

| MONDAY 10 | TUESDAY 11 | WEDNESDAY 12 | THURSDAY 13 | FRIDAY 14 |
|--|--|---|--|---|
| 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  | Cod rioja style with red peppers  | English-style chicken breast with French fries  |
| Fruit  | Fruit  | Fruit yoghurt  | 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: 150.6g, 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 17 | TUESDAY 18 | WEDNESDAY 19 | THURSDAY 20 | FRIDAY 21 |
| 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: 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: 2.8 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: 153.6g, 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 24 | TUESDAY 25 | WEDNESDAY 26 | THURSDAY 27 | FRIDAY 28 |
| 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  | <U_Y]b'5]WbY'gUi W  | Breaded breast chicken with chips  |
| Fruit yoghurt  | Fruit  | Fruit  | Fruit  | Fruit yoghurt  |
| <small>Energy: 609Kcal, Fats: 21.1 g, SFA: 2.3 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: 17.9 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: 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 31 | TUESDAY 1 | WEDNESDAY 2 | THURSDAY 3 | FRIDAY 4 |
| Leek soup  | | | | |
| Pork fillet in Rioja-style sauce  | | | | |
| Fruit  | | | | |
| <small>Energy: 599Kcal, Fats: 21.0 g, SFA: 2.3 g, Carbohydrates: 85.7 g, Sugar: 14.5 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: 3.9 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 7 | TUESDAY 8 | WEDNESDAY 9 | THURSDAY 10 | FRIDAY 11 |
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| <p align="center">Water and bread are included in all menus. </p> | | | | |