

MENU OCTOBER 2026

			THURSDAY 1	FRIDAY 2
1°			LENTILS WITH VEGETABLES CAPRESE SALAD	CREAM OF CARROT SOUP MIXED SALAD
2°			CALAMARI WITH MIXED SALAD	CAJUN CHICK WITH BABY POTATOES
P			FRUIT	YOGHURT

	MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
1°	CHICKEN NOODLE SOUP FULL MIXED SALAD	MACARONI WITH BOLOGNESE SAUCE CHEF'S SALAD	RICE WITH TOMATO SAUCE MIXED SALAD	CHICKPEA STEW MIXED SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD
2°	LEMON CHICKEN WITH RICE	KINGKLIP WITH TOMATO SALAD	SAUSAGES WITH FRIED BANANA	POTATO OMELETTE WITH ROASTED RED PEPPER SALAD	CHICKEN BURRITOS WITH NACHOS AND GUACAMOLE
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
1°		PUCHERO SOUP FULL MIXED SALAD	WHITE BEAN STEW CRAB STICK SALAD	SPAGHETTI CARBONARA CAPRESE SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD
2°	HOLIDAY	KINGKLIP NUGGETS WITH TOMATO SALAD	BEEF STROGANOFF WITH PAN ROASTED POTATOES	HAKE WITH MIXED SALAD	CHICKEN CURRY WITH FRENCH FRIES
P		FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
1°	LENTILS WITH VEGETABLES COUS COUS SALAD	CHICKEN NOODLE SOUP MIXED SALAD	PAELLA FULL MIXED SALAD	MACARONI WITH TUNA CHICKPEA SALAD	CREAM OF VEGETABLE SOUP RICE SALAD
2°	CHICKEN WITH TOMATO SAUCE AND RICE	MEATBALLS WITH SAUCE AND PAN ROASTED POTATOES	PORK LOIN WITH PEPPER SAUCE AND TOMATO SALAD	KINGKLIP IN GREEN SAUCE WITH MIXED SALAD	TURKEY STEAKS WITH FRIED SWEET POTATO
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
1°	MACARONI WITH SWEET CHORIZO TUNA SALAD	CHICKEN NOODLE SOUP CAPRESE SALAD	WHITE BEAN STEW PASTA SALAD	PASTA WITH TOMATO SAUCE AND CHEESE MIXED SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD
2°	OVEN-ROASTED CHICKEN WINGS WITH MIXED SALAD	OVEN-BAKED HAKE WITH MIXED SALAD	PORK SKEWERS WITH RICE	FRESH FRIED ANCHOVIES WITH TOMATO SALAD	CROQUETTES WITH PAN-ROASTED POTATOES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

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

MENU OCTOBER 2026

(VEGETARIAN)

			THURSDAY 1	FRIDAY 2
1º			LENTILS WITH VEGETABLES CAPRESE SALAD	CREAM OF CARROT SOUP MIXED SALAD
2º			MINI AUBERGINE PIZZAS WITH MIXED SALAD	VEGETABLE NUGGETS WITH BABY POTATOES
P			FRUIT	YOGHURT

	MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
1º	VEGETABLE SOUP FULL MIXED SALAD	MACARONI WITH LENTIL BOLOGNESE SAUCE CHEF'S SALAD	RICE WITH TOMATO SAUCE MIXED SALAD	CHICKPEA STEW MIXED SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD
2º	STUFFED SWEET POTATO WITH RICE	VEGETABLE MEDALIONS WITH TOMATO SALAD	VEGETARIAN SAUSAGES WITH FRIED BANANA	POTATO OMELETTE WITH ROASTED RED PEPPER SALAD	HEURA BURRITOS WITH NACHOS AND GUACAMOLE
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
1º		PUCHERO SOUP FULL MIXED SALAD	WHITE BEAN STEW CRAB STICK SALAD	SPAGHETTI WITH SAUTEED MUSHROOMS CAPRESE SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD
2º	HOLIDAY	STUFFED EGGS WITH TOMATO SALAD	FRIED AUBERGINE WITH PAN ROASTED POTATOES	VEGETABLE EMPANADA WITH MIXED SALAD	TOFU AND VEGETABLE CURRY WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
1º	LENTILS WITH VEGETABLES COUS COUS SALAD	VEGETABLE SOUP MIXED SALAD	VEGETARIAN PAELLA FULL MIXED SALAD	MACARONI WITH TOMATO SAUCE CHICKPEA SALAD	CREAM OF VEGETABLE SOUP RICE SALAD
2º	MINI AUBERGINE PIZZAS WITH TOMATO SAUCE AND RICE	VEGETARIAN BALLS WITH SAUCE AND PAN ROASTED POTATOES	HUMMUS WITH RAW VEGETABLES AND TOMATO SALAD	SCRAMBLED EGGS WITH VEGETABLES AND MIXED SALAD	VEGETABLE LASAGNE WITH FRIED SWEET POTATO
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
1º	MACARONI WITH SOY BOLOGNESE FULL MIXED SALAD	VEGETABLE SOUP CAPRESE SALAD	WHITE BEAN STEW PASTA SALAD	PASTA WITH TOMATO SAUCE AND CHEESE MIXED SALAD	CREAM OF VEGETABLE SOUP MIXED SALAD
2º	VEGETABLE NUGGETS WITH MIXED SALAD	POTATO OMELETTE WITH MIXED SALAD	SCRAMBLED EGGS WITH MUSHROOMS AND RICE	STUFFED EGGS WITH TOMATO SALAD	VEGETARIAN CROQUETTES WITH PAN-ROASTED POTATOES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

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