

	MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
1°	CHICKEN NOODLE SOUP TOMATO SALAD	BEEF STEW COUS COUS SALAD	PASTA BOLOGNESE SPINACH SALAD	LENTILS WITH VEGETABLES CAPRESE SALAD	CREAM OF VEGETABLE SOUP CHEF'S SALAD
2°	POTATO OMELETTE WITH RED PEPPER SALAD	OVEN-ROASTED TURKEY WITH MIXED SALAD	GRILLED KINGKLIP WITH PAN-ROASTED POTATOES	PORK KEBABS WITH MIXED SALAD	CHICKEN BURGER WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
1°	CREAM OF SWEET POTATO SOUP FULL MIXED SALAD	PAELLA MIXED SALAD	CHICKEN NOODLE SOUP POTATO SALAD	PASTA CARBONARA TROPICAL SALAD	GAZPACHO / CREAM OF VEGETABLE SOUP MIXED SALAD
2°	PORK WITH PEPPER SAUCE AND PAN-ROASTED POTATOES	HAKE WITH RATATOUILLE	CHICKEN CURRY WITH RICE	CALAMARI WITH MIXED SALAD	CHICKEN WINGS WITH FRENCH FRIES
P	FRUIT	FRUIT		FRUIT	ICE CREAM

	MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
1°	CREAM OF VEGETABLE SOUP CAPRESE SALAD	PASTA WITH TUNA RED PEPPER SALAD	SALMOREJO (COLD TOMATO SOUP) MIXED SALAD	RICE WITH TOMATO SAUCE MIXED SALAD	MIXED SALAD
2°	BREADED CHICKEN BREAST WITH MIXED SALAD	KINGKLIP WITH MIXED SALAD	CHICKEN WITH GARLIC SAUCE AND FRENCH FRIES	SAUSAGES WITH FRIED BANANA	PIZZA
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

MENU JUNE 2024

(VEGETARIAN)

	MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
1°	VEGETABLE NOODLE SOUP TOMATO SALAD	VEGETABLE STEW COUS COUS SALAD	PASTA WITH LENTIL BOLOGNESE SPINACH SALAD	LENTILS WITH VEGETABLES CAPRESE SALAD	CREAM OF VEGETABLE SOUP CHEF'S SALAD
2°	POTATO OMELETTE WITH RED PEPPER SALAD	HEURA FILLED PEPPERS WITH MIXED SALAD	MINI EGGPLANT PIZZAS WITH PAN-ROASTED POTATOES	VEGETABLE PASTIES WITH MIXED SALAD	VEGETABLE BURGER WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
1°	CREAM OF SWEET POTATO SOUP FULL MIXED SALAD	VEGETABLE PAELLA MIXED SALAD	VEGETABLE SOUP POTATO SALAD	PASTA WITH SAUTEED VEGETABLES TROPICAL SALAD	GAZPACHO / CREAM OF VEGETABLE SOUP MIXED SALAD
2°	STUFFED COURGETTE WITH PAN-ROASTED POTATOES	FALAFEL WITH RATATOUILLE	TOFU AND VEGETABLE CURRY WITH RICE	HUMMUS WITH MIXED SALAD	DEVILLED EGGS WITH FRENCH FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	ICE CREAM

	MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
1°	CREAM OF VEGETABLE SOUP CAPRESE SALAD	PASTA WITH TEXTURED SOY AND TOMATO SAUCE RED PEPPER SALAD	SALMOREJO (COLD TOMATO SOUP) MIXED SALAD	RICE WITH TOMATO SAUCE MIXED SALAD	MIXED SALAD
2°	MUSHROOM CROQUETTES WITH MIXED SALAD	VEGETARIAN MEATLOAF WITH MIXED SALAD	LENTIL FALAFEL WITH FRENCH FRIES	VEGETARIAN SAUSAGES WITH FRIED BANANA	PIZZA
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

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

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