

| MONDAY 3 | TUESDAY 4 | WEDNESDAY 5 | THURSDAY 6 | FRIDAY 7 |
|---|--|---|---|--|
| Macaroni with tomato  | Vegetable cream soup  | Homestyle lentil stew  | | Rice with tomato sauce |
| Limanda in marinara sauce  | Grilled chicken breast | Pork escalope | | Battered and fried halibut with salad  |
| Pear  | Fruit yoghurt | Tangerine | | Banana |
| <small>Energía: 415 Kcal. Lípidos: 14,1 g. AGS: 1,5 g. Hidratos de Carbono: 59,2 g. Azúcares: 9,9 g. Proteínas: 12,9 g. Valoración nutricional calculada para un niño de 1-4 años con unas necesidades de 1250 Kcal/día.</small> | | | | |
| MONDAY 10 | TUESDAY 11 | WEDNESDAY 12 | THURSDAY 13 | FRIDAY 14 |
| Noodle soup  | Homestyle lentil stew  | Macaroni with tomato  | Vegetable purée  | Castilian-style red bean stew  |
| Saxony chop  | Chicken thigh in its natural juice  | Battered and fried limanda  | Turkey stew with vegetable sauce  | Halibut in green sauce  |
| Pear  | Fruit yoghurt | Apple | Fruit yoghurt  | Banana |
| <small>Energía: 388 Kcal. Lípidos: 13,6 g. AGS: 1,4 g. Hidratos de Carbono: 55,4 g. Azúcares: 9,8 g. Proteínas: 11,1 g. Valoración nutricional calculada para un niño de 1-4 años con unas necesidades de 1250 Kcal/día.</small> | | | | |
| MONDAY 17 | TUESDAY 18 | WEDNESDAY 19 | THURSDAY 20 | FRIDAY 21 |
| Homestyle lentil stew  | Sautéed green beans with ham and carrot  | Rioja-style potatoes  | Stew  | Cuban-style rice  |
| Battered and fried limanda  | Breaded breast chicken  | Cod in green sauce  | | Chicken sausages  |
| Pear  | Fruit yoghurt | Tangerine | Fruit yoghurt  | Peaches in syrup |
| <small>Energía: 432 Kcal. Lípidos: 15,3 g. AGS: 1,5 g. Hidratos de Carbono: 60,3 g. Azúcares: 10,6 g. Proteínas: 13,4 g. Valoración nutricional calculada para un niño de 1-4 años con unas necesidades de 1250 Kcal/día.</small> | | | | |
| MONDAY 24 | TUESDAY 25 | WEDNESDAY 26 | THURSDAY 27 | FRIDAY 28 |
| Macaroni au gratin  | Courgette cream soup  | Vegetables and white bean stew  | Cantonese rice  | Castilian-style lentil stew  |
| Grilled pork loin | Meatballs in sauce  | Baked halibut  | Breast chicken in vegetable sauce  | Potato omelet  |
| Pear  | Fruit yoghurt | Apple | Fruit yoghurt  | Banana |
| <small>Energía: 412 Kcal. Lípidos: 14,7 g. AGS: 1,6 g. Hidratos de Carbono: 57,4 g. Azúcares: 10,2 g. Proteínas: 12,6 g. Valoración nutricional calculada para un niño de 1-4 años con unas necesidades de 1250 Kcal/día.</small> | | | | |
| MONDAY 31 | TUESDAY 1 | WEDNESDAY 2 | THURSDAY 3 | FRIDAY 4 |
| Homemade beef vegetable noodle soup  | | | | |
| Roasted chicken thigh in its natural sauce  | | | | |
| Pear | | | | |
| <small>Energía: 324 kcal. Lípidos: 14,7 g. Saturated Fatty Acids: 3,9 g. Carbohydrates: 25,3 g. Sugar: 10,4 g. Protein: 20,7 g. Salt: 1,1 g. - - Nutritional evaluation for an adult with a recommended caloric intake of 2,000 Kcal/day. R.E.U 1169/2011</small> | | | | |
| Water and bread are included in all menus.  | | | | |