

MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
Macaroni Bolognese 	Vegetables and white bean stew 	Vegetable stew 	Maravilla-style lentils 	Pumpkin cream soup 
Breaded limanda with lettuce 	Pork fillet in vegetable sauce 	Homemade meatballs 	with red peppers 	English-style chicken breast with French fries 
Fruit 	Fruit 	Fruit yoghurt 	Fruit 	Fruit yoghurt 
<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: 780 Kcal. 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: 153.9 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 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
Sautéed green beans with potatoes and carrot 	Homestyle chickpea stew 	Montañesa-style rice 	Homemade poultry noodle soup 	Stewed black beans with chorizo 
Potato omelette with a slice of ham 	Salisbury steak in demi-glace sauce 	Turkey roll in demi-glace sauce 	Rioja-style chicken thigh with chips 	Battered and fried hake with lettuce 
Fruit yoghurt 	Fruit 	Fruit 	Vanilla custard cup 	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: 26.7 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: 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 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
Vegetable stew 	Macaroni Bolognese 	Rioja-style stewed potatoes 	Maravilla-style lentils 	Vegetable cream soup 
Pork fillet in English-style sauce with lettuce 	Cod in green sauce 	Fresh sausages in totamo sauce 	Hake in Alicante sauce 	Breaded breast chicken with chips 
Fruit yoghurt 	Fruit 	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 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12

Water and bread are included in all menus.



According to Royal Decree 1420/2006, fishery products to be consumed raw or almost raw have already been frozen.