



	Monday	Tuesday	Wednesday	Thursday	Friday
29 SEPTEMBER- 3 OCTOBER WEEK 1	Vegetable soup with rice  Salad with red pepper, tomato, cucumber, onion and tuna  Fish fritters with boiled potatoes and mojo  <b>Falafel with potatoes</b>	Vegetable cream  Cabbage salad with ham, carrot, pineapple and 4 cheeses  Whole-wheat spaghetti Bolognese  <b>Whole-wheat spaghetti with vegetables</b>	Chinese soup  Oriental salad  Spring roll  Sweet and sour chicken with 3 delight rice  <b>Vegetable Gyoza with rice</b>  Yogurt & Fruit	Lentil soup  Salad with tomato, cucumber, carrot and sweetcorn  Beef and chicken Ropa Vieja  <b>Vegetable Ropa Vieja</b>	Courgette cream  Whole-wheat pasta salad with cherry tomatoes, mozzarella and rocket lettuce  Hake with prawns and boiled potatoes  <b>Bean stew with mushrooms</b>
6-10 OCTOBER WEEK 2	Alphabet soup with beef  Salad with lamb's lettuce, cherry tomatoes, seeds and turkey  Grilled chicken tenderloins with curry and coconut sauce, served with apple and rice  <b>Peppers stuffed with vegetables and rice</b>	Pumpkin cream  Salad with red pepper, green pepper, green sprouts and onion  Tortellini tricolori with homemade tomato sauce  <b>Spinach Tortellini</b>	Cauliflower cream  Rice salad with chicken, apple, sweetcorn and parsley  Breaded salmon with boiled potatoes  <b>Falafel with boiled potatoes</b>  Yogurt & Fruit	Swiss chard and chickpea stew  Greek salad with cucumber, feta cheese, green pepper, red pepper, tomato and yogurt dressing  Cuban style rice with minced beef, fried banana and black beans  <b>Rice with black beans</b>	Rancho canario  Cabbage salad with carrot and apple  Chicken croquettes with potatoes  <b>Vegetable burger</b>
13-17 OCTOBER WEEK 3	Fish soup with rice  Lentil vinaigrette  Baked Tennessee chicken with homemade sauce and diced potatoes  <b>Ratatouille with boiled egg and diced potatoes</b>	Carrot cream  Salad with toasted corn, pear and cheese  Spaghetti with chicken, vegetables and soy  <b>Vegetable spaghetti</b>	Watercress stew with white beans Whole-wheat pasta salad with chicken, spinach and Parmesan cheese  Hake with boiled potatoes and mojo <b>Stuffed courgettes</b>  Yogurt & Fruit	Courgette cream  Mixed salad with tomato, cucumber, tuna and boiled egg  Pork tenderloin in mushroom sauce with couscous  <b>Beans with curry</b>	Leek and mushroom cream  Salad with lamb's lettuce, carrot, sweetcorn, soft cheese and cherry tomatoes  Turkey with pineapple sauce and rice  <b>Chickpea stew</b>
20 -23 OCTOBER WEEK 4	Chicken soup with boiled egg  Salad with apple, raisins and cheese  Whole-wheat macaroni with salmon  <b>Lentil stew</b>	Vegetable stew with beans  Salad with salmon, avocado, corn, cherry tomatoes and feta cheese  Rice with beef and vegetables  <b>Vegetable rice</b>	Corn broth with egg Salad with beet, green olives, tangerine and seeds  Turkey with parmesan sauce and couscous <b>Ratatouille with chickpeas</b>  Yogurt & Fruit	<u>MEXICO</u> Pumpkin cream Pico de gallo Nachos with guacamole  Aztec chicken and coriander pie  <b>Aztec vegetable pie</b>  Ice cream	<b>STAFF INSET (NO SCHOOL)</b>

\*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.

[illegible]

[illegible]

[illegible]

[illegible]

WEEK 1	Cal. 685 Prot. 27,2 Hc. 87,5 Gr. 25,6 Fibra 7,4	Cal. 524 Prot. 12,88 Hc.41,62 Gr. 34 Fibra 6,1	Cal. 1084 Prot. 79,53 Hc. 135,2 Gr. 27 Fibra 14,7	Cal. 786 Prot. 44,6 Hc. 64 Gr. 31,08 Fibra 12	Cal. 579 Prot. 25,69 Hc. 71,48 Gr. 21,93 Fibra 12
WEEK 2	Cal. 783 Prot. 43,15 Hc. 85,48 Gr. 28,63 Fibra 1,8	Cal. 560 Prot. 12,6 Hc. 49,6 Gr. 23,9 Fibra 5,6	Cal. 717 Prot. 40,7 Hc. 75,6 Gr. 31 Fibra 15,7	Cal. 882 Prot. 53,94 Hc. 119,3 Gr. 22,75 Fibra 21,3	Cal. 400 Prot. 31,4 Hc. 56 Gr. 7,3 Fibra 9,4
WEEK 3	Cal. 598 Prot. 27,6 Hc. 66 Gr. 23,4 Fibra 11,8	Cal. 375 Prot. 14,22 Hc. 30,52 Gr. 22,82 Fibra 8,7	Cal. 870 Prot. 58,66 Hc. 109,88 Gr. 23,63 Fibra 10,8	Cal. 579 Prot. 42 Hc. 51,51 Gr. 27,5 Fibra 12,9	Cal. 537 Prot. 38,69 Hc. 51 Gr. 19 Fibra 2,4
WEEK 4	Cal. 681 Prot. 28,22 Hc. 67,3 Gr. 32,9 Fibra 5,2	Cal. 818 Prot. 52,55 Hc. 97,88 Gr. 25,37 Fibra 11,5	Cal. 605 Prot. 52,14 Hc. 81,8 Gr. 11,4 Fibra 17,4	Cal. 1030 Prot. 23,02 Hc. 113,4 Gr. 46,92 Fibra 5,7	STAFF INSET

Nutritional needs and calories supervised by:

