

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 with salad 	Fried eggs with chips 
	Fruit	Juice	Fruit yoghurt 	Fruit
<small>Energy: 607Kcal. Fats: 21.9 g. SFA: 2.1 g. Carbohydrates: 86.3g. Sugar: 13.8 g. Protein: 16.3 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: 781 Kcal. Fats: 26.7 g. SFA: 2.6 g. Carbohydrates: 109.6 g. Sugar: 17.6 g. Protein: 25.8 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: 1075 Kcal. Fats: 37.2g. SFA: 3.8 g. Carbohydrates: 152.8 g. Sugar: 25.6 g. Protein: 32.3 g. Salt: 1.5 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 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 with mushrooms 	Battered halibut with salad 	Cordon Bleu with salad 	Limanda in green sauce with tomato salad 	Meatballs in sauce with sautéed mushrooms 
Fruit	Fruit	Fruit	Fruit yoghurt 	Fruit
<small>Energy: 607 Kcal. Fats: 21.0 g. SFA: 1.8 g. Carbohydrates: 85.6 g. Sugar: 14.2g. 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: 802Kcal. Fats: 29.6g. SFA: 2.3 g. Carbohydrates: 111.6g. Sugar: 17.5 g. Protein: 22.3 g. Salt: 1.5mg. 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: 934Kcal. Fats: 32.6 g. SFA: 3.7g. Carbohydrates: 130.2 g. Sugar: 24.3 g. Protein: 30.1 g. Salt: 1.9 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 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 with salad 	Cod in green sauce with salad 	Chicken thigh in in its natural juice with salad 	Potato omelet with salad 	Breaded limanda fillet Lettuce and tomato salad 
Fruit	Peaches in syrup	Fruit	Fruit	Fruit yoghurt 
<small>Energy: 580 Kcal. Fats: 21.0 g. SFA: 1.8 g. Carbohydrates: 82.3 g. Sugar: 14.2g. Protein: 15.6 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: 774Kcal. Fats: 26.3g. SFA: 3.0 g. Carbohydrates: 105.8 g. Sugar: 18.3 g. Protein: 23.6 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: 1079Kcal. Fats: 36.8 g. SFA: 3.7g. Carbohydrates: 152.3 g. Sugar: 24.3 g. Protein: 30.1 g. Salt: 1.9 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 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 
Turkey stew with vegetables with mushrooms 	Fried eggs with French fries 	Salisbury steak in demi-glace sauce with salad 	Battered halibut with salad 	Homemade pizza with ham and cheese with salad 
Fruit	Fruit yoghurt 	Fruit	Fruit	Ice-cream 
<small>Energy: 605Kcal. Fats: 21.7g. SFA: 1.9g. Carbohydrates: 84.7g. Sugar: 14.1g. Protein: 17.8g. Salt: 1.5mg. 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: 774Kcal. Fats: 26.3g. SFA: 2.9g. Carbohydrates: 108.9g. Sugar: 17.9g. Protein: 25.6g. Salt: 1.8mg. 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: 888Kcal. Fats: 30.1g. SFA: 3.9g. Carbohydrates: 124.3g. Sugar: 25.1g. Protein: 30.1g. Salt: 1.7mg. 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 30	TUESDAY 31	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
Macaroni with tomato 	Chickpea and chorizo stew 			
English-style pork loin with lettuce 	Limanda in green sauce 			
Fruit	Fruit			
<small>Energy: 608Kcal. Fats: 20.9g. SFA: 2.0g. Carbohydrates: 86.3 g. Sugar: 13.6g. 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: 803Kcal. Fats: 28.4 g. SFA: 2.3 g. Carbohydrates: 112.3 g. Sugar: 18.3g. Protein: 24.6 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: 1103Kcal. Fats: 37.3 g. SFA: 4.0 g. Carbohydrates: 159.3 g. Sugar: 26.9g. Protein: 32.6 g. Salt: 1.5 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>				
<b>Water and bread are included in all menus.</b> 				

According to Royal Decree 1420/2006, fishery products to be consumed raw or almost raw have already been frozen.