

MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31	FRIDAY 1	
				Rice with tomato sauce 	
				Meatballs in sauce 	
				Banana	
<small>Energy: 475 kcal . Lipids: 14,4 g . Saturated Fatty Acids: 3,6 g . Carbohydrates: 68,4 g . Sugar: 12,8 g . Protein: 15,6 g . Salt: 2,4 g . - . Nutritional evaluation for an adult with a recommended caloric intake of 2,000 Kcal/day. R EU 1169/2011</small>					
MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8	
Castilian-style white bean stew 	Vegetable purée 	Macaroni with tomato sauce 	Chickpea and bacon stew 	FESTIVO	
Breaded limanda fillet 	Grilled chicken breast	Halibut in green sauce 	Fresh sausages in totamo sauce 		
Pear	Fruit yoghurt 	Apple	Fruit yoghurt 		
<small>Energy: 432 kcal . Lipids: 23,2 g . Saturated Fatty Acids: 4,5 g . Carbohydrates: 29,7 g . Sugar: 12,6 g . Protein: 22,3 g . Salt: 2,0 g . - . Nutritional evaluation for an adult with a recommended caloric intake of 2,000 Kcal/day. R EU 1169/2011</small>					
MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15	
White rice with tomato sauce and egg 	Castilian-style white bean stew 	Homemade vegetable noodle soup 	Macaroni au gratin 	Homestyle lentil stew 	
Hake fingers 	Grilled chicken breast	Grilled homemade Salisbury steak 	Battered and fried halibut 	Potato omelet 	
Ice-cream 	Fruit yoghurt 	Apple	Fruit yoghurt 	Banana	
<small>Energy: 834 kcal . Lipids: 51,6 g . Saturated Fatty Acids: 10,6 g . Carbohydrates: 58,3 g . Sugar: 19,3 g . Protein: 30,5 g . Salt: 2,6 g . - . Nutritional evaluation for an adult with a recommended caloric intake of 2,000 Kcal/day. R EU 1169/2011</small>					
MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22	
Vegetable purée 	Paella 	Chickpea stew topped by hard-boiled eggs 	Sautéed green beans with ham 	Lentil stew with chorizo 	
Grilled pork loin	Roman flounder 	Cordon Bleu 	Chicken thigh in its natural juice 	Limanda in green sauce 	
Pear	Juice	Apple	Fruit yoghurt 	Banana	
<small>Energy: 590 kcal . Lipids: 36,3 g . Saturated Fatty Acids: 6,8 g . Carbohydrates: 42,8 g . Sugar: 16,8 g . Protein: 19,7 g . Salt: 1,8 g . - . Nutritional evaluation for an adult with a recommended caloric intake of 2,000 Kcal/day. R EU 1169/2011</small>					
MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29	
Carrot cream soup 	Castilian-style red bean stew 	Macaroni in carbonara sauce 	Homestyle lentil stew 	Potatoes stewed with vegetables 	
Saxony chop 	Cod in green sauce 	Homemade beef meatballs in Spanish-style sauce 	haddock in batter 	Chicken sausages 	
Pear	Fruit yoghurt 	Apple	Fruit yoghurt 	Banana	
<small>Energy: 659 kcal . Lipids: 42,7 g . Saturated Fatty Acids: 7,7 g . Carbohydrates: 37,1 g . Sugar: 16,0 g . Protein: 28,2 g . Salt: 2,3 g . - . Nutritional evaluation for an adult with a recommended caloric intake of 2,000 Kcal/day. R EU 1169/2011</small>					
Water and bread are included in all menus.					