

| MONDAY 2 | TUESDAY 3 | WEDNESDAY 4 | THURSDAY 5 | FRIDAY 6 | |
|---|--|--|---|---|--|
| | Macaroni in carbonara sauce  | Stew  | Vegetable stew with ham  | Rice with tomato sauce  | |
| | Cod in green sauce  | | Chicken sausages  | Breaded loin tape  | |
| | Fruit yoghurt  | Juice | Fruit yoghurt  | Banana | |
| Energy: 449 kcal . Lipids: 23,1 g . Saturated Fatty Acids: 5,7 g . Carbohydrates: 38,3 g . Sugar: 14,6 g . Protein: 19,5 g . Salt: 1,5 g . - . Nutritional evaluation for an adult with a recommended caloric intake of 2,000 Kcal/day. R EU 1169/2011 | | | | | |
| MONDAY 9 | TUESDAY 10 | WEDNESDAY 11 | THURSDAY 12 | FRIDAY 13 | |
| Homemade poultry noodle soup  | Castilian-style red bean stew  | Boiled potato, bean, carrot and egg  | Spaghetti with tuna  | Castilian-style lentil stew  | |
| Grilled chicken breast | Battered halibut  | Cordon Bleu  | Limanda in green sauce  | Meatballs in sauce  | |
| Pear | Fruit yoghurt  | Apple | Fruit yoghurt  | Banana | |
| Energy: 624 kcal . Lipids: 33,6 g . Saturated Fatty Acids: 6,5 g . Carbohydrates: 49,8 g . Sugar: 15,7 g . Protein: 26,5 g . Salt: 2,9 g . - . Nutritional evaluation for an adult with a recommended caloric intake of 2,000 Kcal/day. R EU 1169/2011 | | | | | |
| MONDAY 16 | TUESDAY 17 | WEDNESDAY 18 | THURSDAY 19 | FRIDAY 20 | |
| Courgette purée  | Chickpea and bacon stew  | Montañesa-style rice  | Homestyle lentil stew  | Rioja-style potatoes  | |
| Saxony chop  | Cod in green sauce  | Chicken thigh in in its natural juice  | Potato omelet  | Breaded limanda fillet  | |
| Pear | Peaches in syrup | Apple | Fruit yoghurt  | Banana | |
| Energy: 577 kcal . Lipids: 26,9 g . Saturated Fatty Acids: 5,1 g . Carbohydrates: 54,6 g . Sugar: 14,8 g . Protein: 25,4 g . Salt: 2,9 g . - . Nutritional evaluation for an adult with a recommended caloric intake of 2,000 Kcal/day. R EU 1169/2011 | | | | | |
| MONDAY 23 | TUESDAY 24 | WEDNESDAY 25 | THURSDAY 26 | FRIDAY 27 | |
| Castilian-style white bean stew  | Rice with tomato sauce  | Vegetable stew with potato cubes  | Lentil stew  | Vegetable cream soup  | |
| Chicken sausages  | Roasted loin  | Salisbury steak in demi-glace sauce  | Battered halibut  | Homemade pizza with ham and cheese  | |
| Pear | Fruit yoghurt  | Apple | Fruit yoghurt  | Ice-cream  | |
| Energy: 658 kcal . Lipids: 31,5 g . Saturated Fatty Acids: 8,2 g . Carbohydrates: 61,2 g . Sugar: 21,5 g . Protein: 27,4 g . Salt: 3,7 g . - . Nutritional evaluation for an adult with a recommended caloric intake of 2,000 Kcal/day. R EU 1169/2011 | | | | | |
| MONDAY 30 | TUESDAY 31 | WEDNESDAY 1 | THURSDAY 2 | FRIDAY 3 | |
| Macaroni with tomato  | Chickpea and chorizo stew  | | | | |
| English-style pork loin  | Limanda in green sauce  | | | | |
| Pear | Fruit yoghurt  | | | | |
| Energy: 801 kcal . Lipids: 53,9 g . Saturated Fatty Acids: 11,0 g . Carbohydrates: 48,5 g . Sugar: 15,7 g . Protein: 25,8 g . Salt: 2,9 g . - . Nutritional evaluation for an adult with a recommended caloric intake of 2,000 Kcal/day. R EU 1169/2011 | | | | | |
| Water and bread are included in all menus. | |  | | | |