

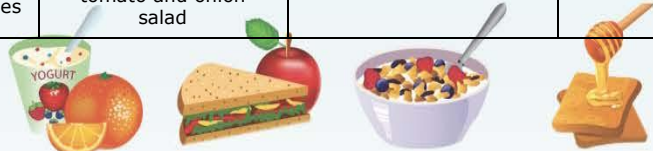


School Menu

SUGGESTIONS FOR DINNERS AT HOME

May 2023

	1	2	3	4	5
Food group	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	NO SCHOOL FOR STUDENTS	F: Salad C: Cereal P: Meat	F: Vegetable C: Potato P: Meat
Dinner example				Pasta salad with prawns	Chicken skewers with potatoes and vegetables
	8	9	10	11	12
Food group	F: Salad P: Egg	F: Salad P: Fish	F: Salad P: Egg	F: Vegetable P: Meat	F: Salad P: Fish
Dinner example	Hard boiled eggs in tomato sauce with Calabrese salad	Grilled fish with tomato salad	Omelette with avocado salad	Meatballs with carrots baby	Mixed salad with fresh prawns
	15	16	17	18	19
Food group	SCHOOL HOLIDAYS	F: Vegetable P: Meat	F: Vegetable P: Egg	F: Salad P: Fish	F: Vegetable P: Meat
Dinner example	Vegetable stew + Ham and cheese sandwich	Roasted chicken with mushrooms	Vegetable wok + Fried egg	Baked salmon with salad	Turkey fillets with roasted pumpkin
	22	23	24	25	26
Food group	F: Salad P: Egg	F: Salad C: Potato P: Fish	F: Vegetable P: Egg	F: Salad P: Meat	F: Salad P: Fish
Dinner example	Cheese omelette with Greek salad	Baked fish with potatoes + Salad	Vegetable stew + Ham omelette	Chicken skewers with green salad	Grilled fish with Caprese salad
	29	30	31		
Food group	F: Vegetable P: Meat	F: Vegetable C: Potato P: Fish	F: Salad P: Egg		
Dinner example	Grilled beef steak with aubergine	Fresh prawns with mushrooms and potatoes	Scrambled eggs with tomato and onion salad		



Our menus have been designed by a dietician following the Madrid Autonomous Community's recommendations. Our dinner recommendations provide suitable food groups to complement the school menu. Each food group also has a letter that indicates the main nutrient included: **F**: Fibre **CH**:Carbohydrate **P**: Protein