

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
	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: 590Kcal. Fats: 20.3 g. SFA: 1.8 g. Carbohydrates: 84.9 g. Sugar: 13.7 g. Protein: 19.6g. 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: 753Kcal. Fats: 26.3g. SFA: 2.8 g. Carbohydrates: 105.7 g. Sugar: 19.0g. 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: 921Kcal. Fats: 32 g. SFA: 3.5 g. Carbohydrates: 130.9 g. Sugar: 25.7 g. Protein: 26.8 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 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
Cantonese rice 	Sautéed green beans with potatoes and carrot 	Maravilla-style lentils 	Homemade poultry noodle soup 	Vegetables and white bean stew 
Breaded limanda fillet with lettuce 	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: 610 Kcal. Fats: 21.0 g. SFA: 1.8 g. Carbohydrates: 84.7 g. Sugar: 14.2g. Protein: 20.6 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: 740Kcal. Fats: 25.4g. SFA: 2.3 g. Carbohydrates: 106.3g. Sugar: 17.5 g. Protein: 21.7g. 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: 1012Kcal. Fats: 35.1 g. SFA: 3.7g. Carbohydrates: 142.3 g. Sugar: 25.6 g. Protein: 31.9 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 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
Rioja-style stewed potatoes 	Chickpea stew 	Vegetable stew 	Macaroni Bolognese 	Zucchini and pumpkin cream 
Cod in green sauce with peas 	Grilled Salisbury steak 	Turkey stew with vegetable sauce and potato cubes 	Battered and fried hake with lettuce 	Chicken breast alla Milanese with French fries 
Fruit 	Fruit 	Fruit yoghurt 	Fruit 	Fruit yoghurt 
<small>Energy: 609 Kcal. Fats: 21.0 g. SFA: 2.1 g. Carbohydrates: 87.2 g. Sugar: 13.9 g. Protein: 17.8 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: 737 Kcal. Fats: 25.5 g. SFA: 3.0 g. Carbohydrates: 107.2 g. Sugar: 18.3 g. Protein: 19.9 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: 875Kcal. Fats: 29.7 g. SFA: 3.8g. Carbohydrates: 124.7 g. Sugar: 24.3 g. Protein: 27.4 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 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
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 	English-style limanda with lettuce 	Grilled homemade hamburger (meat mixture) with mushrooms 	Orange roasted chicken thigh with potatoes 
Fruit yoghurt 	Fruit 	Fruit 	Fruit 	Fruit yoghurt 
<small>Energy: 603Kcal. Fats: 20.7g. SFA: 1.9g. Carbohydrates: 83.9g. Sugar: 14.1g. Protein: 20.3g. 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: 783Kcal. Fats: 26.3g. SFA: 2.9g. Carbohydrates: 111.9g. Sugar: 17.9g. Protein: 24.8g. 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: 1079Kcal. Fats: 37.7 g. SFA: 4.0 g. Carbohydrates: 152.3 g. Sugar: 26.9g. 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 30	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
Macaroni Bolognese 				
Battered and fried hake 				
Fruit 				
<small>Energy: 605Kcal. Fats: 21.7g. SFA: 2.0g. Carbohydrates: 84.7 g. Sugar: 13.6g. Protein: 17.8 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: 753Kcal. Fats: 27.1 g. SFA: 2.3 g. Carbohydrates: 114.0 g. Sugar: 18.3g. Protein: 23.5 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: 1079Kcal. Fats: 37.7 g. SFA: 4.0 g. Carbohydrates: 152.3 g. Sugar: 26.9g. 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>				
<p align="center">Water and bread are included in all menus. </p>				