
































MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
Mashed vegetables with chicken 	Mashed vegetables with hake 	Mashed vegetables with veal 		Mashed vegetables with chicken 
	Mashed vegetables with chicken 			
Fruit	Fruit yoghurt 	Fruit		Fruit
<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 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
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 	
Fruit	Fruit	Fruit yoghurt 	Fruit	Fruit
<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 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
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 	
Fruit	Fruit yoghurt 	Fruit	Juice	Peaches in syrup
<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 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
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 	
Fruit	Fruit yoghurt 	Fruit	Fruit	Juice
<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 31	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
Mashed vegetables with chicken 				
Fruit				
<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. 