

# MENU OCTOBER 2024

	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
1°	WHITE BEAN STEW MIXED SALAD	PUCHERO SOUP FULL MIXED SALAD	MACARONI WITH SWEET CHORIZO CAPRESE SALAD	CREAM OF CARROT SOUP "SALMOREJO" COLD TOMATO SOUP
2°	PORK WITH MUSHROOM CREAM SAUCE AND RICE	CHICKEN MORSELS WITH PARISIAN POTATOES	KINGKLIP WITH GREEN SAUCE AND MIXED SALAD	CHICKEN BURGER WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
1°	CHICKEN NOODLE SOUP MIXED SALAD	MACARONI WITH MEAT AND TOMATO SAUCE SPINACH SALAD	RICE WITH TOMATO SAUCE FULL MIXED SALAD	CHICKPEA STEW PASTA SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD
2°	LEMON CHICKEN WITH RICE	PORK LOIN WITH FINE HERBS AND MIXED SALAD	SAUSAGES WITH FRIED BANANA	POTATO OMELETTE WITH MIXED SALAD	CHICKEN BURRITOS WITH GUACAMOLE
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
1°	CREAM OF PUMPKIN SOUP MIXED SALAD	PUCHERO SOUP PASTA SALAD	WHITE BEAN STEW SPINACH SALAD	SPAGHETTI CARBONARA TOMATO SALAD	CREAM OF VEGETABLE SOUP POTATO SALAD
2°	LEAN PORK WITH TOMATO SAUCE AND RICE	GRILLED KINGKLIP WITH TOMATO SALAD	BEEF STROGANOFF WITH OVEN BAKED POTATOES	HAKE MORSELS WITH MIXED SALAD	CURRIED CHICKEN WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
1°	LENTILS WITH VEGETABLES CHICKPEA SALAD	PICADILLO SOUP SPINACH SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD	MACARONI WITH TUNA QUINOA SALAD	BEEF STEW FULL MIXED SALAD
2°	CHICKEN WITH TOMATO SAUCE AND RICE	MEATBALLS WITH SAUCE AND PAN ROASTED POTATOES	PORK LOIN WITH PEPPER SAUCE AND FRIED SWEET POTATOES	KINGKLIP WITH GREEN SAUCE AND MIXED SALAD	CAJUN CHICKEN FINGERS WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31
1°	MACARONI WITH SWEET CHORIZO CHICKPEA SALAD	CHICKEN NOODLE SOUP QUINOA SALAD	WHITE BEAN STEW FULL MIXED SALAD	PASTA WITH TOMATO SAUCE AND CHEESE CHEF'S SALAD
2°	OVEN-ROASTED CHICKEN WINGS WITH MIXED SALAD	OVEN-BAKED HAKE WITH MIXED SALAD	PORK SKEWERS WITH OVEN ROASTED POTATOES	CROQUETTES WITH MIXED SALAD
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 OCTOBER 2024

(VEGETARIAN)

	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
1°	<b>WHITE BEAN STEW</b> MIXED SALAD	<b>PUCHERO SOUP</b> FULL MIXED SALAD	<b>MACARONI WITH TEXTURED SOY</b> CAPRESE SALAD	<b>CREAM OF CARROT SOUP</b> "SALMOREJO" COLD TOMATO SOUP
2°	<b>TOFU WITH MUSHROOM CREAM SAUCE AND RICE</b>	<b>HEURA MORSELS WITH PARISIAN POTATOES</b>	<b>VEGETABLE NUGGETS WITH MIXED SALAD</b>	<b>VEGETARIAN BURGER WITH FRENCH FRIES</b>
P	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
1°	<b>VEGETABLE NOODLE SOUP</b> MIXED SALAD	<b>MACARONI WITH LENTIL AND TOMATO SAUCE</b> SPINACH SALAD	<b>RICE WITH TOMATO SAUCE</b> FULL MIXED SALAD	<b>CHICKPEA STEW</b> PASTA SALAD	<b>CREAM OF VEGETABLE SOUP</b> MIXED SALAD
2°	<b>VEGETABLE EMPANADA WITH RICE</b>	<b>VEGETABLE AND CHEESE MEDALLIONS WITH MIXED SALAD</b>	<b>VEGETARIAN SAUSAGES WITH FRIED BANANA</b>	<b>POTATO OMELETTE WITH MIXED SALAD</b>	<b>VEGETARIAN BURRITOS WITH GUACAMOLE</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
1°	<b>CREAM OF PUMPKIN SOUP</b> MIXED SALAD	<b>PUCHERO SOUP</b> PASTA SALAD	<b>WHITE BEAN STEW</b> SPINACH SALAD	<b>SPAGHETTI WITH VEGETABLES</b> TOMATO SALAD	<b>CREAM OF VEGETABLE SOUP</b> POTATO SALAD
2°	<b>TOFU AND VEGETABLE WOK WITH RICE</b>	<b>VEGETABLE AND SOY EMPANADAS WITH TOMATO SALAD</b>	<b>VEGETARIAN MEATBALLS WITH TOMATO SAUCE AND OVEN BAKED POTATOES</b>	<b>HUMMUS WITH MIXED SALAD</b>	<b>TOFU AND VEGETABLE CURRY WITH FRENCH FRIES</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
1°	<b>LENTILS WITH VEGETABLES</b> CHICKPEA SALAD	<b>PICADILLO SOUP</b> SPINACH SALAD	<b>CREAM OF VEGETABLE SOUP</b> MIXED SALAD	<b>MACARONI WITH TEXTURED SOY</b> QUINOA SALAD	<b>VEGETABLE STEW</b> FULL MIXED SALAD
2°	<b>MINI EGGPLANT PIZZAS WITH RICE</b>	<b>VEGETARIAN MEATBALLS WITH SAUCE AND PAN ROASTED POTATOES</b>	<b>TOFU AND VEGETABLE TERIYAKI WITH FRIED SWEET POTATOES</b>	<b>FALAFEL WITH MIXED SALAD</b>	<b>VEGETABLE STICKS WITH FRENCH FRIES</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31
1°	<b>MACARONI WITH TOFU AND VEGETABLES</b> CHICKPEA SALAD	<b>VEGETABLE NOODLE SOUP</b> QUINOA SALAD	<b>WHITE BEAN STEW</b> FULL MIXED SALAD	<b>PASTA WITH TOMATO SAUCE AND CHEESE</b> CHEF'S SALAD
2°	<b>STUFFED COURGETTE WITH MIXED SALAD</b>	<b>TEXTURED SOY LOAF WITH MIXED SALAD</b>	<b>STUFFED EGGS WITH OVEN ROASTED POTATOES</b>	<b>CROQUETTES WITH MIXED SALAD</b>
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.

## 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**