

MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
White rice with tomato sauce and egg 	Castilian-style white bean stew 	Vegetable stew with ham 	Macaroni au gratin 	Homestyle lentil stew 
Hake fingers with salad 	Grilled chicken breast with sautéed mushrooms 	Grilled homemade Salisbury steak with French fries 	Battered and fried halibut with salad 	Potato omelet 
Ice-cream 	Fruit	Fruit	Fruit yoghurt 	Fruit
<small>Energy: 600 Kcal. Fats: 20.9 g. SFA: 1.8 g. Carbohydrates: 85.6 g. Sugar: 14.2 g. Protein: 17.6 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: 751 Kcal. Fats: 25.9 g. SFA: 2.9 g. Carbohydrates: 107.3 g. Sugar: 18.7 g. Protein: 22.3 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: 1015 Kcal. Fats: 35.8 g. SFA: 3.8 g. Carbohydrates: 141.1 g. Sugar: 25.3 g. Protein: 32.3 g. Salt: 1.8 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 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 with lettuce and tomato salad 	with salad 	Turkey stew with Spanish-style sauce 	Chicken thigh in its natural juice with chips 	Limanda in green sauce with salad 
Fruit	Juice	Fruit	Fruit	Fruit yoghurt 
<small>Energy: 610 Kcal. Fats: 21.3 g. SFA: 2.0 g. Carbohydrates: 86.3 g. Sugar: 15.1 g. Protein: 18.5 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: 743 Kcal. Fats: 26.8 g. SFA: 2.9 g. Carbohydrates: 105.8 g. Sugar: 18.5 g. Protein: 19.8 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: 1108 Kcal. Fats: 38.7 g. SFA: 3.3 g. Carbohydrates: 157.6 g. Sugar: 26.0 g. Protein: 32.4 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 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 with French fries 	Cod in green sauce with salad 	Homemade beef meatballs in Spanish-style sauce 	with salad 	Chicken sausages with salad 
Fruit	Fruit yoghurt 	Fruit	Fruit	Vanilla custard cup 
<small>Energy: 583 Kcal. Fats: 19.9 g. SFA: 2.3 g. Carbohydrates: 84.0 g. Sugar: 14.8 g. Protein: 17.1 g. Salt: 1.5 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: 773 Kcal. Fats: 27.1 g. SFA: 2.4 g. Carbohydrates: 108.4 g. Sugar: 18.2 g. Protein: 23.9 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: 980 Kcal. Fats: 33.8 g. SFA: 4.0 g. Carbohydrates: 139.7 g. Sugar: 24.4 g. Protein: 29.4 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 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13

Water and bread are included in all menus.



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