

		WEDNESDAY 1	THURSDAY 2	FRIDAY 3
1°			<b>LENTILS</b> FULL MIXED SALAD	<b>SPAGHETTI WITH MEAT AND TOMATO SAUCE</b> MIXED SALAD
2°		<b>HOLIDAY</b>	<b>BREADED SAINT JACOB FILET WITH WEDGE POTATOES</b>	<b>FRESH FRIED ANCHOVIES WITH RATATOUILLE</b>
P			FRUIT	ICE CREAM

	MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
1°	<b>CHICKPEA AND SPINACH STEW</b> CAPRESE SALAD	<b>POTATO STEW</b> PASTA SALAD	<b>RICE WITH TOMATO SAUCE</b> FULL MIXED SALAD	<b>CREAM OF VEGETABLE SOUP</b> CHEF'S SALAD	<b>CREAM OF VEGETABLE SOUP</b> FULL MIXED SALAD
2°	<b>CHICKEN WITH CURRY SAUCE AND BASMATI RICE</b>	<b>KINGKLIP MORSELS WITH MIXED SALAD</b>	<b>SAUSAGES WITH FRIED BANANA</b>	<b>LASAGNE WITH MIXED SALAD</b>	<b>CHICKEN BURRITOS WITH NACHOS AND GUACAMOLE</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
1°	<b>CHICKEN NOODLE SOUP</b> CRAB STICK SALAD	<b>CREAM OF VEGETABLE SOUP</b> MIXED SALAD		<b>MACARONI WITH MEAT AND TOMATO SAUCE</b> POTATO SALAD	<b>GAZPACHO</b> FULL MIXED SALAD
2°	<b>LEAN PORK WITH TOMATO SAUCE AND RICE</b>	<b>CHICKEN WINGS WITH ORIENTAL-STYLE RICE</b>	<b>HOLIDAY</b>	<b>OVEN-BAKED HAKE WITH MIXED SALAD</b>	<b>CHICKEN BURGER WITH FRENCH FRIES</b>
P	FRUIT	FRUIT		FRUIT	ICE CREAM

	MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
1°	<b>LENTILS WITH VEGETABLES</b> MIXED SALAD	<b>SPAGHETTI CARBONARA</b> CHEF'S SALAD	<b>CHICKEN VEGETABLE AND NOODLE SOUP</b> FULL MIXED SALAD	<b>CHINESE NOODLES</b> CHICKEN SALAD	<b>SALMOREJO</b> MIXED SALAD
2°	<b>OVEN-ROASTED CHICKEN THIGHS WITH BASMATI RICE</b>	<b>GRILLED KINGKLIP WITH MIXED SALAD</b>	<b>POTATO OMELETTE WITH RATATOUILLE</b>	<b>CALAMARI WITH MIXED SALAD</b>	<b>PORK LOIN WITH PEPPER SAUCE AND FRENCH FRIES</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
1°	<b>CHICKEN VEGETABLE AND NOODLE SOUP</b> MIXED SALAD	<b>MACARONI WITH SWEET CHORIZO</b> CAPRESE SALAD	<b>WHITE BEAN STEW</b> PASTA SALAD	<b>CREAM OF VEGETABLE SOUP</b> PASTA SALAD	<b>PAELLA</b> RICE SALAD
2°	<b>CHICKEN WITH SAUCE AND FRENCH FRIES</b>	<b>FRESH FRIED ANCHOVIES WITH MIXED SALAD</b>	<b>MEATBALLS WITH SAUCE AND RICE</b>	<b>PORK MORSELS WITH WEDGE POTATOES</b>	<b>CROQUETTES WITH MIXED SALAD</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

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

# MENU MAY 2024

(VEGETARIAN)

		WEDNESDAY 1	THURSDAY 2	FRIDAY 3
1°			<b>LENTILS</b> FULL MIXED SALAD	<b>SPAGHETTI WITH TEXTURED SOY AND TOMATO SAUCE</b> MIXED SALAD
2°		<b>HOLIDAY</b>	<b>VEGETABLE CROQUETTES WITH WEDGE POTATOES</b>	<b>MINI AUBERGINE PIZZAS WITH RATATOUILLE</b>
P			FRUIT	ICE CREAM

	MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
1°	<b>CHICKPEA AND SPINACH STEW</b> CAPRESE SALAD	<b>POTATO STEW</b> PASTA SALAD	<b>RICE WITH TOMATO SAUCE</b> FULL MIXED SALAD	<b>CREAM OF VEGETABLE SOUP</b> CHEF'S SALAD	<b>CREAM OF VEGETABLE SOUP</b> FULL MIXED SALAD
2°	<b>TOFU AND VEGETABLES WITH CURRY SAUCE AND BASMATI RICE</b>	<b>DEVILED EGGS WITH MIXED SALAD</b>	<b>VEGETARIAN SAUSAGES WITH FRIED BANANA</b>	<b>VEGETABLE LASAGNE WITH MIXED SALAD</b>	<b>HEURA BURRITOS WITH NACHOS AND GUACAMOLE</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
1°	<b>VEGETABLE NOODLE SOUP</b> FULL MIXED SALAD	<b>CREAM OF VEGETABLE SOUP</b> MIXED SALAD		<b>MACARONI WITH LENTIL AND TOMATO SAUCE</b> POTATO SALAD	<b>GAZPACHO</b> FULL MIXED SALAD
2°	<b>STUFFED SWEET POTATO WITH RICE</b>	<b>SWEET AND SOUR TOFU AND VEGETABLES WITH ORIENTAL-STYLE RICE</b>	<b>HOLIDAY</b>	<b>FALAFEL WITH MIXED SALAD</b>	<b>VEGETARIAN BURGER WITH FRENCH FRIES</b>
P	FRUIT	FRUIT		FRUIT	ICE CREAM

	MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
1°	<b>LENTILS WITH VEGETABLES</b> MIXED SALAD	<b>SPAGHETTI WITH MUSHROOMS AND SPINACH</b> CHEF'S SALAD	<b>VEGETABLE AND NOODLE SOUP</b> FULL MIXED SALAD	<b>CHINESE NOODLES</b> FULL MIXED SALAD	<b>SALMOREJO</b> MIXED SALAD
2°	<b>VEGETABLE PASTIES WITH BASMATI RICE</b>	<b>HEURA AND VEGETABLE WOK WITH MIXED SALAD</b>	<b>POTATO OMELETTE WITH RATATOUILLE</b>	<b>TOFU AND VEGETABLE STUFFED PEPPERS WITH MIXED SALAD</b>	<b>MINI VEGETABLE PIZZAS WITH FRENCH FRIES</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
1°	<b>VEGETABLE AND NOODLE SOUP</b> MIXED SALAD	<b>MACARONI WITH SAUTEED VEGETABLES</b> CAPRESE SALAD	<b>WHITE BEAN STEW</b> PASTA SALAD	<b>CREAM OF VEGETABLE SOUP</b> PASTA SALAD	<b>VEGETARIAN PAELLA</b> RICE SALAD
2°	<b>STUFFED COURGETTE WITH FRENCH FRIES</b>	<b>LENTIL FALAFEL WITH MIXED SALAD</b>	<b>VEGETARIAN MEATBALLS WITH RICE</b>	<b>DEVILED EGGS WITH WEDGE POTATOES</b>	<b>VEGETABLE CROQUETTES WITH MIXED SALAD</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

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