










































MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
FESTIVE	Vegetable cream soup 	Rice with tomato sauce	Castilian-style white bean stew 	Homestyle green beans 
	Grilled pork loin with salad 	Fried eggs with chips 	Battered halibut with salad 	Breaded breast chicken with sautéed mushrooms 
	Fruit	Fruit	Fruit	Fruit yoghurt 
<small>Energy: 579 Kcal, Fats: 20.2 g, AGS: 1.8 g, Carbohydrates: 81.9 g, Sugar: 13.5 g, Protein: 16.4 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: 725 Kcal, Fats: 27.2 g, AGS: 2.8 g, Carbohydrates: 100.7 g, Sugar: 18.0 g, Protein: 19.1 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: 1088 Kcal, Fats: 36.7 g, AGS: 4.3 g, Carbohydrates: 150.6 g, Sugar: 25.5 g, Protein: 38.8 g, Salt: 1.5 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 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
Homestyle lentil stew 	Carrot cream soup	Fusilli au gratin 	Stew 	Vegetable stew with ham 
Breaded limanda fillet with lettuce 	Roast chicken in its natural juice with salad 	Cod in green sauce with tomato salad 		Potato omelet with lettuce 
Fruit	Fruit	Fruit yoghurt 	Juice	Fruit
<small>Energy: 597 Kcal, Fats: 21.7 g, AGS: 1.7 g, Carbohydrates: 80.5 g, Sugar: 14.6 g, Protein: 19.8 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: 793 Kcal, Fats: 27.0 g, AGS: 2.6 g, Carbohydrates: 110.4 g, Sugar: 18.6 g, Protein: 27.2 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: 999 Kcal, Fats: 33.5 g, AGS: 4.0 g, Carbohydrates: 137.8g, Sugar: 26.9 g, Protein: 34.3 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 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 with lettuce, tomato and sweetcorn salad 	Turkey stew with vegetables with mushrooms 	Saxony chop with chips 	Halibut in green sauce with salad 	Grilled homemade Salisbury steak 
Fruit	Fruit	Fruit	Fruit yoghurt 	Fruit
<small>Energy: 607Kcal, Fats: 21.1g, AGS: 2.1g, Carbohydrates: 83.9g, Sugar: 14.0g, Protein: 20.3g, Salt: 1.7mg. 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: 750Kcal, Fats: 25.0g, AGS: 3.0g, Carbohydrates: 104.6g, Sugar: 19.2g, Protein: 26.6g, Salt: 1.6mg. 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: 971 Kcal, Fats: 32.4g, AGS: 4.0g, Carbohydrates: 137.8g, Sugar: 26.9 g, Protein: 32.1 g, Salt: 1.7mg. 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 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 with sautéed mushrooms 	Chicken thigh in its natural juice with chips 	Battered halibut with salad 	Meatballs in sauce with salad 	Flounder in seafood sauce 
Peaches in syrup	Fruit	Fruit	Fruit yoghurt 	Fruit
<small>Energy: 600 Kcal, Fats: 20.2g, SFA: 2.0g, Carbohydrates: 85.9 g, Sugar: 13.7g, Protein: 18.6 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: 775Kcal, Fats: 26.9 g, SFA: 2.4 g, Carbohydrates: 105.7 g, Sugar: 18.5g, Protein: 25.7 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. Energy: 960 Kcal, Fats: 34.7 g, SFA: 3.5 g, Carbohydrates: 138.0 g, Sugar: 24.6g, Protein: 24.0 g, Salt: 1.5 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 29	TUESDAY 30	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
Maravilla-style lentils 	Rice with tomato sauce			
Grilled pork loin with salad 	Breaded breast chicken with chips 			
Fruit	Fruit yoghurt 			
<small>Energy: 593 Kcal, Fats: 21.0 g, SFA: 1.9 g, Carbohydrates: 82.5 g, Sugar: 13.9 g, Protein: 18.6 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: 753 Kcal, Fats: 26.3 g, SFA: 2.4 g, Carbohydrates: 105.7 g, Sugar: 18.2 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. Energy: 912 Kcal, Fats: 32.3 g, SFA: 3.9 g, Carbohydrates: 128.6 g, Sugar: 26.0 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>				
<p align="center"><b>Water and bread are included in all menus.</b> </p>				