

MENU JANUARY 2025

	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
1°	CHICKEN NOODLE SOUP FULL MIXED SALAD	LENTILS PASTA SALAD	SPAGHETTI CARBONARA QUINOA SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD
2°	LEMON CHICKEN WITH RICE	PORK LOIN WITH PEPPER SAUCE AND MIXED SALAD	HAKE IN SAUCE WITH BABY CARROTS	OVEN-ROASTED CHICKEN THIGHS WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
1°	BEEF AND POTATO STEW PASTA SALAD	MACARONI WITH BOLOGNESE SAUCE FULL MIXED SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD	PUCHERO SOUP CHEF'S SALAD	CHICKPEA STEW FULL MIXED SALAD
2°	OVEN-ROASTED TURKEY WITH MIXED SALAD	CALAMARI WITH TOMATO SALAD	LEAN PORK WITH TOMATO SAUCE AND RICE	KINGKLIP WITH RED PEPPER SALAD	CROQUETTES WITH MIXED SALAD
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
1°	CREAM OF CARROT SOUP SPINACH SALAD	MACARONI WITH CHORIZO RICE SALAD	WHITE BEAN STEW CHEF'S SALAD	PASTA WITH SHRIMP TOMATO SALAD	CREAM OF SEASONAL VEGETABLES MIXED SALAD
2°	CHICKEN CURRY WITH RICE	GRILLED HAKE WITH MIXED SALAD	PORK LOIN WITH PEPPER SAUCE AND BABY POTATOES	FRESH FRIED ANCHOVIES WITH MIXED SALAD	HAMBURGER WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
1°	CREAM OF SEASONAL VEGETABLES MIXED SALAD	SPAGHETTI CARBONARA RICE SALAD	PUCHERO SOUP QUINOA SALAD	CREAM OF VEGETABLE SOUP FULL MIXED SALAD	MINISTRONE SOUP MIXED SALAD
2°	BEEF IN SAUCE WITH RICE	SOLE WITH MIXED SALAD	CHICKEN WINGS WITH MIXED SALAD	POTATO OMELETTE WITH RED PEPPER SALAD	BREADED CHICKEN BREAST WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

MENU JANUARY 2025

(VEGETARIAN)

	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
1°	VEGETABLE NOODLE SOUP FULL MIXED SALAD	LENTILS PASTA SALAD	SPAGHETTI WITH VEGETABLES QUINOA SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD
2°	VEGETARIAN MEATBALLS WITH RICE	STUFFED COURGETTE WITH MIXED SALAD	FALAFEL WITH BABY CARROTS	VEGETARIAN SAUSAGES WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
1°	VEGETABLE AND POTATO STEW PASTA SALAD	MACARONI WITH LENTIL BOLOGNESE FULL MIXED SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD	VEGETABLE SOUP CHEF'S SALAD	CHICKPEA STEW FULL MIXED SALAD
2°	STUFFED EGGS WITH MIXED SALAD	VEGETABLE EMPANADA WITH TOMATO SALAD	VEGETARIAN MEATBALLS WITH RICE	TEXTURED SOY LOAF WITH RED PEPPER SALAD	VEGETABLE CROQUETTES WITH MIXED SALAD
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
1°	CREAM OF CARROT SOUP SPINACH SALAD	MACARONI WITH TEXTURED SOY BOLOGNESE RICE SALAD	WHITE BEAN STEW CHEF'S SALAD	PASTA WITH VEGETABLES TOMATO SALAD	CREAM OF SEASONAL VEGETABLES MIXED SALAD
2°	CURRIED TOFU AND VEGETABLE WOK WITH RICE	HUMMUS WITH MIXED SALAD	MINI EGGPLANT PIZZAS WITH BABY POTATOES	COURGETTE STUFFED WITH TEXTURED SOY WITH MIXED SALAD	VEGETARIAN BURGER WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
1°	CREAM OF SEASONAL VEGETABLES MIXED SALAD	SPAGHETTI WITH VEGETABLES RICE SALAD	PUCHERO SOUP QUINOA SALAD	CREAM OF VEGETABLE SOUP FULL MIXED SALAD	MINISTRONE SOUP MIXED SALAD
2°	TOFU AND VEGETABLE WOK WITH SOY SAUCE AND RICE	LENTIL FALAFEL WITH MIXED SALAD	SWEET POTATO STUFFED WITH TEXTURED SOY WITH MIXED SALAD	POTATO OMELETTE WITH RED PEPPER SALAD	VEGETABLE NUGGETS WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

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