

MONTH OF JANUARY

1st Week: from 8th to 10th January

	1st Course	2nd Course	Dessert
Wednesday 8 th	RICE WITH CHICKEN, PRAWNS AND VEGETABLES (garlic, onion, pepper, green beans, cauliflower, peas...) 	MIXED LEAF SALAD WITH HARD-BOILED EGG AND PIECES OF CHEESE 	BANANA
Thursday 9 th	VEGETABLE SOUP (Swiss chard, mushrooms, courgette potato, leek, carrot, onion, celery...) WITH HARD-BOILED EGG 	GRILLED PORK WITH A VEGETABLE SAUCE 	APPLE
Friday 10 th	STEWED POTATOES WITH VEGETABLES IN A SEAFOOD SAUCE (clams, prawns, dogfish, mussels, calamari rings...) 	GRILLED SALMON WITH A MIXED YOGHURT SALAD 	ORANGE OR MANDARIN

2nd Week: from 13rd to 17th January

	1st Course	2nd Course	Dessert
Monday 13 rd	SEAFOOD DISH WITH NOODLES (clams, prawns, dogfish, mussels, calamari rings...) WITH VEGETABLES 	POTATO AND VEGETABLE OMELETTE WITH A CUCUMBER SALAD 	YOGHURT
Tuesday 14 th	STEWED POTATOES WITH VEGETABLES (potato, onion, pepper, pumpkin...) 	ROAST CHICKEN WITH A TOMATO AND LETTUCE SALAD 	APPLE
Wednesday 15 th	BEANS WITH RICE AND VEGETABLES (garlic, onion, leek, tomato, pepper, aubergine...) 	OVEN-BAKED COD 	BANANA
Thursday 16 th	MINCED MEAT SOUP WITH NOODLES AND HARD-BOILED EGG 	GRILLED WHITE FISH WITH A MIXED LEAF SALAD 	FRUIT SALAD (pear, orange, apple, banana)
Friday 17 th	CHICKPEA STEW WITH TURKEY, BEEF AND VEGETABLES (carrot, green beans, celery, leek, turnip, potato) 	HAKE FISH FINGERS WITH A TOMATO, CUCUMBER AND SWEETCORN SALAD 	ORANGE OR MANDARIN

3rd Week: from 20th to 24th January

	1st Course	2nd Course	Dessert
Monday 20 th	VEGETABLE SOUP (Swiss chard, mushrooms, courgette, potato, leek, carrot, onion, celery...) WITH HARD-BOILED EGG 	OVEN-BAKED COD 	YOGHURT
	RICE WITH CHICKEN, PRAWNS AND VEGETABLES	MIXED LEAF SALAD WITH HARD-BOILED EGG AND PIECES OF CHEESE	BANANA

Tuesday 21st	(garlic, onion, pepper, green beans, cauliflower, peas...) 		
Wednesday 22nd	LENTILS WITH VEGETABLES (garlic, onion, leek, tomato, pepper, aubergine...) 	OVEN-BAKED HAKE 	APPLE
Thursday 23rd	STEWED POTATOES WITH VEGETABLES IN A SEAFOOD SAUCE (clams, prawns, dogfish, mussels, calamari rings...) 	GRILLED SWORDFISH WITH A MIXED YOGHURT SALAD 	ORANGE OR MANDARIN
Friday 24th	MACARONI IN A TOMATO AND COURGETTE SAUCE 	CORDON BLEU WITH SALAD 	FRUIT SALAD (pear, orange, apple, banana)

4th Week: from 27th to 31st January

	1st Course	2nd Course	Dessert
Monday 27th	CUBAN STYLE RICE WITH EGG 	GRILLED PORK WITH A VEGETABLE SAUCE 	BANANA
Tuesday 28th	BEEF STEW WITH VEGETABLES AND POTATOES 	GRILLED SALMON WITH A MIXED YOGHURT SALAD 	YOGHURT <small>LACTEOS</small>
Wednesday 29th	MINCED MEAT SOUP WITH HARD-BOILED EGG 	GRILLED WHITE FISH WITH A MIXED LEAF SALAD 	FRUIT SALAD (pear, orange, apple, banana)
Thursday 30th	CHICKPEA STEW WITH TURKEY, BEEF AND VEGETABLES (carrot, green beans, celery, leek, turnip, potato) 	HAKE FISH FINGERS WITH A TOMATO, CUCUMBER AND SWEETCORN SALAD 	APPLE
Friday 31st	SEAFOOD DISH WITH NOODLES (clams, prawns, dogfish, mussels, calamari rings...) WITH VEGETABLES 	POTATO AND VEGETABLE OMELETTE WITH A CUCUMBER SALAD 	ORANGE OR MANDARIN



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 diaria.

Debe procurar 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
Lácteos	Fruta



CEIP "Santa Potenciana"
Villanueva de la Reina