







































MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
	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 yoghurt 	Juice	Fruit yoghurt 	Banana
<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 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
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 	
Pear	Fruit yoghurt 	Apple	Fruit yoghurt 	Banana
<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 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
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 	
Pear	Peaches in syrup	Apple	Fruit yoghurt 	Banana
<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 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
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 	
Pear	Fruit yoghurt 	Apple	Fruit yoghurt 	Ice-cream 
<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 30	TUESDAY 31	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
Mashed vegetables with chicken 	Mashed vegetables with hake 			
	Mashed vegetables with chicken 			
Pear	Fruit yoghurt 			
<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. 