

MONDAY 31	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
	Lentil and chorizo stew 	Rice with tomato sauce	Castilian-style chickpea stew 	Homemade poultry noodle soup 
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 yoghurt 	Fruit	Fruit	Fruit yoghurt 	
<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>				
MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
Macaroni Bolognese 	Vegetable stew 	Vegetables and white bean stew 	Pumpkin cream soup 	Maravilla-style lentils 
Cod in green sauce 	Roast marinated pork loin with lettuce 	Homemade meatballs 	Chicken breast alla Milanese with chips 	Grilled tuna with fried vegetables 
Fruit 	Fruit yoghurt 	Fruit	Fruit yoghurt 	Fruit
<small>Energy: 609 Kcal. Fats: 21.0 g. SFA: 1.9 g. Carbohydrates: 86.9 g. Sugar: 14.6 g. Protein: 18.3 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: 757 Kcal. Fats: 26.7 g. SFA: 2.9 g. Carbohydrates: 105.8 g. Sugar: 18.3 g. Protein: 23.6 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: 910 Kcal. Fats: 32.3 g. SFA: 3.7 g. Carbohydrates: 127.4 g. Sugar: 24.2 g. Protein: 27.6 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 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
Montañesa-style rice 	Stewed black beans with chorizo 	Sautéed green beans with potatoes and carrot 	Homemade chicken noodle soup 	Chickpea and spinach stew 
Pork fillet in English-style sauce with lettuce 	Fresh sausages in totamo sauce 	Potato omelet with a slice of ham 	Grilled orange chicken thigh with potatoes 	Battered and fried hake with lettuce 
Fruit yoghurt 	Fruit	Fruit	Fruit yoghurt 	Fruit
<small>Energy: 608 Kcal. Fats: 20.7 g. SFA: 1.9 g. Carbohydrates: 84.7 g. Sugar: 14.3 g. Protein: 20.8 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: 798 Kcal. Fats: 28.0 g. SFA: 3.0 g. Carbohydrates: 111.7 g. Sugar: 19.0 g. Protein: 24.9 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: 1104 Kcal. Fats: 37.4 g. SFA: 3.8 g. Carbohydrates: 127.4 g. Sugar: 26.1 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>				
MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
Vegetable stew 	Macaroni Napoletana 	Homestyle lentil stew 	Vegetable cream soup 	Vegetables and white bean stew 
English-style chicken breast 	Kingklip in red pepper sauce with red peppers 	Homemade mixed hamburger in demi-glace sauce with mushrooms 	Turkey stew with vegetable sauce and potato cubes 	Cod Rioja style 
Fruit yoghurt 	Fruit	Fruit	Fruit yoghurt 	Fruit
<small>Energy: 609 Kcal. Fats: 22.0 g. SFA: 2.0 g. Carbohydrates: 85.4 g. Sugar: 13.9 g. Protein: 17.4 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: 786 Kcal. Fats: 27.9 g. SFA: 2.5 g. Carbohydrates: 110.2 g. Sugar: 18.6 g. Protein: 23.6 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: 967 Kcal. Fats: 30.0 g. SFA: 4.0 g. Carbohydrates: 122.3 g. Sugar: 23.8 g. Protein: 27.1 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 28	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
Rioja-style stewed potatoes 				
Hake in breadcrumbs with ham and cheese with lettuce 				
Fruit 				
<small>Energy: 607 Kcal. Fats: 21.1 g. SFA: 1.8g. Carbohydrates: 85.6 g. Sugar: 13.9 g. Protein: 18.9 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: 756 Kcal. Fats: 26.6 g. SFA: 2.7g. Carbohydrates: 105.7 g. Sugar: 17.9 g. Protein: 24.3 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: 967 Kcal. Fats: 33.8 g. SFA: 3.6 g. Carbohydrates: 135.8 g. Sugar: 23.9 g. Protein: 30.1 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>				
<p><b>Water and bread are included in all menus.</b> </p>				