



Menu MAY

Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
Varied salad Zucchini cream Vegetable pinchos Fruit	Varied salad Onion puree Sausages with vegetables Fruit	Carrot sticks, cucumber and hummus Mushroom puree Chicken breast with carrots Fruit	Varied salad Vegetable soup Potato tortilla with broccoli Fruit	Varied salad Celery and potato puree Paella Fruit
Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
Varied salad Stars Soup Vegetable burger Fruit	Varied salad Lentils Magro with peas Fruit	Varied salad Bean stew Salmon with rice Fruit	Varied salad Chicken Soup Whiting with tomato Fruit	Varied salad Meat stew with vegetables Hot dogs with ketchup Ice Cream
Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
Varied salad Sweet Potato Soup Cous-cous with vegetables Fruit	Varied salad Lentils Fried chicken and poor man's potatoes Fruit	Varied salad Lasagna Pinchos with green beans Fruit	Varied salad Minestrone Soup Sausages with broccoli Fruit	Varied salad Vegetable puree Margherita pizza with fries Fruit
Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
Chicken fingers Hot gazpacho Veal in sauce Fruit	Varied salad Cauli flower soup Cod with rice Fruit	Varied salad Tomato and garlic soup Cheese and ham wrap Fruit	Varied salad Lentils Ravioli with mushroom sauce Fruit	Varied salad Pumpkin puree Paella 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.

