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|--|--|---|--|---|
| | | | | Chickpea and vegetable stew  |
| | | | | Baked hake with a slice of fresh tomato    |
| | | | | Fruit |
| <small>Energy: 599Kcal. Fats: 21.3g. SFA: 1.9 g. Carbohydrates: 84.9 g. Sugar: 14.2g. 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: 772Kcal. Fats: 27.8 g. SFA: 3.0g. Carbohydrates: 108.9 g. Sugar: 18.3 g. Protein: 21.7 g. Salt: 1.7mg. 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: 936Kcal. Fats: 33.3 g. SFA: 3.7 g. Carbohydrates: 132.2g. Sugar: 23.9 g. Protein: 26.9g. 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 4 | TUESDAY 5 | WEDNESDAY 6 | THURSDAY 7 | FRIDAY 8 |
| | | Cuban-style rice | Vegetable cream soup     | Homestyle lentil stew  |
| | | Hake fingers with lettuce             | Breast chicken in demi-glace sauce with mushrooms    | Potato omelet with tomato salad   |
| | | Fruit yoghurt  | Fruit | Fruit |
| <small>Energy: 591 Kcal. Fats: 21.0 g. SFA: 2.0 g. Carbohydrates: 83.6 g. Sugar: 13.9 g. Protein: 16.9 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: 772 Kcal. Fats: 26.9 g. SFA: 2.6 g. Carbohydrates: 108.9 g. Sugar: 18.3 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: 957 Kcal. Fats: 33.6 g. SFA: 3.3 g. Carbohydrates: 136.8 g. Sugar: 24.1 g. Protein: 26.9 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 11 | TUESDAY 12 | WEDNESDAY 13 | THURSDAY 14 | FRIDAY 15 |
| Sautéed green beans with ham       | Courgette purée with croutons  | Tagliatelle in carbonara sauce       | Paella         | Chickpea and vegetable stew  |
| Fresh sausages in totamo sauce      | Chicken thigh in its natural juice with lettuce and sweetcorn salad    | Ham omelet with lettuce and tomato salad          | Turkey stew with vegetables with mushrooms    | Hake in green sauce with lettuce and tomato salad         |
| Fruit | Fruit | Fruit yoghurt  | Fruit | Fruit |
| <small>Energy: 603 Kcal. Fats: 20.8 g. SFA: 2.1 g. Carbohydrates: 84.7 g. Sugar: 14.2 g. Protein: 19.3 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: 800 Kcal. Fats: 27.6 g. SFA: 2.8 g. Carbohydrates: 112.3 g. Sugar: 17.6 g. Protein: 25.7 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: 1068 Kcal. Fats: 37.2 g. SFA: 3.9 g. Carbohydrates: 151.0 g. Sugar: 25.6 g. Protein: 32.3 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 18 | TUESDAY 19 | WEDNESDAY 20 | THURSDAY 21 | FRIDAY 22 |
| Meat Fideua (noodle paella)       | Vegetables and white bean stew    | Homestyle chards  | White rice with tomato sauce    | Homestyle lentil stew    |
| Grilled pork loin with lettuce and tomato salad          | Anglerfish in green sauce with lettuce          | Grilled chicken breast with French fries    | Homemade Salisbury steak in vegetable sauce with a slice of fresh tomato          | Battered and fried hake with lettuce          |
| Fruit | Fruit | Fruit yoghurt  | Fruit | Fruit |
| <small>Energy: 598Kcal. Fats: 21.1g. SFA: 1.9g. Carbohydrates: 86.3g. Sugar: 14.7g. Protein: 15.9 g. Salt: 1.8mg. 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: 782Kcal. Fats: 26.3g. SFA: 2.3g. Carbohydrates: 109.6g. Sugar: 18.6g. Protein: 26.9g. Salt: 1.7mg. 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: 988Kcal. Fats: 34.5g. SFA: 4.0g. Carbohydrates: 139.6g. Sugar: 26.2g. Protein: 30.0g. Salt: 1.5mg. 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 |
| Homestyle green beans    | Garbanzos estofados con chorizo      | Macaroni Bolognese          | Purée with potato, courgette and leek    | Rice with vegetables  |
| Baked chicken ham with mushrooms      | Roast marinated pork loin with tomato salad          | Orio-style cod with fresh tomato          | English-style chicken breast with tomato salad      | Battered and fried limanda with tomato salad          |
| Fruit | Fruit | Vanilla custard cup  | Fruit | Fruit |
| <small>Energy: 610 Kcal. Fats: 21.0 g. SFA: 1.9 g. Carbohydrates: 88.2 g. Sugar: 14.5 g. Protein: 17.1 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: 752 Kcal. Fats: 26.7 g. SFA: 2.3 g. Carbohydrates: 105.6 g. Sugar: 17.9 g. Protein: 23.7 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: 998 Kcal. Fats: 34.7 g. SFA: 3.9 g. Carbohydrates: 140.2 g. Sugar: 25.6 g. Protein: 31.3 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.  | | | | |