

| MONDAY 25  | TUESDAY 26  | WEDNESDAY 27  | THURSDAY 28  | FRIDAY 1   |
|--|---|---|--|--|
|  |   |   |  | Marmitaco tuna<br>  |
|  |   |   |  | Grilled hamburger (meat mixture) with a slice of fresh tomato<br> |
|  |   |   |  | Fruit  |
| <small>Energy: 599Kcal. Fats: 21.3g. SFA: 1.9 g. Carbohydrates: 84.9 g. Sugar: 14.2g. Protein: 17.1 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.<br/>Energy: 772Kcal. Fats: 27.8 g. SFA: 3.0g. Carbohydrates: 108.9 g. Sugar: 18.3 g. Protein: 21.7 g. Salt: 1.7mg. 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.<br/>Energy: 936Kcal. Fats: 33.3 g. SFA: 3.7 g. Carbohydrates: 132.2g. Sugar: 23.9 g. Protein: 26.9g. 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 4   | TUESDAY 5   | WEDNESDAY 6   | THURSDAY 7   | FRIDAY 8   |
| Homestyle lentil stew<br>   | Homemade poultry noodle soup<br>                               | White rice with tomato sauce  | Homestyle borage<br>  | White beans with chorizo<br>                                      |
| Marinated pork loin with lettuce<br>   | Homemade pork meatballs in demi-glace sauce with mushrooms<br> | Rape rebozado with lettuce and sweetcorn salad<br>               | Grilled chicken breast with lettuce<br>                               | Baked cod with red peppers<br>                                    |
| Fruit  | Fruit   | Fruit   | Fruit yoghurt<br>   | Fruit  |
| <small>Energy: 591 Kcal. Fats: 21.0 g. SFA: 2.0 g. Carbohydrates: 83.6 g. Sugar: 13.9 g. Protein: 16.9 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.<br/>Energy: 772 Kcal. Fats: 26.9 g. SFA: 2.6 g. Carbohydrates: 108.9 g. Sugar: 18.3 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.<br/>Energy: 957 Kcal. Fats: 33.6 g. SFA: 3.3 g. Carbohydrates: 136.8 g. Sugar: 24.1 g. Protein: 26.9 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 11  | TUESDAY 12  | WEDNESDAY 13  | THURSDAY 14  | FRIDAY 15  |
| Sautéed green beans with ham<br>   | Homemade poultry soup<br>                                    | Lentil and chorizo stew<br>                                    | Rice with chicken and vegetables<br>                                | Spaghetti with tuna<br>   |
| Fresh sausages in totamo sauce<br>   | Garlic roast chicken with lettuce<br>                        | Battered and fried hake with lettuce<br>                       | Turkey stew with demi-glace sauce with mushrooms<br>               | Potato omelet with lettuce and tomato salad<br>                 |
| Fruit  | Fruit   | Fruit   | Fruit yoghurt<br>   | Fruit  |
| <small>Energy: 603 Kcal. Fats: 20.8 g. SFA: 2.1 g. Carbohydrates: 84.7 g. Sugar: 14.2 g. Protein: 19.3 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.<br/>Energy: 800 Kcal. Fats: 27.6 g. SFA: 2.8 g. Carbohydrates: 112.3 g. Sugar: 17.6 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.<br/>Energy: 1068 Kcal. Fats: 37.2 g. SFA: 3.9 g. Carbohydrates: 151.0 g. Sugar: 25.6 g. Protein: 32.3 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 18  | TUESDAY 19  | WEDNESDAY 20  | THURSDAY 21  | FRIDAY 22  |
|  | Courgette cream soup<br>                                     | Sautéed chard with serrano ham<br>                             | Rice with tomato sauce   | Vegetables and white bean stew<br>                              |
|  | English-style anglerfish with a slice of fresh tomato<br>    | Grilled chicken breast with lettuce<br>                        | Grilled homemade hamburger (meat mixture) con pimientos asados<br> | Andalusian-style hake with lettuce<br>                          |
|  | Fruit   | Fruit   | Fruit yoghurt<br>   | Fruit  |
| <small>Energy: 598Kcal. Fats: 21.1g. SFA: 1.9g. Carbohydrates: 86.3g. Sugar: 14.7g. Protein: 15.9 g. Salt: 1.8mg. 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.<br/>Energy: 782Kcal. Fats: 26.3g. SFA: 2.3g. Carbohydrates: 109.6g. Sugar: 18.6g. Protein: 26.9g. Salt: 1.7mg. 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.<br/>Energy: 988Kcal. Fats: 34.5g. SFA: 4.0g. Carbohydrates: 139.6g. Sugar: 26.2g. Protein: 30.0g. 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 25  | TUESDAY 26  | WEDNESDAY 27  | THURSDAY 28  | FRIDAY 29  |
| Potato cream soup<br>   | Lentil and bacon stew<br>                                    | Ribs and cauliflower paella   | Sautéed green beans with potatoes and carrot<br>                   | Macaroni Napoletana<br>   |
| Roast chicken ham in its natural juice with lettuce<br>   | Orio-style cod with red peppers<br>                          | Grilled pork loin with lettuce, tomato and sweetcorn salad<br> | Chicken sausages with a slice of fresh tomato<br>                  | Potato omelet with lettuce and carrot salad<br>                 |
| Fruit  | Fruit   | Fruit yoghurt<br>  | Fruit  | Fruit  |
| <small>Energy: 610 Kcal. Fats: 21.0 g. SFA: 1.9 g. Carbohydrates: 88.2 g. Sugar: 14.5 g. Protein: 17.1 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.<br/>Energy: 752 Kcal. Fats: 26.7 g. SFA: 2.3 g. Carbohydrates: 105.6 g. Sugar: 17.9 g. Protein: 23.7 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.<br/>Energy: 998 Kcal. Fats: 34.7 g. SFA: 3.9 g. Carbohydrates: 140.2 g. Sugar: 25.6 g. Protein: 31.3 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>  |   |   |  |  |
| Water and bread are included in all menus.   |   |    |  |  |