

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
Leek soup 	Maravilla-style lentils 	Rice with tomato sauce 	Castilian-style chickpea stew 	Homemade poultry noodle soup 
Pork fillet in Rioja-style sauce with red peppers 	Potato omelet with a slice of ham 	English-style limanda with lettuce 	Salisbury steak in demi-glace sauce 	Chicken thigh in its natural juice with chips 
Fruit 	Fruit yoghurt 	Fruit 	Fruit 	Fruit yoghurt 
<small>Energy: 610 Kcal. Fats: 20.3 g. SFA: 2.0 g. Carbohydrates: 86.9 g. Sugar: 14.6 g. 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: 798Kcal. Fats: 28.3 g. SFA: 2.7 g. Carbohydrates: 112.4 g. Sugar: 17.5 g. Protein: 23.8 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: 1064 Kcal. Fats: 36.9g. SFA: 3.9 g. Carbohydrates: 150.6 g. Sugar: 26.1 g. Protein: 32.6 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 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
Macaroni Bolognese 	Vegetable stew 	Vegetables and white bean stew 	Pumpkin cream soup 	Homestyle lentil stew 
Cod in green sauce 	Roast marinated pork loin with lettuce 	Homemade meatballs 	Chicken breast alla Milanese with chips 	Battered and fried hake with lettuce 
Fruit 	Fruit yoghurt 	Fruit 	Fruit yoghurt 	Fruit 
<small>Energy: 598Kcal. Fats: 20.2 g. SFA: 1.8 g. Carbohydrates: 85.3 g. Sugar: 15.0 g. Protein: 18.9 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: 780Kcal. Fats: 27.4 g. SFA: 2.7 g. Carbohydrates: 108.7 g. Sugar: 18.2 g. Protein: 24.7 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: 1087Kcal. Fats: 37.1 g. SFA: 4.0 g. Carbohydrates: 153.6 g. Sugar: 25.9 g. Protein: 34.7 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 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
	Stewed black beans with chorizo 	Sautéed green beans with potatoes and carrot 	Homemade chicken noodle soup 	Chickpea and spinach stew 
	Fresh sausages in totamo sauce 	Potato omelet with a slice of ham 	Orange roasted chicken thigh with potatoes 	English-style limanda with lettuce 
	Fruit 	Fruit 	Fruit yoghurt 	Fruit 
<small>Energy: 609Kcal. Fats: 21.1 g. SFA: 2.0 g. Carbohydrates: 87.9 g. Sugar: 14.5 g. Protein: 16.9 g. Salt: 1.5 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: 790Kcal. Fats: 26.9 g. SFA: 2.8 g. Carbohydrates: 110.3 g. Sugar: 17.7 g. Protein: 26.7g. 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: 1013Kcal. Fats: 35.8 g. SFA: 3.9 g. Carbohydrates: 142.3 g. Sugar: 26.8 g. Protein: 30.4 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 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
Vegetable stew 	Macaroni Napoletana 	Homestyle lentil stew 	Vegetable cream soup 	Vegetables and white bean stew 
Hake in green sauce 	Marinated pork loin with red peppers 	Homemade mixed hamburger in demi-glace sauce with mushrooms 	Breaded breast chicken 	Cod Rioja style 
Fruit yoghurt 	Fruit 	Fruit 	Fruit yoghurt 	Fruit 
<small>Energy: 599Kcal. Fats: 21.0 g. SFA: 2.3 g. Carbohydrates: 85.7 g. Sugar: 15.0 g. Protein: 16.9 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: 792 Kcal. Fats: 27.0 g. SFA: 2.3 g. Carbohydrates: 112.8 g. Sugar: 17.9 g. Protein: 24.6 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: 1103Kcal. Fats: 37.1 g. SFA: 3.6 g. Carbohydrates: 155.6 g. Sugar: 25.9 g. Protein: 36.9 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>				
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Water and bread are included in all menus. 				