABLES WITH CURRY SAUCE AND RICE	STUFFED COURGETTES WITH TOMATO SALAD	TOFU TERIYAKI WITH VEGETABLES AND PAN-ROASTED POTATOES	VEGETARIAN SAUSAGES WITH FRIED BANANA	VEGETABLE CROQUETTES WITH MIXED SALAD
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
1°	CREAM OF PUMPKIN SOUP MIXED SALAD WITH EGG	VEGETABLE SOUP CHEF'S SALAD	VEGETABLE STEW CAPRESE SALAD	PASTA WITH SAUTEED VEGETABLES PASTA SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD WITH EGG
2°	VEGETABLE AND TOFU WOK WITH BASMATI RICE	VEGETARIAN MEATBALLS WITH TOMATO SAUCE AND POTATOES AU GRATIN	TEXTURED SOY CAKE WITH MIXED SALAD	SCRAMBLED EGGS WITH MUSHROOMS AND POTATOES	VEGETARIAN PIZZA
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

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

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