



Menu APRIL

Wednesday 1

Varied salad
Bolognese pasta
Sausages with garnish
Fruit

	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
	Varied salad Pasta carbonara Fish and vegetables Yogurt	Varied salad Russian salad Rice with chicken, chickpeas and green beans Fruit	Varied salad Lasgna Potato omelette with broccoli Yogurt	Ensalada variada Meat fideuá Nuggets Apple kate
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
Varied salad Courgette cream Curried chicken with rice Fruit	Varied salad Lentils with rice and vegetables Marinated loin with peas Fruit	Varied salad Pasta carbonara Fish and vegetables Yogurt	Varied salad Vegetable puree Pea potato tortilla Fruit	Tomato salad cucumber, carrot lettuce and olives with tuna Paella alicantina and all I oli Flan
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	
Varied salad Ham and cheese wrap Noodle stir fry Fruit	Varied salad Complete cooking: Soup noodles chickpeas, vegetables and ball Fruit	Varied salad Rice with tomato Fried egg and sausage Yogurt	Assorted salad Courgette cream Curried chicken with rice 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.

