

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 with chips 	Potato omelet with salad 	Halibut in green sauce with lettuce and tomato salad 	Turkey stew with vegetable sauce with salad 	Breaded limanda fillet with lettuce 
Fruit	Fruit	Fruit yoghurt 	Fruit	Fruit
<small>Energy: 610 Kcal. Fats: 20.3 g. SFA: 2.0 g. Carbohydrates: 86.9 g. Sugar: 14.6 g. Protein: 20.1 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: 798Kcal. Fats: 28.3 g. SFA: 2.7 g. Carbohydrates: 112.4 g. Sugar: 17.5 g. Protein: 23.8 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: 36.9g. SFA: 3.9 g. Carbohydrates: 150.6 g. Sugar: 26.1 g. Protein: 32.6 g. Salt: 1.7 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 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
Homestyle lentil stew 	Sautéed green beans with ham and carrot 	Rioja-style stewed potatoes 	Stew 	Rice with tomato sauce
Battered and fried limanda with salad 	Breaded breast chicken with salad 	Cod in green sauce with fresh tomato 		Fried eggs with chips 
Fruit	Fruit yoghurt 	Fruit	Juice	Peaches in syrup
<small>Energy: 598Kcal. Fats: 20.2 g. SFA: 1.8 g. Carbohydrates: 85.3 g. Sugar: 15.0 g. Protein: 18.9 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: 780 Kcal. Fats: 27.4 g. SFA: 2.7 g. Carbohydrates: 108.7 g. Sugar: 18.2 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: 1087Kcal. Fats: 37.1 g. SFA: 4.0 g. Carbohydrates: 153.6 g. Sugar: 25.9 g. Protein: 34.7 g. Salt: 1.7 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 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 with French fries	Meatballs in sauce with salad 	Baked halibut with salad 	Chicken sausages with salad 	Potato omelet with salad 
Fruit	Fruit yoghurt 	Fruit	Fruit	Juice
<small>Energy: 609Kcal. Fats: 21.1 g. SFA: 2.0 g. Carbohydrates: 87.9 g. Sugar: 14.5 g. Protein: 16.9 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: 790Kcal. Fats: 26.9 g. SFA: 2.3 g. Carbohydrates: 110.3 g. Sugar: 17.7 g. Protein: 26.7g. 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: 1013Kcal. Fats: 35.8 g. SFA: 3.9 g. Carbohydrates: 142.3 g. Sugar: 26.8 g. Protein: 30.4 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 31	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
Homemade poultry noodle soup 				
Chicken thigh in its natural juice with French fries 				
Fruit				
<small>Energy: 599Kcal. Fats: 21.0 g. SFA: 2.3 g. Carbohydrates: 85.7 g. Sugar: 15.0 g. Protein: 16.9 g. Salt: 1.7 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: 792 Kcal. Fats: 27.0 g. SFA: 2.3 g. Carbohydrates: 112.8 g. Sugar: 17.9 g. Protein: 24.6 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: 1103Kcal. Fats: 37.1 g. SFA: 3.6 g. Carbohydrates: 155.6 g. Sugar: 25.9 g. Protein: 36.9 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 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
<p align="center">Water and bread are included in all menus. </p>				