

			THURSDAY 1	FRIDAY 2
1°				
2°			HOLIDAY	HOLIDAY
P				

	MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
1°	CHICKPEAS WITH SPINACH CAPRESE SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD	RICE WITH TOMATO SAUCE FULL MIXED SALAD	POTATO STEW PASTA SALAD	CREAM OF VEGETABLE SOUP FULL MIXED SALAD
2°	CHICKEN CURRY WITH BASMATI RICE	CHICKEN WINGS WITH RATATOUILLE	SAUSAGES WITH FRIED BANANA	KINGKLIP FISH STICKS WITH MIXED SALAD	CHICKEN BURRITOS WITH NACHOS AND GUACAMOLE
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
1°	CHICKEN NOODLE SOUP CRAB STICK SALAD	CREAM OF VEGETABLE SOUP CHEF'S SALAD	MACARONI WITH MEAT AND TOMATO SAUCE POTATO SALAD		GAZPACHO OR CREAM OF VEGETABLE SOUP FULL MIXED SALAD
2°	LEAN PORK WITH TOMATO SAUCE AND RICE	LASAGNE WITH MIXED SALAD	OVEN-BAKED HAKE WITH MIXED SALAD	HOLIDAY	CHICKEN BURGER WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT		ICE CREAM

	MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
1°	LENTILS WITH VEGETABLES MIXED SALAD	SPAGHETTI CARBONARA CHEF'S SALAD	PUCHERO SOUP FULL MIXED SALAD	CHICKPEA STEW CAPRESE SALAD	SALMOREJO OR CREAM OF VEGETABLE SOUP MIXED SALAD
2°	CAJUN CHICKEN WITH BASMATI RICE	GRILLED KINGKLIP WITH MIXED SALAD	POTATO OMELETTE WITH RATATOUILLE	CALAMARI WITH MIXED SALAD	PORK LOIN WITH PEPPER SAUCE AND FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
1°	PUCHERO SOUP MIXED SALAD	MACARONI WITH SWEET CHORIZO CAPRESE SALAD	WHITE BEAN STEW MIXED SALAD	CREAM OF VEGETABLE SOUP PASTA SALAD	PAELLA MIXED SALAD
2°	CHICKEN WITH SAUCE AND FRENCH FRIES	FRESH FRIED ANCHOVIES WITH MIXED SALAD	MEATBALLS WITH SAUCE AND RICE	PORK SKEWERS WITH WEDGE POTATOES	CROQUETTES WITH TOMATO SALAD
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

MENU MAY 2025

(VEGETARIAN)

			THURSDAY 1	FRIDAY 2
1°				
2°			HOLIDAY	HOLIDAY

	MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
1°	CHICKPEAS WITH SPINACH CAPRESE SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD	RICE WITH TOMATO SAUCE FULL MIXED SALAD	VEGETABLE STEW PASTA SALAD	CREAM OF VEGETABLE SOUP FULL MIXED SALAD
2°	HEURA AND VEGETABLE CURRY WITH BASMATI RICE	POTATO OMELETTE WITH ORIENTAL STYLE RICE	VEGETARIAN SAUSAGES WITH FRIED BANANA	STUFFED EGGS WITH MIXED SALAD	HEURA BURRITOS WITH NACHOS AND GUACAMOLE
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
1°	VEGETABLE NOODLE SOUP MIXED SALAD	CREAM OF VEGETABLE SOUP CHEF'S SALAD	MACARONI WITH LENTIL AND TOMATO SAUCE POTATO SALAD		GAZPACHO OR CREAM OF VEGETABLE SOUP FULL MIXED SALAD
2°	SAUTEED TOFU AND VEGETABLES WITH TOMATO SAUCE AND RICE	VEGETABLE LASAGNE WITH MIXED SALAD	MINI EGGPLANT PIZZAS WITH MIXED SALAD	HOLIDAY	VEGETARIAN BURGER WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT		ICE CREAM

	MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
1°	LENTILS WITH VEGETABLES MIXED SALAD	SPAGHETTI WITH MUSHROOMS AND SPINACH CHEF'S SALAD	VEGETABLE SOUP FULL MIXED SALAD	CHICKPEA STEW CAPRESE SALAD	SALMOREJO OR CREAM OF VEGETABLE SOUP MIXED SALAD
2°	VEGETABLE NUGGETS WITH BASMATI RICE	STUFFED PEPPERS WITH MIXED SALAD	POTATO OMELETTE WITH RATATOUILLE	HUMMUS WITH RAW VEGETABLES AND MIXED SALAD	TEXTURED SOY LOAF WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
1°	PUCHERO SOUP MIXED SALAD	MACARONI WITH SAUTEED VEGETABLES CAPRESE SALAD	WHITE BEAN STEW MIXED SALAD	CREAM OF VEGETABLE SOUP PASTA SALAD	PAELLA MIXED SALAD
2°	FALAFEL WITH YOGHURT SAUCE AND FRENCH FRIES	STUFFED COURGETTE WITH MIXED SALAD	VEGETARIAN MEATBALLS WITH SAUCE AND RICE	TOFU AND VEGETABLE WOK WITH WEDGE POTATOES	VEGETABLE CROQUETTES WITH MIXED SALAD
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