



Menu SEPTEMBER

				Friday 4
				Varied salad Onion soup Paella Fruit
Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
Varied salad Rice with tomato sauce Sausages with peas Fruit	Mixed salad Lentils with vegetables Lean pork with tomato sauce and fries Fruit	Varied salad Pasta carbonara Salmon with vegetables Fruit	Varied salad Vegetable purée Potato omelet with peas Fruit	Varied salad Cauliflower puree Pizza with boiled potatoes Fruit
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
Varied salad Chicken stew with vegetables Hake fingers with carrots Fruit	Varied salad Ham croquettes Penne with chicken and tomato Fruit	Varied salad Lasagna Chicken with green beans Fruit	Varied salad Starfish soup Fish fillet and rice Fruit	Varied salad Gazpacho Paella Fruit
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
Varied salad Cream of vegetable soup Gnocchi with asparagus Fruit	Varied salad Cream of pumpkin soup Skewers with potatoes Fruit	Varied salad Bean stew Pork with potatoes Fruit	Varied salad Carrot puree Meatballs with fried rice Fruit	Varied salad Breaded chicken with vegetables Meat fideuà Fruit
Monday 28	Tuesday 29	Wednesday 20		
Salad with goat cheese Zucchini puree Potato omelet with vegetables Fruit	Varied salad Pasta Pesto Roast chicken with boiled potatoes Fruit	Varied salad Lentils Pork loin with tomato sauce 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.

