

















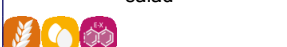



















MONDAY 29	TUESDAY 30	WEDNESDAY 31	THURSDAY 1	FRIDAY 2
			Rice alla Milanese 	Macaroni in carbonara sauce 
			Meatballs in demi-glace sauce with mushrooms 	Potato omelet with lettuce 
			Fruit yoghurt 	Fruit
<small>Energy: 599Kcal. Fats: 21.0 g. SFA: 2.3 g. Carbohydrates: 85.7 g. Sugar: 15.0 g. Protein: 16.9 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: 792 Kcal. Fats: 27.0 g. SFA: 2.3 g. Carbohydrates: 112.8 g. Sugar: 17.9 g. Protein: 24.6 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: 1103Kcal. Fats: 37.1 g. SFA: 3.6 g. Carbohydrates: 155.6 g. Sugar: 25.9 g. Protein: 36.9 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>				
MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
White rice with tomato sauce 	Castilian-style white bean stew 	Homemade poultry noodle soup 	Sautéed chard with ham 	Lentil stew 
Battered and fried hake with salad 	Grilled pork loin with salad 	Homemade pork meatballs in demi-glace sauce with mushrooms 	Roast chicken ham in its natural juice with salad 	English-style limanda with salad 
Fruit	Fruit	Fruit	Fruit yoghurt 	Fruit
<small>Energy: 590Kcal. Fats: 20.4 g. SFA: 1.7 g. Carbohydrates: 84.3 g. Sugar: 14.9 g. Protein: 17.3g. 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: 757Kcal. Fats: 26.3 g. SFA: 2.4 g. Carbohydrates: 105.3 g. Sugar: 18.0 g. Protein: 24.9 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. Energy: 906 Kcal. Fats: 31.3 g. SFA: 3.6 g. Carbohydrates: 130.3 g. Sugar: 24.6 g. Protein: 25.9 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 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
Vegetable purée with croutons 	Rice with vegetables 	Chickpea and vegetable stew 		
Grilled pork loin with salad 	English-style chicken breast with salad 	Rioja-style cod with red peppers 		
Fruit	Fruit	Fruit		
<small>Energy: 609Kcal. Fats: 22.3 g. SFA: 1.8 g. Carbohydrates: 86.0 g. Sugar: 14.2 g. Protein: 16.2 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: 743Kcal. Fats: 25.8 g. SFA: 2.5 g. Carbohydrates: 105.7 g. Sugar: 17.6 g. Protein: 22.2 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: 1054 Kcal. Fats: 36.9 g. SFA: 3.2 g. Carbohydrates: 148.9 g. Sugar: 25.1 g. Protein: 31.6 g. 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>				
MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
Montañesa-style rice 	Alubias blancas estofadas con verduras 	Homestyle chards 	Homestyle lentils with vegetables 	Fish Fideua (noodle paella) 
Frankfurter with tomato sauce with red peppers 	English-style anglerfish with salad 	Roasted pork in Spanish-style sauce with mushrooms 	Grilled chicken breast with salad 	Battered and fried hake with salad 
Fruit	Fruit	Fruit	Fruit yoghurt 	Fruit
<small>Energy: 602 Kcal. Fats: 21.4g. SFA: 1.8g. Carbohydrates: 84.1g. Sugar: 13.8g. Protein: 18.3g. 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: 797Kcal. Fats: 27.4 g. SFA: 2.3 g. Carbohydrates: 111.9 g. Sugar: 17.4g. Protein: 25.9 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: 1091 Kcal. Fats: 37.5 g. SFA: 3.8 g. Carbohydrates: 152.8 g. Sugar: 23.9g. Protein: 35.7g. 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 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 1	FRIDAY 2
Meat paella 	Homestyle green beans 	Tagliatelle with tomato sauce 		
Roast marinated pork loin with salad 	Grilled homemade Salisbury steak with salad 	English-style limanda with salad 		
Fruit	Fruit	Fruit		
<small>Energy: 598Kcal. Fats: 20.9 g. SFA: 2.0 g. Carbohydrates: 82.5 g. Sugar: 13.9g. Protein: 20.1 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: 774Kcal. Fats: 25.9 g. SFA: 2.7 g. Carbohydrates: 110.7 g. Sugar: 18.9 g. Protein: 24.7 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: 964Kcal. Fats: 33.1 g. SFA: 3.8 g. Carbohydrates: 136.5 g. Sugar: 24.7 g. Protein: 30.2 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>				
<p align="center">Water and bread are included in all menus. </p>				