





























MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
FESTIVO	Mashed vegetables with hake 	Mashed vegetables with veal 	Mashed vegetables with flounder 	Mashed vegetables with chicken 
	Mashed vegetables with chicken 		Mashed vegetables with veal 	
	Fruit	Fruit	Fruit	Fruit yoghurt 
Energy: 419 kcal . Lipids: 13,1 g . Saturated Fatty Acids: 3,5 g . Carbohydrates: 39,4 g . Sugar: 27,2 g . Protein: 32,2 g . Salt: 0,6 g . - . Nutritional evaluation calculated for 1-4-year-old children with a recommended caloric intake of 1,250 Kcal/day				
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
Mashed vegetables with chicken 	Mashed vegetables with hake 	Mashed vegetables with veal 	Mashed vegetables with flounder 	Mashed vegetables with chicken 
	Mashed vegetables with chicken 		Mashed vegetables with veal 	
Fruit	Fruit	Fruit yoghurt 	Juice	Fruit
Energy: 419 kcal . Lipids: 13,1 g . Saturated Fatty Acids: 3,5 g . Carbohydrates: 39,4 g . Sugar: 27,2 g . Protein: 32,2 g . Salt: 0,6 g . - . Nutritional evaluation calculated for 1-4-year-old children with a recommended caloric intake of 1,250 Kcal/day				
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
Mashed vegetables with chicken 	Mashed vegetables with hake 	Mashed vegetables with veal 	Mashed vegetables with flounder 	Mashed vegetables with chicken 
	Mashed vegetables with chicken 		Mashed vegetables with veal 	
Fruit	Fruit	Fruit	Fruit yoghurt 	Fruit
Energy: 419 kcal . Lipids: 13,1 g . Saturated Fatty Acids: 3,5 g . Carbohydrates: 39,4 g . Sugar: 27,2 g . Protein: 32,2 g . Salt: 0,6 g . - . Nutritional evaluation calculated for 1-4-year-old children with a recommended caloric intake of 1,250 Kcal/day				
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
Mashed vegetables with chicken 	Mashed vegetables with hake 	Mashed vegetables with veal 	Mashed vegetables with flounder 	Mashed vegetables with chicken 
	Mashed vegetables with chicken 		Mashed vegetables with veal 	
Peaches in syrup	Fruit	Fruit	Fruit yoghurt 	Fruit
Energy: 419 kcal . Lipids: 13,1 g . Saturated Fatty Acids: 3,5 g . Carbohydrates: 39,4 g . Sugar: 27,2 g . Protein: 32,2 g . Salt: 0,6 g . - . Nutritional evaluation calculated for 1-4-year-old children with a recommended caloric intake of 1,250 Kcal/day				
MONDAY 29	TUESDAY 30	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
Mashed vegetables with chicken 	Mashed vegetables with hake 			
	Mashed vegetables with chicken 			
Fruit	Fruit yoghurt 			
Energy: 419 kcal . Lipids: 13,1 g . Saturated Fatty Acids: 3,5 g . Carbohydrates: 39,4 g . Sugar: 27,2 g . Protein: 32,2 g . Salt: 0,6 g . - . Nutritional evaluation calculated for 1-4-year-old children with a recommended caloric intake of 1,250 Kcal/day				
<b>Water and bread are included in all menus.</b> 				