

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
	Macaroni Bolognese 	Vegetable stew 	Castilian-style chickpea stew 	Vegetable cream soup 
	Marinated pork loin with red peppers 	Fresh sausages in tomato sauce 	Rioja-style cod 	Breaded breast chicken with French fries 
	Fruit 	Fruit yoghurt 	Fruit 	Fruit yoghurt 
<small>Energy: 579 Kcal, Fats: 20.2 g, AGS: 1.8 g, Carbohydrates: 81.9 g, Sugar: 13.5 g, Protein: 16.4 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: 725 Kcal, Fats: 27.2 g, AGS: 2.8 g, Carbohydrates: 100.7 g, Sugar: 18.0 g, Protein: 19.1 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: 1088 Kcal, Fats: 36.7 g, AGS: 4.3 g, Carbohydrates: 150.6 g, Sugar: 25.5 g, Protein: 38.8 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 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
Cantonese rice 	Sautéed green beans with potatoes and carrot 	Maravilla-style lentils 	Homemade poultry noodle soup 	Vegetables and white bean stew 
Battered and fried hake 	Potato omelet with a slice of ham 	Homemade meatballs with sautéed mushrooms 	Chicken thigh in its natural juice with French fries 	Pork fillet in Rioja-style sauce 
Fruit 	Fruit yoghurt 	Fruit 	Vanilla custard cup 	Fruit 
<small>Energy: 597 Kcal, Fats: 21.7 g, AGS: 1.7 g, Carbohydrates: 80.5 g, Sugar: 14.6 g, Protein: 19.8 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: 793 Kcal, Fats: 27.0 g, AGS: 2.9 g, Carbohydrates: 110.4 g, Sugar: 18.6 g, Protein: 27.2 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: 999 Kcal, Fats: 33.5 g, AGS: 3.6 g, Carbohydrates: 140.0 g, Sugar: 27.6 g, Protein: 34.3 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
Rioja-style stewed potatoes 	Chickpea stew 	Vegetable stew 	Macaroni Bolognese 	Zucchini and pumpkin cream 
French omelet with lettuce 	Grilled Salisbury steak 	Turkey stew with vegetable sauce with mushrooms 	Kingklip in red pepper sauce with sautéed vegetables 	Chicken breast alla Milanese with French fries 
Fruit yoghurt 	Fruit 	Fruit 	Fruit 	Fruit yoghurt 
<small>Energy: 607 Kcal, Fats: 21.1 g, AGS: 1.7 g, Carbohydrates: 83.9 g, Sugar: 14.0 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: 750 Kcal, Fats: 25.0 g, SFA: 3.0 g, Carbohydrates: 104.6 g, Sugar: 19.2 g, Protein: 26.6 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: 971 Kcal, Fats: 32.4 g, SFA: 4.0 g, Carbohydrates: 137.8 g, Sugar: 26.9 g, Protein: 32.1 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>				
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
Sautéed green beans with potatoes and carrot 	Homestyle lentil stew 	Rice with tomato sauce 	White beans with chorizo 	Homemade poultry noodle soup 
Pork fillet in English-style sauce with lettuce 	Potato omelet with a slice of ham 	Hake in green sauce with peas 	Grilled homemade hamburger (meat mixture) with mushrooms 	Orange roasted chicken thigh with potatoes 
Fruit yoghurt 	Fruit 	Fruit 	Fruit 	Fruit yoghurt 
<small>Energy: 600 Kcal, Fats: 20.2 g, SFA: 2.0 g, Carbohydrates: 85.9 g, Sugar: 13.7 g, Protein: 18.6 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: 775 Kcal, Fats: 26.9 g, SFA: 2.4 g, Carbohydrates: 105.7 g, Sugar: 18.5 g, Protein: 25.7 g, Salt: 1.8 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: 960 Kcal, Fats: 34.7 g, SFA: 3.5 g, Carbohydrates: 138.0 g, Sugar: 24.6 g, Protein: 24.0 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 29	TUESDAY 30	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
Macaroni Bolognese 	Leek soup 			
Breaded limanda with lettuce 	Turkey roll in Rioja-style sauce with red peppers 			
Fruit 	Fruit yoghurt 			
<small>Energy: 593 Kcal, Fats: 21.0 g, SFA: 1.9 g, Carbohydrates: 82.5 g, Sugar: 13.9 g, Protein: 18.6 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: 753 Kcal, Fats: 26.3 g, SFA: 2.4 g, Carbohydrates: 105.7 g, Sugar: 18.2 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: 912 Kcal, Fats: 32.3 g, SFA: 3.9 g, Carbohydrates: 128.6 g, Sugar: 26.0 g, Protein: 26.9 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>				
<p align="center"><b>Water and bread are included in all menus.</b> </p>				

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