

# MENU MARCH 2026

	MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
1°	<b>PUCHERO SOUP</b> QUINOA SALAD	<b>CREAM OF PUMPKIN SOUP</b> FULL MIXED SALAD	<b>PASTA CARBONARA</b> RICE SALAD	<b>PAELLA</b> SPINACH SALAD	<b>CHICKPEAS WITH SPINACH</b> MIXED SALAD
2°	<b>HAKE IN GREEN SAUCE</b> WITH MIXED SALAD	<b>MEATBALLS WITH SAUCE</b> AND RICE	<b>KINGKLIP MORSELS WITH</b> MIXED SALAD	<b>PORK SKEWERS WITH</b> MIXED SALAD	<b>OVEN-ROASTED CAJUN</b> CHICKEN WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
1°	<b>BEEF AND POTATO STEW</b> CAPRESE SALAD	<b>LENTILS WITH</b> <b>VEGETABLES</b> CHICKPEA SALAD	<b>PUCHERO SOUP</b> MIXED SALAD	<b>WHITE BEAN STEW</b> CHEF'S SALAD	<b>CREAM OF VEGETABLE</b> <b>SOUP</b> MIXED SALAD
2°	<b>LEMON CHICKEN WITH</b> MIXED SALAD	<b>CALAMARI WITH MIXED</b> SALAD	<b>BEEF STROGANOFF WITH</b> BABY POTATOES	<b>LASAGNE WITH MIXED</b> SALAD	<b>CHICKEN BURGER WITH</b> FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
1°	<b>CREAM OF CARROT SOUP</b> SPINACH SALAD	<b>MACARONI WITH</b> <b>CHORIZO</b> RICE SALAD	<b>CHICKPEA STEW</b> CHEF'S SALAD	<b>PAELLA</b> MIXED SALAD	<b>CREAM OF VEGETABLE</b> <b>SOUP</b> MIXED SALAD
2°	<b>CHICKEN CURRY WITH RICE</b>	<b>HAKE NUGGETS WITH</b> MIXED SALAD	<b>LEAN PORK WITH</b> POTATOES	<b>JOHN DORY FISH WITH</b> TOMATO SALAD	<b>CHICKEN BURRITO WITH</b> NACHOS AND GUACAMOLE
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
1°	<b>SPAGHETTI CARBONARA</b> FULL MIXED SALAD	<b>WHITE BEAN STEW</b> PASTA SALAD	<b>PUCHERO SOUP</b> MIXED SALAD	<b>PASTA WITH CHICKEN</b> <b>AND VEGETABLES</b> CHEF'S SALAD	<b>CREAM OF VEGETABLE</b> <b>SOUP</b> MIXED SALAD
2°	<b>TURKEY WITH TOMATO</b> SALAD	<b>CHICKEN WINGS WITH</b> MIXED SALAD	<b>POTATO OMELETTE WITH</b> RATATOUILLE	<b>OVEN-BAKED HAKE WITH</b> MIXED SALAD	<b>PIZZA</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

# MENU MARCH 2026

(VEGETARIAN)

	MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
1 <sup>o</sup>	<b>PUCHERO SOUP</b> QUINOA SALAD	<b>CREAM OF PUMPKIN AND SWEET POTATO SOUP</b> FULL MIXED SALAD	<b>PASTA WITH MUSHROOMS AND SPINACH</b> RICE SALAD	<b>VEGETABLE PAELLA</b> SPINACH SALAD	<b>CHICKPEAS WITH SPINACH</b> MIXED SALAD
2 <sup>o</sup>	<b>STUFFED COURGETTES WITH MIXED SALAD</b>	<b>VEGETABLE BALLS WITH SAUCE AND RICE</b>	<b>SAUTEED TOFU AND VEGETABLES WITH MIXED SALAD</b>	<b>STUFFED EGGS WITH MIXED SALAD</b>	<b>MINI EGGPLANT PIZZAS WITH FRENCH FRIES</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
1 <sup>o</sup>	<b>VEGETABLE AND POTATO STEW</b> CAPRESE SALAD	<b>LENTILS WITH VEGETABLES</b> CHICKPEA SALAD	<b>PUCHERO SOUP</b> MIXED SALAD	<b>WHITE BEAN STEW</b> CHEF'S SALAD	<b>CREAM OF VEGETABLE SOUP</b> MIXED SALAD
2 <sup>o</sup>	<b>TOFU AND VEGETABLE SKEWERS WITH MIXED SALAD</b>	<b>VEGETABLE NUGGETS WITH MIXED SALAD</b>	<b>TERIYAKI TOFU AND VEGETABLE WOK WITH BABY POTATOES</b>	<b>VEGETABLE LASAGNE WITH MIXED SALAD</b>	<b>VEGETABLE BURGER WITH FRENCH FRIES</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
1 <sup>o</sup>	<b>CREAM OF CARROT SOUP</b> SPINACH SALAD	<b>MACARONI WITH LENTIL BOLOGNESE</b> RICE SALAD	<b>CHICKPEA STEW</b> CHEF'S SALAD	<b>VEGETABLE PAELLA</b> MIXED SALAD	<b>CREAM OF VEGETABLE SOUP</b> MIXED SALAD
2 <sup>o</sup>	<b>TOFU AND VEGETABLE CURRY WITH RICE</b>	<b>STUFFED PEPPERS WITH MIXED SALAD</b>	<b>VEGETABLE EMPANADILLA WITH POTATOES</b>	<b>FALAFEL WITH TOMATO SALAD</b>	<b>HEURA BURRITO WITH NACHOS AND GUACAMOLE</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
1 <sup>o</sup>	<b>SPAGHETTI WITH MUSHROOMS AND SPINACH</b> FULL MIXED SALAD	<b>WHITE BEAN STEW</b> PASTA SALAD	<b>PUCHERO SOUP</b> MIXED SALAD	<b>PASTA WITH VEGETABLES</b> CHEF'S SALAD	<b>CREAM OF VEGETABLE SOUP</b> MIXED SALAD
2 <sup>o</sup>	<b>STUFFED EGGS WITH TOMATO SALAD</b>	<b>VEGETABLE MEDALLIONS WITH MIXED SALAD</b>	<b>POTATO OMELETTE WITH RATATOUILLE</b>	<b>HUMMUS WITH VEGETABLES AND MIXED SALAD</b>	<b>VEGETABLE PIZZA</b>
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**

**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**