

MENU JANUARY 2026

			WEDNESDAY 7	THURSDAY 8	FRIDAY 9
1°			PASTA WITH BOLOGNESE SAUCE CAESAR SALAD	PUCHERO SOUP MIXED SALAD	FISH STEW CAPRESE SALAD
2°			OVEN-ROASTED CHICKEN WITH MIXED SALAD	PORK LOIN WITH PEPPER SAUCE AND BABY POTATOES	CAJUN CHICKEN WITH MIXED SALAD
P			FRUIT	FRUIT	YOGHURT

	MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
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	YOGHURT

	MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
1°	CREAM OF COURGETTE SOUP 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 WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
1°	CHINESE-STYLE NOODLES MIXED SALAD	CHICKPEA STEW MIXED SALAD	MINISTRONE SOUP MIXED SALAD	PASTA WITH BOLOGNESE SAUCE ROASTED RED PEPPER SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD
2°	TURKEY STEAKS WITH PAN-ROASTED POTATOES	KINGKLIP NUGGETS WITH TOMATO SALAD	BEEF WITH SAUCE AND RICE	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 JANUARY 2026

(VEGETARIAN)

			WEDNESDAY 7	THURSDAY 8	FRIDAY 9
1º			PASTA WITH LENTIL BOLOGNESE SAUCE CAESAR SALAD	VEGETABLE SOUP MIXED SALAD	VEGETABLE STEW CAPRESE SALAD
2º			VEGETABLE STICKS WITH MIXED SALAD	VEGETABLE AND TOFU EMPANADA WITH BABY POTATOES	VEGETABLE CROQUETTES WITH MIXED SALAD
P		FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
1º	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
2º	FALAFEL WITH YOGHURT SAUCE AND TOMATO SALAD	VEGETABLE AND TOFU CURRY WITH RICE	STUFFED EGGS WITH PAN-ROASTED POTATOES	POTATO OMELETTE WITH MIXED SALAD	HEURA BURRITOS WITH NACHOS AND GUACAMOLE
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
1º	CREAM OF COURGETTE SOUP MIXED SALAD	VEGETABLE SOUP MIXED SALAD	LENTILS WITH VEGETABLES SPINACH SALAD	PASTA WITH VEGETABLES MIXED SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD
2º	VEGETABLE SAUSAGES WITH RICE AND TOMATO SAUCE	VEGETABLE BALLS WITH SAUCE AND PAN-ROASTED POTATOES	MINI EGGPLANT PIZZAS WITH MIXED SALAD	VEGETABLE AND TOFU EMPANADA AND OVEN-ROASTED POTATOES	VEGETABLE BURGER WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
1º	NOODLES WITH VEGETABLES MIXED SALAD	CHICKPEA STEW MIXED SALAD	MINISTRONE SOUP MIXED SALAD	PASTA WITH LENTIL BOLOGNESE SAUCE ROASTED RED PEPPER SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD
2º	VEGETABLE MEDALIONS WITH CHEESE AND PAN-ROASTED POTATOES	STUFFED PEPPERS WITH TOMATO SALAD	STUFFED EGGPLANT WITH RICE	VEGETABLE NUGGETS 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.

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