



Menu OCTOBER

		Wednesday 1	Thursday 2	Friday 3
		Varied salad Spaghetti Bolognese 🌿 🥥 Chicken breast with carrots Fruit	Varied salad Vegetable soup Potato tortilla with broccoli 🌿 Fruit	Varied salad Fideua with meat 🌿 🥥 🥕 🥔 Fruit
Monday 6	Tuesday 7	Wednesday 8		Friday 10
Varied salad Cream of zucchini Penne Bolognese 🌿 🥥 🥕 🥔 Fruit	Varied salad Lean stew French tortilla 🌿 Fruit	Varied salad Lentils Chicken with vegetables Fruit		Salad with cheese and ham 🌿 Paella 🌿 🥥 🥕 🥔 Fruit
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
Varied salad Vegetable puree Burger with vegetables 🌿 🥥 Fruit	Varied salad Onion puree Beef with peas Fruit	Varied salad Bean stew Potato tortilla 🌿 Fruit	Varied salad Starfish soup 🌿 Hake with tomato 🐟 Fruit	Varied salad Fideua 🌿 🥥 🥕 🥔 🐟 Fruit
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
Varied salad Chicken stew with vegetables Fish with carrots 🐟 Fruit	Varied salad Cuban-style rice Fried egg and sausage 🥥 🥕 Fruit	Varied salad Lasagna 🌿 🥥 🥕 🥔 🐟 Skewers with green beans Fruit	Varied salad Minestrone soup 🌿 🥥 Sausages with broccoli 🌿 🥥 Fruit	Varied salad Paella 🌿 🥥 🥕 🥔 Fruit
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
Goat cheese salad 🌿 Cheese fingers 🌿 🥥 Penne carbonara 🌿 🥥 🥕 🥔 Fruit	Varied salad Chickpea puree Fish with potatoes 🐟 Fruit	Varied salad Cauliflower puree Pork tenderloin with peas Fruit	Varied salad Pure celery and potatoes 🌿 Cheese and ham wrap 🌿 🥥 🥕 🥔 🐟 Fruit	Varied salad Fideua 🌿 🥥 🥕 🥔 🐟 Fruit

Foods like fruits, nuts, vegetables, cereals like rice and pasta, legumes, dairy products, bread and olive oil should be the basis of our diet.

Products such as pastries, snacks, "knickknacks" and sausages should only be taken occasionally.

Dinner is the best time of the day to complement the school meal. It should be consumed at an hour not too late to avoid that the proximity to the moment of sleep prevents children from sleeping well.

As dinner dishes suggest soups, purees, eggs ... always complementing the food.

It is important to eat fruit in the desserts. Milk intake should not replace fruit.

