



Menu OCTOBER

		Thursday 1		Friday 2	
		Varied salad Star-shaped pasta soup Salmon with broccoli Fruit		Salad with fresh cheese Mushroom purée Paella Yogurt	
Monday 5	Tuesday 6	Wednesday 7	Thursday 8		
Varied salad Antipasto Spaghetti Bolognese Fruit	Varied salad Beef stew with vegetables Chicken and cheese wrap Fruit	Varied salad Pasta carbonara Fish with vegetables Yogurt	Varied salad Vegetable purée Roast chicken with boiled potatoes Fruit		
	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	
	Goat cheese salad Zucchini purée Potato omelet with baby potatoes Fruit	Varied salad Chicken stew with vegetables Hake fingers with carrots Custard	Varied salad Lentil and vegetable purée Penne with pesto Fruit	Varied salad Cauliflower purée Paella Chocolate mousse	
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	
Mixed salad Vegetable cream soup Gnocchi with asparagus Fruit	Mixed salad Meat stew soup with noodles Marinated pork loin with green beans Fruit	Mixed salad Lentils Hake with boiled potatoes Chocolate mousse	Mixed salad Carrot purée Meatballs with fried rice Fruit	Mixed salad Chicken nuggets with vegetables Meat fideuà Yogurt	
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	
Goat cheese salad Zucchini purée Potato omelet with vegetables Fruit	Mixed salad Pea skewers Meat fideuà Fruit	Mixed salad Chicken soup Meatloaf Yogurt	Mixed salad Celery and potato purée Chicken curry with rice Fruit	Mixed salad Chicken nuggets Paella Chocolate mousse	

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.

