

	MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
1°	CHICKEN NOODLE SOUP TOMATO SALAD	BEEF STEW CHEF'S SALAD	PASTA BOLOGNESE SPINACH SALAD	LENTILS WITH VEGETABLES CAPRESE SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD
2°	POTATO OMELETTE WITH ROASTED RED PEPPER SALAD	OVEN-ROASTED TURKEY WITH MIXED SALAD	GRILLED KINGKLIP WITH PAN-ROASTED POTATOES	CAJUN CHICKEN WITH MIXED SALAD	CHICKEN BURGER WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
1°	CREAM OF VEGETABLE SOUP FULL MIXED SALAD	PAELLA PASTA SALAD	STAR NOODLE SOUP POTATO SALAD	PASTA WITH TOMATO SAUCE TROPICAL SALAD	GAZPACHO / CREAM OF VEGETABLE MIXED SALAD
2°	PORK WITH PEPPER SAUCE AND PAN-ROASTED POTATOES	ROOSTERFISH WITH MIXED SALAD	CHICKEN WITH CURRY SAUCE AND RICE	CALAMARI WITH MIXED SALAD	CHICKEN WINGS WITH FRIED SWEET POTATO
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
1°	RICE WITH TOMATO SAUCE MIXED SALAD	PASTA WITH TUNA ROASTED RED PEPPER SALAD	SALMOREJO CHEF'S SALAD	CREAM OF VEGETABLE SOUP CAPRESE SALAD	MIXED SALAD
2°	SAUSAGES WITH FRIED BANANA	KINGKLIP WITH MIXED SALAD	CHICKEN WITH GARLIC AND BABY POTATOES	BREADED CHICKEN STEAKS WITH MIXED SALAD	PIZZA
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 22	TUESDAY 23			
1°	CREAM OF VEGETABLE SOUP SPINACH SALAD	PASTA WITH TUNA ROASTED RED PEPPER SALAD			
2°	MEATBALLS WITH TOMATO SAUCE AND RICE	HAKE NUGGETS WITH MIXED SALAD			
P	FRUIT	FRUIT			

MENU JUNE 2026

(VEGETARIAN)

	MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
1°	VEGETABLE NOODLE SOUP TOMATO SALAD	VEGETABLE STEW CHEF'S SALAD	PASTA WITH LENTIL BOLOGNESE SPINACH SALAD	LENTILS WITH VEGETABLES CAPRESE SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD
2°	POTATO OMELETTE WITH ROASTED RED PEPPER SALAD	HEURA STUFFED RED PEPPERS WITH MIXED SALAD	MINI EGGPLANT PIZZAS WITH PAN-ROASTED POTATOES	VEGETABLE EMPANADAS WITH MIXED SALAD	VEGETARIAN BURGER WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
1°	CREAM OF VEGETABLE SOUP FULL MIXED SALAD	VEGETABLE PAELLA PASTA SALAD	STAR NOODLE SOUP POTATO SALAD	PASTA WITH SAUTEED VEGETABLES TROPICAL SALAD	GAZPACHO / CREAM OF VEGETABLE MIXED SALAD
2°	STUFFED COURGETTE WITH PAN-ROASTED POTATOES	FALAFEL WITH MIXED SALAD	TOFU AND VEGETABLE CURRY WITH RICE	HUMMUS WITH MIXED SALAD	DEVILED EGGS WITH FRIED SWEET POTATO
P	FRUIT	FRUIT	FRUIT	FRUIT	

	MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
1°	RICE WITH TOMATO SAUCE MIXED SALAD	PASTA WITH TEXTURED SOY BOLOGNESE ROASTED RED PEPPER SALAD	SALMOREJO CHEF'S SALAD	CREAM OF VEGETABLE SOUP CAPRESE SALAD	MIXED SALAD
2°	VEGETARIAN SAUSAGES WITH FRIED BANANA	VEGETARIAN LOAF MIXED SALAD	LENTIL FALAFEL WITH BABY POTATOES	MUSHROOM CROQUETTES WITH MIXED SALAD	PIZZA
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 22	TUESDAY 23			
1°	CREAM OF VEGETABLE SOUP SPINACH SALAD	PASTA WITH VEGETABLES ROASTED RED PEPPER SALAD			
2°	VEGETARIAN BALLS WITH TOMATO SAUCE AND RICE	VEGETABLE NUGGETS WITH MIXED SALAD			
P	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