























MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31	FRIDAY 1
				Homestyle chards
				Battered and fried cod with lettuce 
				Fruit







Energy: 580 Kcal, Fats: 20.0 g, SFA: 2.0g, Carbohydrates: 81.6 g, Sugar: 14.4 g, Protein: 18.6 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: 798 Kcal, Fats: 27.8 g, SFA: 3.0g, Carbohydrates: 112.3 g, Sugar: 18.6 g, Protein: 24.7 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: 988 Kcal, Fats: 34.7 g, SFA: 4.0g, Carbohydrates: 140.1 g, Sugar: 27.1 g, Protein: 28.9 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.

MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
Meat paella 	Homestyle chickpea stew 	Macaroni in carbonara sauce 	Homestyle green beans 	Vegetables and white bean stew 
Marinated pork loin with lettuce 	Hake fillets with salad 	Grilled homemade hamburger (meat mixture) with a slice of fresh tomato 	Baked chicken ham with salad 	Potato omelet with a slice of fresh tomato 
Fruit	Fruit	Fruit	Fruit yoghurt 	Fruit

Energy: 602 Kcal, Fats: 21.7 g, SFA: 1.8 g, Carbohydrates: 86.3 g, Sugar: 14.3 g, Protein: 15.6 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: 772 Kcal, Fats: 26.3 g, SFA: 2.6 g, Carbohydrates: 110.3 g, Sugar: 18.7 g, 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: 1089 Kcal, Fats: 38.2 g, SFA: 3.9 g, Carbohydrates: 153.2 g, Sugar: 24.3 g, Protein: 33.3 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.

MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
Lentejas estofadas con chorizo 	Sautéed chard with serrano ham	Rice with ground beef and tomato sauce 	Vegetable cream soup 	Spaghetti with tomato sauce 
English-style limanda with a slice of fresh tomato 	Grilled chicken breast with lettuce and tomato salad 	Pork loin in tomato sauce 	Rape al horno with salad 	Frankfurter with tomato sauce with salad 
Fruit	Fruit	Fruit	Fruit yoghurt 	Fruit

Energy: 609 Kcal, Fats: 22.3 g, SFA: 2.0 g, Carbohydrates: 85.3 g, Sugar: 15.8 g, Protein: 16.9 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: 756 Kcal, Fats: 25.4 g, SFA: 2.3 g, Carbohydrates: 106.3 g, Sugar: 19.0 g, Protein: 25.7 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: 975 Kcal, Fats: 33.9 g, SFA: 3.8 g, Carbohydrates: 137.8 g, Sugar: 23.9 g, Protein: 29.8 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.

MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
White rice with tomato sauce	Homestyle chickpea stew 	Homemade poultry noodle soup 		
Potato omelet with lettuce 	Orio-style cod with salad 	Chicken nuggets with lettuce and carrot salad 		
Fruit	Fruit	Instant custard cup 		

Energy: 605 Kcal, Fats: 21.1 g, SFA: 1.9 g, Carbohydrates: 83.7 g, Sugar: 14.6 g, 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: 756 Kcal, Fats: 25.1 g, SFA: 2.9 g, Carbohydrates: 107.5 g, Sugar: 17.6 g, Protein: 22.9 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: 1101 Kcal, Fats: 38.7 g, SFA: 4.0 g, Carbohydrates: 152.3 g, Sugar: 25.4 g, Protein: 36.1 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.

MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29

Water and bread are included in all menus.



According to Royal Decree 1420/2006, fishery products to be consumed raw or almost raw have already been frozen.