

| MONDAY 31 | TUESDAY 1 | WEDNESDAY 2 | THURSDAY 3 | FRIDAY 4 |
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| MONDAY 7 | TUESDAY 8 | WEDNESDAY 9 | THURSDAY 10 | FRIDAY 11 |
| | Homestyle lentil stew  | Macaroni in carbonara sauce  | Sautéed green beans with ham  | White rice with tomato sauce |
| | Baked Frankfurter with tomato with red peppers  | Grilled pork loin with lettuce  | Chicken thigh in its natural juice with lettuce  | English-style limanda with lettuce  |
| | Fruit | Fruit yoghurt  | Fruit | Fruit |
| <small>Energy: 610 Kcal. Fats: 20.3 g. SFA: 2.0 g. Carbohydrates: 86.9 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: 798Kcal. Fats: 28.3 g. SFA: 2.7 g. Carbohydrates: 112.4 g. Sugar: 17.3 g. Protein: 23.8 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: 36.9g. SFA: 3.9 g. Carbohydrates: 150.6 g. Sugar: 26.1 g. Protein: 32.6 g. Salt: 1.7 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 14 | TUESDAY 15 | WEDNESDAY 16 | THURSDAY 17 | FRIDAY 18 |
| Spaghetti with tomato sauce and minced meat  | Courgette purée with croutons  | Vegetables and white bean stew  | Homestyle chards | Ribs and cauliflower paella |
| Marinated pork loin with lettuce  | Salchichas frescas de ave con salsa de tomate with lettuce and carrot salad  | Hake in green sauce with peas  | Roman-style breast chicken with lettuce  | Potato omelet with a slice of fresh tomato  |
| Fruit | Fruit | Fruit yoghurt  | Fruit | Fruit |
| <small>Energy: 605Kcal. Fats: 21.7g. SFA: 2.0g. Carbohydrates: 84.7 g. Sugar: 13.6g. Protein: 17.8 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: 790Kcal. Fats: 27.1 g. SFA: 2.3 g. Carbohydrates: 114.0 g. Sugar: 18.3g. Protein: 23.5 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: 1079Kcal. Fats: 37.7 g. SFA: 4.0 g. Carbohydrates: 152.3 g. Sugar: 26.9g. Protein: 32.8 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.</small> | | | | |
| MONDAY 21 | TUESDAY 22 | WEDNESDAY 23 | THURSDAY 24 | FRIDAY 25 |
| Vegetable fideuá (noodle paella)  | | White rice with tomato sauce | Chickpea and vegetable stew  | Homestyle borage |
| Chilindrón-style pork loin with red peppers  | | Chicken thigh in its natural juice with finely sliced potatoes | Rape al horno with lettuce  | Homemade pork meatballs in demi-glace sauce with mushrooms  |
| Fruit | | Fruit yoghurt  | Fruit | Fruit |
| <small>Energy: 609Kcal. Fats: 21.1 g. SFA: 2.0 g. Carbohydrates: 87.7 g. Sugar: 14.5 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: 790Kcal. Fats: 26.9 g. SFA: 2.3 g. Carbohydrates: 110.3 g. Sugar: 17.7 g. Protein: 26.7g. 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: 1013Kcal. Fats: 35.8 g. SFA: 3.9 g. Carbohydrates: 142.3 g. Sugar: 26.8 g. Protein: 30.4 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 28 | TUESDAY 29 | WEDNESDAY 30 | THURSDAY 31 | FRIDAY 1 |
| Macaroni in carbonara sauce  | Sautéed green beans with bacon  | Creamy rice with vegetables  | Homestyle white bean stew with bacon  | |
| Baked hake with red peppers  | Veal stew with vegetable sauce (*) with mushrooms  | English-style chicken breast with lettuce  | Potato omelet with lettuce  | |
| Fruit | Fruit | 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> | | | | |
| <p align="center">Water and bread are included in all menus.</p>  | | | | |