

MONDAY 31	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
	Homestyle lentil stew 	Macaroni in carbonara sauce 	Sautéed green beans with ham 	White rice with tomato sauce
	Battered and fried hake with lettuce 	Grilled homemade pork hamburger with lettuce 	Orange chicken thigh with lettuce 	English-style limanda with lettuce 
	Fruit	Fruit yoghurt 	Fruit	Fruit
<small>Energy: 610 Kcal. Fats: 20.3 g. SFA: 2.0 g. Carbohydrates: 86.9 g. Sugar: 14.6 g. Protein: 20.1 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: 798Kcal. Fats: 28.3 g. SFA: 2.7 g. Carbohydrates: 112.4 g. Sugar: 17.3 g. Protein: 23.8 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: 1064 Kcal. Fats: 36.9g. SFA: 3.9 g. Carbohydrates: 150.6 g. Sugar: 26.1 g. Protein: 32.6 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 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
Spaghetti with tomato sauce and minced meat 	Courgette purée with croutons 	Vegetables and white bean stew 	Homestyle chards	Paella 
Fresh pork sausages with lettuce 	Potato omelet with lettuce and tomato salad 	Roast marinated pork loin with lettuce 	Breast chicken in vegetable sauce with lettuce 	Battered and fried hake with lettuce 
Fruit	Fruit	Fruit yoghurt 	Fruit	Fruit
<small>Energy: 605Kcal. Fats: 21.7g. SFA: 2.0g. Carbohydrates: 84.7 g. Sugar: 13.6g. Protein: 17.8 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: 793Kcal. Fats: 27.1 g. SFA: 2.3 g. Carbohydrates: 114.0 g. Sugar: 18.3g. Protein: 23.5 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: 1079Kcal. Fats: 37.7 g. SFA: 4.0 g. Carbohydrates: 152.3 g. Sugar: 26.9g. Protein: 32.8 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 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
Homemade beef vegetable noodle soup 	Homestyle lentil stew 	White rice with tomato sauce	Homestyle green beans 	Chickpea and vegetable stew 
Veal stew 	Orio-style cod with lettuce 	Chicken thigh in its natural juice with finely sliced potatoes	Homemade pork meatballs in tomato sauce with sautéed carrot 	Potato omelet with lettuce 
Fruit	Fruit	Fruit yoghurt 	Fruit	Fruit
<small>Energy: 609Kcal. Fats: 21.1 g. SFA: 2.0 g. Carbohydrates: 87.7 g. Sugar: 14.5 g. Protein: 16.9 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: 790Kcal. Fats: 26.9 g. SFA: 2.3 g. Carbohydrates: 110.3 g. Sugar: 17.7 g. Protein: 26.7g. 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: 1013Kcal. Fats: 35.8 g. SFA: 3.9 g. Carbohydrates: 142.3 g. Sugar: 26.8 g. Protein: 30.4 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 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31	FRIDAY 1
Macaroni in carbonara sauce 		Alubias blancas estofadas con chorizo 	Homestyle chards	
English-style pork loin with red peppers 		Grilled chicken breast with lettuce 	English-style halibut with lettuce 	
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>				
Water and bread are included in all menus.				