









## MONTH OF DECEMBER












### 1<sup>st</sup> Week: 1st December

	1st Course	2nd Course	Dessert
Friday 1st	<b>MACARONI IN A TOMATO AND COURGETTE SAUCE</b> 	<b>CORDON BLEU WITH SALAD</b> 	<b>FRUIT SALAD</b> (pear, orange, apple, banana)




### 2<sup>nd</sup> Week: from 4th to 5th December

	1st Course	2nd Course	Dessert
Monday 4th	<b>BEEF STEW WITH VEGETABLES AND POTATOES</b> 	<b>HAM AND CHEESE OMELETTE WITH A TOMATO AND LETTUCE SALAD</b> 	<b>BANANA</b>
Tuesday 5th	<b>MINCED MEAT SOUP WITH HARD-BOILED EGG</b> 	<b>GRILLED PLAICE WITH A MIXED LEAF SALAD</b> 	<b>APPLE</b>




















### 3<sup>rd</sup> Week: from 11th to 15th December

	1st Course	2nd Course	Dessert
Monday 11th	<b>LENTILS WITH VEGETABLES</b> (garlic, onion, leek, tomato, pepper, aubergine...) 	<b>OVEN-BAKED HAKE</b> 	<b>YOGHURT</b> 
Tuesday 12th	<b>RICE WITH CHICKEN, PRAWNS AND VEGETABLES</b> (garlic, onion, pepper, green beans, cauliflower, peas...) 	<b>MIXED LEAF SALAD WITH HARD-BOILED EGG AND PIECES OF CHEESE</b> 	<b>BANANA</b>
Wednesday 13th	<b>VEGETABLE SOUP</b> (Swiss chard, mushrooms, courgette potato, leek, carrot, onion, celery...) <b>WITH HARD-BOILED EGG</b> 	<b>GRILLED HAMBURGER STEAK WITH CHIPS</b> 	<b>KIWI</b>
Thursday 14th	<b>STEWED POTATOES WITH VEGETABLES IN A SEAFOOD SAUCE</b> (clams, prawns, dogfish, mussels, calamari rings...) 	<b>GRILLED SALMON WITH A MIXED YOGHURT SALAD</b> 	<b>ORANGE</b>
Friday 15th	<b>MACARONI IN A TOMATO AND COURGETTE SAUCE</b> 	<b>HAM OR CHICKEN CROQUETTES WITH A LETTUCE SALAD</b> 	<b>FRUIT SALAD</b> (pear, orange, apple, banana)

### 4<sup>th</sup> Week: from 18th to 22nd December

	1st Course	2nd Course	Dessert
Monday 18th	<b>BEANS WITH RICE AND VEGETABLES</b> (garlic, onion, leek, tomato, pepper, aubergine...) 	<b>OVEN-BAKED COD</b> 	<b>YOGHURT</b> 
Tuesday	<b>STEWED POTATOES WITH VEGETABLES</b>	<b>OVEN-BAKED CHICKEN WITH A TOMATO</b>	<b>PEAR</b>



19th	(potato, onion, pepper, pumpkin...)  	<b>AND LETTUCE SALAD</b>  	
Wednesday 20th	<b>SEAFOOD DISH WITH NOODLES</b> (clams, prawns, dogfish, mussels, calamari rings...) <b>WITH VEGETABLES</b>    	<b>POTATO AND VEGETABLE OMELETTE WITH A CUCUMBER SALAD</b> 	<b>APPLE</b>
Thursday 21st	<b>CHICKPEA STEW WITH TURKEY, BEEF AND VEGETABLES</b> (carrot, green beans, celery, leek, turnip, potato) 	<b>HAKE FISH FINGERS WITH A TOMATO, CUCUMBER AND SWEETCORN SALAD</b>   	<b>ORANGE OR MANDARIN</b>
Friday 22nd	<b>MINCED MEAT SOUP WITH NOODLES AND HARD-BOILED EGG</b>   	<b>GRILLED PLAICE WITH A MIXED LEAF SALAD</b>   	<b>BANANA</b>



Los días que se ofrece pan integral u omega, se recuerda que contiene sésamo.

**RECOMENDACIONES DE CARA AL MENÚ DE LA CENA.**

Les recordamos que la composición del menú servido en la cena debe ser similar a la del menú servido en la comida, es decir:

- Patatas, cereales, arroz o pasta.
- Verduras y hortalizas.
- Carnes, pescados o huevos.
- Fruta.
- Pan.
- Agua.

Su aporte a las necesidades de energía diarias debe ser aproximadamente del 25% / 30% de la ingesta diaria.

Debe procurarse evitarse repetir los alimentos tomados ese día en el colegio.

La cena siempre ha de ser completa pero ligera para favorecer un descanso reparador y contribuir a recuperar adecuadamente la energía.

Les indicamos qué tipo de variaciones pueden hacer para decidir la cena, en función de los alimentos tomados ese día en el comedor, a modo de sugerencia.

Alimentos consumidos en la comida	Alimentos a consumir en la cena
Cereales (arroz o pastas) féculas (patatas) o legumbres	Verduras cocinadas u hortalizas
Verduras	Cereales ( arroz o pasta ) o féculas
Carne	Pescado o huevo
Pescado	Carne magra o huevo
Huevo	Pescado o carne
Fruta	Lácteos o fruta
os	Fruta