

MONDAY 30	TUESDAY 31	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
		Macaroni with tomato sauce 	Homestyle lentil stew 	Green beans with potato, tomato and egg 
		Grilled pork loin 	Baked chicken thigh 	Meatballs in sauce 
		Banana 	Fruit yoghurt 	Apple 
<small>Energy: 397Kcal. Lipids: 13.8 g. AGS: 1.5 g. Carbohydrates: 55.9 g. Sugar: 9.9 g. Protein: 12.3 g. - Nutritional evaluation calculated for 1-4-year-old children with a recommended caloric intake of 1.250 Kcal/day.</small>				
MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
Castilian-style white bean stew 	Vegetable purée 	FESTIVE	Homemade chicken noodle soup 	Rice with tomato sauce 
Breaded limanda fillet 	Grilled chicken breast 		Halibut in green sauce 	Chicken sausages 
Fruit yoghurt 	Pear 		Fruit yoghurt 	Apple 
<small>Energy: 427Kcal. Lipids: 14.8 g. AGS: 1.5 g. Carbohydrates: 61.6 g. Sugar: 10.2 g. Protein: 11.9 g. - Nutritional evaluation calculated for 1-4-year-old children with a recommended caloric intake of 1.250 Kcal/day.</small>				
MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
Courgette cream soup 	Castilian-style white bean stew 	Homemade vegetable noodle soup 	Macaroni au gratin 	Homestyle lentil stew 
Hake fingers 	Grilled chicken breast 	Grilled homemade Salisbury steak 	Battered and fried halibut 	Potato omelet 
Ice-cream cup 	Pear 	Banana 	Fruit yoghurt 	Apple 
<small>Energy: 425 Kcal. Lipids: 14.2 g. AGS: 1.4 g. Carbohydrates: 60.7 g. Sugar: 9.8 g. Protein: 13.6 g. - Nutritional evaluation calculated for 1-4-year-old children with a recommended caloric intake of 1.250 Kcal/day.</small>				
MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
Vegetable purée 	Paella 	Chickpea stew topped by hard-boiled eggs 	Sautéed green beans with ham 	Lentil stew with chorizo 
Grilled pork loin 	Roman flounder 	Turkey stew with vegetables 	Chicken thigh in its natural juice 	Breaded limanda 
Fruit yoghurt 	Juice 	Banana 	Fruit yoghurt 	Apple 
<small>Energy: 389 Kcal. Lipids: 13.7 g. AGS: 1.5 g. Carbohydrates: 54.9 g. Sugar: 10.1 g. Protein: 11.7 g. - Nutritional evaluation calculated for 1-4-year-old children with a recommended caloric intake of 1.250 Kcal/day.</small>				
MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 1
Carrot cream soup 	Castilian-style red bean stew 	Macaroni in carbonara sauce 	Maravilla-style lentils 	
Saxony chop 	Cod in green sauce 	Homemade beef meatballs in Spanish-style sauce 	Battered haddock 	
Fruit yoghurt 	Pear 	Banana 	Fruit yoghurt 	
<small>Energy: 433 Kcal. Lipids: 14.6 g. AGS: 1.6 g. Carbohydrates: 60.2 g. Sugar: 10.6 g. Protein: 13.4 g. - Nutritional evaluation calculated for 1-4-year-old children with a recommended caloric intake of 1.250 Kcal/day.</small>				
Water and bread are included in all menus.				