



Menu FEBRUARY

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Varied salad Meat stew Chicken strips Fruit	Varied salad Pasta Carbonara Fish and vegetables Fruit	Varied salad Russian salad Chicken and rice, chickpeas and green beans Fruit	Varied salad Lasagna French omelet with broccoli Fruit	Varied salad Burger with potatoes Yogurt
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Varied salad Zucchini Cream Soup Curry Chicken with Rice Fruit	Varied salad Lentils with vegetables Marinated pork loin with peas Yogurt	Varied salad Macaroni Bolognese Fish and vegetables Fruit	Varied salad Vegetable puree Potato and pea Tortilla Fruit	Varied salad Paella Yogurt
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
Varied salad Ham and cheese wrap Noodle stir fry Fruit	Varied salad Complete cocido: Soup with noodles, chickpeas, vegetables, and a ball Yogurt	Varied salad Tomato Rice Fried egg and sausage Fruit	Varied salad Pumpkin puree Meatballs with tomato and basmati rice Fruit	Varied salad Pizza Yogurt
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Varied salad Bolognese pasta Sausages with garnish Fruit	Varied salad Zucchini cream Curry chicken with rice Yogurt	Varied salad Cocido soup with noodle Tomato and potato Magro Fruit	Varied salad Couscous Soup Couscous with vegetables, chicken, and chickpeas Fruit	Varied salad Fideuá with meat 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, 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.

