

# MENU APRIL 2026

	MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
1°		<b>PASTA WITH TUNA</b> WHITE BEAN SALAD	<b>CREAM OF VEGETABLE SOUP</b> MIXED SALAD	<b>PASTA CARBONARA</b> CHEF'S SALAD	<b>PUCHERO SOUP</b> CHICKPEA SALAD
2°	<b>HOLIDAY</b>	<b>CALAMARI WITH MIXED SALAD</b>	<b>CHICKEN CURRY WITH RICE</b>	<b>OVEN-BAKED HAKE WITH MIXED SALAD</b>	<b>BEEF WITH SAUCE AND FRENCH FRIES</b>
P		FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
1°	<b>CREAM OF VEGETABLE SOUP</b> MIXED SALAD	<b>LENTILS</b> PASTA SALAD	<b>PUCHERO SOUP</b> SPINACH SALAD	<b>CHICKPEAS WITH SPINACH</b> RICE SALAD	<b>CREAM OF VEGETABLE SOUP</b> MIXED SALAD
2°	<b>LEAN PORK WITH TOMATO SAUCE AND BABY POTATOES</b>	<b>KINGKLIP NUGGETS WITH MIXED SALAD</b>	<b>POTATO OMELETTE WITH RATATOUILLE</b>	<b>OVEN-ROASTED CHICKEN WINGS WITH MIXED SALAD</b>	<b>CHICKEN BURGER WITH FRENCH FRIES</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
1°	<b>CREAM OF PUMPKIN AND SWEET POTATO SOUP</b> CAESAR SALAD	<b>PAELLA</b> MIXED SALAD	<b>PUCHERO SOUP</b> RICE SALAD	<b>FISH STEW</b> MIXED SALAD	<b>WHITE BEAN STEW</b> MIXED SALAD
2°	<b>CHICKEN STRIPS WITH MIXED SALAD</b>	<b>OVEN-BAKED HAKE WITH POTATOES</b>	<b>PORK CUBES WITH MIXED SALAD</b>	<b>PORK LOIN WITH PEPPER SAUCE AND RICE</b>	<b>MEATBALLS WITH TOMATO SAUCE AND FRENCH FRIES</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	
1°	<b>STAR SOUP</b> SPINACH SALAD	<b>PASTA WITH CHORIZO</b> COUS COUS SALAD	<b>CREAM OF PUMPKIN AND SWEET POTATO SOUP</b> CAPRESE SALAD	<b>LENTILS</b> POTATO SALAD	
2°	<b>OVEN-ROASTED CHICKEN THIGHS WITH MIXED SALAD</b>	<b>CALAMARI WITH MIXED SALAD</b>	<b>PORK LOIN WITH PEPPER SAUCE AND BABY POTATOES</b>	<b>HAKE IN GREEN SAUCE WITH MIXED SALAD</b>	
P	FRUIT	FRUIT	FRUIT	FRUIT	

# MENU APRIL 2026

(VEGETARIAN)

	MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
1°		<b>PASTA WITH LENTIL BOLOGNESE SAUCE</b> WHITE BEAN SALAD	<b>CREAM OF VEGETABLE SOUP</b> MIXED SALAD	<b>PASTA WITH MUSHROOMS AND SPINACH</b> CHEF'S SALAD	<b>VEGETABLE SOUP</b> CHICKPEA SALAD
2°	<b>HOLIDAY</b>	<b>VEGETABLE NUGGETS WITH MIXED SALAD</b>	<b>VEGETABLE AND TOFU CURRY WITH RICE</b>	<b>DEVEILED EGGS WITH MIXED SALAD</b>	<b>MOUSAKA WITH FRENCH FRIES</b>
P		FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
1°	<b>CREAM OF VEGETABLE SOUP</b> MIXED SALAD	<b>LENTILS</b> PASTA SALAD	<b>VEGETABLE SOUP</b> SPINACH SALAD	<b>CHICKPEAS WITH SPINACH</b> RICE SALAD	<b>CREAM OF VEGETABLE SOUP</b> MIXED SALAD
2°	<b>TOFU STUFFED RED PEPPERS WITH BABY POTATOES</b>	<b>VEGETABLE MEDALIONS WITH MIXED SALAD</b>	<b>POTATO OMELETTE WITH RATATOUILLE</b>	<b>MINI EGGPLANT PIZZAS WITH MIXED SALAD</b>	<b>VEGETARIAN BURGER WITH FRENCH FRIES</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
1°	<b>CREAM OF PUMPKIN AND SWEET POTATO SOUP</b> CAESAR SALAD	<b>VEGETABLE PAELLA</b> MIXED SALAD	<b>VEGETABLE SOUP</b> RICE SALAD	<b>VEGETABLE COUS COUS</b> MIXED SALAD	<b>WHITE BEAN STEW</b> MIXED SALAD
2°	<b>STUFFED COURGETTE WITH MIXED SALAD</b>	<b>VEGETABLE AND TOFU EMPANADA WITH POTATOES</b>	<b>VEGETARIAN SAUSAGES WITH MIXED SALAD</b>	<b>VEGETABLE CROQUETTES WITH RICE</b>	<b>VEGETARIAN MEATBALLS WITH TOMATO SAUCE AND FRENCH FRIES</b>
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	
1°	<b>STAR SOUP</b> SPINACH SALAD	<b>PASTA WITH SOY BOLOGNESE</b> COUS COUS SALAD	<b>CREAM OF PUMPKIN AND SWEET POTATO SOUP</b> CAPRESE SALAD	<b>LENTILS</b> POTATO SALAD	
2°	<b>FALAFEL WITH YOGHURT SAUCE AND MIXED SALAD</b>	<b>VEGETABLE MEDALIONS WITH CHEESE AND MIXED SALAD</b>	<b>VEGETARIAN BALLS IN SAUCE WITH BABY POTATOES</b>	<b>VEGETABLE EMPANADAS WITH MIXED SALAD</b>	
P	FRUIT	FRUIT	FRUIT	FRUIT	

## 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**