

MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
Macaroni au gratin 	Rioja-style stewed potatoes 	Vegetable stew 	Red beans with vegetables 	Courgette and pumpkin cream soup 
Pork fillet in Rioja-style sauce with red peppers 	<U_Y`b`5`WbHY`gUi W 	Homemade Cordon Bleu with lettuce 	Cod in green sauce 	Chicken thigh in its natural juice 
Fruit 	Fruit 	Fruit yoghurt 	Fruit 	Vanilla custard cup 
<small>Energy: 609Kcal. Fats: 22.3 g. SFA: 1.8 g. Carbohydrates: 86.0 g. Sugar: 14.2 g. Protein: 16.2 g. Salt: 1.6 mg. Nutritional evaluation calculated according to a consensus document on School meals issued in 2010, for 3-8-year-old children with a recommended caloric intake of 1,742 Kcal/day. Energy: 743Kcal. Fats: 25.8 g. SFA: 2.5 g. Carbohydrates: 105.7 g. Sugar: 17.6 g. Protein: 22.2 g. Salt: 1.6 mg. Nutritional evaluation calculated according to a consensus document on School meals issued in 2010, for 9-13-year-old children with a recommended caloric intake of 2,279 Kcal/day. Energy: 1054 Kcal. Fats: 36.9 g. SFA: 3.2 g. Carbohydrates: 148.9 g. Sugar: 25.1 g. Protein: 31.6 g. Salt: 1.8 mg. Nutritional evaluation calculated according to a consensus document on School meals issued in 2010, for 14-18-year-old children with a recommended caloric intake of 3,152 Kcal/day.</small>				
MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
Rice with tomato sauce 	White bean stew 	Sautéed green beans with potatoes and carrot 	Lentil and chorizo stew 	Homemade poultry noodle soup 
Battered and fried hake with lettuce 	Pork fillet in Rioja-style sauce 	Potato omelet with a slice of ham 	Homemade meatballs 	Chicken breast alla Milanese 
Fruit 	Fruit 	Fruit yoghurt 	Fruit 	Fruit yoghurt 
<small>Energy: 602 Kcal. Fats: 21.4g. SFA: 1.8g. Carbohydrates: 84.1g. Sugar: 13.8g. Protein: 18.3g. Salt: 1.5mg. Nutritional evaluation calculated according to a consensus document on School meals issued in 2010, for 3-8-year-old children with a recommended caloric intake of 1,742 Kcal/day. Energy: 797Kcal. Fats: 27.4 g. SFA: 2.3 g. Carbohydrates: 111.9 g. Sugar: 17.4g. Protein: 25.9 g. Salt: 1.5 mg. Nutritional evaluation calculated according to a consensus document on School meals issued in 2010, for 9-13-year-old children with a recommended caloric intake of 2,279 Kcal/day. Energy: 1091 Kcal. Fats: 37.5 g. SFA: 3.8 g. Carbohydrates: 152.8 g. Sugar: 23.9g. Protein: 35.7g. Salt: 1.6 mg. Nutritional evaluation calculated according to a consensus document on School meals issued in 2010, for 14-18-year-old children with a recommended caloric intake of 3,152 Kcal/day.</small>				
MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
Sautéed green beans with potatoes and carrot 	Stewed black beans with chorizo 	Macaroni Milanese 	Vegetable cream soup 	Castilian-style chickpea stew 
Breaded pork fillet with red peppers 	Fresh sausages in totamo sauce 	Breaded limanda with lettuce 	C fUb[ Y` fcUgYX` Wk]WYb` h][ \ k ]h : fybWk z]Yg 	Kingklip in red pepper sauce with fried vegetables 
Fruit yoghurt 	Fruit 	Fruit 	Fruit yoghurt 	Fruit 
<small>Energy: 598Kcal. Fats: 20.9 g. SFA: 2.0 g. Carbohydrates: 82.5 g. Sugar: 13.9g. Protein: 20.1 g. Salt: 1.6 mg. Nutritional evaluation calculated according to a consensus document on School meals issued in 2010, for 3-8-year-old children with a recommended caloric intake of 1,742 Kcal/day. Energy: 774Kcal. Fats: 25.9 g. SFA: 2.7 g. Carbohydrates: 110.7 g. Sugar: 18.9 g. Protein: 24.7 g. Salt: 1.8 mg. Nutritional evaluation calculated according to a consensus document on School meals issued in 2010, for 9-13-year-old children with a recommended caloric intake of 2,279 Kcal/day. Energy: 964Kcal. Fats: 33.1 g. SFA: 3.8 g. Carbohydrates: 136.5 g. Sugar: 24.7 g. Protein: 30.2 g. Salt: 1.5 mg. Nutritional evaluation calculated according to a consensus document on School meals issued in 2010, for 14-18-year-old children with a recommended caloric intake of 3,152 Kcal/day.</small>				
MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14

Water and bread are included in all menus.

