

MONDAY 29	TUESDAY 30	WEDNESDAY 1	THURSDAY 2	FRIDAY 3	
			Homemade beef vegetable noodle soup 	Rice alla Milanese 	
			Homemade meatballs 	English-style anglerfish with salad 	
			Fruit 	Fruit yoghurt 	
<small>Energy: 607Kcal, Fats: 21.9 g, SFA: 2.1 g, Carbohydrates: 86.3g, Sugar: 13.8 g, Protein: 16.3 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: 781 Kcal, Fats: 26.7 g, SFA: 2.6 g, Carbohydrates: 109.8 g, Sugar: 17.6 g, Protein: 25.8 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: 1079 Kcal, Fats: 37.2g, SFA: 3.8 g, Carbohydrates: 192.8 g, Sugar: 25.6 g, Protein: 32.3 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 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10	
Homestyle green beans 	Spaghetti with tomato sauce 	Vegetables and white bean stew 	Rice with tomato sauce 	Vegetable purée 	
Chilindrón-style chicken thigh with red peppers 	Battered and fried cod with salad 	Potato omelet with fresh tomato 	Hake fillets with salad 	Fresh pork sausages with a slice of fresh tomato 	
Fruit 	Fruit 	Fruit yoghurt 	Fruit 	Fruit 	
<small>Energy: 607 Kcal, Fats: 21.0 g, SFA: 1.8 g, Carbohydrates: 85.6 g, Sugar: 14.2g, Protein: 18.9 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: 802Kcal, Fats: 29.6g, SFA: 2.3 g, Carbohydrates: 111.6g, Sugar: 17.5 g, Protein: 22.3g, Salt: 1.5mg. 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: 934Kcal, Fats: 32.6 g, SFA: 3.7g, Carbohydrates: 130.2 g, Sugar: 25.6 g, Protein: 30.1 g, 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 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17	
Macaroni with tomato and minced meat 	Lentil and chorizo stew 	Homestyle chards 	Montañesa-style rice 	Chickpea stew 	
Pork loin in demi-glace sauce with mushrooms 	Hake in green sauce with peas 	Grilled homemade pork hamburger with a slice of fresh tomato 	Grilled chicken breast with salad 	English-style anglerfish with salad 	
Fruit 	Fruit 	Fruit yoghurt 	Fruit 	Fruit 	
<small>Energy: 580 Kcal, Fats: 21.0 g, SFA: 1.9g, Carbohydrates: 82.3 g, Sugar: 14.1g, Protein: 15.6 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: 754 Kcal, Fats: 26.3 g, SFA: 3.0 g, Carbohydrates: 105.8 g, Sugar: 18.3 g, Protein: 23.6 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: 1079Kcal, Fats: 36.8 g, SFA: 3.8g, Carbohydrates: 130.2 g, Sugar: 24.3 g, Protein: 30.1 g, Salt: 1.7mg. 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	
Homestyle chards 	Vegetable fideuá (noodle paella) 	Lentil and chorizo stew 	Homestyle green beans 	White rice with tomato sauce 	
Ham omelet with salad 	Grilled chicken breast with a slice of fresh tomato 	Baked cod with salad 	Albóndigas caseras de cerdo en salsa with mushrooms 	English-style limanda with salad 	
Fruit 	Fruit 	Fruit yoghurt 	Fruit 	Fruit 	
<small>Energy: 605Kcal, Fats: 21.7g, SFA: 1.9g, Carbohydrates: 84.7g, Sugar: 14.1g, Protein: 17.8g, Salt: 1.5mg. 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: 774Kcal, Fats: 26.3 g, SFA: 2.9g, Carbohydrates: 108.9g, Sugar: 17.9g, Protein: 25.6g, Salt: 1.8mg. 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: 888Kcal, Fats: 30.1g, SFA: 3.9g, Carbohydrates: 124.3g, Sugar: 25.1g, Protein: 30.1 g, Salt: 1.7mg. 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 29	THURSDAY 30	FRIDAY 31	
Courgette purée 	Homestyle lentil stew 	Rice with vegetables 	Macaroni Bolognese 	Peas with ham 	
Veal stew with mushrooms 	Lemon roast chicken with a slice of fresh tomato 	Battered and fried permit with salad 	Grilled pork fillet with salad 	Battered and fried hake with salad 	
Fruit 	Fruit 	Fruit yoghurt 	Fruit 	Fruit 	
<small>Energy: 608Kcal, Fats: 20.9g, SFA: 2.0g, Carbohydrates: 86.3 g, Sugar: 13.6g, Protein: 18.9 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: 803Kcal, Fats: 28.4 g, SFA: 2.3 g, Carbohydrates: 112.3 g, Sugar: 18.3g, Protein: 24.6 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: 1103Kcal, Fats: 37.3 g, SFA: 4.0 g, Carbohydrates: 159.3 g, Sugar: 26.9g, Protein: 32.6 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>					
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.