




















**MONTH OF JUNE**
**1st Week: from 3rd to 7th June**

	<b>1<sup>st</sup> Course</b>	<b>2<sup>nd</sup> Course</b>	<b>Dessert</b>
<b>Monday 3<sup>rd</sup></b>	<b>BEAN SALAD</b> (onion, carrot, tomato, lettuce, ham)	<b>OVEN BAKED HAKE</b> 	<b>YOGHURT</b> 
<b>Tuesday 4th</b>	<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>APPLE</b>
<b>Wednesday 5th</b>	<b>VEGETABLE SOUP</b> (Swiss chard, mushrooms, courgette, potato, leek, carrot, onion, celery...) <b>WITH HARD-BOILED EGG</b> 	<b>GRILLED HAMBURGER STEAKS WITH CHIPS</b> 	<b>PEAR</b>
<b>Thursday 6th</b>	<b>STEWED POTATOES WITH VEGETABLES IN A SEAFOOD SAUCE</b> (clams, prawns, dogfish, mussels, calamari rings...) 	<b>GRILLED SALMON WITH A YOGHURT SALAD</b> 	<b>BANANA</b>
<b>Friday 7th</b>	<b>MACARONI IN A TOMATO SAUCE WITH CHEESE</b> 	<b>HAM OR CHICKEN CROQUETTES WITH SALAD</b> 	<b>FRUIT SALAD</b>

**2nd Week: from 10th to 14th June**

	<b>1<sup>st</sup> Course</b>	<b>2nd Course</b>	<b>Dessert</b>
<b>Monday 10th</b>	<b>BEANS WITH RICE AND VEGETABLES</b> (garlic, onion, leek, tomato, pepper, aubergine...) 	<b>OVEN BAKED COD</b> 	<b>YOGHURT</b> 
<b>Tuesday 11th</b>	<b>RUSSIAN-STYLE SALAD</b> 	<b>OVEN-BAKED CHICKEN WITH A TOMATO AND LETTUCE SALAD</b> 	<b>WATERMELON</b>
<b>Wednesday 12th</b>	<b>CHICKEN SOUP WITH NOODLES AND HARD BOILED EGG</b> 	<b>GRILLED PLAICE WITH SALAD</b> 	<b>BANANA</b>
<b>Thursday 13th</b>	<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>

<b>Friday 14th</b>	<b>CHICKPEA SALAD</b> (onion, carrot, tomato, lettuce, ham) 	<b>HAKE FISH FINGERS WITH A TOMATO, CUCUMBER AND SWEETCORN SALAD</b> 	<b>FRUIT SALAD</b>
--------------------	--	--	--------------------

**3rd Week: from 17th to 21st June**

	<b>1st Course</b>	<b>2nd Course</b>	<b>Dessert</b>
<b>Monday 17th</b>	<b>VEGETABLE SOUP</b> (Swiss chard, mushrooms, courgette, potato, leek, carrot, onion, celery...) <b>WITH HARD-BOILED EGG</b>  <b>LENTILS WITH VEGETABLES</b> (garlic, onion, leek, tomato, pepper, aubergine...)	<b>GRILLED HAMBURGER STEAKS WITH CHIPS</b>  <b>OVEN BAKED HAKE</b> 	<b>YOGHURT</b> 
<b>Tuesday 18th</b>	<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>APPLE</b>
<b>Wednesday 19th</b>	<b>LENTILS WITH VEGETABLES</b> (garlic, onion, leek, tomato, pepper, aubergine...)	<b>OVEN BAKED HAKE</b> 	<b>MELON</b>
<b>Thursday 20st</b>	<b>STEWED POTATOES WITH VEGETABLES IN A SEAFOOD SAUCE</b> (clams, prawns, dogfish, mussels, calamari rings...) 	<b>GRILLED SWORDFISH WITH CABBAGE AND YOGHURT SALAD</b> 	<b>FRUIT SALAD</b>
<b>Friday 21st</b>	<b>MACARONI IN A TOMATO SAUCE WITH CHEESE</b> 	<b>CORDON BLEU WITH 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 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.

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