

MONDAY 6th	TUESDAY 7th	WEDNESDAY 8th	THURSDAY 9th	FRIDAY 10th
Stewed Potatoes	Borage with Sauté	White Beans "Pocha Style"	Country Style Rice	Courgette Cream Soup
Oven-Baked Hake Fillet Vegetables	Jangarria Pork Loin	Chicken Fillet Lusita	San Marino Lettuce	Veal Stew
Tangerine <small>Prot: 27 g - Fat: 30 g Carb: 50 g - Kcal: 525</small>	Yoghurt <small>Prot: 33 g - Fat: 17 g Carb: 17 g - Kcal: 100</small>	Pear <small>Prot: 40 g - Fat: 10 g Carb: 17 g - Kcal: 315</small>	Orange <small>Prot: 25 g - Fat: 20 g Carb: 111 g - Kcal: 327</small>	Apple <small>Prot: 30 g - Fat: 10 g Carb: 80 g - Kcal: 340</small>
MONDAY 13th	TUESDAY 14th	WEDNESDAY 15th	THURSDAY 16th	FRIDAY 17th
Homemade Lentil Soup	Homemade Green Beans	Macaroni Bolognese	CARNIVAL	Stewed Chickpeas
Meatballs in Green Sauce	Escalope Lettuce	Oven-baked Grouper on Vegetable Bed	SPECIAL	Batter-coated Dab Fillet Mayonnaise
Fresh Pineapple <small>Prot: 36 g - Fat: 30 g Carb: 100 g - Kcal: 350</small>	Banana <small>Prot: 27 g - Fat: 0 g Carb: 80 g - Kcal: 300</small>	Tangerine <small>Prot: 44 g - Fat: 27 g Carb: 57 g - Kcal: 370</small>	MENU	Pear <small>Prot: 41 g - Fat: 24 g Carb: 75 g - Kcal: 330</small>
MONDAY 20th	TUESDAY 21st	WEDNESDAY 22nd	THURSDAY 23rd	FRIDAY 24th
		Rice with Tomato Sauce	Pumpkin Cream Soup	Red Kidney Bean Soup
		Batter-coated Hake Fillet Lemon	Garlic Fried Chicken Lettuce	Cod with Homemade Tomato Sauce
		Tangerine <small>Prot: 36 g - Fat: 27 g Carb: 100 g - Kcal: 350</small>	Yoghurt <small>Prot: 30 g - Fat: 30 g Carb: 50 g - Kcal: 320</small>	Orange <small>Prot: 30 g - Fat: 11 g Carb: 90 g - Kcal: 300</small>
MONDAY 27th	TUESDAY 28th	WEDNESDAY 29th	THURSDAY 1st	FRIDAY 2nd
Peas with Ham and Boiled Egg	Chickpeas with Sauté	Vegetable Purée	Simple Lentil Soup	Spaguetti with Tomato Sauce Cheese
Thin Hamburger with Mushrooms	Hake Fillets Orio-Style	Chicken Leg a la Horteliana	Spanish Potato Omelette Tomato Slice	Batter-coated Dab Fillet Lettuce
Actimel <small>Prot: 30 g - Fat: 40 g Carb: 54 g - Kcal: 770</small>	Tangerine <small>Prot: 37 g - Fat: 15 g Carb: 80 g - Kcal: 340</small>	Pear <small>Prot: 25 g - Fat: 10 g Carb: 54 g - Kcal: 407</small>	Orange <small>Prot: 25 g - Fat: 20 g Carb: 111 g - Kcal: 327</small>	Apple <small>Prot: 30 g - Fat: 20 g Carb: 80 g - Kcal: 340</small>

\* Menus are calculated for 6 - 9 year old children.  
(It has to be taken into account that this is just one of the daily meals.)

**COMPOSITION OF SOME DISHES**

Vegetables: All vegetable dishes are served with boiled potatoes.  
Jangarria pork loin: Pork loin with tomato.  
Chicken fillet Lusita: Sauce with carrot, mushroom, onion and serrano ham.  
\* (new) Country style rice: Rice with vegetables.  
Stewed chickpeas: Chickpeas with chorizo.  
Veal steak In sauce: Sauce with carrot and tomato with potato of garnish.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>6</b> Parboiled / boiled vegetables, or salad Chicken Fruit /Dairy product	<b>7</b> Rice soup or salad Beef Fruit	<b>8</b> Parboiled / boiled vegetables, or salad Fish Fruit /Dairy product	<b>9</b> Parboiled / boiled vegetables, or salad Pork Fruit /Dairy product	<b>10</b> Pasta soup or salad Egg Fruit
<b>13</b> Parboiled / boiled vegetables, or salad Fish Fruit /Dairy product	<b>14</b> Rice soup or salad Chicken Fruit	<b>15</b> Parboiled / boiled vegetables, or salad Egg Fruit /Dairy product	<b>16</b> Pasta soup or salad Beef Fruit	<b>17</b> Parboiled / boiled vegetables, or salad Pork Fruit /Dairy product
<b>20</b> Rice soup or salad Egg Fruit	<b>21</b> Parboiled / boiled vegetables, or salad Fish Fruit /Dairy product	<b>22</b> Parboiled / boiled vegetables, or salad Pork Fruit / Dairy product	<b>23</b> Pasta soup or salad Beef Fruit	<b>24</b> Parboiled / boiled vegetables, or salad Chicken Fruit /Dairy product
<b>27</b> Pasta soup or salad Chicken Fruit	<b>28</b> Parboiled / boiled vegetables, or salad Egg Fruit /Dairy product	<b>29</b> Rice soup or salad Fish Fruit	<b>1</b> Parboiled / boiled vegetables, or salad Beef Fruit / Dairy product	<b>2</b> Parboiled / boiled vegetables, or salad Pork Fruit / Dairy product

• Water: It is necessary for all ages and is the best drink to recommend. 6-8 glasses of water / day.  
• Physical activity: is very important and we should encourage both children and adolescents to get regular physical exercise as it provides many physical, psychological and intellectual benefits.

**BREAKFAST**

Breakfast is the first and most important meal of the day. Not only do we need to recover the energy used up during the night but we also need to provide the body with the energy necessary to start the day well and be at our best both physically and intellectually.

At breakfast we should supply our bodies with 25% of the energy that we need for the whole day. A good breakfast needs a few minutes to be prepared and also to be enjoyed.

**DAIRY**  
Provide: Proteins, Calcium & Vitamins  
Milk, Yoghurt, Cheese

**CEREALS**  
Provide: Carbohydrates, Vitamins, Minerals  
If Whole-grain, then will also provide extra Fiber, Bread, Toast, Breakfast Cereals, Biscuits, Home-made Cakes

**FRUITS**  
Provide: Fiber, Vitamins, Water  
Fresh Fruit, Fruit Juice (Freshly Made)

**OTHERS**  
Olive Oil, Butter, Margarine, Honey, Jam, Cold Lean Meat

**MORNING AND AFTERNOON SNACK**

Meals during the morning and the afternoon should help the child to recover the energy spent and help the child be active all day. Combine two of these  
These correspond to the 2nd and 4th meals of the day and each should provide the child with 10% of total daily intake.

**DAIRY**  
1 Glass of milk, 1 Yoghurt, etc

**CEREALS**  
Sandwiches: boiled ham, turkey, cheese, sardines in olive oil, tuna, lettuce, tomatoes, etc.  
Chocolate, liver pâté and spicy sausage meat can be eaten now and again.

**FRUITS**  
1 Piece of fresh fruit.

**DINNER**  
Dinner should ideally complement lunch and be eaten between 1 1/2 to 2 hours before going to bed to enable the body to digest the food properly. Dinner should provide 25% of the total daily energy intake. Heavy dinners rich in protein or fats (fried food, sauces, spicy meats), or legumes or cabbage, will produce slow digestions leading to difficulty in getting to sleep.



Nourish  
by educating

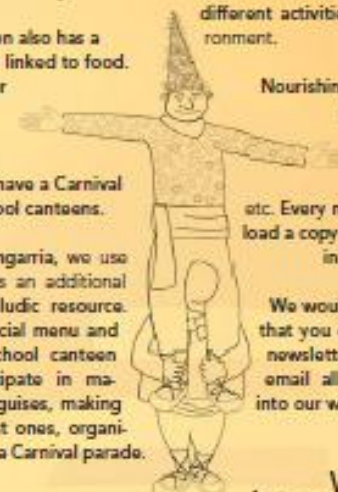
**FEBRUARY: CARNIVAL TIME!**

This month, in many villages and towns in Navarra, we make an exception in our routines and become fantastic characters for one day.

We will show graphic materials produced (photos, videos...) in our website ([www.jangarria.com](http://www.jangarria.com)). Periodically, we offer information there about our different activities in the school environment.

This celebration also has a component very linked to food. That is why in our annual school menu schedule, on Friday 16th of February, we have a Carnival Party in our school canteens.

In Ausolan-Jangarria, we use this "holiday" as an additional educative and ludic resource. We serve a special menu and our team of school canteen monitors participate in making masks, disguises, making up the youngest ones, organizing games and a Carnival parade.



Nourishing, educating and having fun are the main sections where you can find tips, activities, news, etc. Every month you can download a copy of the menu cooked in our central kitchens.

We would like to remind you that you can subscribe to our newsletter to receive in your email all the news we add into our web.

[www.jangarria.com](http://www.jangarria.com)

