

MONDAY 30	TUESDAY 31	WEDNESDAY 1	THURSDAY 2	FRIDAY 3	
		Spaghetti in carbonara sauce 	Vegetable stew with potato cubes 	White rice with tomato sauce 	
		Cod in green sauce 	Turkey stew with Spanish-style sauce with salad 	Fried eggs with chips 	
		Fruit 	Fruit yoghurt 	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 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10	
Sautéed green beans with potatoes and carrot 	Castilian-style lentil stew 	Vegetable purée with croutons 	Macaroni with tomato 	Stew 	
Ham croquettes with salad 	Baked limanda with vegetables 	Chicken thigh in its natural juice with mushrooms 	Battered and fried halibut with salad 		
Fruit 	Fruit yoghurt 	Fruit 	Fruit 	Juice 	
<small>Energy: 609 Kcal. Fats: 21.0 g. SFA: 1.9 g. Carbohydrates: 86.9 g. Sugar: 14.6 g. Protein: 18.3 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: 757 Kcal. Fats: 26.7 g. SFA: 2.9 g. Carbohydrates: 105.8 g. Sugar: 18.3 g. Protein: 23.6 g. 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: 910 Kcal. Fats: 32.3 g. SFA: 3.7 g. Carbohydrates: 127.4 g. Sugar: 24.2 g. Protein: 27.6 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 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17	
Homestyle lentil stew 	Rice with tomato sauce 	White beans with bacon 	Macaroni au gratin 	Courgette cream soup 	
Chicken sausages with French fries 	Cod in green sauce 	Marinated pork loin with French fries 	Battered and fried hake with salad 	Mixed homemade meatballs in sauce with mushrooms 	
Fruit 	Fruit yoghurt 	Fruit 	Vanilla custard cup 	Fruit 	
<small>Energy: 608 Kcal. Fats: 20.7 g. SFA: 1.9 g. Carbohydrates: 84.7 g. Sugar: 14.3 g. Protein: 20.8 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: 798 Kcal. Fats: 28.0 g. SFA: 3.0 g. Carbohydrates: 111.7 g. Sugar: 19.0 g. Protein: 24.9 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: 910 Kcal. Fats: 32.3 g. SFA: 3.7 g. Carbohydrates: 127.4 g. Sugar: 24.2 g. Protein: 27.6 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 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24	
		Chickpea and vegetable stew 	Boiled potato, bean, carrot and egg 	Macaroni with tomato 	
		Baked halibut 	Homemade pork Salisbury steak with tomato with French fries 	Chicken thigh in its natural juice with mushrooms 	
		Juice 	Fruit 	Fruit yoghurt 	
<small>Energy: 609 Kcal. Fats: 22.0 g. SFA: 2.0 g. Carbohydrates: 85.4 g. Sugar: 13.9 g. Protein: 17.4 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: 786 Kcal. Fats: 27.9 g. SFA: 2.5 g. Carbohydrates: 110.2 g. Sugar: 18.6 g. Protein: 23.6 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: 867 Kcal. Fats: 30.0 g. SFA: 4.0 g. Carbohydrates: 122.3 g. Sugar: 23.8 g. Protein: 27.1 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 27	TUESDAY 28	WEDNESDAY 1	THURSDAY 2	FRIDAY 3	
	Homemade poultry noodle soup 				
	Pork escalopes in Spanish-style sauce 				
	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>					
Water and bread are included in all menus.					