

	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
	Leek soup 	Chickpea and vegetable stew 	Vegetable cream soup 	Red beans with vegetables 
	Turkey stew with vegetable sauce 	Roast marinated pork loin with lettuce 	Breaded breast chicken with chips 	Cod rioja style 
	Fruit	Fruit	Vanilla custard cup 	Fruit
<small>Energy: 605Kcal. Fats: 21.7g. SFA: 2.0g. Carbohydrates: 84.7 g. Sugar: 13.6g. Protein: 17.8 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: 793Kcal. Fats: 27.1 g. SFA: 2.3 g. Carbohydrates: 114.0 g. Sugar: 18.3g. Protein: 23.5 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: 1079Kcal. Fats: 32.7 g. SFA: 4.0 g. Carbohydrates: 132.3 g. Sugar: 26.9g. Protein: 32.8 g. 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 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
		Rice three delights 	Homemade poultry noodle soup 	White beans with chorizo 
		Grilled pork loin with fried vegetables 	Chicken thigh in its natural juice with chips 	English-style limanda with lettuce 
		Fruit	Fruit yoghurt 	Fruit
<small>Energy: 607 Kcal. Fats: 21.6 g. SFA: 2.1 g. Carbohydrates: 86.3 g. Sugar: 14.5 g. Protein: 16.9 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: 750 Kcal. Fats: 24.7 g. SFA: 2.5 g. Carbohydrates: 106.9 g. Sugar: 18.4 g. Protein: 25.5 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: 925 Kcal. Fats: 32.6 g. SFA: 4.0 g. Carbohydrates: 130.2 g. Sugar: 25.9 g. Protein: 27.9g. 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 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
Sautéed green beans with potatoes and carrot 	Chickpea and vegetable stew 	Macaroni Napoletana 	Stewed black beans with chorizo 	Homemade zucchini and pumpkin cream 
Potato omelet with a slice of ham 	Pork fillet in English-style sauce with lettuce 	Salisbury steak in demi-glace sauce 	Rioja-style cod 	Chicken breast alla Milanese with French fries 
Fruit yoghurt 	Fruit	Fruit	Fruit	Actimel 
<small>Energy: 594 Kcal. Fats: 21.4g. SFA: 2.3g. Carbohydrates: 84.7g. Sugar: 13.9g. Protein: 15.8g. Salt: 1.7mg. 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: 745 Kcal. Fats: 26.8 g. SFA: 2.8 g. Carbohydrates: 107.8 g. Sugar: 18.7 g. Protein: 21.7 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: 1126Kcal. Fats: 39.7g. SFA: 3.9g. Carbohydrates: 155.3g. Sugar: 24.1g. Protein: 36.7g. Salt: 1.6mg. 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 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
Rioja-style stewed potatoes 	Rice with tomato sauce			
Fresh sausages in tomato sauce 	Homemade Cordon Bleu with salad 			
Fruit	Actimel 			
<small>Energy: 610 Kcal. Fats: 21.8g. SFA: 2.1 g. Carbohydrates: 84.3 g. Sugar: 14.8 g. Protein: 19.3 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: 769 Kcal. Fats: 27.1 g. SFA: 2.8 g. Carbohydrates: 99.9 g. Sugar: 19.2 g. Protein: 22.6 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: 971 Kcal. Fats: 33.9 g. SFA: 4.0 g. Carbohydrates: 134.7 g. Sugar: 25.9 g. Protein: 31.9g. 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 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31	
<p><b>Water and bread are included in all menus.</b> </p>				