

MENU NOVEMBER 2024

	LUNES 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
1°	MACARONI WITH TUNA CAPRESE SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD	LENTILS WITH VEGETABLES PASTA SALAD	CHICKEN AND STAR NOODLE SOUP CHEF'S SALAD	BEEF STEW MIXED SALAD
2°	KINGKLIP MORSELS WITH MIXED SALAD	CHICKEN CURRY WITH RICE	PORK SKEWERS WITH BABY POTATOES	GRILLED KINGKLIP WITH MIXED SALAD	CHICKEN BURRITOS WITH FRENCH FRIES
P		FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
1°	CREAM OF VEGETABLE SOUP MIXED SALAD	CHICKPEA STEW PASTA SALAD	CHICKEN NOODLE SOUP SPINACH SALAD	PASTA NAPOLITANA MIXED SALAD WITH TUNA AND EGG	CREAM OF VEGETABLE SOUP MIXED SALAD
2°	MEATBALLS WITH TOMATO SAUCE	HAKE FISH NUGGETS WITH MIXED SALAD	BEEF WITH SAUCE AND PAN ROASTED POTATOES	HAKE WITH SAUCE AND SAUTEED BABY CARROTS	CHICKEN BURRITOS WITH NACHOS AND GUACAMOLE
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
1°	CREAM OF VEGETABLE SOUP MIXED SALAD	PASTA WITH PUMPKIN SAUCE CHICKPEA SALAD	CHICKEN NOODLE SOUP MIXED SALAD	WHITE BEAN STEW TOMATO SALAD	LENTIL STEW MIXED SALAD
2°	LEMON CHICKEN WITH OVEN ROASTED POTATOES	GRILLED KINGKLIP WITH MIXED SALAD	POTATO OMELETTE WITH RATATOUILLE	LASAGNE WITH MIXED SALAD	CHICKEN WINGS WITH SWEET POTATO FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
1°	MINISTRONE SOUP MIXED SALAD	PASTA WITH MEAT AND TOMATO SAUCE MIXED SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD WITH TUNA AND EGG	CHICKPEAS WITH SPINACH MIXED SALAD WITH TUNA AND EGG	PAELLA RICE SALAD
2°	TERIYAKI BEEF WITH OVEN ROASTED POTATOES	GRILLED KINGKLIP WITH CAPRESE SALAD	CHILI CON CARNE WITH RICE	PORK LOIN WITH PEPPER SAUCE AND FRENCH FRIES	CROQUETTES WITH MIXED SALAD
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

MENU NOVEMBER 2024

(VEGETARIAN)

	MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
1°	MACARONI WITH TEXTURED SOY AND TOMATO SAUCE CAPRESE SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD	LENTILS WITH VEGETABLES PASTA SALAD	VEGETABLE STAR NOODLE SOUP CHEF'S SALAD	VEGETABLE STEW MIXED SALAD
2°	MINI EGGPLANT PIZZAS WITH MIXED SALAD	WOK WITH TOFU AND VEGETABLE CURRY WITH RICE	VEGETABLE PASTRY WITH BABY POTATOES	FALAFEL WITH MIXED SALAD	VEGETABLE BURGER WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
1°	CREAM OF VEGETABLE SOUP MIXED SALAD	CHICKPEA STEW PASTA SALAD	VEGETABLE NOODLE SOUP SPINACH SALAD	PASTA NAPOLITANA MIXED SALAD WITH TUNA AND EGG	CREAM OF VEGETABLE SOUP MIXED SALAD
2°	VEGETARIAN MEATBALLS WITH TOMATO SAUCE	TEXTURED SOY LOAF 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 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
1°	CREAM OF VEGETABLE SOUP MIXED SALAD	PASTA WITH PUMPKIN SAUCE CHICKPEA SALAD	VEGETABLE NOODLE SOUP MIXED SALAD	WHITE BEAN STEW TOMATO SALAD	LENTIL STEW MIXED SALAD
2°	TOFU TERIYAKI WITH OVEN ROASTED POTATOES	EGGPLANT HUMMUS WITH MIXED SALAD	POTATO OMELETTE WITH RATATOUILLE	VEGETABLE LASAGNE WITH MIXED SALAD	VEGETABLE MEDALLIONS WITH SWEET POTATO FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
1°	MINISTRONE SOUP MIXED SALAD	PASTA WITH TEXTURED SOY AND TOMATO SAUCE MIXED SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD WITH TUNA AND EGG	CHICKPEAS WITH SPINACH MIXED SALAD WITH TUNA AND EGG	PAELLA RICE SALAD
2°	SAUTEED VEGETABLES WITH TOFU AND OVEN ROASTED POTATOES	STUFFED COURGETTE WITH CAPRESE SALAD	CHILI MADE WITH TEXTURED SOY AND RICE	VEGETABLE NUGGETS WITH FRENCH FRIES	VEGETARIAN CROQUETTES WITH MIXED SALAD
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