











MONDAY 30	TUESDAY 31	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
			Homestyle lentil stew 	Sautéed green beans with ham
			Homemade Cordon Bleu with lettuce 	Homemade pork meatballs in tomato sauce 
			Fruit	Fruit
<small>Energy: 571Kcal. Fats: 20.2 g. SFA: 1.8 g. Carbohydrates: 81.4 g. Sugar: 13.7 g. Protein: 15.9 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: 788Kcal. Fats: 26.9g. SFA: 2.8 g. Carbohydrates: 111.1 g. Sugar: 19.0g. Protein: 25.6 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: 994Kcal. Fats: 35.4 g. SFA: 3.5 g. Carbohydrates: 136.9 g. Sugar: 23.7 g. Protein: 32.1 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 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
Pasta in carbonara sauce 	Chickpea and bacon stew 	Meat paella 	Courgette cream soup 	Vegetables and white bean stew 
English-style permit with lettuce 	Roast pork with mushrooms 	Hake fillets with lettuce 	Chicken thigh in its natural juice with finely sliced potatoes 	Grilled homemade pork hamburger with lettuce 
Fruit	Fruit	Fruit yoghurt 	Fruit	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: 23.6 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 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
Rice with ground beef and tomato sauce 	Homestyle lentil stew 	Mashed potatoes with croutons 	Tagliatelle with tomato sauce 	Green beans with egg 
Pork loin in tomato sauce with red peppers 	English-style limanda with a slice of fresh tomato 	Homemade pork meatballs in demi-glace sauce with mushrooms 	Battered and fried hake with lettuce 	Grilled chicken breast with lettuce and tomato salad 
Fruit	Fruit	Fruit yoghurt 	Fruit	Fruit
<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: 26.3g. 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 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
White rice with tomato sauce 	Vegetable cream soup with croutons 	Chickpea and chorizo stew 	Macaroni au gratin 	Maravilla-style lentils 
English-style dorado with lettuce 	Homemade pork hamburger in vegetable sauce with mushrooms 	Potato omelet with lettuce 	Orio-style cod with lettuce 	Chicken thigh in its natural juice with a slice of fresh tomato
Fruit	Fruit	Fruit yoghurt 	Fruit	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: 2.9g. 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 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 1
Sautéed chard with serrano ham 	Macaroni Bolognese 	Homestyle white bean stew 	Rice alla Milanese 	
Turkey stew with vegetables 	English-style limanda with lettuce and carrot salad 	Fresh sausages in tomato sauce with red peppers 	Battered and fried hake with lettuce and tomato salad 	
Fruit	Fruit	Fruit yoghurt 	Fruit	
<small>Energy: 608Kcal. Fats: 20.9g. SFA: 2.0g. Carbohydrates: 86.3 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>				
Water and bread are included in all menus. 				