

MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
Mountain rice 	Vegetables and white bean stew 	Vegetable stew 	Rioja-style stewed potatoes 	Homemade poultry noodle soup 
Battered and fried hake with lettuce 	Homemade Cordon Bleu with a slice of fresh tomato 	Turkey stew with demi-glace sauce 	Cod in tomato sauce 	Orange roasted chicken thigh with French fries 
Fruit 	Fruit 	Fruit yoghurt 	Fruit 	Fruit yoghurt 
<small>Energy: 607Kcal. Fats: 21.9 g. SFA: 2.1 g. Carbohydrates: 86.3g. Sugar: 13.8 g. Protein: 16.3 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: 781 Kcal. Fats: 26.7 g. SFA: 2.6 g. Carbohydrates: 109.6 g. Sugar: 17.6 g. Protein: 25.8 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: 1079 Kcal. Fats: 37.2g. SFA: 3.8 g. Carbohydrates: 152.8 g. Sugar: 25.6 g. Protein: 32.3 g. Salt: 1.5 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 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
Sautéed green beans with potatoes and carrot 	Maravilla-style lentils 	Macaroni Milanese 	Homemade zucchini and pumpkin cream 	Vegetables and white bean stew 
Potato omelet with a slice of ham 	Pork fillet in English-style sauce with lettuce 	Kingklip in red pepper sauce with sautéed vegetables 	Chicken breast alla Milanese 	Homemade meatballs 
Fruit yoghurt 	Fruit 	Fruit 	Vanilla custard cup 	Fruit 
<small>Energy: 607 Kcal. Fats: 21.0 g. SFA: 1.8 g. Carbohydrates: 85.6 g. Sugar: 14.2g. 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: 802Kcal. Fats: 29.6g. SFA: 2.3 g. Carbohydrates: 111.6g. Sugar: 17.5 g. Protein: 22.3g. Salt: 1.5mg. 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: 934Kcal. Fats: 32.6 g. SFA: 3.7g. Carbohydrates: 130.2 g. Sugar: 25.6 g. Protein: 30.1 g. Salt: 1.5mg. 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
Rice with tomato sauce 	Homestyle chickpea stew 	Vegetable stew 	Vegetables and white bean stew 	Homemade poultry noodle soup 
Roast marinated pork loin with red peppers 	Battered and fried hake with lettuce 	Fresh sausages in totamo sauce 	Cod in green sauce 	Orange roasted chicken thigh with French fries 
Fruit 	Fruit 	Fruit yoghurt 	Fruit 	Fruit yoghurt 
<small>Energy: 580 Kcal. Fats: 21.0 g. SFA: 2.1 g. Carbohydrates: 82.3 g. Sugar: 13.9 g. Protein: 15.6 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: 754 Kcal. Fats: 26.3 g. SFA: 3.0 g. Carbohydrates: 105.8 g. Sugar: 18.3 g. Protein: 23.6 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: 1079Kcal. Fats: 36.8 g. SFA: 3.8g. Carbohydrates: 152.3 g. Sugar: 24.3 g. Protein: 34.7 g. Salt: 1.9 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
Macaroni Napoletana 	White beans with chorizo 	Sautéed green beans with potatoes and carrot 	Vegetable cream soup 	Homestyle lentil stew 
Pork fillet in vegetable sauce 	Breaded limanda with salad 	Salisbury steak in demi-glace sauce with sautéed mushrooms 	English-style chicken breast with chips 	Potato omelet with lettuce 
Fruit yoghurt 	Fruit 	Fruit 	Fruit yoghurt 	Fruit 
<small>Energy: 605Kcal. Fats: 21.7g. SFA: 1.9g. Carbohydrates: 84.7g. Sugar: 14.1g. Protein: 17.8g. Salt: 1.5mg. 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: 774Kcal. Fats: 26.3g. SFA: 2.3 g. Carbohydrates: 108.9g. Sugar: 17.9g. Protein: 25.6g. Salt: 1.8mg. 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: 888Kcal. Fats: 30.1g. SFA: 3.9g. Carbohydrates: 124.3g. Sugar: 25.1g. Protein: 30.1 g. Salt: 1.7mg. 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
Rioja-style stewed potatoes 				
Alicante-style hake 				
Fruit 				
<small>Energy: 608Kcal. Fats: 20.9g. SFA: 2.0g. Carbohydrates: 84.7 g. Sugar: 13.6g. 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: 803Kcal. Fats: 28.4 g. SFA: 2.3 g. Carbohydrates: 112.3 g. Sugar: 18.3g. Protein: 24.6 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: 1103Kcal. Fats: 37.3 g. SFA: 4.0 g. Carbohydrates: 159.3 g. Sugar: 26.9g. Protein: 32.6 g. Salt: 1.5 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>Water and bread are included in all menus. </p>				

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