

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5	
FESTIVE	Vegetable cream soup 	Cuban-style rice 	Castilian-style white bean stew 	Sautéed green beans with ham 	
	Pork escalope	Chicken sausages 	Battered halibut 	Breaded breast chicken 	
	Fruit yoghurt 	Tangerine	Fruit yoghurt 	Banana	
<small>Energy: 595 kcal . Lipids: 31,8 g . Saturated Fatty Acids: 7,2 g . Carbohydrates: 42,9 g . Sugar: 14,7 g . Protein: 30,1 g . Salt: 1,8 g . - . Nutritional evaluation for an adult with a recommended caloric intake of 2,000 Kcal/day. R EU 1169/2011</small>					
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12	
Homestyle lentil stew 	Carrot cream soup	Tri-colour fusilli and cheese au gratin 	Stew 	Vegetable stew 	
Breaded limanda fillet 	Roast chicken in its natural juice	Cod in green sauce 		Potato omelet 	
Pear	Fruit yoghurt 	Apple	Juice	Banana	
<small>Energy: 638 kcal . Lipids: 31,1 g . Saturated Fatty Acids: 6,1 g . Carbohydrates: 55,0 g . Sugar: 20,9 g . Protein: 29,7 g . Salt: 2,1 g . - . Nutritional evaluation for an adult with a recommended caloric intake of 2,000 Kcal/day. R EU 1169/2011</small>					
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19	
Paella 	Noodle soup 	Green beans with potato, tomato and egg 	Homestyle lentil stew 	Rioja-style potatoes 	
Hake fillets 	Turkey stew with vegetables 	Saxony chop 	Halibut in green sauce 	Grilled homemade Salisbury steak 	
Pear	Fruit yoghurt 	Tangerine	Fruit yoghurt 	Banana	
<small>Energy: 781 kcal . Lipids: 42,5 g . Saturated Fatty Acids: 10,1 g . Carbohydrates: 53,7 g . Sugar: 17,4 g . Protein: 42,3 g . Salt: 3,1 g . - . Nutritional evaluation for an adult with a recommended caloric intake of 2,000 Kcal/day. R EU 1169/2011</small>					
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26	
Courgette cream soup 	Chickpea stew topped by hard-boiled eggs 	Carbonara macaroni (bacon, cream) 	Vegetable stew 	Red beans with rice 	
Chicken sausages 	Roasted chicken thigh in its natural sauce 	Battered halibut 	Meatballs in sauce 	Flounder in seafood sauce 	
Peaches in syrup	Fruit yoghurt 	Apple	Fruit yoghurt 	Banana	
<small>Energy: 774 kcal . Lipids: 42,9 g . Saturated Fatty Acids: 8,6 g . Carbohydrates: 54,9 g . Sugar: 21,4 g . Protein: 36,6 g . Salt: 3,1 g . - . Nutritional evaluation for an adult with a recommended caloric intake of 2,000 Kcal/day. R EU 1169/2011</small>					
MONDAY 29	TUESDAY 30	WEDNESDAY 1	THURSDAY 2	FRIDAY 3	
Maravilla-style lentils 	Rice with tomato sauce				
Grilled pork loin	Breaded breast chicken 				
Pear	Fruit yoghurt 				
<small>Energy: 744 kcal . Lipids: 38,9 g . Saturated Fatty Acids: 10,4 g . Carbohydrates: 55,5 g . Sugar: 16,3 g . Protein: 37,5 g . Salt: 1,8 g . - . Nutritional evaluation for an adult with a recommended caloric intake of 2,000 Kcal/day. R EU 1169/2011</small>					
Water and bread are included in all menus.					