

MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 1	
				Vegetable stew with ham 	
				Potato omelet with salad 	
				Fruit	
<small>Energy: 609Kcal, Fats: 21.0 g, SFA: 2.1 g, Carbohydrates: 87.3 g, Sugar: 14.3 g, Protein: 17.9 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: 785 Kcal, Fats: 28.6 g, SFA: 2.8 g, Carbohydrates: 107.4 g, Sugar: 18.1 g, Protein: 24.7 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: 1064 Kcal, Fats: 36.9 g, SFA: 3.9 g, Carbohydrates: 151.7 g, Sugar: 25.5 g, Protein: 31.4 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 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 	
Battered limanda with lettuce 		Breaded breast chicken with sautéed mushrooms 	Fried eggs with chips 	Halibut in green sauce with salad 	
Fruit	Juice	Fruit yoghurt 	Peaches in syrup	Fruit	
<small>Energy: 537 Kcal, Fats: 20.3 g, SFA: 1.9 g, Carbohydrates: 72.6 g, Sugar: 13.9 g, Protein: 15.9 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: 780 Kcal, Fats: 30.3 g, SFA: 2.9 g, Carbohydrates: 100.5 g, Sugar: 19.1 g, Protein: 26.4 g, Salt: 1.8 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: 1006 Kcal, Fats: 33.8 g, SFA: 3.5 g, Carbohydrates: 135.0 g, Sugar: 24.6 g, Protein: 40.4 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 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15	
		White beans with rice 	Vegetable purée 	Spaghetti au gratin 	
		Chicken thigh in its natural juice with chips 	Pork escalope with mushrooms 	Roman flounder 	
		Fruit	Fruit yoghurt 	Fruit	
<small>Energy: 602 Kcal, Fats: 22.9 g, SFA: 2.1 g, Carbohydrates: 80.6 g, Sugar: 13.9 g, Protein: 18.4 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: 721 Kcal, Fats: 24.8 g, SFA: 2.4 g, Carbohydrates: 99.2 g, Sugar: 17.6 g, Protein: 25.3 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: 979 Kcal, Fats: 35.2 g, SFA: 4.0 g, Carbohydrates: 140.9 g, Sugar: 26.2 g, Protein: 36.7 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 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 with lettuce, tomato, sweetcorn and onion salad 	Homemade pizza with ham and cheese with fresh tomato 	Homemade meatballs in vegetable sauce with chips 	Battered and fried halibut with fresh tomato 	Potato omelet with a slice of cheese 	
Juice	Fruit	Fruit	Fruit yoghurt 	Fruit	
<small>Energy: 546 Kcal, Fats: 19.9 g, SFA: 1.7g, Carbohydrates: 77.1 g, Sugar: 13.1g, Protein: 14.7 g, Salt: 1.5mg. 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: 724 Kcal, Fats: 28.6 g, SFA: 3.0g, Carbohydrates: 98.7 g, Sugar: 19.6g, Protein: 18.0 g, Salt: 1.8mg 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: 988 Kcal, Fats: 31.5g, SFA: 3.6g, Carbohydrates: 152.3 g, Sugar: 23.6g, Protein: 36.7 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 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29	
Courgette purée 	Macaroni Bolognese 	Noodle soup 	Castilian-style lentil stew 	Rioja-style potatoes 	
Saxony chop with sautéed mushrooms 	Cod in green sauce 	Chicken thigh in its natural juice with chips 	Haddock in tomato sauce 	Turkey stew with vegetables 	
Fruit	Fruit yoghurt 	Fruit	Fruit	Fruit	
<small>Energy: 594 Kcal, Fats: 18.7 g, SFA: 2.2 g, Carbohydrates: 85.3 g, Sugar: 14.5 g, Protein: 21.1 g, Salt: 1.8 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: 710 Kcal, Fats: 23.0 g, SFA: 2.6 g, Carbohydrates: 105.2 g, Sugar: 18.9 g, Protein: 20.6 g, Salt: 1.7 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: 988 Kcal, Fats: 32.2 g, SFA: 3.2 g, Carbohydrates: 143.2 g, Sugar: 23.9 g, Protein: 31.3 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>					
Water and bread are included in all menus.					

According to Royal Decree 1420/2006, fishery products to be consumed raw or almost raw have already been frozen.