

MENU NOVEMBER 2025

	MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
1°	CREAM OF VEGETABLE SOUP MIXED SALAD	LENTILS SPINACH SALAD	PASTA BOLOGNESE CAESAR SALAD	PUCHERO SOUP MIXED SALAD	FISH STEW CAPRESE SALAD
2°	MEATBALLS WITH TOMATO SAUCE AND RICE	FISH WITH GREEN SAUCE AND MIXED SALAD	OVEN-ROASTED CHICKEN WITH MIXED SALAD	PORK LOIN WITH PEPPER SAUCE AND BABY POTATOES	BREADED CHICKEN STEAKS WITH MIXED SALAD
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
1°	SPAGHETTI CARBONARA MIXED SALAD	CREAM OF CARROT SOUP MIXED SALAD	PICADILLO SOUP MIXED SALAD	BEEF STEW TOMATO SALAD	CREAM OF PUMPKIN SOUP MIXED SALAD
2°	CALAMARI WITH TOMATO SALAD	CHICKEN CURRY WITH RICE	TURKEY WITH THYME SAUCE AND PAN-ROASTED POTATOES	HAKE IN GREEN SAUCE WITH MIXED SALAD	CHICKEN BURRITOS WITH NACHOS AND GUACAMOLE
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
1°	CREAM OF COURGETTE MIXED SALAD	PUCHERO SOUP MIXED SALAD	LENTILS WITH VEGETABLES SPINACH SALAD	PASTA WITH SHRIMP MIXED SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD
2°	SAUSAGES WITH RICE AND TOMATO SAUCE	MEATBALLS WITH SAUCE AND PAN-ROASTED POTATOES	KINGKLIP WITH GREEN SAUCE AND MIXED SALAD	LEAN PORK WITH TOMATO SAUCE AND OVEN-ROASTED POTATOES	HAMBURGER AND FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
1°	CHINESE NOODLES MIXED SALAD	CHICKPEA STEW MIXED SALAD	MINISTRONE SOUP MIXED SALAD	PASTA BOLOGNESE ROASTED RED PEPPER SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD
2°	TURKEY STEAKS WITH RICE	KINGKLIP NUGGETS WITH TOMATO SALAD	BEEF WITH SAUCE AND PAN-ROASTED POTATOES	OVEN-BAKED KINGKLIP WITH MIXED SALAD	CROQUETTES WITH OVEN-ROASTED POTATOES
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.

MENU NOVEMBER 2025

(VEGETARIAN)

	MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
1 ^o	CREAM OF VEGETABLE SOUP MIXED SALAD	LENTILS SPINACH SALAD	PASTA WITH LENTIL BOLOGNESE CAESAR SALAD	VEGETABLE SOUP MIXED SALAD	VEGETABLE STEW CAPRESE SALAD
2 ^o	VEGETABLE BALLS WITH TOMATO SAUCE AND RICE	VEGETABLE STUFFED AUBERGINE WITH MIXED SALAD	VEGETABLE EMPANADA WITH MIXED SALAD	FALAFEL WITH YOGHURT SAUCE AND BABY POTATOES	VEGETABLE MEDALLIONS WITH MIXED SALAD
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
1 ^o	SPAGHETTI WITH MUSHROOMS MIXED SALAD	CREAM OF CARROT SOUP MIXED SALAD	VEGETABLE SOUP MIXED SALAD	VEGETABLE STEW TOMATO SALAD	CREAM OF PUMPKIN SOUP MIXED SALAD
2 ^o	COURGETTE NESTS WITH TOMATO SALAD	TOFU CURRY WITH RICE	COUSCOUS WITH VEGETABLES AND PAN-ROASTED POTATOES	MOUSSAKA WITH MIXED SALAD	HEURA BURRITOS WITH NACHOS AND GUACAMOLE
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
1 ^o	CREAM OF COURGETTE MIXED SALAD	VEGETABLE SOUP MIXED SALAD	LENTILS WITH VEGETABLES SPINACH SALAD	PASTA WITH SAUTEED VEGETABLES MIXED SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD
2 ^o	VEGETARIAN SAUSAGES WITH RICE AND TOMATO SAUCE	VEGETABLE BALLS WITH SAUCE AND PAN-ROASTED POTATOES	STUFFED PEPPERS WITH MIXED SALAD	TOFU AND VEGETABLE TERIYAKI WITH OVEN-ROASTED POTATOES	VEGETABLE BURGER AND FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
1 ^o	NOODLES WITH VEGETABLES MIXED SALAD	CHICKPEA STEW MIXED SALAD	VEGETARIAN MINISTRONE SOUP MIXED SALAD	PASTA WITH TEXTURED SOY BOLOGNESE ROASTED RED PEPPER SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD
2 ^o	VEGETABLE NUGGETS WITH RICE	AUBERGINE STICKS WITH TOMATO SALAD	STUFFED EGGS WITH PAN-ROASTED POTATOES	MINI AUBERGINE PIZZAS WITH MIXED SALAD	VEGETABLE CROQUETTES WITH OVEN-ROASTED POTATOES
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

The menu includes white or brown bread. The option in bold type is the first course for Preschool Education students.

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