

MENU FEBRUARY 2026

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

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

	MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
1º	CREAM OF COURGETTE SOUP MIXED SALAD	PUCHERO SOUP MIXED SALAD	LENTILS WITH VEGETABLES SPINACH SALAD	PASTA WITH SAUTEED SHRIMP MIXED SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD
2º	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 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
1º					
2º	WINTER BREAK				
P					

MENU FEBRUARY 2026

(VEGETARIAN)

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

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

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

	MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
1º					
2º	WINTER BREAK				
P					

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