


















Month of March








1st Week: from 1st to 2nd March

	1st Course	2nd Course	Dessert
Thursday 1 st	SPAGHETTI IN A TOMATO SAUCE 	GRILLED PORK IN A VEGETABLE SAUCE (tomato, onion, carrot...) 	ORANGE OR MANDARIN
Friday 3 rd	CHICKPEA STEW WITH SPINACH AND COD 	TUNA PASTIES WITH TOMATO, CUCUMBER AND SWEETCORN SALAD 	FRUIT SALAD (pear, orange, apple, banana)

2nd Week: from 5th to 9th March

	1st Course	2nd Course	Dessert
Monday 5 th	LENTILS WITH VEGETABLES (garlic, onion, leek, tomato, pepper, aubergine...) 	MERLUZA AL HORNO 	YOGHURT 
Tuesday 6 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
Wednesday 7 th	VEGETABLE SOUP (Swiss chard, mushrooms, courgette, potato, leek, carrot, onion, celery...) WITH HARD-BOILED EGG 	GRILLED HAMBURGER STEAK WITH CHIPS 	APPLE
Thursday 8 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
Friday 9 th	MACARONI IN A TOMATO AND COURGETTE SAUCE 	HAM OR CHICKEN CROQUETTES WITH A LETTUCE SALAD 	FRUIT SALAD (pear, orange, apple, banana)

3rd Week: from 12th to 16th March

	1 st Course	2 nd Course	Dessert
Monday 12 th	BEANS WITH RICE AND VEGETABLES (garlic, onion, leek, tomato, pepper, aubergine...) 	OVEN-BAKED COD 	YOGHURT 
Tuesday 13 th	STEWED POTATOES WITH VEGETABLES (potato, onion, pepper, pumpkin...) 	OVEN-BAKED CHICKEN WITH A TOMATO AND LETTUCE SALAD 	APPLE
Wednesday 14 th	SEAFOOD DISH WITH NOODLES (clams, prawns, dogfish, mussels, calamari rings...) WITH VEGETABLES 	POTATO AND VEGETABLE OMELETTE WITH A CUCUMBER SALAD 	BANANA



Thursday 15th	MINCED MEAT SOUP WITH NOODLES AND HARD-BOILED EGG 	GRILLED PLAICE WITH A MIXED LEAF SALAD 	FRUIT SALAD (pear, orange, apple, banana)
Friday 16th	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 MANDARIN OR

4th Week: from 19th to 23rd March

	1 st Course	2 nd Course	Dessert
Monday 19 th	LENTILS WITH VEGETABLES (garlic, onion, leek, tomato, pepper, aubergine...) 	OVEN-BAKED HAKE 	YOGHURT
Tuesday 20 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
Wednesday 21 st	VEGETABLE SOUP (Swiss chard, mushrooms, courgette, potato, leek, carrot, onion, celery...) WITH HARD-BOILED EGG 	GRILLED HAMBURGER STEAK WITH CHIPS 	KIWI
Thursday 22 nd	STEWED POTATOES WITH VEGETABLES IN A SEAFOOD SAUCE (clams, prawns, dogfish, mussels, calamari rings...) 	GRILLED SWORDFISH WITH A MIXED YOGHURT SALAD 	ORANGE MANDARIN OR
Friday 23 rd	MACARONI IN A TOMATO AND COURGETTE SAUCE 	CORDON BLEU WITH SALAD 	FRUIT SALAD (pear, orange, apple, 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