



What shall we eat today?



September 2021 - Pre-School Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 SPAIN Potato salad Old-fashioned chicken stew Ratatouille Fresh fruit Bread and water Snack: cereal and milk	2 Squash and corn diced stew Sliced meat with creole sauce White rice Baked sweet plantains Water Fresh fruit	3 Heart of palm and avocado salad Chicken pizza (gluten free) Grilled zucchini Fresh fruit Water
6 Mashed potato with grated cheese Chicken ragout Broccoli cooked in garlic Vainilla or chocolate pudin Bread and water Snack: corn chips with cheese and juice	7 White beans veggies stove Beef stew Diced cassava in mojo sauce Yoghurt Water Snack: Jam wrap and juice	8 Pasta and tuna salad Eggs crumble whit jam and chesse White rice or bread Fresh fruit Water Snack: cookies and juice	9 Chickpea casserole Mashed Green plantains Rice with chicken Fesh Fruit Water Snack: fruit salad	10 Broccoli soup Trough grill filet Mixed salad Fresh fruit Water
13 HOLIDAY	14 Vegetable salad Seared tuna with soy sauce Steamed rice Fresh fruit Water Snack: tomato en garlic bread whit olive oil and jam chesse	15 Coleslaw Rice with chicken Refried black beans Fresh fruit Bread and water Snack: fruit salad and juice	16 Chickpea salad Lean pork ragout Brown rice Fresh fruit Water Snack: bread with tomato and juice	17 Grilled zucchini Breaded beef flete whit "chimi-churry" sauce Campesino potatoes Yoghurt Water
20 Mixed salad Roast loin in gravy White rice Fresh fruit Water Snack: cookies and juice	21 Cream of vegetable soup Breaded chicken fillet Vegetables in olive oil Fresh fruit Water Bread whit jam and chesse	22 Mixed salad Homemade meatballs Garden rice Fresh fruit Water Snack: fruit salad	23 Tossed broccoli Tilapia Fish breaded sticks Sliced potatoes Yoghurt Bread and water Snack: cookies and milk	24 LIBANO Rice salad Beef striploin in spices grill toamato sauce Steamed greens veggies whit olive oil Fresh fruit Water
27 Spaghetti carbonara Diced roast chicken Garden salad Water SIN TRADUCCIÓN	28 White beans with chorizo French omelet with ham and cheese White rice Bread and water Snack: bread with chocolate and milk	29 Sweet corn whit garlic butter Diced grill pork bites Mashed potato Water Snack: fruit and cookies	30 Chickpea casserole Brown rice Grill squash Water Snack: cake of the day and milk	

Tips for a healthy dinner
Dinner should be a full meal, but a light one in order to promote good rest and contribute to adequate energy intake.

It will consist of a starter, main course and dessert. It should complement the rest of the day's intake, which is why it should be made up of food groups which were not eaten at lunch:

If at lunch...	At dinner...
Starters	
Rice/pasta, potatoes or pulses	Cooked or raw vegetables
Vegetables	Rice/pasta o potatoes
Main course	
Meat (beef, pork, poultry)	Fish or eggs
Fish	Lean meat or egg
Egg	Fish or meat
Dessert	
Fruit	Dairy product or fruit
Dairy product	Fruit

It's recommended to eat food that is not high in fat in order to sleep well afterwards.

Water should be the drink of choice as opposed to juice or soft drinks.

A balanced diet should be varied in order to make sure we have a good intake of all the nutrients.

It's advisable to eat fresh and seasonal food, favoring the consumption of fruit, vegetables and pulses.

It's important to eat between 4 and 5 meals a day, trying not to skip one of the most important meals: breakfast.

We can't forget to include physical exercise as the companion to a balanced diet.

In every menu, the kcal of an approximate average serving is indicated.

