

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
Sautéed green beans with potatoes and carrot 	Rice with tomato sauce	Castilian-style chickpea stew 	Homemade poultry noodle soup 	Red beans with vegetables 
Pork fillet in English-style sauce French fries 	Hake in Alicante sauce 	Fresh sausages in tomato sauce 	Orange roasted chicken thigh with chips 	English-style limanda with lettuce 
Fruit yoghurt 	Fruit	Fruit	Fruit yoghurt 	Fruit
<small>Energy: 810 Kcal, Fats: 21.7 g, SFA: 1.9 g, Carbohydrates: 84.1 g, Sugar: 14.6 g, Protein: 19.9 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: 755 Kcal, Fats: 23.6 g, SFA: 2.9 g, Carbohydrates: 106.1 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: 998 Kcal, Fats: 34.9 g, SFA: 3.7 g, Carbohydrates: 141.2 g, Sugar: 24.2 g, Protein: 29.9 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
Vegetable stew 	Rioja-style stewed potatoes 	Macaroni Bolognese 	Homemade zucchini and pumpkin cream 	Lentil and vegetable stew 
Potato omelet with a slice of ham 	Salisbury steak in demi-glace sauce with sautéed mushrooms 	Roast marinated pork loin with red peppers 	Breaded breast chicken with French fries 	Cod Rioja style 
Fruit yoghurt 	Fruit	Fruit	Fruit yoghurt 	Fruit
<small>Energy: 604 Kcal, Fats: 20.6 g, SFA: 1.9 g, Carbohydrates: 84.6 g, Sugar: 14.3 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: 749 Kcal, Fats: 25.8 g, SFA: 3.0 g, Carbohydrates: 104.5 g, Sugar: 19.0 g, Protein: 24.8 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: 915 Kcal, Fats: 32.5 g, SFA: 4.0 g, Carbohydrates: 130.9 g, Sugar: 26.1 g, Protein: 24.8 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 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
Mountain rice 	Castilian-style chickpea stew 	Sautéed green beans with potatoes and carrot 	Homemade chicken noodle soup 	
Pork fillet in Rioja-style sauce 	Breaded limanda with lettuce 	Homemade meatballs 	Turkey stew with vegetable sauce 	
Fruit 	Fruit yoghurt 	Fruit	Fruit yoghurt 	
<small>Energy: 609 Kcal, Fats: 21.4 g, SFA: 2.0 g, Carbohydrates: 85.3 g, Sugar: 13.9 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: 759 Kcal, Fats: 27.0 g, SFA: 2.5 g, Carbohydrates: 105.2 g, Sugar: 18.6 g, Protein: 23.9 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: 1091 Kcal, Fats: 38.7 g, SFA: 4.0 g, Carbohydrates: 152.9 g, Sugar: 23.8 g, 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 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
Vegetable cream soup 	Macaroni Napoletana 	Stewed black beans with chorizo 	Sautéed green beans with potatoes and carrot 	Maravilla-style lentils 
Homemade Cordon Bleu with chips 	Cod in green sauce 	Pork fillet in Chilindron-style sauce 	Breaded breast chicken with mushrooms 	Potato omelet with lettuce 
Fruit yoghurt 	Fruit	Fruit	Fruit yoghurt 	Fruit
<small>Energy: 603 Kcal, Fats: 20.0 g, SFA: 1.8g, Carbohydrates: 85.6 g, Sugar: 14.1 g, Protein: 20.3 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: 785 Kcal, Fats: 26.9 g, SFA: 3.7g, Carbohydrates: 111.3 g, Sugar: 17.9 g, Protein: 24.5 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: 908 Kcal, Fats: 31.5 g, SFA: 3.6 g, Carbohydrates: 127.4 g, Sugar: 23.9 g, Protein: 28.9 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 29	TUESDAY 30	WEDNESDAY 31	THURSDAY 1	FRIDAY 2
Sautéed green beans with potatoes and carrot 	White bean stew 	Leek soup 		
Roast marinated pork loin with red peppers 	Battered and fried hake with lettuce 	Hamburger in mushrooms sauce 		
Fruit yoghurt 	Fruit	Fruit		
<small>Energy: 604 Kcal, Fats: 21.7 g, SFA: 1.8g, Carbohydrates: 84.5 g, Sugar: 14.1 g, Protein: 17.9 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: 791 Kcal, Fats: 27.2 g, SFA: 2.7g, Carbohydrates: 109.6 g, Sugar: 17.9 g, Protein: 27.1 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: 1029 Kcal, Fats: 36.7 g, SFA: 3.6 g, Carbohydrates: 144.4 g, Sugar: 23.9 g, Protein: 30.3 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>				
Water and bread are included in all menus.				