

	MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
1°	CHICKPEAS WITH SPINACH CAPRESE SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD	RICE WITH TOMATO SAUCE FULL MIXED SALAD	POTATO STEW PASTA SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD
2°	CHICKEN CURRY WITH BASMATI RICE	CHICKEN WINGS WITH RATATOUILLE	SAUSAGES WITH FRIED BANANA	KINGKLIP NUGGETS WITH MIXED SALAD	CHICKEN BURRITOS WITH NACHOS AND GUACAMOLE
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
1°	CREAM OF VEGETABLE SOUP CRAB STICK SALAD	CHICKEN NOODLE SOUP CHEF'S SALAD	PASTA WITH BOLOGNESE SAUCE POTATO SALAD	GAZPACHO FULL MIXED SALAD	
2°	LEAN PORK WITH TOMATO SAUCE AND RICE	LASAGNE WITH MIXED SALAD	OVEN-BAKED HAKE WITH MIXED SALAD	CHICKEN BURGER WITH FRENCH FRIES	HOLIDAY
P	FRUIT	FRUIT	FRUIT	FRUIT	

	MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
1°	LENTILS WITH VEGETABLES MIXED SALAD	SPAGHETTI CARBONARA CHEF'S SALAD	PUCHERO SOUP FULL MIXED SALAD	CHICKPEA STEW CAPRESE SALAD	SALMOREJO SOUP MIXED SALAD
2°	CAJUN CHICKEN WITH BASMATI RICE	GRILLED KINGKLIP WITH MIXED SALAD	POTATO OMELETTE WITH RATATOUILLE	CALAMARI WITH MIXED SALAD	PORK LOIN WITH PEPPER SAUCE AND FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
1°	PUCHERO SOUP MIXED SALAD	PASTA WITH SWEET CHORIZO CAPRESE SALAD	WHITE BEAN STEW MIXED SALAD	CREAM OF VEGETABLE SOUP PASTA SALAD	PAELLA MIXED SALAD
2°	CHICKEN WITH SAUCE AND FRENCH FRIES	FRESH FRIED ANCHOVIES WITH MIXED SALAD	MEATBALLS WITH SAUCE AND RICE	PORK CUBES WITH WEDGE POTATOES	CROQUETTES WITH TOMATO SALAD
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

MENU MAY 2026

(VEGETARIAN)

	MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
1°	CHICKPEAS WITH SPINACH CAPRESE SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD	RICE WITH TOMATO SAUCE FULL MIXED SALAD	POTATO STEW PASTA SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD
2°	HEURA AND VEGETABLE CURRY WITH BASMATI RICE	POTATO OMELETTE WITH RATATOUILLE	VEGETARIAN SAUSAGES WITH FRIED BANANA	DEVILLED EGGS WITH MIXED SALAD	HEURA BURRITOS WITH NACHOS AND GUACAMOLE
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
1°	CREAM OF VEGETABLE SOUP MIXED SALAD	VEGETABLE NOODLE SOUP CHEF'S SALAD	PASTA WITH LENTIL BOLOGNESE SAUCE POTATO SALAD	GAZPACHO FULL MIXED SALAD	
2°	TOFU AND VEGETABLE STIRFRY WITH COCONUT CREAM SAUCE AND RICE	VEGETARIAN LASAGNE WITH MIXED SALAD	MINI EGGPLANT PIZZAS WITH MIXED SALAD	VEGETARIAN BURGER WITH FRENCH FRIES	HOLIDAY
P	FRUIT	FRUIT	FRUIT	FRUIT	

	MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
1°	LENTILS WITH VEGETABLES MIXED SALAD	SPAGHETTI WITH MUSHROOMS AND SPINACH CHEF'S SALAD	VEGETABLE SOUP FULL MIXED SALAD	CHICKPEA STEW CAPRESE SALAD	SALMOREJO SOUP MIXED SALAD
2°	VEGETABLE NUGGETS WITH BASMATI RICE	STUFFED RED PEPPERS WITH MIXED SALAD	POTATO OMELETTE WITH RATATOUILLE	HUMMUS WITH RAW VEGETABLES WITH MIXED SALAD	TEXTURED SOY LOAF WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
1°	PUCHERO SOUP MIXED SALAD	PASTA WITH HEURA CAPRESE SALAD	WHITE BEAN STEW MIXED SALAD	CREAM OF VEGETABLE SOUP PASTA SALAD	PAELLA MIXED SALAD
2°	FALAFEL WITH YOGHURT SAUCE AND FRENCH FRIES	STUFFED COURGETTE WITH MIXED SALAD	VEGETABLE BALLS WITH SAUCE AND RICE	VEGETABLE AND TOFU WOK WITH WEDGE POTATOES	VEGETABLE CROQUETTES WITH TOMATO SALAD
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

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