

MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31	FRIDAY 1	
				Pumpkin cream soup 	
				Potato omelet with a slice of ham 	
				Fruit yoghurt 	
<small>Energy: 603 Kcal. Fats: 20.0 g. SFA: 1.8g. Carbohydrates: 85.6 g. Sugar: 14.1 g. Protein: 20.3 g. Salt: 1.7 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: 785 Kcal. Fats: 26.9 g. SFA: 2.7g. Carbohydrates: 111.3 g. Sugar: 17.9 g. Protein: 24.5 g. Salt: 1.7 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: 908 Kcal. Fats: 31.5 g. SFA: 3.6 g. Carbohydrates: 127.4 g. Sugar: 23.9 g. Protein: 28.9 g. Salt: 1.7 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 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8	
Macaroni Bolognese 	Vegetable stew 	Lentil stew with chorizo 	Homemade poultry noodle soup 	Chickpea and vegetable stew 	
Breaded limanda fillet with lettuce 	Turkey stew with tomato sauce	Homemade meatballs 	Breaded breast chicken 	Cod rioja style 	
Fruit	Fruit	Fruit	Fruit yoghurt 	Fruit	
<small>Energy: 604 Kcal. Fats: 21.7 g. SFA: 1.8g. Carbohydrates: 84.5 g. Sugar: 14.1 g. Protein: 17.9 g. Salt: 1.7 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: 791 Kcal. Fats: 27.2 g. SFA: 2.7g. Carbohydrates: 109.6 g. Sugar: 17.9 g. Protein: 27.1 g. Salt: 1.7 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: 1029 Kcal. Fats: 36.7 g. SFA: 3.6 g. Carbohydrates: 144.4 g. Sugar: 23.9 g. Protein: 30.3 g. Salt: 1.7 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 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15	
MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22	
	Rice with tomato sauce	Vegetable stew 	Lentil and chorizo stew 	Homemade poultry noodle soup 	
	Roast marinated pork loin with fried pepper 	Potato omelet with a slice of ham 	Rioja-style tuna with fried vegetables 	Chicken thigh in its natural juice 	
	Fruit	Vanilla custard cup 	Fruit	Fruit yoghurt 	
<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 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29	
Sautéed green beans with potatoes and carrot 	Stewed black beans with chorizo 	Macaroni Bolognese 	Vegetable cream soup 	Castilian-style chickpea stew 	
Breaded pork fillet with red peppers 	Fresh sausages in totamo sauce 	Breaded limanda with lettuce 	Grilled Orange Chicken Thigh with French Fries 	Kingklip in red pepper sauce with fried vegetables 	
Fruit yoghurt 	Fruit	Fruit	Fruit yoghurt 	Fruit	
<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>					
Water and bread are included in all menus.					