



Menu JUNE

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
Varied salad Onion soup 🌿 🥛 🥚 Chicken with French fries Fruit	Quinoa salad Cream of pumpkin soup Ketchup with fried rice Fruit	Goat cheese salad Pureed peas Spaghetti Bolognese 🌿 🥛 🥚 Fruit	Varied salad Cream of cauliflower soup Fish with potatoes 🐟 Fruit	Greek salad Vegetable soup Paella 🌿 🥚 Fruit
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
Varied salad Meat and vegetable stew Hake sticks with broccoli 🐟 Fruit	Varied salad Vegetable purée Omelette with mayonnaise and peas 🥚 🥛 🥚 Fruit	Varied salad Carrot puree Meatballs with tomato and rice 🌿 🥛 🥚 Fruit	Varied salad Lentils Hake with boiled potatoes 🐟 Fruit	Varied salad Mozzarella sticks 🌿 🥚 Breaded chicken breast with baby potatoes 🌿 🥚 🥚 Fruit
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
Varied salad Vegetable puree Penne pasta with chicken and pesto sauce 🌿 🥛 🥚 Fruit	Varied salad Cream of cauliflower soup Beef burger with vegetables Fruit	Varied salad Pumpkin puree Chicken nuggets with boiled potatoes 🌿 🥛 🥚 Fruit	Varied salad Chicken soup Paella Alicante 🌿 🥚 Fruit	Varied salad Vegetable sticks Ham and cheese pizza with French fries 🌿 🥚 🥚 Fruit
Monday 22				
Varied salad Cream of vegetable soup Meat fideuà 🌿 🥚 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, 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.

