

MENU APRIL 2024

	MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
1°	SPAGHETTI CARBONARA FULL MIXED SALAD	WHITE BEAN STEW PASTA SALAD	CHICKEN VEGETABLE AND NOODLE SOUP MIXED SALAD	PASTA WITH CHICKEN AND VEGETABLES CHEF'S SALAD	CREAM OF VEGETABLE SOUP CHICKPEA STEW
2°	TURKEY WITH THYME SAUCE AND TOMATO SALAD	OVEN-ROASTED CHICKEN WINGS WITH MIXED SALAD	POTATO OMELETTE WITH RATATOUILLE	ROOSTER FISH WITH MIXED SALAD	CHICKEN BURGER WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
1°	CREAM OF VEGETABLE SOUP MIXED SALAD	MACARONI WITH MEAT AND TOMATO SAUCE WHITE BEAN SALAD	CHICKEN VEGETABLE AND NOODLE SOUP MIXED SALAD	LENTIL STEW PASTA SALAD	CHICKPEA AND SPINACH STEW SPINACH SALAD
2°	LEAN PORK WITH TOMATO SAUCE AND RICE	HAKE WITH GREEN SAUCE AND MIXED SALAD	CHICKEN CURRY WITH RICE	KINGKLIP MORSELS WITH MIXED SALAD	BEEF STROGANOFF WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
1°	BEEF AND POTATO STEW SPINACH SALAD	PAELLA CAPRESE SALAD	WHITE BEAN STEW MIXED SALAD	MACARONI WITH TUNA POTATO SALAD	GAZPACHO FULL MIXED SALAD
2°	CHICKEN WITH FINE HERBS AND MIXED SALAD	BATTERED HAKE WITH MIXED SALAD	PORK SKEWERS WITH FRIED SWEET POTATO	OVEN-BAKED KINGKLIP WITH MIXED SALAD	CHICKEN BURRITOS WITH NACHOS AND GUACAMOLE
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
1°	STAR NOODLE SOUP SPINACH SALAD	MACARONI WITH CHORIZO COUS COUS SALAD	CREAM OF PUMPKIN AND SWEET POTATO SOUP MIXED SALAD	SPAGHETTI WITH SHRIMP POTATO SALAD	LENTIL STEW MIXED SALAD
2°	OVEN-ROASTED CHICKEN THIGHS WITH MIXED SALAD	CALAMARI WITH CAPRESE SALAD	PORK LOIN WITH PEPPER SAUCE AND BABY POTATOES	HAKE WITH GREEN SAUCE AND MIXED SALAD	MEATBALLS WITH TOMATO SAUCE AND FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 29	TUESDAY 30
1°	CREAM OF PUMPKIN AND SWEET POTATO SOUP PASTA SALAD	CHICKEN VEGETABLE AND NOODLE SOUP MIXED SALAD
2°	CHICKEN STRIPS WITH MIXED SALAD	OVEN-BAKED HAKE WITH PAN-ROASTED POTATOES
P	FRUIT	FRUIT

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

MENU APRIL 2024

(VEGETARIAN)

	MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
1°	SPAGHETTI WITH VEGETABLES FULL MIXED SALAD	WHITE BEAN STEW PASTA SALAD	VEGETABLE AND NOODLE SOUP MIXED SALAD	PASTA WITH MUSHROOMS AND SPINACH CHEF'S SALAD	CREAM OF VEGETABLE SOUP CHICKPEA STEW
2°	HEURA NUGGETS WITH TOMATO SALAD	MINI EGGPLANT PIZZAS WITH MIXED SALAD	POTATO OMELETTE WITH RATATOUILLE	STUFFED EGGS WITH MIXED SALAD	VEGETARIAN BURGER WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
1°	CREAM OF VEGETABLE SOUP MIXED SALAD	MACARONI WITH VEGETARIAN BOLOGNESE SAUCE WHITE BEAN SALAD	VEGETABLE AND NOODLE SOUP MIXED SALAD	LENTIL STEW PASTA SALAD	CHICKPEA AND SPINACH STEW SPINACH SALAD
2°	TOFU AND VEGETABLE WOK WITH RICE	VEGETABLE PASTIES WITH MIXED SALAD	TOFU AND VEGETABLE CURRY WITH RICE	VEGETABLE MEDALLIONS WITH MIXED SALAD	STUFFED PEPPERS WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
1°	VEGETABLE AND POTATO STEW SPINACH SALAD	VEGETABLE PAELLA CAPRESE SALAD	WHITE BEAN STEW MIXED SALAD	MACARONI WITH LENTIL BOLOGNESE SAUCE POTATO SALAD	GAZPACHO FULL MIXED SALAD
2°	STUFFED SWEET POTATO WITH MIXED SALAD	STUFFED EGGS WITH MIXED SALAD	VEGETARIAN CROQUETTES WITH FRIED SWEET POTATO	VEGETABLE NUGGETS WITH MIXED SALAD	VEGETARIAN BURRITOS WITH NACHOS AND GUACAMOLE
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
1°	STAR NOODLE SOUP SPINACH SALAD	MACARONI WITH LENTIL BOLOGNESE SAUCE COUS COUS SALAD	CREAM OF PUMPKIN AND SWEET POTATO SOUP MIXED SALAD	SPAGHETTI WITH VEGETABLES POTATO SALAD	LENTIL STEW MIXED SALAD
2°	TEXTURED SOY PATÉ WITH MIXED SALAD	STUFFED COURGETTE WITH CAPRESE SALAD	FALAFEL WITH BABY POTATOES	EGGPLANT HUMMUS WITH MIXED SALAD	VEGETABLE BALLS WITH TOMATO SAUCE AND FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 29	TUESDAY 30
1°	CREAM OF PUMPKIN AND SWEET POTATO SOUP PASTA SALAD	VEGETABLE AND NOODLE SOUP MIXED SALAD
2°	VEGETARIAN LASAGNE WITH MIXED SALAD	VEGETABLE AND EGG PASTIE WITH PAN-ROASTED POTATOES
P	FRUIT	FRUIT

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