

# MENU DECEMBER 2025

	MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
1°	<b>CHICKEN NOODLE SOUP</b> MIXED SALAD	<b>PASTA WITH BOLOGNESE SAUCE</b> CAPRESE SALAD	<b>CREAM OF COURGETTE</b> MIXED SALAD	<b>CHICKPEA STEW</b> ROASTED RED PEPPER SALAD	<b>CREAM OF VEGETABLE SOUP</b> MIXED SALAD
2°	<b>LEMON CHICKEN WITH PAN-ROASTED POTATOES</b>	<b>KINGKLIP FISH WITH MIXED SALAD</b>	<b>SAUSAGES WITH RICE AND TOMATO SAUCE</b>	<b>POTATO OMELETTE WITH MIXED SALAD</b>	<b>CHICKEN BURRITOS WITH NACHOS AND GUACAMOLE</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
1°		<b>PUCHERO SOUP</b> MIXED SALAD	<b>WHITE BEAN STEW</b> MIXED SALAD	<b>PASTA CARBONARA</b> CHEF'S SALAD	<b>CREAM OF VEGETABLE SOUP</b> MIXED SALAD
2°	<b>HOLIDAY</b>	<b>KINGKLIP FISH NUGGETS WITH TOMATO SALAD</b>	<b>BEEF STROGANOFF WITH PAN-ROASTED POTATOES</b>	<b>CHICKEN WINGS WITH MIXED SALAD</b>	<b>CHICKEN CURRY WITH FRENCH FRIES</b>
P		FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
1°	<b>LENTILS AND VEGETABLE STEW</b> MIXED SALAD	<b>CHICKEN NOODLE SOUP</b> MIXED SALAD	<b>PAELLA</b> MIXED SALAD	<b>MACARONI WITH TUNA</b> SPINACH SALAD	<b>CREAM OF VEGETABLE SOUP</b>
2°	<b>LEAN PORK WITH TOMATO SAUCE AND RICE</b>	<b>FRESH FRIED ANCHOVIES WITH PAN ROASTED POTATOES</b>	<b>CHICKEN THIGHS WITH TOMATO SALAD</b>	<b>KINGKLIP FISH WITH GREEN SAUCE AND MIXED SALAD</b>	<b>PIZZA WITH MIXED SALAD</b>
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 DECEMBER 2025

(VEGETARIAN)

	MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
1 <sup>o</sup>	<b>VEGETABLE SOUP</b> MIXED SALAD	<b>PASTA WITH LENTIL BOLOGNESE SAUCE</b> CAPRESE SALAD	<b>CREAM OF COURGETTE</b> MIXED SALAD	<b>CHICKPEA STEW</b> ROASTED RED PEPPER SALAD	<b>CREAM OF VEGETABLE SOUP</b> MIXED SALAD
2 <sup>o</sup>	<b>VEGETABLE EMPANADA WITH PAN-ROASTED POTATOES</b>	<b>VEGETABLE NUGGETS WITH MIXED SALAD</b>	<b>VEGETARIAN SAUSAGES WITH RICE AND TOMATO SAUCE</b>	<b>POTATO OMELETTE WITH MIXED SALAD</b>	<b>HEURA BURRITOS WITH NACHOS AND GUACAMOLE</b>
	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
1 <sup>o</sup>		<b>VEGETABLE SOUP</b> MIXED SALAD	<b>WHITE BEAN STEW</b> MIXED SALAD	<b>PASTA WITH VEGETABLES</b> CHEF'S SALAD	<b>CREAM OF VEGETABLE SOUP</b> MIXED SALAD
2 <sup>o</sup>	<b>HOLIDAY</b>	<b>STUFFED EGGS WITH TOMATO SALAD</b>	<b>VEGETABLE MEDALLIONS WITH PAN-ROASTED POTATOES</b>	<b>FALAFEL WITH YOGHURT SAUCE AND MIXED SALAD</b>	<b>VEGETABLE AND TOFU CURRY WITH FRENCH FRIES</b>
P		FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
1 <sup>o</sup>	<b>LENTILS AND VEGETABLE STEW</b> MIXED SALAD	<b>VEGETABLE SOUP</b> MIXED SALAD	<b>VEGETARIAN PAELLA</b> MIXED SALAD	<b>MACARONI WITH SOY BOLOGNESE</b> SPINACH SALAD	<b>CREAM OF VEGETABLE SOUP</b>
2 <sup>o</sup>	<b>COURGETTE NESTS WITH RICE</b>	<b>VEGETABLE COUS COUS WITH PAN ROASTED POTATOES</b>	<b>MINI EGGPLANT PIZZAS WITH TOMATO SALAD</b>	<b>VEGETABLE STICKS WITH MIXED SALAD</b>	<b>VEGETARIAN PIZZA WITH MIXED SALAD</b>
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