



Menu JANUARY

		Wednesday 7	Thursday 8	Friday 9
		Varied salad Lentils Chicken sticks 🌿🥚🥦🍌 Fruit	Varied salad Pumpkin purees Salmon with broccoli 🐟 Fruit	Varied salad Paella Yogurt 🥛
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
Varied salad Lentils Fish with vegetables 🐟 Fruit	Varied salad Bolognese pasta 🌿🥚 Marinated loin with peas Yogurt 🥛	Varied salad Bean stew Potato tortilla 🥦 Fruit	Varied salad Starfish soup 🌿🐟 Hake with tomato 🐟 Fruit	Varied salad Fideua 🌿🥚🥦🍌🐟🥦 Yogurt 🥛
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
Varied salad Chicken stew with vegetables Hake sticks with carrots 🌿🥚🥦🍌 Yogurt 🥛	Varied salad "Cocido" (chickpea stew); Noodle soup, veg and meat ball Fruit	Varied salad Lasagna 🌿🥚🥦🍌 Chicken with green beans Fruit	Varied salad Fish and noodle soup 🌿🐟 French omelette with broccoli 🥦 Fruit	Varied salad Paella Yogurt 🥛
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
Goat cheese salad Rice with tomato Fried egg and sausage 🥚🥦 Fruit	Varied salad Chickpea stew Lean with tomato Fruit	Varied salad Pasta carbonara 🌿🥚🥦🍌 Fish and vegetables 🐟 Fruit	Varied salad Vegetable puree Potato and pea tortilla 🥦 Fruit	Varied salad Fideua 🌿🥚🥦🍌🐟🥦 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.

