

MENU NOVEMBER 2023

		WEDNESDAY 1	THURSDAY 2	FRIDAY 3
1°		HOLIDAY	CHICKPEA STEW PASTA SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD WITH TUNA AND EGG
2°			TURKEY WITH THYME SAUCE AND MIXED SALAD	LEAN PORK WITH TOMATO SAUCE AND FRENCH FRIES
P			FRUIT	YOGHURT

	MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
1°	MACARONI WITH TUNA CAPRESE SALAD	CREAM OF PUMPKIN SOUP MIXED SALAD	LENTIL AND VEGETABLE STEW CHICKPEA SALAD	STAR NOODLE SOUP CHEF'S SALAD	BEEF STEW MIXED SALAD
2°	CALAMARI WITH MIXED SALAD	CHICKEN WITH CURRY SAUCE AND RICE	PORK SKEWERS WITH MIXED SALAD	GRILLED KINGKLIP WITH MIXED SALAD	CHICKEN BURGER WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
1°	CREAM OF VEGETABLE SOUP MIXED SALAD	CHICKPEA STEW PASTA SALAD	PICADILLO SOUP SPINACH SALAD	SAUTEED PASTA WITH SWEET CHORIZO MIXED SALAD WITH EGG AND TUNA	CREAM OF VEGETABLE SOUP MIXED SALAD
2°	MEATBALLS WITH TOMATO SAUCE AND RICE	KINGKLIP FISH STICKS WITH MIXED SALAD	BEEF WITH SAUCE AND PAN-ROASTED POTATOES	HAKE WITH GREEN SAUCE AND SAUTEED BABY CARROTS	CHICKEN BURRITOS WITH NACHOS AND GUACAMOLE
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
1°	CREAM OF VEGETABLE SOUP MIXED SALAD	PASTA CARBONARA CHICKPEA SALAD	CHICKEN NOODLE SOUP MIXED SALAD	WHITE BEAN STEW TOMATO SALAD	LENTIL STEW MIXED SALAD
2°	TURKEY WITH CREAM AND SPINACH SAUCE AND PAN-ROASTED POTATOES	GRILLED KINGKLIP WITH MIXED SALAD	POTATO OMELETTE WITH RATATOUILLE	LASAGNE WITH MIXED SALAD	CHICKEN WINGS WITH FRIED SWEET POTATO
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	
1°	MINISTRONE SOUP MIXED SALAD	PASTA WITH BOLOGNESE SAUCE MIXED SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD WITH EGG AND TUNA	CHICKPEAS WITH SPINACH MIXED SALAD WITH EGG AND TUNA	
2°	TERIYAKI BEEF WITH PAN-ROASTED POTATOES	GRILLED KINGKLIP WITH CAPRESE SALAD	CHILI CON CARNE WITH RICE	PORK LOIN IN SAUCE WITH BABY POTATOES	
P	FRUIT	FRUIT	FRUIT	FRUIT	

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

MENU NOVEMBER 2023

(VEGETARIAN)

		WEDNESDAY 1	THURSDAY 2	FRIDAY 3
1°		HOLIDAY	CHICKPEA STEW PASTA SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD
2°			POTATO OMELETTE WITH MIXED SALAD	STUFFED COURGETTE WITH FRENCH FRIES
P			FRUIT	YOGHURT

	MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
1°	MACARONI WITH VEGETABLES CAPRESE SALAD	CREAM OF PUMPKIN SOUP MIXED SALAD	LENTIL AND VEGETABLE STEW CHICKPEA SALAD	STAR NOODLE SOUP SPINACH SALAD	VEGETABLE STEW MIXED SALAD
2°	MINI EGGPLANT PIZZAS WITH MIXED SALAD	TOFU AND VEGETABLES WITH CURRY AND COCO SAUCE WITH RICE	VEGETABLE PASTRY WITH MIXED SALAD	FALAFEL WITH MIXED SALAD	VEGETARIAN BURGER WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
1°	CREAM OF VEGETABLE SOUP MIXED SALAD	CHICKPEA STEW PASTA SALAD	VEGETARIAN PICADILLO SOUP SPINACH SALAD	PASTA WITH SAUTEED MUSHROOMS MIXED SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD
2°	VEGETARIAN BALLS WITH TOMATO SAUCE AND RICE	TEXTURED SOY PATÉ WITH MIXED SALAD	STUFFED EGGPLANT WITH PAN-ROASTED POTATOES	SCRAMBLED EGGS WITH VEGETABLES AND SAUTEED BABY CARROTS	HEURA BURRITOS WITH NACHOS AND GUACAMOLE
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
1°	CREAM OF VEGETABLE SOUP MIXED SALAD	PASTA WITH TEXTURED SOY AND TOMATO SAUCE CHICKPEA SALAD	VEGETABLE NOODLE SOUP MIXED SALAD	WHITE BEAN STEW TOMATO SALAD	LENTIL STEW MIXED SALAD
2°	VEGETABLE MEDALLIONS WITH PAN-ROASTED POTATOES	EGGPLANT HUMMUS WITH MIXED SALAD	POTATO OMELETTE WITH RATATOUILLE	VEGETARIAN LASAGNE WITH MIXED SALAD	TOFU TERIYAKI WITH FRIED SWEET POTATO
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	
1°	MINISTRONE SOUP MIXED SALAD	PASTA WITH LENTIL AND TOMATO SAUCE MIXED SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD	CHICKPEAS WITH SPINACH MIXED SALAD	
2°	SAUTEED VEGETABLES AND TOFU WITH SOY SAUCE AND PAN-ROASTED POTATOES	STUFFED SWEET POTATO WITH CAPRESE SALAD	TEXTURED SOY CHILI WITH RICE	VEGETABLE MORSELS WITH BABY POTATOES	

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