

MONTH OF JUNE

1st Week: 1st June

	1st Course	2nd Course	Dessert
Friday 1st	SPAGHETTI IN A TOMATO SAUCE 	GRILLED PORK IN A VEGETABLE SAUCE (carrot, peas)	PEACH

2nd Week: from 4th to 8th June

	1st Course	2nd Course	Dessert
Monday 4th	BEAN SALAD (onion, carrot, tomato, lettuce, ham)	OVEN BAKED HAKE 	YOGHURT
Tuesday 5th	RICE WITH CHICKEN, PRAWNS AND VEGETABLES (garlic, onion, pepper, green beans, cauliflower, peas...)	MIXED LEAF SALAD WITH HARD-BOILED EGG AND PIECES OF CHEESE 	APPLE
Wednesday 6th	VEGETABLE SOUP (Swiss chard, mushrooms, courgette, potato, leek, carrot, onion, celery...) WITH HARD-BOILED EGG 	GRILLED HAMBURGER STEAKS WITH CHIPS 	PEAR
Thursday 7th	STEWED POTATOES WITH VEGETABLES IN A SEAFOOD SAUCE (clams, prawns, dogfish, mussels, calamari rings...)	GRILLED SALMON WITH A YOGHURT SALAD 	BANANA
Friday 8th	MACARONI IN A TOMATO SAUCE WITH CHEESE 	HAM OR CHICKEN CROQUETTES WITH SALAD 	FRUIT SALAD

3rd Week: from 11th to 15th June

	1st Course	2nd Course	Dessert
Monday 11th	BEANS WITH RICE AND VEGETABLES (garlic, onion, leek, tomato, pepper, aubergine...)	OVEN BAKED COD 	YOGHURT
Tuesday 12th	RUSSIAN-STYLE SALAD 	OVEN-BAKED CHICKEN WITH A TOMATO AND LETTUCE SALAD 	WATERMELON
Wednesday 13th	CHICKEN SOUP WITH NOODLES AND HARD BOILED EGG 	GRILLED PLAICE WITH SALAD 	BANANA
Thursday 14th	SEAFOOD DISH WITH NOODLES (clams, prawns, dogfish, mussels, calamari rings...) WITH VEGETABLES	POTATO AND VEGETABLE OMELETTE WITH A CUCUMBER SALAD	APPLE

Friday 15th	CHICKPEA SALAD (onion, carrot, tomato, lettuce, ham)	HAKE FISH FINGERS WITH A TOMATO, CUCUMBER AND SWEETCORN SALAD	FRUIT SALAD

4th Week: from 18th to 22nd June

	1st Course	2nd Course	Dessert
Monday 18th	LENTILS WITH VEGETABLES (garlic, onion, leek, tomato, pepper, aubergine...)	OVEN BAKED HAKE	YOGHURT
Tuesday 19th	RICE WITH CHICKEN, PRAWNS AND VEGETABLES (garlic, onion, pepper, green beans, cauliflower, peas...)	MIXED LEAF SALAD WITH HARD-BOILED EGG AND PIECES OF CHEESE	APPLE
Wednesday 20th	VEGETABLE SOUP (Swiss chard, mushrooms, courgette, potato, leek, carrot, onion, celery...) WITH HARD-BOILED EGG	GRILLED HAMBURGER STEAKS WITH CHIPS	MELON
Thursday 21st	STEWED POTATOES WITH VEGETABLES IN A SEAFOOD SAUCE (clams, prawns, dogfish, mussels, calamari rings...)	GRILLED SWORDFISH WITH CABBAGE AND YOGHURT SALAD	FRUIT SALAD
Friday 22nd	MACARONI IN A TOMATO SAUCE WITH CHEESE	CORDON BLEU WITH SALAD	BANANA



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.

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