

MENU SEPTEMBER 2026

				THURSDAY 10	FRIDAY 11
1°				PASTA WITH BOLOGNESE SAUCE MIXED SALAD	CREAM OF VEGETABLE SOUP TOMATO SALAD
2°				PORK LOIN WITH PEPPER SAUCE AND RICE	BREADED CHICKEN BREAST WITH MIXED SALAD
P				FRUIT	ICE CREAM

	MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
1°	CREAM OF CARROT SOUP SPINACH SALAD	PASTA CARBONARA MIXED SALAD	“PUCHERO” SOUP MIXED SALAD	BEEF STEW CAPRESE SALAD	GAZPACHO OR CREAM OF VEGETABLE SOUP MIXED SALAD
2°	CHICKEN WITH CURRY SAUCE AND RICE	CALAMARI WITH TOMATO SALAD	TURKEY WITH THYME SAUCE AND PAN-ROASTED POTATOES	HAKE WITH GREEN SAUCE AND MIXED SALAD	CHICKEN BURRITOS WITH NACHOS AND GUACAMOLE
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
1°	CREAM OF PUMPKIN SOUP CAESAR SALAD	“PUCHERO” SOUP MIXED SALAD	LENTILS WITH VEGETABLES RICE SALAD	PASTA WITH SHRIMP MIXED SALAD	CREAM OF VEGETABLE SOUP FULL MIXED SALAD
2°	CHICKEN “CHILINDRON” WITH BASMATI RICE	MEATBALLS WITH SAUCE AND MASHED POTATOES	JOHN DORY WITH GREEN SAUCE AND MIXED SALAD	PORK LOIN WITH TOMATO SAUCE AND OVEN-ROASTED POTATOES	CHICKEN BURGER WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 28	TUESDAY 29	WEDNESDAY 30		
1°	CHINESE NOODLES MIXED SALAD	WHITE BEAN STEW MIXED SALAD	GAZPACHO OR CREAM OF VEGETABLE SOUP PASTA SALAD		
2°	CHICKEN THIGHS WITH BABY POTATOES	OVEN-BAKED KINGKLIP WITH TOMATO SALAD	POTATO OMELETTE WITH ROASTED RED PEPPER SALAD		
P	FRUIT	FRUIT	FRUIT		

The menu includes white or brown bread. The option in bold type is the first course for Preschool Education students.

MENU SEPTEMBER 2026

(VEGETARIAN)

			THURSDAY 10	FRIDAY 11
1º			PASTA WITH LENTIL BOLOGNESE SAUCE MIXED SALAD	CREAM OF VEGETABLE SOUP TOMATO SALAD
2º			VEGETABLE CROQUETTES WITH RICE	STUFFED SWEET POTATO WITH MIXED SALAD
P			FRUIT	ICE CREAM

	MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
1º	CREAM OF CARROT SOUP SPINACH SALAD	PASTA WITH MUSHROOMS AND SPINACH MIXED SALAD	VEGETABLE SOUP MIXED SALAD	VEGETABLE STEW CAPRESE SALAD	GAZPACHO OR CREAM OF VEGETABLE SOUP MIXED SALAD
2º	TOFU AND VEGETABLE CURRY WITH RICE	DEVILLED EGGS WITH TOMATO SALAD	TOFU AND VEGETABLE EMPANADA WITH PAN-ROASTED POTATOES	TEXTURED SOY CAKE WITH MIXED SALAD	HEURA BURRITOS WITH NACHOS AND GUACAMOLE
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
1º	CREAM OF PUMPKIN SOUP CAESAR SALAD	VEGETABLE SOUP MIXED SALAD	LENTILS WITH VEGETABLES RICE SALAD	PASTA WITH VEGETABLES MIXED SALAD	CREAM OF VEGETABLE SOUP FULL MIXED SALAD
2º	STUFFED COURGETTE WITH BASMATI RICE	VEGETARIAN MEATBALLS WITH SAUCE AND MASHED POTATOES	VEGETABLE LASAGNE WITH MIXED SALAD	FALAFEL WITH YOGHURT SAUCE AND OVEN-ROASTED POTATOES	VEGETARIAN BURGER WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 28	TUESDAY 29	WEDNESDAY 30		
1º	CHINESE NOODLES MIXED SALAD	WHITE BEAN STEW MIXED SALAD	GAZPACHO OR CREAM OF VEGETABLE SOUP PASTA SALAD		
2º	STUFFED PEPPERS WITH BABY POTATOES	HUMMUS WITH RAW VEGETABLES AND TOMATO SALAD	POTATO OMELETTE WITH ROASTED RED PEPPER SALAD		
P	FRUIT	FRUIT	FRUIT		

The menu includes white or brown bread. The option in bold type is the first course for Preschool Education students.

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