



Cuida & Quiere (1)



Dinner



Week 1

Monday

1. Mixed Salad
2. Vegetable pie or vegetable omelette

Tuesday

1. Artichokes with mayonnaise
2. Eggs with béchamel with lettuce and carrot salad

Wednesday

1. Cream of pumpkin soup with EVOO
2. Curried turkey breast with sautéed mushrooms

Thursday

1. Macaroni with sautéed mushrooms
2. Cod with vegetables in papillote

Friday

1. Russian salad
2. Chicken filet with roasted cherry tomatoes

Week 2

1. Rice with sautéed mushrooms
2. Grilled eggs with salad

1. Roasted peppers and potatoes
2. Baked calamari with salad

1. Creamed spinach (with cream & cheese)
2. Grilled turkey breast with cabbage salad

1. Vegetable soup with pasta
2. Grilled pork loin with broccoli

1. Cauliflower Puree with EVOO
2. Baked sole with garlic, parsley and mushrooms

Week 3

1. Salmorejo or roasted tomatoes with toast
2. Grilled turkey breast with sweetcorn salad

1. Cream of courgette soup with EVOO
2. Grilled mako with lettuce, sweetcorn & lemon

1. Mixed salad with egg and cheese
2. Pork, chicken or mixed homemade hamburger

1. Roasted peppers with baked potatoes
2. Grilled turkey sausages

1. Courgette, onion and tomato spirals
2. Cheese, tomato, ham and oregano omelette

Week 4

1. Scrambled eggs with vegetables & ham
2. Courgette filled with meat Bolognese

1. Cream of leek soup with EVOO
2. Couscous with chickpeas and vegetables

1. Asparagus au gratin
2. Baked haddock tacos with lemon and baked potatoes

1. Avocado with cherry tomatoes
2. Spanish omelette (tortilla)

1. Cabbage salad
2. Lentil hamburger with cheese

It is advisable to have dinner at least 1.30 h before going to bed, and it is especially advisable for the child to have fruit as an afternoon snack.