

	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
1°	<b>MACARONI WITH MEAT AND TOMATO SAUCE</b> WHITE BEAN SALAD	<b>PUCHERO SOUP</b> MIXED SALAD	<b>PASTA CARBONARA</b> CHEF'S SALAD	<b>CREAM OF VEGETABLE SOUP</b> CHICKPEA SALAD
2°	<b>HAKE IN GREEN SAUCE WITH MIXED SALAD</b>	<b>CHICKEN CURRY WITH RICE</b>	<b>GRILLED JOHN DORY WITH MIXED SALAD</b>	<b>BEEF IN SAUCE WITH FRENCH FRIES</b>
P	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
1°	<b>CREAM OF VEGETABLE SOUP</b> MIXED SALAD	<b>CHICKPEAS WITH SPINACH</b> PASTA SALAD	<b>PUCHERO SOUP</b> MIXED SALAD	<b>LENTIL STEW</b> PASTA SALAD	<b>CREAM OF VEGETABLE SOUP</b> SPINACH SALAD
2°	<b>LEAN PORK WITH TOMATO SAUCE AND RICE</b>	<b>OVEN ROASTED CHICKEN WINGS WITH MIXED SALAD</b>	<b>POTATO OMELETTE WITH RATATOUILLE</b>	<b>KINGKLIP NUGGETS WITH MIXED SALAD</b>	<b>CHICKEN BURGER WITH FRENCH FRIES</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
1°					
2°	<b>EASTER BREAK</b>	<b>EASTER BREAK</b>	<b>EASTER BREAK</b>	<b>EASTER BREAK</b>	<b>EASTER BREAK</b>
P					

	MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
1°	<b>STAR NOODLE SOUP</b> SPINACH SALAD	<b>MACARONI WITH CHORIZO</b> COUS COUS SALAD	<b>CREAM OF PUMPKIN AND SWEET POTATO SOUP</b> MIXED SALAD	<b>SPAGHETTI WITH SHRIMP</b> POTATO SALAD	<b>LENTIL STEW</b> MIXED SALAD
2°	<b>OVEN ROASTED CHICKEN THIGHS WITH MIXED SALAD</b>	<b>CALAMARI WITH CAPRESE SALAD</b>	<b>PORK LOIN WITH PEPPER SAUCE AND BABY POTATOES</b>	<b>HAKE IN GREEN SAUCE WITH MIXED SALAD</b>	<b>MEATBALLS WITH TOMATO SAUCE AND FRENCH FRIES</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 28	TUESDAY 29	WEDNESDAY 30
1°	<b>CREAM OF PUMPKIN AND SWEET POTATO SOUP</b> PASTA SALAD	<b>PAELLA</b> MIXED SALAD	<b>PUCHERO SOUP</b> RICE SALAD
2°	<b>CHICKEN STRIPS WITH MIXED SALAD</b>	<b>HAKE WITH OVEN ROASTED POTATOES</b>	<b>PORK SKEWERS WITH MIXED SALAD</b>
P	FRUIT	FRUIT	FRUIT

# MENU APRIL 2025

(VEGETARIAN)

	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
1°	<b>MACARONI WITH TEXTURED SOY AND TOMATO SAUCE</b> WHITE BEAN SALAD	<b>VEGETABLE SOUP</b> MIXED SALAD	<b>PASTA WITH MUSHROOMS AND SPINACH</b> CHEF'S SALAD	<b>CREAM OF VEGETABLE SOUP</b> CHICKPEA SALAD
2°	<b>MINI EGGPLANT PIZZAS WITH MIXED SALAD</b>	<b>TOFU AND VEGETABLE CURRY WITH RICE</b>	<b>STUFFED EGGS WITH MIXED SALAD</b>	<b>STUFFED PEPPERS WITH FRENCH FRIES</b>
P	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
1°	<b>CREAM OF VEGETABLE SOUP</b> MIXED SALAD	<b>CHICKPEAS WITH SPINACH</b> PASTA SALAD	<b>VEGETABLE SOUP</b> MIXED SALAD	<b>LENTIL STEW</b> PASTA SALAD	<b>CREAM OF VEGETABLE SOUP</b> SPINACH SALAD
2°	<b>TOFU AND VEGETABLE WOK WITH RICE</b>	<b>VEGETABLE EMPANADA WITH MIXED SALAD</b>	<b>POTATO OMELETTE WITH RATATOUILLE</b>	<b>VEGETABLE NUGGETS WITH MIXED SALAD</b>	<b>VEGETARIAN BURGER WITH FRENCH FRIES</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
1°					
2°	<b>EASTER BREAK</b>	<b>EASTER BREAK</b>	<b>EASTER BREAK</b>	<b>EASTER BREAK</b>	<b>EASTER BREAK</b>
P					

	MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
1°	<b>VEGETABLE SOUP</b> SPINACH SALAD	<b>MACARONI WITH TEXTURED SOY AND TOMATO SAUCE</b> COUS COUS SALAD	<b>CREAM OF PUMPKIN AND SWEET POTATO SOUP</b> MIXED SALAD	<b>SPAGHETTI WITH VEGETABLES</b> POTATO SALAD	<b>LENTIL STEW</b> MIXED SALAD
2°	<b>TEXTURED SOY LOAF WITH MIXED SALAD</b>	<b>STUFFED COURGETTE WITH CAPRESE SALAD</b>	<b>FALAFEL WITH BABY POTATOES</b>	<b>EGGPLANT HUMMUS WITH MIXED SALAD</b>	<b>VEGETABLE MEATBALLS WITH TOMATO SAUCE AND FRENCH FRIES</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 28	TUESDAY 29	WEDNESDAY 30
1°	<b>CREAM OF PUMPKIN AND SWEET POTATO SOUP</b> PASTA SALAD	<b>PAELLA</b> MIXED SALAD	<b>PUCHERO SOUP</b> RICE SALAD
2°	<b>VEGETABLE LASAGNE WITH MIXED SALAD</b>	<b>VEGETABLE AND EGG EMPANADA WITH OVEN ROASTED POTATOES</b>	<b>VEGETABLE CROQUETTES WITH MIXED SALAD</b>
P	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**