

MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
Meat paella 	Chickpea and chorizo stew 	Macaroni in carbonara sauce 	Green beans with potatoes 	Vegetables and white bean stew 
Rioja-style loin with lettuce 	Andalusian-style hake with lettuce 	Grilled homemade hamburger (meat mixture) with a slice of fresh tomato 	Baked chicken ham with salad 	Potato omelet with a slice of fresh tomato 
Fruit	Fruit	Fruit	Fruit yoghurt 	Fruit
<small>Energy: 602 Kcal. Fats: 21.7 g. SFA: 1.8 g. Carbohydrates: 86.3 g. Sugar: 14.3 g. Protein: 15.6 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: 772 Kcal. Fats: 26.3 g. SFA: 2.9 g. Carbohydrates: 110.3 g. Sugar: 18.7 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: 1089 Kcal. Fats: 38.2 g. SFA: 3.9 g. Carbohydrates: 153.2 g. Sugar: 24.3 g. Protein: 33.3 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 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
Lentil stew with chorizo 	Sautéed chard with serrano ham 	Rice with ground beef and tomato sauce 	Vegetable cream soup 	Spaghetti with tuna 
Breaded limanda with a slice of fresh tomato 	Grilled chicken breast with lettuce and tomato salad 	Pork loin in tomato sauce 	Baked anglerfish with lettuce 	Homemade meatballs with lettuce 
Fruit	Fruit	Fruit	Fruit yoghurt 	Fruit
<small>Energy: 609 Kcal. Fats: 22.3 g. SFA: 2.0 g. Carbohydrates: 85.3 g. Sugar: 15.8 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: 756 Kcal. Fats: 25.4 g. SFA: 2.3 g. Carbohydrates: 106.3 g. Sugar: 19.0 g. Protein: 25.7 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: 979 Kcal. Fats: 33.9 g. SFA: 3.8 g. Carbohydrates: 137.8 g. Sugar: 23.9 g. Protein: 29.8 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 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
Sautéed green beans with potatoes and carrot 	Cheakpea and vegetable stew 	Homemade poultry noodle soup 	Rice with tomato sauce	
Marinated pork loin with lettuce 	Orio-style cod with lettuce 	Chicken thigh in its natural juice with lettuce and carrot salad 	Fried eggs with bacon with lettuce 	
Fruit	Fruit	Fruit	Ice-cream cup 	
<small>Energy: 605 Kcal. Fats: 21.1 g. SFA: 1.9 g. Carbohydrates: 83.7 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: 756 Kcal. Fats: 26.1 g. SFA: 2.9 g. Carbohydrates: 107.3 g. Sugar: 17.6 g. Protein: 22.9 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: 1101 Kcal. Fats: 38.7 g. SFA: 4.0 g. Carbohydrates: 152.3 g. Sugar: 25.4 g. Protein: 36.1 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 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5

Water and bread are included in all menus.

