



Cuida & Quiere (1)



Dinner



Week 1

Monday

1. Sautéed vegetables for the
2. Chicken fajitas with fresh goat's cheese and guacamole

Tuesday

1. Mixed Salad
2. French omelette with courgette, leek and Serrano ham

Wednesday

1. Pasta soup with vegetable broth
2. Grilled turkey or chicken sausages with tomatoes

Thursday

1. Watercress or vegetable soup
2. Medallions of hake with garlic and parsley

Friday

1. Baked potatoes
2. Beef and vegetable kebabs baked in the oven

Week 2

1. Cream of Pumpkin soup with EVOO and sunflower seeds
2. Cod in batter

1. Cauliflower au gratin with béchamel sauce and tuna
2. Grilled chicken breast

1. Stuffed eggs with tuna, lettuce and mayonnaise
2. Hummus on toast with rocket

1. Potato and vegetable salad
2. Grilled turkey breast

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

Week 3

1. Roast peppers with potatoes
2. Pollock in papillote with vegetables and lemon

1. Spanish omelette
2. with cherry tomato and avocado salad

1. Pasta spirals with courgette, onion and tomato.
2. Grilled hake with lettuce, sweetcorn and lemon

1. Tomato ratatouille with vegetables
2. Baked pork loin with grilled eggs

1. Vegetable soup with EVOO and pumpkin seeds
2. Spinach and chicken hamburgers

Week 4

1. Broccoli gratin with pimento aioli and cured ham
2. 1 roll of cooked ham with fresh cheese

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

1. Stuffed aubergine with chicken, beef, peppers, onion & garlic, au gratin with béchamel

1. Pasta soup with vegetable broth
2. Baked chicken drumstick

1. Fajita salad with tuna, corn, peppers, onion and avocado

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.