

# MENU FEBRUARY 2026

	MONDAY 2	TUESDAY 3	WEDNESDAY 7	THURSDAY 5	FRIDAY 6
1°	<b>LENTILS</b> SPINACH SALAD	<b>CREAM OF VEGETABLE SOUP</b> MIXED SALAD	<b>PASTA WITH BOLOGNESE SAUCE</b> CAESAR SALAD	<b>PUCHERO SOUP</b> MIXED SALAD	<b>FISH STEW</b> CAPRESE SALAD
2°	<b>FISH IN GREEN SAUCE WITH MIXED SALAD</b>	<b>MEATBALLS WITH TOMATO SAUCE AND RICE</b>	<b>CHICKEN WINGS WITH MIXED SALAD</b>	<b>PORK LOIN WITH PEPPER SAUCE AND BABY POTATOES</b>	<b>BREADED CHICKEN BREAST WITH MIXED SALAD</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
1°	<b>CREAM OF CARROT SOUP</b> MIXED SALAD	<b>BEEF STEW</b> PASTA SALAD	<b>PICADILLO SOUP</b> MIXED SALAD	<b>SPAGHETTI CARBONARA</b> MIXED SALAD	<b>CREAM OF PUMPKIN SOUP</b> MIXED SALAD
2°	<b>CHICKEN CURRY WITH RICE</b>	<b>HAKE IN GREEN SAUCE AND MIXED SALAD</b>	<b>TURKEY WITH THYME SAUCE AND PAN-ROASTED POTATOES</b>	<b>CALAMARI WITH TOMATO SALAD</b>	<b>CHICKEN BURRITOS WITH NACHOS AND GUACAMOLE</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
1°	<b>CREAM OF COURGETTE SOUP</b> MIXED SALAD	<b>PUCHERO SOUP</b> MIXED SALAD	<b>LENTILS WITH VEGETABLES</b> SPINACH SALAD	<b>PASTA WITH SAUTEED SHRIMP</b> MIXED SALAD	<b>CREAM OF VEGETABLE SOUP</b> MIXED SALAD
2°	<b>SAUSAGES WITH RICE AND TOMATO SAUCE</b>	<b>MEATBALLS WITH SAUCE AND PAN-ROASTED POTATOES</b>	<b>KINGKLIP WITH GREEN SAUCE AND MIXED SALAD</b>	<b>LEAN PORK WITH TOMATO SAUCE AND OVEN-ROASTED POTATOES</b>	<b>HAMBURGER WITH FRENCH FRIES</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
1°					
2°	<b>WINTER BREAK</b>	<b>WINTER BREAK</b>	<b>WINTER BREAK</b>	<b>WINTER BREAK</b>	<b>WINTER BREAK</b>
P					

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

# MENU FEBRUARY 2026

(VEGETARIAN)

	MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
1°	<b>LENTILS</b> SPINACH SALAD	<b>CREAM OF VEGETABLE SOUP</b> MIXED SALAD	<b>PASTA WITH TEXTURED SOY BOLOGNESE SAUCE</b> CAESAR SALAD	<b>PUCHERO SOUP</b> MIXED SALAD	<b>VEGETABLE STEW</b> CAPRESE SALAD
2°	<b>VEGETABLE MEDALLIONS WITH CHEESE AND MIXED SALAD</b>	<b>VEGETARIAN MEATBALLS WITH TOMATO SAUCE AND RICE</b>	<b>MINI EGGPLANT PIZZAS WITH MIXED SALAD</b>	<b>RED PEPPERS STUFFED WITH VEGETABLES AND TOFU WITH BABY POTATOES</b>	<b>VEGETABLE AND TOFY EMPANADA WITH MIXED SALAD</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
1°	<b>CREAM OF CARROT SOUP</b> MIXED SALAD	<b>VEGETABLE STEW</b> PASTA SALAD	<b>VEGETABLE SOUP</b> MIXED SALAD	<b>SPAGHETTI WITH LENTIL BOLOGNESE</b> MIXED SALAD	<b>CREAM OF PUMPKIN SOUP</b> MIXED SALAD
2°	<b>VEGETABLE AND TOFU CURRY WOK WITH RICE</b>	<b>POTATO OMELETTE WITH MIXED SALAD</b>	<b>SWEET POTATO STUFFED WITH VEGETABLES AND TOFU WITH PAN-ROASTED POTATOES</b>	<b>VEGETABLE CROQUETTES WITH TOMATO SALAD</b>	<b>HEURA BURRITOS WITH NACHOS AND GUACAMOLE</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
1°	<b>CREAM OF COURGETTE SOUP</b> MIXED SALAD	<b>VEGETABLE SOUP</b> MIXED SALAD	<b>LENTILS WITH VEGETABLES</b> SPINACH SALAD	<b>PASTA WITH SAUTEED BROCCOLI</b> MIXED SALAD	<b>CREAM OF VEGETABLE SOUP</b> MIXED SALAD
2°	<b>VEGETARIAN SAUSAGES WITH RICE AND TOMATO SAUCE</b>	<b>VEGETARIAN MEATBALLS WITH SAUCE AND PAN-ROASTED POTATOES</b>	<b>VEGETABLE NUGGETS WITH MIXED SALAD</b>	<b>DEVILED EGGS WITH OVEN-ROASTED POTATOES</b>	<b>VEGETARIAN BURGER WITH FRENCH FRIES</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
1°					
2°	<b>WINTER BREAK</b>	<b>WINTER BREAK</b>	<b>WINTER BREAK</b>	<b>WINTER BREAK</b>	<b>WINTER BREAK</b>
P					

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