



	Monday	Tuesday	Wednesday	Thursday	Friday
3-7 NOVEMBER WEEK 1	Star soup  Whole-wheat rice salad with raisins, apple, chicken, boiled egg and parsley  Squid Rabas with boiled potatoes and mojo  Ratatouille with chickpeas	Watercress soup with beans  Salad with piquillo pepper, mini maize, onion, green pepper and beet  Whole-wheat macaroni with homemade tomato sauce, basil, turkey and mushrooms  Whole-wheat vegetable ravioli	Vegetable stew with chickpeas Rocket salad with pear, Parmesan cheese and cured ham with balsamic, mustard and honey dressing  Portuguese-style hake with couscous Falafel with couscous  Yogurt & Fruit	ITALY Tuscany minestrone soup with vegetables and pasta Caprese salad with mozzarella, basil and tomato  Chicken tenderloin alla cacciatora, stewed with tomato, carrot, herbs and potatoes with thyme  Parmigiana aubergines	Pumpkin cream with chickpeas and spinach  Whole-wheat pasta salad with tomato, tuna, sweetcorn, red pepper and boiled egg  Meatballs with sauce and rice  Bean stew with rice
10-14 NOVEMBER WEEK 2	Chicken soup with rice and egg  Salad with red onion, sweetcorn, feta cheese, red pepper and lamb's lettuce  Fish fritters with boiled potatoes and mojo  Falafel	Lentil soup  Cabbage salad with turkey, pineapple and cheese  Whole-wheat spaghetti Bolognese  Vegetable whole-wheat spaghetti	Swiss chard and bean stew Country salad with green beans, boiled egg, parsley, tuna and tomato  Chicken tenderloin stroganoff with couscous Spinach meatballs  Yogurt & Fruit	Vegetable cream  Salad with pear and toasted corn  Paella with haddock and green beans  Vegetable Paella	Corn broth with egg  Salad with watercress, soft cheese, tomato and cucumber  Turkey stew with vegetables and diced potatoes  Lentil sauté
17-21 NOVEMBER WEEK 3	Alphabet soup with chicken  Salad with tomato, lamb's lettuce and soft cheese  Turkey Gordon Bleu with potatoes and homemade tomato sauce  Beans with curry	Cauliflower cream  Caesar salad  Salmon with dill and lemon sauce and rice  Beet Burger	Spinach stew with pinto beans  Whole-wheat rice salad with chicken, apple, parsley and sweetcorn  Potato Tortilla Vegan Tortilla  Yogurt & Fruit	Carrot cream  Salad with red pepper, green pepper, tomato, green sprouts and boiled egg  Chicken and mushroom lasagna  Vegetable lasagna	Beans, potatoes and noodles stew  Salad with peach, seeds and feta cheese  Cuban style rice with minced beef, fried banana and black beans  Rice with black beans
24-28 NOVEMBER WEEK 4	Noodle soup  Salad with cucumber, tomato, onion and cheese  Chicken loin with homemade sauce and diced potatoes  Lentil stew	Swiss chard and bean stew  Country salad with tuna, potatoes, pepper, tomato, onion and olives  Fresh pasta ravioli with ham and homemade tomato sauce  Spinach and cheese ravioli	Broccoli cream  Salad with onion, cucumber, sweetcorn, carrot, beet and boiled egg  Turkey in pineapple sauce with rice  Courgette with rice and vegetables Yogurt & Fruit	Pumpkin cream  Salad with turkey, parsley and cheese  Breaded hake with boiled potatoes and green mojo  Ratatouille	Vegetable cream  Greek salad with feta cheese, red pepper, green pepper and onion with yogurt dressing  Chicken au gratin with tomato and mozzarella and potatoes and vegetables sauté  Vegetable burger

\*Vegetarian option in green

- Our daily menu includes stew, cream or soup as first course as well as a variety of salads and steamed vegetables, as well as a dish of legumes. All made with seasonal and local organic vegetables.
- Menus are adapted to our student's food allergies, we always try to elaborate same menu without the allergen, unless the allergy is to the main component of the dish in which case an alternative dish is offered.
- All our sauces are homemade and elaborated with fresh vegetables and our dressings are based on extra virgin olive oil.
- We use olive oil for stews and sauces and high oleic oil for fried foods.
- We offer whole wheat bread, 2 options of seasonal fruit and a dairy product once a week, normally on Wednesdays.
- The calories are indicative and will depend on the amount served.
- The menu is prepared according to **La Ley de Seguridad Alimentaria y Nutrición**, established 5<sup>th</sup> July 2011 and **El Real Decreto 315/2025**, of 15<sup>th</sup> April, which establishes the rules for the development of the law 17/2011, of July, on food safety and nutrition, to promote the use of healthy and sustainable food in educational centres.

#### **Recommendations for Dinner Based on the School Lunch Menu**

To ensure a balanced diet throughout the day, it is important to adjust the evening meal according to what children have eaten at school. Below are some general guidelines for families:

- If lunch included meat or chicken: we recommend a dinner that includes a source of plant-based protein or fish, accompanied by cooked vegetables or a vegetable soup.
- If they had legumes or hearty dishes such as stews or rice with sauce: an ideal dinner would be something light, such as a complete salad, vegetable soup, or an omelette with vegetables.
- If lunch was particularly high in protein (e.g. meat with egg or cheese): it is best to offer a vegetable-rich, low-fat dinner.
- If pasta or rice was served at lunchtime: avoid repeating the same foods at dinner and opt instead for vegetables, eggs, white fish or light soups.
- If they had fish at school: dinner may include wholegrain cereals, egg or small portions of lean meat to balance the intake.
- If the first course was soup or purée: the evening meal can include a varied salad or a warm dish with a slightly higher protein content.
- On hot days or after particularly active days: ensure good hydration with water, fresh fruit and light meals in the evening.

These suggestions help round out the child's daily diet and encourage healthy habits at home.

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[illegible]

[illegible]

[illegible]

WEEK 1	Cal. 566 Prot. 22,43 Hc. 82,1 Gr. 13,2 Fibra 8,6	Cal. 656 Prot. 35,3 Hc. 81,4 Gr. 16,7 Fibra 8,1	Cal. 832 Prot. 47,2 Hc. 84,5 Gr. 34,2 Fibra 9,1	Cal. 763 Prot. 38,1 Hc. 75,5 Gr. 33 Fibra 3,8	Cal. 588 Prot. 27,47 Hc. 69,92 Gr. 20,25 Fibra 4,9
WEEK 2	Cal. 646 Prot. 25,5 Hc. 85,3 Gr. 22,9 Fibra 20,7	Cal. 669 Prot. 48,62 Hc. 66,22 Gr. 24,52 Fibra 8	Cal. 1009 Prot. 77,01 Hc. 98,88 Gr. 34,42 Fibra 6,5	Cal. 650 Prot. 32 Hc. 67 Gr. 28 Fibra 5,6	Cal. 691 Prot. 28,6 Hc. 62,5 Gr. 37,5 Fibra 8,6
WEEK 3	Cal. 807 Prot. 27,2 Hc. 78 Gr. 42,9 Fibra 5,8	Cal. 591 Prot. 32,29 Hc. 47,9 Gr. 28,7 Fibra 4,4	Cal. 796 Prot. 53,33 Hc. 93,46 Gr. 25,63 Fibra 10,3	Cal. 423 Prot. 9,4 Hc. 23,5 Gr. 23,2 Fibra 8,7	Cal. 929 Prot. 24,99 Hc. 141,1 Gr. 30,9 Fibra 11,57
WEEK 4	Cal. 803 Prot. 41,2 Hc. 60,9 Gr. 42,89 Fibra 6,8	Cal. 775 Prot. 41,91 Hc. 63,48 Gr. 28,02 Fibra 6,5	Cal. 680 Prot. 33,16 Hc. 97,55 Gr. 19,35 Fibra 16,2	Cal. 659 Prot. 25,4 Hc. 52,1 Gr. 24 Fibra 7	Cal. 878 Prot. 25,6 Hc. 90 Gr. 46 Fibra 16,6

Nutritional needs and calories supervised by:

