

MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
Castilian-style lentil stew 	Minced meat soup 	Homestyle chards 	Rice with vegetables 	Green beans with potatoes
Battered and fried hake with lettuce, tomato and sweetcorn salad 	Grilled chicken breast Lettuce and tomato salad 	Homemade pork meatballs in tomato sauce 	Veal stew 	Orio-style cod with a slice of fresh tomato
Fruit	Fruit	Fruit yoghurt 	Fruit	Fruit
<small>Energy: 595Kcal. Fats: 20.6g. SFA: 2.3g. Carbohydrates: 82.6g. Sugar: 13.6g. Protein: 19.8g. Salt: 1.7mg. 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: 773Kcal. Fats: 27.2g. SFA: 2.4 g. Carbohydrates: 106.9g. Sugar: 18.3 g. Protein: 25.2 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: 981 Kcal. Fats: 31.9 g. SFA: 4.1 g. Carbohydrates: 141.3 g. Sugar: 25.3 g. Protein: 32.3 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 in carbonara sauce 	Homestyle lentil stew 	Chicken rice	Sautéed borage with ham 	Chickpea and chorizo stew
Baked anglerfish with tomato salad 	Potato omelet with lettuce and sweetcorn salad 	Battered and fried limanda with lettuce 	Chicken thigh in its natural juice with finely sliced potatoes 	Rioja-style pork loin with lettuce
Fruit	Fruit	Fruit yoghurt 	Fruit	Fruit
<small>Energy: 610Kcal. Fats: 21.1g. SFA: 2.3g. Carbohydrates: 84.2g. Sugar: 14.6g. Protein: 21.0g. Salt: 1.7mg. 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: 734Kcal. Fats: 28.2 g. SFA: 2.6 g. Carbohydrates: 111.4 g. Sugar: 17.9 g. Protein: 23.7 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: 929Kcal. Fats: 32.2g. SFA: 3.9 g. Carbohydrates: 130.3 g. Sugar: 25.9 g. Protein: 29.7 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 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
Chards with potatoes and carrots	Lentil and chorizo stew 	Rice with tomato sauce	Vegetables and white bean stew 	Tagliatelle with tomato sauce
Grilled pork fillet with mushrooms 	Potato omelet with lettuce 	Chilindrón-style chicken thigh with red peppers 	Battered and fried hake with lettuce 	Grilled homemade pork hamburger with lettuce and carrot salad
Fruit	Fruit	Fruit yoghurt 	Fruit	Fruit
<small>9bY[m "S-?W": Uq 85"-["G S. %-["7UNc\ntkUhg . -[(" [G [U. % "64" DrcW]b. % " ["G]h %"a ["B] H]jcbu] "y U] U]jcb VWV UHX UWERX]b] hc UWBq]bg] gXcWa Ybhc] QWcc: a YUg]g] YX]j] 85"82 Zcf "1. InYUic X W] X]Yb k] j]a. UYVWa a YbYX Wc]f]j]BHL]Y cz92-(& ?W]kU]n 9bY[m "S-?W": Uq 85"-["G S. %-["7UNc\ntkUhg %8" [" [G [U. % "64" DrcW]b. % " ["G]h %"a ["B] H]jcbu] "y U] U]jcb VWV UHX UWERX]b] hc UWBq]bg] gXcWa Ybhc] QWcc: a YUg]g] YX]j] 85"82 Zcf "1. InYUic X W] X]Yb k] j]a. UYVWa a YbYX Wc]f]j]BHL]Y cz92-(& ?W]kU]n 9bY[m %8. "7W]8" Uq -[(" [G S. %-["7UNc\ntkUhg %8"-["G [U. % "64" DrcW]b. (" ["G]h %"a ["B] H]jcbu] "y U] U]jcb VWV UHX UWERX]b] hc UWBq]bg] gXcWa Ybhc] QWcc: a YUg]g] YX]j] 85"82 Zcf "1. InYUic X W] X]Yb k] j]a. UYVWa a YbYX Wc]f]j]BHL]Y cz: 29 a V]kU]n</small>				
MONDAY 28	TUESDAY 29	WEDNESDAY 30		
Rice with vegetables 	Macaroni Bolognese 	Chards with potatoes and carrots 		
Alicante-style cod with red peppers 	Marinated pork loin with lettuce and carrot salad 	Chicken nuggets 		
Fruit	Fruit	Fruit yoghurt 		
<small>Energy: 604Kcal. Fats: 21.1 g. SFA: 2.0 g. Carbohydrates: 85.2 g. Sugar: 13.5g. Protein: 18.5 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: 797Kcal. Fats: 27.1 g. SFA: 2.3 g. Carbohydrates: 114.6 g. Sugar: 18.4 g. Protein: 23.9 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: 868 Kcal. Fats: 30.1 g. SFA: 3.7 g. Carbohydrates: 120.0 g. Sugar: 26.4 g. Protein: 28.8 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>				
<p>Water and bread are included in all menus. </p>				