



Dear families!

We continue with a menu proposal, with lunch and dinner, for these days of confinement.

A balanced diet with proposals to make with the family, with fun dishes to cook with your children.

We hope it helps you!

A greeting and bon appetite!

**Thank you,
Nutrition and cooking team**





SANED
-SCHOOL GASTRONOMY-



LUNCH AND DINNER'S RECOMMENDATIONS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1P ZUCCHINI CREAM (potatoes and onion)	1P SPAGHETTI IN PESTO SAUCE (1, 3, 7) 2P FRIED EGGS WITH CRUNCHY HAM (1, 2, 3) GU CORN, TOMATO AND LETTUCE SALAD PO FRESH FRUIT	1P BOILED GREEN BEANS WITH POTATOES 2P CHICKEN AT THE OVEN WITH LEMON SAUCE (1) GU CANONS AND AVOCADO SALAD PO FRESH FRUIT	1P SAUCED CHICKPEAS WITH VEGETABLES 2P FISH CASSEROLE (1, 2, 4, 9, 12, 14) PO FRESH FRUIT	1P CURRY BASMATI RICE WITH VEGETABLES 2P VEAL MILANESE (1, 3, 6) GU LETTUCE AND CUCUMBER SALAD PO HOMEMADE CHEESE CAKE (1, 3, 7)
2P STEWED LENTILS WITH RICE PO YOGURT (7)	GU CORN, TOMATO AND LETTUCE SALAD PO FRESH FRUIT	GU CANONS AND AVOCADO SALAD PO FRESH FRUIT	PO FRESH FRUIT	PO HOMEMADE CHEESE CAKE (1, 3, 7)
1P MARKET GARDEN SALAD (lettuce, red pepper and carrot) 2P BAKED GOLDEN FISH GU ROAST POTATOES PO FRESH FRUIT	1P SWISS CHARD WITH POTATOES 2P GRILLED PORK SAUSAGES (12) GU SALAD WITH STRAWBERRY JAM VINAIGRETTE (12) PO FRESH FRUIT	1P CHICKEN SOUP WITH VEGETABLES AND NOODLES (1, 3, 9) 2P WRAP OF VEGETABLES WITH TUNA AND CREAMY CHEESE (1, 4, 7) PO FRUIT SALAD	1P NAPOLITAN SPIRALS (homemade tomato sauce) (1, 7) 2P FRENCH OMELETTE (3) GU FRIED AUBERGINES WITH HONEY SAUCE (optional) (1) PO YOGURT (7)	1P YOUR WAY SALAD 2P STUFFED FOCACCIA WITH MOZZARELLA AND BASIL (1, 6, 7, 8, 9, 11) PO FRESH FRUIT
1P MEAT AND VEGETABLES HOMEMADE SOUP WITH PASTA (1, 3, 9) 2P COOKED HAM OMELETTE (3, 6) GU ZUCCHINI STICKS IN TEMPURE (1) PO FRESH FRUIT	1P BEANS STEW WITH BACON AND "CHORIZO" (1, 2, 3, 6, 7) 2P GRILLED HAKE WITH GARLIC AND PARSLEY (4) GU ORANGE SALAD (lettuce, orange and pipes) (5, 8) PO FRUIT SKEWER	1P MACARONI IN PUMPKIN, ONION AND LEEK SAUCE (1, 3) 2P BAKED LOIN GU BAKED ARTICHOKE PO FRESH FRUIT	1P LETTUCE, SMOKED SALMON, NUTS, PEAR AND CUCUMBER SALAD (4, 8) 2P "PAELLA VALENCIANA " PO HOMEMADE FLAN (3, 7)	1P CREAMED SPINACHS (7) 2P BAKED MARINATED TURKEY (1, 6, 10) GU LETTUCE, CARROT AND SOY SALAD PO FRESH FRUIT
1P RICE WITH HOME TOMATO SAUCE 2P GRILLED CHICKEN WITH SOY SAUCE, HONEY AND SESAME (1, 2, 3, 6, 11) GU SAUTEED PEAS PO FRESH FRUIT	1P VEGETABLES CREAM WITH DICE OF TOASTED BREAD (1, 9) 2P MEAT CROQUETTES (1, 2, 3, 4, 6, 7, 8, 9, 10, 14) GU TROPICAL SALAD (lettuce, crab, black olives and pink sauce) (2, 3, 4, 6) PO YOGURT (7)	1P POTATO SALAD (black olives, sweet corn, tuna and parsley) (4) 2P CHEESE OMELETTE (3, 7) GU RATATOUILLE (eggplant, zucchini, tomato, red and green pepper) PO FRESH FRUIT	1P BOILED CAULIFLOWER WITH CARROTS 2P GRILLED STEAK GU MASHED APPLES AND POTATOES WITH CINNAMON PO FRESH FRUIT	1P TRICOLOR PASTA WITH LEEKS AND MUSHROOMS (1, 3) 2P BAKED CODFISH (WITH ONION AND NATURAL TOMATO) (4) GU LETTUCE, OLIVES AND BETTROOT SALAD PO FRUIT SALAD

DINNER

LUNCH

DINNER

LUNCH



YOUR DAILY DIET



HEALTHY BREAKFASTS

Bread, cereals or derivatives
Fresh fruit and vegetables
Milk and derivatives

What do we eat... for the Weekend?

IF THEY HAVE EAT...

YOU CAN DINE...

	Cereals, starches or pulses		Raw vegetables or cooked vegetables
	Vegetables		Cereals or starches
	Meat		Fish or Eggs
	Fish		Lean Meat or Eggs
	Eggs		Fish or Meat
	fruit		Lactic or Fruit
	Lactic		fruit

**** We can prepare the dishes marked in yellow with the family !!!**

Menu 1 CREAMY RICE WITH PUMPKIN



Ingredients for 4 people:

240 gr. of rice
20 gr. de margarine
400 gr. pumpkin
1 fresh leek
Vegetables soup
20 gr. grated cheese
Salt and extra olive oil

Elaboration:

We cut the leek and pumpkin into small cubes. Fry the leek with the margarine, When it begins to brown we add the pumpkin, we skip all these ingredients. Add the salt and olive oil.
We add the rice for 3-4 minutes, stirring well. Add slowly the hot vegetable soup, over medium heat until the rice is white and creamy.
When the rice is cooked, remove it from the heat and we add the grated cheese.

RECOMMENDATIONS FROM MENUS

Menu 2 SALMON WITH GARLIC, VINEGAR AND LEMON SAUCE



Ingredients for 4 people:

480 gr. Salmon
1 head of garlic
2 lemons
20 ml. white vinegar
Salt, sweet paprika
and extra olive oil

Elaboration:

We cut the garlic into thin sheets, fry in the olive oil and when it starts to brown we add the sweet paprika, the vinegar and the lemon juice. We leave it on low heat. Cut the other lemon into small pieces. We mark the grilled salmon.
We place the salmon on a baking tray and with the help of a spoon we put the garlic sauce on top along with the pieces of lemon.
We put it in the oven for a few minutes and it's ready to serve.

... AND IN THE EVENT OF ALLERGENS AND INTOLERANTS

Replace non-tolerant products for those allowed within it family of food.