

| MONDAY 28   | TUESDAY 29   | WEDNESDAY 30  | THURSDAY 1  | FRIDAY 2  |
|---|--|---|---|---|
|   |  |   | Homestyle lentil stew<br>                               | Homemade chicken noodle soup<br>                         |
|   |  |   | Battered and fried hake with lettuce<br>                | Chicken thigh in its natural juice with French fries<br> |
|   |  |   | Fruit<br>  | Fruit yoghurt<br>  |
| <small>Energy: 604Kcal. Fats: 21.1 g. SFA: 2.0 g. Carbohydrates: 85.2 g. Sugar: 13.5g. Protein: 18.5 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.<br/>Energy: 797Kcal. Fats: 27.1 g. SFA: 2.3 g. Carbohydrates: 114.6 g. Sugar: 18.4 g. Protein: 23.9g. 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.<br/>Energy: 866 Kcal. Fats: 30.1 g. SFA: 3.7 g. Carbohydrates: 120.0 g. Sugar: 26.4 g. Protein: 28.8 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 5  | TUESDAY 6  | WEDNESDAY 7   | THURSDAY 8  | FRIDAY 9  |
| Macaroni au gratin<br>  | Chickpea stew<br>                       | Vegetable stew<br>                                 | Vegetable purée<br>                                     | Stewed black beans with chorizo<br>                      |
| Roast marinated pork loin with red peppers<br>  | Breaded limanda fillet with lettuce<br> | Potato omelet with a slice of ham<br>              | English-style chicken breast with French fries<br>      | Homemade meatballs<br>                                   |
| Fruit<br>  | Fruit yoghurt<br>                       | Fruit<br>  | Vanilla custard cup<br>                                  | Fruit<br>  |
| <small>Energy: 606Kcal. Fats: 22.1 g. SFA: 1.6 g. Carbohydrates: 86.3 g. Sugar: 14.5g. Protein: 15.6g. 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.<br/>Energy: 758Kcal. Fats: 26.9 g. SFA: 2.6 g. Carbohydrates: 105.6 g. Sugar: 17.5g. 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.<br/>Energy: 1019Kcal. Fats: 35.1g. SFA: 3.3 g. Carbohydrates: 141.2g. Sugar: 23.6g. Protein: 33.6g. 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 12   | TUESDAY 13   | WEDNESDAY 14  | THURSDAY 15   | FRIDAY 16   |
|   | Maravilla-style lentils<br>           | Sautéed green beans with potatoes and carrot<br> | White bean stew<br>                                   | Homemade chicken noodle soup<br>                       |
|   | Fresh sausages in totamo sauce<br>    | Breaded pork fillet with lettuce<br>             | Rioja-style cod with red peppers<br>                  | Orange roasted chicken thigh with French fries<br>     |
|   | Fruit<br>                             | Fruit yoghurt<br>                                | Fruit<br>  | Fruit yoghurt<br>                                      |
| <small>Energy: 578Kcal. Fats: 20.1 g. SFA: 1.8 g. Carbohydrates: 83.6 g. Sugar: 13.9g. Protein: 15.9 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.<br/>Energy: 796Kcal. Fats: 26.9 g. SFA: 2.9g. Carbohydrates: 114.7 g. Sugar: 18.8g. 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.<br/>Energy: 854Kcal. Fats: 30.0 g. SFA: 3.9 g. Carbohydrates: 141.2g. Sugar: 23.6g. Protein: 32.7 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 19   | TUESDAY 20   | WEDNESDAY 21  | THURSDAY 22   | FRIDAY 23   |
| Vegetable stew<br>  | Stewed black beans with chorizo<br>   | Macaroni Bolognese<br>                           | Pumpkin cream soup<br>                                | Castilian-style chickpea stew<br>                      |
| Potato omelet with a slice of ham<br>   | Pork fillet in Rioja-style sauce<br>  | Turkey roll in demi-glace sauce<br>              | Breaded breast chicken with French fries<br>          | Hake in Alicante sauce<br>                             |
| Fruit<br>  | Fruit yoghurt<br>                     | Fruit<br>  | Fruit yoghurt<br>                                      | Fruit<br>  |
| <small>Energy: 609Kcal. Fats: 21.7g. SFA: 1.8g. Carbohydrates: 82.6g. Sugar: 14.9g. Protein: 20.9g. Salt: 1.6mg. 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.<br/>Energy: 772Kcal. Fats: 26.3g. SFA: 2.9g. Carbohydrates: 105.8g. Sugar: 17.5g. Protein: 24.7g. 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.<br/>Energy: 1099Kcal. Fats: 39.3g. SFA: 4.0g. Carbohydrates: 154.3g. Sugar: 24.8g. Protein: 32.7g. 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 26   | TUESDAY 27   | WEDNESDAY 28  | THURSDAY 29   | FRIDAY 30   |
| Sautéed green beans with potatoes and carrot<br>  | Homestyle lentil stew<br>             | Rcie with vegetables<br>                         | Rioja-style potatoes<br>                               | Homestyle white bean stew<br>                          |
| Grilled homemade hamburger (meat mixture) with sautéed vegetables<br>   | Breaded limanda with lettuce<br>      | Turkey stew with demi-glace sauce<br>            | Homemade Cordon Bleu with a slice of fresh tomato<br> | Grilled cod tails with lettuce<br>                     |
| Fruit yoghurt<br>  | Fruit<br>                             | Fruit yoghurt<br>                                | Fruit<br>  | Fruit<br>  |
| <small>Energy: 599Kcal. Fats: 21.3g. SFA: 1.9 g. Carbohydrates: 84.9 g. Sugar: 14.2g. Protein: 17.1 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.<br/>Energy: 772Kcal. Fats: 27.8 g. SFA: 3.0g. Carbohydrates: 108.9g. Sugar: 18.3 g. Protein: 21.7 g. Salt: 1.7mg. 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.<br/>Energy: 936Kcal. Fats: 33.3 g. SFA: 3.7 g. Carbohydrates: 132.2g. Sugar: 23.9 g. Protein: 26.9g. Salt: 1.8 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><b>Water and bread are included in all menus.</b> </p>  |  |   |   |   |