







| MONDAY 27 | TUESDAY 28 | WEDNESDAY 29 | THURSDAY 30 | FRIDAY 1 |
|---|--|--|---|---|
| | | | | Mashed vegetables with chicken  |
| | | | | |
| | | | | Apple |
| <small>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</small> | | | | |
| MONDAY 4 | TUESDAY 5 | WEDNESDAY 6 | THURSDAY 7 | FRIDAY 8 |
| 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  | |
| Yoghurt  | Juice | Banana | Peaches in syrup | Apple |
| <small>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</small> | | | | |
| MONDAY 11 | TUESDAY 12 | WEDNESDAY 13 | THURSDAY 14 | FRIDAY 15 |
| Mashed vegetables with chicken  | | Mashed vegetables with veal  | Mashed vegetables with flounder     | Mashed vegetables with chicken  |
| | | | Mashed vegetables with veal  | |
| Yoghurt  | | Banana | Peaches in syrup | Apple |
| <small>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</small> | | | | |
| MONDAY 18 | TUESDAY 19 | WEDNESDAY 20 | THURSDAY 21 | FRIDAY 22 |
| 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  | |
| Yoghurt  | Juice | Banana | Peaches in syrup | Apple |
| <small>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</small> | | | | |
| MONDAY 25 | TUESDAY 26 | WEDNESDAY 27 | THURSDAY 28 | FRIDAY 29 |
| 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  | |
| Yoghurt  | Juice | Banana | Peaches in syrup | Apple |
| <small>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</small> | | | | |
| Water and bread are included in all menus.  | | | | |