

# MENU JANUARY 2024

	MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
1º	<b>CREAM OF SEASONAL VEGETABLE SOUP</b> MIXED SALAD	<b>SPAGHETTI CARBONARA</b> RICE SALAD	<b>LENTILS</b> QUINOA SALAD	<b>CHICKEN NOODLE SOUP</b> MIXED SALAD	<b>CABBAGE STEW</b> MIXED SALAD
2º	<b>MEATBALLS WITH TOMATO SAUCE</b>	<b>FISH NUGGETS WITH BABY POTATOES</b>	<b>PORK LOIN WITH PEPPER SAUCE AND MIXED SALAD</b>	<b>HAKE IN SAUCE WITH TOMATO SALAD</b>	<b>OVEN-ROASTED CHICKEN THIGHS WITH FRENCH FRIES</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
1º	<b>BEEF AND POTATO STEW</b> PASTA SALAD	<b>PASTA WITH MEAT AND TOMATO SAUCE</b> FULL SALAD	<b>CREAM OF VEGETABLE SOUP</b> MIXED SALAD	<b>PUCHERO SOUP</b> CHEF'S SALAD	<b>CHICKPEA STEW</b> FULL SALAD
2º	<b>OVEN-ROASTED TURKEY WITH MIXED SALAD</b>	<b>CALAMARI WITH TOMATO SALAD</b>	<b>LEAN PORK WITH TOMATO SAUCE AND RICE</b>	<b>LASAGNE WITH RED PEPPER SALAD</b>	<b>CROQUETTES WITH MIXED SALAD</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
1º	<b>CREAM OF CARROT SOUP</b> SPINACH SALAD	<b>PASTA WITH CHORIZO</b> RICE SALAD	<b>CHICKPEA STEW</b> CHEF'S SALAD	<b>PAELLA</b> TOMATO SALAD	<b>CREAM OF SEASONAL VEGETABLE SOUP</b> MIXED SALAD
2º	<b>CHICKEN CURRY WITH RICE</b>	<b>GRILLED HAKE WITH MIXED SALAD</b>	<b>PORK LOIN WITH PEPPER SAUCE AND BABY POTATOES</b>	<b>FRESH FRIED ANCHOVIES WITH MIXED SALAD</b>	<b>FULL HAMBURGER WITH FRENCH FRIES</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 29	TUESDAY 30	WEDNESDAY 31		
1º	<b>CREAM OF SEASONAL VEGETABLE SOUP</b> MIXED SALAD	<b>SPAGHETTI CARBONARA</b> RICE SALAD	<b>PUCHERO SOUP</b> QUINOA SALAD		
2º	<b>BEEF WITH SAUCE AND RICE</b>	<b>SOLE WITH MIXED SALAD</b>	<b>CHICKEN WINGS WITH MIXED SALAD</b>		
P	FRUIT	FRUIT	FRUIT		

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

# MENU JANUARY 2024

(VEGETARIAN)

	MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
1°	<b>CREAM OF SEASONAL VEGETABLE SOUP</b> MIXED SALAD	<b>SPAGHETTI WITH MUSHROOMS AND SPINACH</b> RICE SALAD	<b>LENTILS</b> QUINOA SALAD	<b>VEGETABLE NOODLE SOUP</b> MIXED SALAD	<b>CABBAGE STEW</b> MIXED SALAD
2°	<b>CHICKPEA BALLS WITH TOMATO SAUCE</b>	<b>STUFFED COURGETTE WITH BABY POTATOES</b>	<b>VEGETABLE MEDALLIONS WITH MIXED SALAD</b>	<b>POTATO OMELETTE WITH TOMATO SALAD</b>	<b>FALAFEL WITH FRENCH FRIES</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
1°	<b>VEGETABLE AND POTATO STEW</b> PASTA SALAD	<b>PASTA WITH LENTIL AND TOMATO SAUCE</b> FULL SALAD	<b>CREAM OF VEGETABLE SOUP</b> MIXED SALAD	<b>VEGETABLE SOUP</b> CHEF'S SALAD	<b>CHICKPEA STEW</b> FULL SALAD
2°	<b>HUMMUS WITH RAW VEGETABLES AND MIXED SALAD</b>	<b>VEGETABLE PASTRY WITH TOMATO SALAD</b>	<b>TOFU AND VEGETABLE TERIYAKI WOK WITH RICE</b>	<b>VEGETABLE LASAGNE WITH RED PEPPER SALAD</b>	<b>VEGETABLE CROQUETTES WITH MIXED SALAD</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
1°	<b>CREAM OF CARROT SOUP</b> SPINACH SALAD	<b>PASTA WITH TEXTURED SOY AND TOMATO SAUCE</b> RICE SALAD	<b>CHICKPEA STEW</b> CHEF'S SALAD	<b>VEGETABLE PAELLA</b> TOMATO SALAD	<b>CREAM OF SEASONAL VEGETABLE SOUP</b> MIXED SALAD
2°	<b>TOFU AND VEGETABLE CURRY WOK WITH RICE</b>	<b>EGGS WITH VEGETABLE STUFFING AND MIXED SALAD</b>	<b>MINI AUBERGINE PIZZAS AND BABY POTATOES</b>	<b>STUFFED SWEET POTATO WITH MIXED SALAD</b>	<b>VEGETABLE BURGER WITH FRENCH FRIES</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 29	TUESDAY 30	WEDNESDAY 31		
1°	<b>CREAM OF SEASONAL VEGETABLE SOUP</b> MIXED SALAD	<b>SPAGHETTI WITH SAUTEED VEGETABLES</b> RICE SALAD	<b>VEGETABLE SOUP</b> QUINOA SALAD		
2°	<b>TOFU AND VEGETABLE TERIYAKI WOK WITH RICE</b>	<b>AUBERGINE HUMMUS WITH MIXED SALAD</b>	<b>TEXTURED SOY LOAF WITH MIXED SALAD</b>		
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

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

## 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