



Menu DECEMBER

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
Varied salad Courgette pure Sausages with carrots and potatoes Fruit	Varied salad Pasta bolognaise Hake with boiled potatoes Fruit	Varied salad Lentil stew Loin with tomato and peas Yogurt	Varied salad Onion soup Pesto pasta with chicken Fruit	Varied salad Paella Fruit
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	
Varied salad Rice with vegetables Chicken sticks with carrots Yogurt	Varied salad "Cocido" (chickpea stew): Noodle soup, veg, and meat ball Fruit	Varied salad Penne Bolognaise Chicken and green beans Fruit	Varied salad Nuggets and fries Squid Pizza	Varied salad Vegetable puree Fideua (fish pasta) Yogurt

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.

