

## Annex 0: Menu Preparation – MENU EXAMPLE (BASE)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1st course</b>	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
	Pasta	Rice	Potato/sweet potato	Pulses	Cereals/potato	Pasta	Rice
<b>2nd course</b>	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
	Red meat	Pulses	Egg	Fish	White meat	Pulses	Fish/Egg
<b>Desserts</b>	Fruit	Fruit	Fruit	Fruit	Yoghurt	Fruit	Dairy desert

Based on this structure, the promoting unit or the winning bidder will draw up the hot/cold menus according to that established in the specifications, where the different criteria demanded are laid out.

This menu structure must be adapted on the basis of the following **criteria specified in the instruction:**

- I- Fresh and seasonal products
- II- Added/refined sugars and processed and ultra-processed products
- III- Provision of plant-based menus

Note: As a guideline, flour-based products can go in the first or second course, and the proteins and flour-based products can be interchanged horizontally, respecting the frequencies.