

MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 1
				Vegetable stew with ham 
				Potato omelet with salad 
				Apple
Energy: 433 Kcal. Lipids: 14.6 g. SFA: 1.6 g. Carbohydrates: 62.0 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				
MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
Macaroni with tomato 	Stew 	Sautéed green beans with potatoes and carrot 	White rice with tomato sauce 	Lentil stew with chorizo 
Battered limanda 		Breaded breast chicken 	Chicken sausages 	Halibut in green sauce 
Fruit yoghurt 	Juice	Banana	Peaches in syrup 	Apple
Energy: 424 Kcal. Lipids: 13.4 g. SFA: 1.3 g. Carbohydrates: 60.3 g. Sugar: 9.8 g. Protein: 15.5 g. - Nutritional evaluation calculated for 1-4-year-old children with a recommended caloric intake of 1.250 Kcal/day				
MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
Vegetable purée 		White beans with rice 	Boiled potato, bean, carrot and egg 	Spaghetti au gratin 
Homemade Salisbury steak in vegetable sauce 		Chicken thigh in its natural juice with chips 	Pork escalope 	Roman flounder 
Fruit yoghurt 		Banana	Fruit yoghurt 	Apple
Energy: 399 Kcal. Lipids: 15.2 g. SFA: 1.5 g. Carbohydrates: 55.8 g. Sugar: 10.1 g. Protein: 9.8 g. - Nutritional evaluation calculated for 1-4-year-old children with a recommended caloric intake of 1.250 Kcal/day				
MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
Maravilla-style lentils 	Vegetable stew 	Chickpea and bacon stew 	Montañesa-style rice 	Homemade chicken noodle soup 
Baked limanda 	Homemade pizza with ham and cheese 	Homemade meatballs in vegetable sauce 	Battered and fried halibut 	Potato omelet 
Fruit yoghurt 	Pear	Banana	Fruit yoghurt 	Fruit
Energy: 377 Kcal. Lipids: 12.5 g. SFA: 1.4 g. Carbohydrates: 54.7 g. Sugar: 9.6 g. Protein: 11.4 g. - Nutritional evaluation calculated for 1-4-year-old children with a recommended caloric intake of 1.250 Kcal/day				
MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
Courgette purée 	Macaroni Bolognese 	Noodle soup 	Castilian-style lentil stew 	Rioja-style potatoes 
Saxony chop 	Cod in green sauce 	Chicken thigh in its natural juice 	Haddock in tomato sauce 	Turkey stew with vegetables 
Fruit yoghurt 	Pear	Banana	Fruit yoghurt 	Apple
Energy: 427 Kcal. Lipids: 14.6 g. SFA: 1.6g. Carbohydrates: 60.1 g. Sugar: 9.5 g. Protein: 13.7 g. - Nutritional evaluation calculated for 1-4-year-old children with a recommended caloric intake of 1.250 Kcal/day				
Water and bread are included in all menus.				