



# School Menu

## SUGGESTIONS FOR DINNERS AT HOME

### March 2021

	1	2	3	4	5
<b>Food group</b>	<b>C: Potato P: Egg</b>	<b>F: Salad C: Potato P: Fish</b>	<b>F: Vegetable P: Meat</b>	<b>F: Vegetable C: Potato P: Fish</b>	<b>F: Salad P: Egg</b>
<b>Dinner example</b>	Potato omelette	Fresh prawns in garlic sauce with potato salad	Chicken skewers with vegetables	Baked fish with carrots and potatoes	Scrambled eggs with mixed salad
	8	9	10	11	12
<b>Food group</b>	<b>F: Salad P: Egg</b>	<b>F: Vegetable P: Meat</b>	<b>F: Salad C: Potato P: Fish</b>	<b>F: Vegetable P: Egg</b>	<b>F: Vegetable P: Meat</b>
<b>Dinner example</b>	Hard boiled eggs in tomato sauce with Calabrese salad	Pork steak with roasted aubergine	Baked fish with potatoes + Salad	Scrambled eggs with vegetables	Beef burger with salad
	15	16	17	18	19
<b>Food group</b>	<b>F: Vegetable P: Ham/ Dairy</b>	<b>F: Salad C: Potato P: Fish</b>	<b>F: Salad C: Cereal P: Egg</b>	<b>F: Salad P: Fish</b>	<b>SCHOOL HOLIDAY</b>
<b>Dinner example</b>	Vegetable stew + Ham and cheese sandwich	Grilled fish in garlic sauce with potato salad	Vegetable wok + Fried egg	Baked salmon with salad	Turkey fillets with roasted pumpkin
	22	23	24	25	26
<b>Food group</b>	<b>F: Vegetable P: Meat</b>	<b>F: Salad C: Cereal P: Fish</b>	<b>F: Vegetable C: Potato P: Egg</b>	<b>F: Vegetable P: Fish</b>	<b>F: Salad C: Cereal P: Egg</b>
<b>Dinner example</b>	Grilled meat with mushrooms, onion and peas	Breaded squid with salad	Vegetable stew with potatoes + Ham omelette	Seafood and vegetable soup	Homemade pizza with egg and vegetables
	29	30	31		
	<b>SCHOOL</b>	<b>HOLIDAYS</b>			



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**