





MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 1
				Homemade chicken noodle soup 
				Chicken thigh in its natural juice with French fries 
				Fruit yoghurt 
<small>Energy: 609Kcal, Fats: 21.0 g, SFA: 2.1 g, Carbohydrates: 87.3 g, Sugar: 14.3 g, Protein: 17.9 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: 785 Kcal, Fats: 28.6 g, SFA: 2.8 g, Carbohydrates: 107.4 g, Sugar: 18.1 g, Protein: 24.7 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: 1064 Kcal, Fats: 36.9 g, SFA: 3.9 g, Carbohydrates: 151.7 g, Sugar: 25.5 g, Protein: 31.4 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 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
Macaroni au gratin 	Castilian-style chickpea stew 	Vegetable stew 	Vegetable purée 	Stewed black beans with chorizo 
Roast marinated pork loin with red peppers 	Breaded limanda fillet with lettuce 	Homemade meatballs 	English-style chicken breast with French fries 	Kingklip in red pepper sauce with sautéed vegetables 
Fruit 	Fruit yoghurt 	Fruit 	Vanilla custard cup 	Fruit 
<small>Energy: 537 Kcal, Fats: 20.3 g, SFA: 1.9 g, Carbohydrates: 72.6 g, Sugar: 13.9 g, 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. Energy: 780 Kcal, Fats: 30.3 g, SFA: 2.9 g, Carbohydrates: 100.5 g, Sugar: 19.1 g, Protein: 26.4 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: 1006 Kcal, Fats: 33.8 g, SFA: 3.5 g, Carbohydrates: 135.0 g, Sugar: 24.6 g, Protein: 40.4 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 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
		Sautéed green beans with potatoes and carrot 	White bean stew 	Homemade chicken noodle soup 
		Breaded pork fillet with lettuce 	Rioja-style cod with red peppers 	Orange roasted chicken thigh with French fries 
		Fruit yoghurt 	Fruit 	Fruit yoghurt 
<small>Energy: 602 Kcal, Fats: 22.9 g, SFA: 2.1 g, Carbohydrates: 80.6 g, Sugar: 13.1 g, Protein: 18.4 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: 724 Kcal, Fats: 28.6 g, SFA: 3.0 g, Carbohydrates: 98.7 g, Sugar: 17.6 g, Protein: 25.3 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: 979 Kcal, Fats: 35.2 g, SFA: 4.0 g, Carbohydrates: 140.9 g, Sugar: 26.2 g, Protein: 24.6 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>				
MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
Vegetable stew 	Red beans with vegetables 	Macaroni au gratin 	Homemade zucchini and pumpkin cream 	Castilian-style chickpea stew 
Potato omelet with a slice of ham 	Grilled homemade hamburger (meat mixture) with mushrooms 	Turkey roll in demi-glace sauce 	Breaded breast chicken with French fries 	Hake in Alicante sauce 
Fruit 	Fruit yoghurt 	Fruit 	Fruit yoghurt 	Fruit 
<small>Energy: 546 Kcal, Fats: 19.9 g, SFA: 1.7g, Carbohydrates: 77.1 g, Sugar: 13.1g, Protein: 14.7 g, 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: 724 Kcal, Fats: 28.6 g, SFA: 3.0g, Carbohydrates: 98.7 g, Sugar: 17.6g, Protein: 18.0 g, 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: 1040 Kcal, Fats: 31.5g, SFA: 3.2g, Carbohydrates: 143.2 g, Sugar: 23.6g, Protein: 36.7 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 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
Sautéed green beans with potatoes and carrot 	Maravilla-style lentils 	Ricie with vegetables 	Rioja-style potatoes 	White bean stew 
Pork fillet in Rioja-style sauce with fried pepper 	Breaded limanda with lettuce 	Turkey stew with demi-glace sauce 	Homemade Cordon Bleu with a slice of fresh tomato 	Cod in green sauce with peas 
Fruit yoghurt 	Fruit 	Fruit yoghurt 	Fruit 	Fruit 
<small>Energy: 594 Kcal, Fats: 18.7 g, SFA: 2.2 g, Carbohydrates: 85.3 g, Sugar: 14.5 g, Protein: 21.1 g, Salt: 1.8 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: 710 Kcal, Fats: 23.0 g, SFA: 2.6 g, Carbohydrates: 105.2 g, Sugar: 18.9 g, Protein: 20.6 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: 988 Kcal, Fats: 32.2 g, SFA: 3.2 g, Carbohydrates: 143.2 g, Sugar: 23.9 g, Protein: 31.3 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>				
Water and bread are included in all menus.				